

Smiths Station United Soccer Association
Fall 2023 - Spring 2024 Season
U10

- **General Information:**
 - *Registration Fee:*
 - \$100.00 per player during registration period
 - *Late Fee:*
 - None
 - *What is included in registration fee:*
 - Alabama Soccer Association - State Registrations Fee
 - City of Smiths Station – Parks & Recreation Fee
 - SSUSA Club fees
 - Home and Away Jerseys
 - *What is not included in registration fee:*
 - Black Shorts (Logos and designs are okay)
 - Black Socks
 - Soccer Cleats (Required to participate in practice and matches)
 - Shin Guards (Required to participate in practice and matches)
 - Size 4 Soccer Ball
 - Water Bottle with water or sports drink

Note: To keep our cost of participation affordable to all that want to participate. SSUSA will have several fund-raisers. Fund-raisers will be utilized to cover additional costs required such as referee's, field markings, goals, nets, corner flags, financial assistance programs and general operating fees. Each player/family will be asked to participate in these fundraising programs.

- **Player Eligibility:**
 - Male and Female players born between 01/01/2014 & 12/31/2015
 - Male and Female players born in 2016 may elect to play up in this age group
 - This requires approval of the SSUSA Board
 - Players that elect to play up will pay the fee for the age group they participate in
- **Goals/Expectations:**
 - U10 is the Learning to Train phase
 - *Fitness:*
 - Endurance
 - Range of motion
 - Flexibility
 - Rhythm exercises
 - Running mechanics
 - Any fitness activities must be done with the ball

- Introduce body resistance exercises and the idea of cool down
- *Technique:*
 - Experiment with the qualities of a bouncing ball and running with the ball
 - Passing with the inside and outside of the foot (emphasis on quality push pass)
 - Instep drive
 - Receiving ground balls with the instep and outside of foot (body behind the ball)
 - Receiving bouncing balls with the instep (cushion) and the sole, inside and outside of foot (wedge)
 - Fakes in dribbling and turning with the ball.
 - Introducing crossing
 - Practice throw-ins
- *For goalkeepers:*
 - Ready stance
 - Getting the feet set
 - How to hold a ball after a save
 - Diamond grip
 - Catching shots at the keeper
 - Recovery from down to the ground up to set position and footwork exercises
 - Introduce goal kicks
 - Introducing throwing
- *Psychology:*
 - Keep soccer enjoyable to foster a desire to play using self-motivation
 - Working in groups of three, four or five
 - Stay focused for one entire half
 - Increased responsibility and sensitivity
 - Awareness of how to win or lose gracefully
 - Fair play
 - Parental involvement
 - How to play
 - Communication
 - Emotional management
- *Tactics:*
 - 1v1 defending
 - Roles of 1st attacker and defender
 - 2v1 attacking
 - What it means to get goal-side
 - Small group shape in pairs and threes (emphasize support on both attack and defense)
 - Playing on and around the ball as a group with purpose
 - Playing a variety of positions to develop the complete player
 - Introduce the principles of attack and setplays.

- **Practice:**
 - Twice per week
 - 60 Minutes per session
 - Weekdays as field space allows
 - 6:00 to 8:00 at Smiths Station Sports Complex
 - Teams will share field space as needed
- **Matches:**
 - Saturday
 - 8 to 10 match season (weather permitting)
- **Coaches:**
 - Parent/Volunteer
 - Coach Incentive Program:
 - Head Coach: \$25 refund/credit issued at the end of the season back to the form of payment used to register their player
 - Coaches shirt.
 - Head Coach and one (1) Assistant Coach will receive a shirt
 - Background Checks/Risk Management:
 - All coaches and volunteers must have background checks and be approved by Alabama Soccer Association Risk Management Program.
 - This includes completing Safe Sport certification on-line training
 - US Soccer coaching grassroots license reimbursement
 - Provide a copy of your certificate and receive \$25 reimbursement
- **Draft:**
 - Yes, Players shall attend evaluations for coaches. Coaches will then select players
- **End of Season Tournament:**
 - Yes
- **Academy/All-Star Teams:**
 - Academy is available for this age group. Players can play either recreation OR academy, but not both

Laws of the Game - Modified

- **Law 1 - The Field of Play:**
 - *Dimensions:*
 - The field of play must be rectangular
 - The length of the touchline must be greater than the length of the goal line
 - Length: 55 yards (165 feet)
 - Width: 35 yards (105 feet)
 - *Field Markings:*
 - Distinctive lines not more than five (5) inches wide
 - The field of play is divided into two (2) halves by a halfway line
 - The center mark is indicated at the midpoint of the halfway line

