



Welcome to OUSC Super Mod!

Coaches: Thank you for giving your time to the kids in our community and providing a place for them to play soccer. Without you we could not make the Super Mod program the success it has been year in and year out. The following packet will give insight into how Super Mod works and what we as coaches can do to help develop the young players.

If at any time during the season you have questions or need assistance, please don't hesitate to contact OUSC Director of Coaching, Kyle Jones at ejones360@gmail.com.

Sincerely,

OUSC Board of Directors

Target Outcomes for Super Mod

The first and most important is creating an enjoyable environment that players want to keep coming back to. Within this environment we want players to be comfortable making mistakes, learning how to be part of a team, display sportsmanship, and much more. Soccer specific outcomes are the following:

1. Learn techniques of dribbling and when to dribble.
2. Learn techniques of passing and when to pass.
3. Learn to pressure the ball when defending
4. Learn the basic rules (throw in, goal kick, corner kick, build out line.)

Knowing the Players

In the long-term athlete development model, players participating in Super Mod are in the Active Start stage. Active Start is all about play and learning basic skills. Players should be able to have fun through both structured and unstructured free play that incorporates skills of the game and body movements. Active Start enhances the development of brain function, coordination, social skills, gross motor skills, emotions, confidence, and imagination.

Tips for Training

As we run our training sessions it's important to have the players playing soccer as much as possible. This sounds obvious, but many times we can find ourselves doing all drills and the players aren't experiencing "the game". The game is the greatest teacher, and we want to have players learn through both experience and feedback. So... if you hear your players asking when it's time for a scrimmage... it's probably close to being time for a scrimmage. 😊

Suggested Training Time

U4-U5 Ages: 45 minutes

U6-U7 Ages: 45 minutes – 1 hour

Teaching Technique

Dribbling: The technique of dribbling at speed is to use the front-outside of the foot on the “pinky toe” and push the ball in front. Players also want to work on controlling the ball with the inside of the foot which is often used in tight spaces.

Passing: The technique of passing is plant foot next to the ball with toe facing the direction of the pass, body over the ball, ankle locked toe up-heel down, and run through the pass.

Receiving passes: Like the technique of passing players want to have their ankle locked with toe up-heel down, body over the ball as it arrives, and cushion the ball in.

Shooting: Same technique as passing, but instead of ankle locked with toe up-heel down, the player locks their ankle with the toe down slightly rotated out. The ball should be struck with the laces and players should land on their shooting foot or run through the ball.

Sideline Behavior

Put the kids in the spotlight! A game at this age is just another opportunity to play. We want to avoid overcoaching the players during games. Overcoaching takes away the decision making that a player needs to develop. This is important to pass along to the parents also. When multiple people are shouting different instructions to the players it creates confusion and stress. Cheer the players on, give them age-appropriate feedback, and have lots of fun!

Super Mod Rules

Field of Play

The field of play is rectangular. The length of the field (sideline or 'touchline') will be 30 yards and the width of the field (goal line) will be 20 yards. The fields will be marked with the field number in each corner and halfway mark on each sideline. You will set up cones to complete the field (see field set up page later in the packet).

A PUGG goal shall be centered on each goal line.

Number of Players

Super Mod teams shall play with 3 players on the field at a time. There will be no goalkeeper.

Substitutions

Substitutions may be made during any stoppage of play.

Players Equipment

- All players shall wear shin guards. Socks must be worn up and over the shin guards.
- Standard approved soccer shoes or gym shoes shall be worn by all players. A player may not play in their bare feet.
- A player shall not wear anything that may be dangerous to other players or to themselves.

- All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that: The proper team uniform is worn outermost; and any hat should be without peak, bill or dangling or protruding object of any kind.
- No player wearing a cast or splint shall be permitted to play in any regularly scheduled game unless the cast or splint is padded and covered and both coaches deem that it is safe. A cast/splint should be held in close to the body to protect other players from injury.

Rules of Play

Start of Play

- (1) The ball is placed at the center mark of the field. All players must be on their own half.
- (2) The ball is in play when it is kicked into play (kickoffs can go forward or backward). The kicker shall not play the ball a second time until it has been touched or played by another player.
- (3) A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.

Restart of Play

- (1) After a goal has been scored, the game shall be restarted with a kickoff by a player of the team that gave up the goal.
- (2) To start each period, the game will be restarted with the kick off by a player of the opposite team to that of the player who started the game.

Ball In and Out of Play

- (1) The ball is out of play when it has fully crossed the goal line or touchline, whether it is on the ground or in the air.
- (2) The ball is out of play, when the referee (coach in SMOD) has stopped the game.

*Note: If it is close, keep playing!

Method of Scoring

A goal is scored when the whole of the ball has fully crossed the goal line on the ground or in the air.

Offside Rule

The offside rule will not apply to any Super Mod team, however, the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee (coach in SMOD) shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players).

Fouls and Misconduct

(1) Free Kicks: Free kicks shall be classified under two (2) headings: "Direct", from which a goal can be scored by a direct kick against the offending side and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

(2) NO DIRECT KICKS SHALL BE AWARDED IN SUPER MOD. ONLY INDIRECT KICKS WILL BE USED.

(3) No penalty kicks will be granted in Super Mod.

(4) A free kick shall be awarded for the following offenses committed against an opponent: (these are rare in SMOD)

Kicking, tripping, jumping at an opponent, charging in a violent or dangerous manner, charging from behind, striking, holding, pushing, handling the ball, dangerous play (high kicking), charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved, lying on the ball and not allowing others to play it, and unsporting behavior.

