

**Smiths Station United Soccer Association**  
**2021 Fall Season**  
**U-14+**

- **General Information:**

- *Registration Fee:*
  - \$95.00 per player during registration period.
- *Late Fee:*
  - None
- *What is included in registration fee:*
  - Alabama Soccer Association - State Registrations Fee
  - Home and Away Jerseys
  - City of Smiths Station – Parks & Recreation Fee
- *What is not included in registration fee:*
  - Black Shorts
  - Black Socks
  - Cleats Required to participate in practice and matches.
  - Shin Guards Required to participate in practice and matches.
  - Size 5 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 01/01/2004 - 12/31/2005 (U18), 01/01/2006 - 01/01/2007 (U16), and 01/01/2008 - 12/31/2009 (U14)

- **Goals/Expectations:**

- U-14+ is the "Training to Play" phase.
- *Fitness:*
  - Fitness work continues to be done with the ball.
  - Strength can be improved with body resistance and aerobic exercises.
  - Focus on agility at speed (sharp turns), acceleration, deceleration, reaction speed, range of motion exercises.
  - Proper warm-up and cool-down (including static stretching in the cooldown) are highly recommended now.
- *Technique:*
  - moving throw-in
  - master the qualities of a bouncing spinning ball.
  - Experiment with the qualities of a flighted ball

- feints with the ball
- receiving bouncing and air balls with the thigh and chest
- first touch receiving
- heading to score goals and for clearances while standing or jumping
- outside of foot passing
- receiving with either foot
- short passing with both feet
- bending shots
- crossing to near post space and penalty spot
- heel and flick passing.
- Introduce half volley and volley shooting
- chipping to pass and slide tackle.
- *For goalkeepers:*
  - W grip
  - Footwork
  - underarm bowling
  - side-arm throwing to targets
  - taking own goal kicks
  - side-winder kick
  - low and forward diving and angle and near post play
  - Introduce deflecting and boxing.
  - positional play
  - basic angle play (ebb and flow)
  - into and down the line of the flight of the ball
  - commanding the goalmouth for the goalkeeper
  - positioning during a penalty kick and communication.
- *Psychology:*
  - Keep it fun and enjoyable to foster a desire to play, self-motivation.
  - Teamwork
  - Confidence
  - Desire
  - mental skills
  - handling distress
  - how to learn from each match
  - fair play
  - parental involvement
  - emotional management
- *Tactics:*
  - 2v1 defending
  - 2v2 attacking and defending
  - roles of 2nd attacker and defender
  - man-to-man defense
  - combination passing
  - playing on and around the ball as a group with purpose

- verbal and visual communication for all positions
  - halftime analysis
  - general work on all restarts
  - wall pass at a variety of angles
  - passing combinations on the move
  - rotation of all players through the team – everyone plays in each position.
  - Reinforce the principles of defense.
- **Practice:**
  - Twice per week
  - 60 Minutes to 90 Minutes per session.
  - Teams will share field space as needed.
- **Matches:**
  - Matches will verify based on the total number of teams in CVSL.
  - Matches will be located in Harris County, GA, Ft. Benning, Opelika & Smiths Station
  - 6 to 8 match season (weather permitting)
- **Coaches:**
  - Parent/Volunteer
  - Coach Incentive Program:
    - Head Coach: \$20.00 voucher for Parent/Volunteer towards one (1) child's registration fee.
    - Assistant Coach: \$10.00 voucher for Parent/Volunteer towards one (1) child's registration fee.
    - 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 concussion awareness on-line training.
    - US Soccer coaching 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:**
  - Players may play 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: 100 Yards (300 Feet)
- Width: 80 Yards (240 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 Ten (10) yards is marked around it.

- *The Goal Area:*

- Six (6) yards out from goal line x Twenty (20) yards wide

- *The Penalty Area:*

- Eighteen (18) yards out from goal line x Forty-Four (44) yards wide.
- A penalty arc with a radius of Ten (10) yards from each penalty mark is drawn outside the penalty area.

- *The Penalty Mark:*

- Twelve (12) yards

- *Corner Flags:*

- Conform to FIFA Laws of the Game.

- *Corner Arc:*

- Conform to FIFA Laws of the Game.

- *Build Out Line:*

- None.

- *Goals:*

- Goals must be placed on the center of each goal line.
- They consist of two upright post equidistant from the corners and joined at the top by a horizontal crossbar.
- The recommended distance between the post is Twenty-Four (24) feet and the distance from the lower edge of the crossbar to the ground is Eight (8) 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 Five (5).
- 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 eleven (11) Players, one of whom is the designated goalkeeper.

- A match may not start or continue if either team consists of fewer than seven (7) players.
  - *Substitutions:*
    - At any stoppage of play as granted by Referee and unlimited, except for Corner Kicks, Penalty Kicks. Throw-In's when in possession of the ball.
    - *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 Fourteen (14) players.
    - Maximum number of players on a roster shall be no more than Eighteen (18) 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; except for a medical alert bracelet).**
- **Law 5 - The Referee:**
  - Registered referee with a minimum U.S. Soccer certification of Grade 9.
- **Law 6 - The Other Match Officials:**
  - Use registered Assistant Referees at the discretion of the competition authority.
  - If such personnel are unavailable then use club linesmen/women, who are only to determine when the ball goes in and out of play.
- **Law 7 - The Duration of the Match:**

- The match shall be divided into Two (2) halves of not more than Thirty-Five (35) Minutes.
- There shall be a half-time interval of up of 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.
- **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.
- **Law 12 - Fouls and Misconduct:**
  - Conform to FIFA Laws of the Game.
  - In all instances explain the infraction to the player.
  - Cards can be shown in the U-14+ age group.
- **Law 13 - Free Kicks:**
  - Conform to FIFA Laws of the Game.
- **Law 14 - The Penalty Kick:**
  - Conform to FIFA Laws of the Game.
- **Law 15 - The Throw:**
  - 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.
- **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.
  - 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.