- A Circle with a radius of six (6) yards is marked around it
 - *The Goal Area:*
 - Four (4) yards out from goal line x eight (8) yards wide
 - *The Penalty Area:*
 - Twelve (12) yards out from goal line x twenty-four (24) yards wide
 - A penalty arc with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area
 - *The Penalty Mark:*
 - Eight (8) yards
 - *Corner Flags:*
 - Conform to FIFA Laws of the Game
 - *Corner Arc:*
 - Conform to FIFA Laws of the Game
 - *Build Out Line:*
 - Equidistant between the top of the penalty area and the halfway line
 - The build out line is used to promote playing the ball out of the back in an unpressured setting
 - When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line
 - At any time, the goalkeeper may pass, throw or roll the ball to a teammate, but the goalkeeper does so accepting the positioning of the opponents and the consequences of how play resumes
 - *Punts or drop-kicks are not allowed as this would defeat the purpose of the build out line and reduces the opportunity to play out of the defending third in an unpressurized setting*
 - After the ball is put into play, the opposing team can then cross the build out line and play resumes as normal
 - *Goals:*
 - Goals must be placed on the center of each goal line
 - They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar
 - The recommended distance between the post is twelve (12) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet
 - **Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement**
- **Law 2 - The Ball:**
 - Size Four (4)
 - The ball will need to be FIFA Quality
- **Law 3 - The Number of Players:**
 - *Match:*
 - A match is played by two (2) teams, each consisting of not more than seven (7) players, one of whom is the designated goalkeeper
 - A match may not start or continue if either team consists of fewer than five (5) players

- **Substitutions:**
 - At any stoppage of play and unlimited
 - *Note: If a player who is suspected to have a head injury shall leave the field of play for additional evaluation, a substitution can be made in that moment. Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed. If the player leaves the field of play for additional evaluation, a substitution can be made in that moment. The player with the suspected head injury may not return to the match unless a Healthcare Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. Any coach or parent insisting on returning the player to the match without approved clearance will result in the referee ending the match*
- **Playing Time:**
 - Each player SHALL play a minimum of 50% of the total playing time. It is the coach's responsibility to enforce this rule
 - *Note: Coaches will be allowed the discretion on playing time for players that do not regularly attend practice/training sessions*
- **Rosters:**
 - Minimum number of players on a roster shall be no less than ten (10) players
 - Maximum number of players on a roster shall be no more than twelve (12) players
- **Law 4 - The Players Equipment:**
 - Conform to FIFA Laws of the Game
 - Non-uniform clothing is allowed based on weather conditions, but uniforms must distinguish teams
 - *Note: If needed, teams can be distinguished by scrimmage vests*
 - Shin Guards are MANDATORY for both practice/training sessions and matches, and must be covered entirely by socks
 - **Safety: A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry to include earrings; except for a medical alert bracelet).**
- **Law 5 - The Referee:**
 - Registered referee with a minimum U.S. Soccer certification of Grade 9 or parent, coach, assistant coach or volunteer no younger than twelve (12) years of age
- **Law 6 - The Other Match Officials:**
 - Optional: use registered Assistant Referees, if available. If registered Assistant Referees are not assigned, it is permissible to use club linesman/woman (preferably parents) to signal ball out of play only
- **Law 7 - The Duration of the Match:**
 - The match shall be divided into two (2) halves of not more than twenty-five (25) minutes
 - There shall be a half-time interval of up to ten (10) minutes.

- No added time at the end of either half.
- **Law 8 - The Start and Restart of Play:**
 - Conform to FIFA laws of the Game with the exception that the defending team is at least Eight (8) yards from the ball until it is in play.
- **Law 9 - The Ball in and out of Play:**
 - Conform to FIFA Laws of the Game.
- **Law 10 - The Method of Scoring:**
 - Conform to FIFA Laws of the Game.
- **Law 11 - Offside:**
 - Conform to FIFA Laws of the Game with the exception that the build-out line also serves as an offside line
 - Attackers cannot be penalized for an offside offense between the halfway line and the build-out line
- **Law 12 - Fouls and Misconduct:**
 - Conform to FIFA Laws of the Game with the exception that an indirect free kick is awarded to the opposing team at the spot of the offense if a goalkeeper punts or drop-kicks the ball
 - If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
 - When a player deliberately heads the ball in a match, an indirect free kick should be awarded to the opposing team from the spot of the offense
 - If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred
 - In all instances explain the infraction to the player.
 - No cards will be shown in the U10 age group
- **Law 13 - Free Kicks:**
 - Conform to FIFA Laws of the Game with the exception that the opponents are to be at least eight (8) yards away from the ball until it is kicked
- **Law 14 - The Penalty Kick:**
 - Conform to FIFA Laws of the Game with the exception that the penalty mark is ten (10) yards from the goal line
- **Law 15 - The Throw-In:**
 - Conform to FIFA Laws of the Game
- **Law 16 - The Goal Kick:**
 - Conform to FIFA Laws of the Game
- **Law 17 - The Corner Kick:**
 - Conform to FIFA Laws of the Game with the exception that opponents remain at least Eight (8) yards from the ball until it is kicked
- **Law 18 - The Technical Area:**
 - Coaches, managers and players not in play must remain in the technical area or on bench, with the exception when a coach is utilized as Referee or Match official

- No more than two (2) coaches/managers are allowed in the technical area during the matches
- **Law 19 - The Substitution Area:**
 - Players that are wanting to enter the field of play must first enter the substitution area; Half line
 - When the match official, referee, or assistant referee allows for a substitution, the player being substituted must fully leave the field of play prior to the new player entering the field of play
 - If the match official allows for substitutions, only players in the substitution area can enter the field of play
 - Match officials may allow for substitution in the event of a player injury