(5) Slide tackling is not allowed.

(6) Consistent with the educational intent of the SMOD program, the referee (coach) should inform the offending player of the infraction that was committed.

Throw-ins

(1) When the whole of the ball passes over the whole touch line, either on the ground or in the air, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team to the team that played the ball.

(2) The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.

(3) Several re-throws will be allowed if an incorrect throw occurs. Before the "offending" player takes the re-throw, the referee (coach) will instruct the thrower on the proper technique and then proceed with the re-throw.

(4) The thrower may not play the ball until another player has touched it. If this happens, the above re-throw rules will apply.

(5) A goal shall not be scored directly from the throw-in.

Goal Kicks

(1) When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick.

(2) A goal kick is taken in front of the goal.

(3) Any defending player may take the goal kick.

- (4) The kicker shall not play the ball a second time until it has been touched or played by another player.
- (5) A goal shall not be scored directly from a goal kick.
- (6) The ball is in play when it is kicked.
- (7) The opposing team must drop back to the halfway mark during a goal kick.

Corner Kicks

- (1) When the whole of the ball passes over the whole of the goal line excluding that portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the defending team, a player of the attacking team shall have a corner kick.
- (2) The ball shall be placed within a three (3) foot arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.
- (3) A goal may be scored directly from a corner kick.
- (4) Players from the opposing team to the kicker shall not approach within 5 yards of the corner until the ball is touched into play.
- (5) If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee (coach) shall *explain* to the kicker the proper procedure of a corner kick. The kicker may then retry the corner kick.

Miscellaneous Rules:

- (1) Dropkicking and punting are not allowed.
- (2) Slide tackling is not allowed. Infringement of this rule will result in an indirect free kick.
- (3) Good judgement, sportsmanship and fair play should govern the decisions and actions of all the coaches, referees and spectators.
- (4) There will be no published team standings and game scores will not be recorded.

Length of game:

Be sure to tell your players/parents to arrive at least a few minutes before game time on game day. This will allow a little time for warm-up and organizing your team.

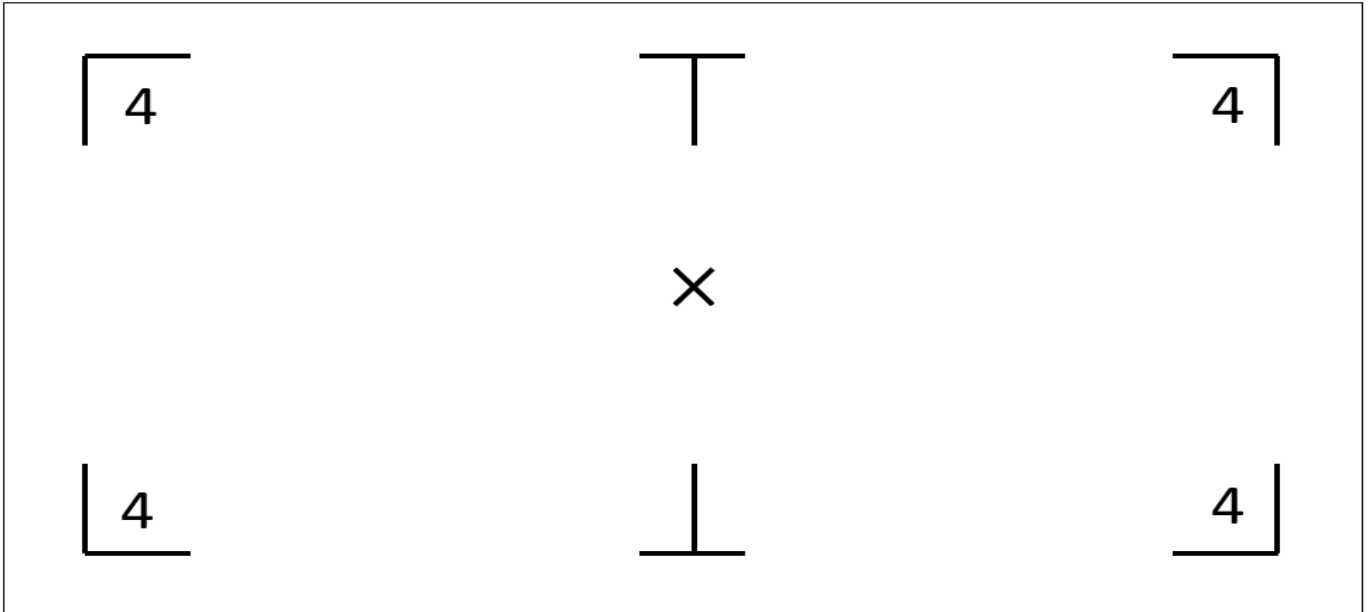
On game day, if you are the coach of the “home” team, arrive a few minutes early and set up your field. When the coach of the opposing team arrives, introduce yourself. Games will consist of two 20-minute periods.

If weather is particularly bad you may want to decrease the length of the game. Make sure to check in with the other coach to come to an agreement if length of game is being changed.

Field Set Up

Field set up for game days will look like the following graphics. We have tried to make it as easy as possible for the field set up. Each corner will have your field number marked in it and there will be a T and X at the halfway point.

What it will look like when you arrive:



What it will look like after setting up:

