

U9 and U10 Long Term Player Development (LTPD) Soccer Rules and Guidelines

Stage 3: Learn to Train

Goal: Focus on technique and skill development and introduce tactics.

Technical: Continue to develop:

1. Dribbling with all parts of the foot
2. Techniques for changing direction (turns, drags and pull backs)
3. Inside and outside of the foot
4. Step overs and scissors
5. Develop short passes
6. Receiving with inside and outside of foot
7. Crossing and shooting
8. Begin to encourage player decision making
9. Introduce receiving with all parts of the body
10. Introduce attack and defense principles
11. Introduce positional awareness

Rule 1: Players

- The maximum number of players on the field at any one time is 6 per team including the goalkeeper
- Recommended roster size is 12 players per team
- Male and female are on separate teams
- Each player should participate on an equal time basis
- If a team is short handed, coaches are encouraged to share players to ensure game play
- All players are required to wear shin guards and soccer cleats

Rule 2: The Ball

- A game ball must be an official soccer ball
- Ball size is four (4)

Rule 3: Field

- Games are to be played on the new LTPD format fields that include regulation nets.
- If games are being played on a $\frac{3}{4}$ field then they are to be played running the length of the field; cones or flags should be used to determine the goal area by moving in eight (8) feet from both ends of the field

- Goal area is to be 6 X 16 feet

Rule 4: Game and Season Duration

- 25 minute play (with a referee)
- 25 minute technical training
- 25 minute play (with a referee)
- There are no lines people for Learn to Train
- Teams will play twice a week in May and June with a season-end jamboree in July
- Recommended practice time is a 1.5 hour session outside of game time

Rule 5: Playing:

- Kick-off is taken at the center of the playing field to start each half of the game and after each goal has been scored
- Opponents must be on their half of the field to start
- Commencement of the second half of the game is to be initiated by the team who did not start the first half with the ball
- After a save by the goalkeeper, the goalkeeper may kick the ball from any point within the goal area
- No offside rules apply; however, players should be encourage to play onside and avoid “cherry picking”
- A corner kick is to take place when the whole ball, having been touched by a defending player last, passes over the goal line, but not through the posts
- A throw-in is to take place when the whole ball passes over the touchline
- The throw-in is to be taken by the opposing team of who touched the ball last
- The throw is to be taken from the point where the ball went out
 - A throw includes
 - The player facing the field
 - Has two feet on the ground
 - Uses both hands
 - Delivers the ball from behind and over his/her head
 - The thrower may not touch the ball again until it has touched another player
 - If any of the above is not performed correctly, then:
 - The team is allowed one re-throw and then the ball goes to the other team
 - At the referee’s discretion, additional throw-ins can be made in order to get the player performing them correctly
- Teams can make up to six (6) substitutions at one time

Rule 6: Goal Keeper

- The goal keeper cannot handle the ball with their hands outside of the goalie crease
- This infraction results in an indirect free kick from the quarter line, directly in front of the midpoint of the goal
- Goal kicks – only the goal keeper will restart the play from a goal kick within the goalie crease
- A goal cannot be scored on either team directly from a goal kick
- On taking the goal kick, the opposing players must be outside the quarter line until the ball has passed outside the crease
- Defensive players may remain inside this area, but shall not touch the ball until it has crossed over the line
- The goal keeper may kick the ball progressively until the ball passes outside the goalie crease
- Goalkeepers can be subbed just like any other player

Rule 7: Penalty Shots/Infractions

- Infractions within the goal area by the defensive team would result in an indirect free kick from the quarter line
- On any indirect free kick, opposing players may not encroach closer than the goalies crease
- All infractions, including deliberate handball, tripping and pushing, will result in the opponent getting an indirect free kick from the point of the infraction
- The referee will explain the infraction to the offending player upon request

Rule 8: Conduct

- No slide tackling will be allowed
- Violent conduct or serious foul play will not be tolerated
- Violent conduct is punching, hitting, pushing from behind, spitting, intentional tripping and any other conduct as interpreted by the referee as “violent”
- Coach’s are responsible for the conduct of their players before, during and after a game while at the game location

Rule 9: Home Team

- The home team is responsible for:
 - Ensuring the game field is marked
 - Providing the game ball and one alternate back-up game ball
 - Changing jerseys or wearing pinnies if there is a conflict with the visiting team’s jersey color or upon the referee’s request

Rule 10: Sportsmanship

- Teams shake hands with their opposition **before and after** each game
- There is no score keeping
- There are no standings or playoffs within the league play

Rule 11: Game Cancellation

- Games are only cancelled in advance for severe weather
- Please visit the FCNW website or the WYSA website to confirm cancellations
- www.fcnorthwest.com
- www.winnipegyouthsoccer.com
- If a game is not cancelled on either site, then teams are required to show up at the game location, if they do not then it is recorded as a forfeit for the team that did not show
- The referee may call a game before or during a game due to weather, and in this case, the game will be rescheduled. Games will not be rescheduled if the first 25 minute half has been completed.