

PRYSA U-10 Addendums - PRYSA rules supercede USYS rules.

Ball size 4

6 v 6

Goalie is one of the players**

Referees will be used.

Substitutions

- are made at any stoppage of play (throw-in, goal kick, corner kick, kick off) or when there is an injury.
- Players are to wait at the half way line and be ready to call off the players.

Game Length:

- 2 halves of 25 minutes each. If the weather is extremely hot, both coaches may ask the referee for a quarter break at 12 1/2 minutes. The ball will be played where it was stopped.

Kick Off

- The game shall start with one team “kicking off” from the center line.
- Who kicks off in the first quarter is determined by the coaches typically with a coin toss before the game by the ref
- The opposing team must stand outside the circle (on their defensive side) until the ball is kicked. After the ball is passed or kicked the opposing team may enter the circle and attack.
- The ball must go forward over the half line.
- After each goal the opposing team will kick off.
- The teams will take turns at each start of each half.
- Teams will change sides at HALF time.

Offsides

- A player without the ball must have 2 opposing players between him and the opposing goal (one of the players is usually the goalie).
- If a player has the ball, he cannot be offsides.
- You cannot be offsides on your side of the field.

Fouls/Misconduct

- The referee will make all of the calls in a U-10 game.
- You may ask what the call was, but you may not argue with the referee.

Goal Kicks

- Should be taken at one of the top corners of the “goal” box

- Opponents must stand outside of the 18 yard line (penalty box).
- Anyone on the team may take a goal kick
- Is taken when the opposing team kicks the ball out of bounds over the end line (behind the goal)
- A goal kick must go completely out of the penalty box before either team can get it. If it doesn't, then a rekick will be given.

Corner

- Is taken when the defending team kicks the ball over the end line
- Is taken from the corner closest to where the ball went out.
- Anyone on the team may take a corner kick

Throw Ins

- Are given to the opposing team when your team kicks the ball out of bounds on the sideline.
- Both hands are placed on the ball
- The ball must go behind the head
- Both feet must stay on the ground
- If there is a bad throw, the other team will be given a throw in from the same spot.

Goals

- Goals are awarded when the ball wholly crosses over the end line in between the goal posts.
- Goalies are the only players allowed to use their hands on the field
- Goalies may only use their hands inside the penalty box. Goalies may punt or throw the ball after they make a save.
- Goalies are allowed out of the goal box, but once they leave the box they cannot use their hands.
- You may not pass back to the goalie for him to pick it up.

Out of Bounds

- The ball must completely and wholly cross over the line for it to be out of bounds.

Fouls

- The referee will signal if a foul has occurred and whether it will be charged with an indirect (2 people must touch the ball) or a direct kick.
- If a foul is called inside the penalty box and it is a direct kick, it will be a penalty kick. The referee will set the ball up 10 yards from the goal line. The goalie will put his heels on the goal line. All other players must be outside the penalty box. A shot is taken. The other players may enter the box after the kick is taken.

Remember:

- A game during the season may end in a tie
- Keep the play positive for both teams

- Encourage all players to do their best on both teams
- This is still a learning experience for all players
- All players should play 50% of the time unless injured, sick, etc

Main Goals for Coaching U10

- Teach offense and defense
- Teach “team” play
- Terms of soccer: kick, goal kick, corner kick, throw in, shoot, passing, dribbling
- Teach about goalies
- Teach about trapping with different parts of the body
- Teach correct throw ins
- Continue to develop passing, dribbling, and shooting
- Teach how to pass: use the inside of your foot
- Never use your toe
- Continue to teach heading
- Teach give and gos
- Have FUN!!!