



**COACH
GUIDE
2025
SEASON**

COMPASS  SPORTS

ATTITUDE

Philippians 2:5 “ Have this attitude yourselves which was also in Christ Jesus”

This year we will be focusing on Attitude. Throughout the season, we will strive towards an attitude that reflects the mindset of Christ with eachother as coaches, players, families, and referees.

COACH 2:5

As we look to intentionally discuss and approach one another in a relational manner, we will be using the term COACH 2:5 as a reminder of demonstrating an attitude of love, joy, peace, patience, and self control as a few examples of what the mind of Christ consist of and how that impacts both basketball and spiritual life.

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Sports Connect Login Info:

Username _____

Password _____

RULES

FIFA UNLESS NOTED BELOW

RULE # 1 - HAVE FUN!!! We are committed to athletic and spiritual development

PRE-K-KINDERGARTEN DIVISION (COED)

Dimension of Fields - 18 yards x 30 yards

Ball Size - 3

Playing Team - 4-v-4

- **Equipment** - Shin Guards must be worn at all times **under** socks
- **Goal Area** - Goal area will be marked with an Arc in front of the goal
- **Arc** - No player, whether on offense or defense, may enter the arc unless the ball is inside the arc. The intent is to keep defenders out of the goalmouth since no goalies are allowed and to keep players from “cherry picking” during the play. Violation of this rule results in a change of possession, goal kick, if the offending team was on offense or a corner kick if the defending team is in violation. If an offensive player in violation scores a goal, the goal is disallowed. If an offensive player scores a goal while a defensive player is in violation of this rule, the goal counts. If a defensive player is in violation of the rule and blocks a shot by an offensive player, the offensive team gets a corner kick.
- **Goalkeeper** - None
- **Referees** - Coaches
- **No Standings or Scores are recorded**
- **Game Length** - 16 minute half - substitute every 4 minutes
- **Player Rotation** - Players will substitute at the 4 minute mark of each period

- **Throw-ins** – Mandatory. All throw-ins must be two-handed over the head and both feet on the ground. May be allowed to have one re-throw
- **Goal Kicks** – taken when the opposing team kicks the ball across the defending teams end-line. Opposing team must stand at midfield or beyond. Once ball is kicked, opposing team can move forward to play the ball.
- **Corner Kicks** – taken when the ball crosses the end-line and is last touched by the defending team.
- **Fouls** – Fouls such, as handballs, tripping, and pushing will occur, usually as incidental. If an obvious foul occurs, then an indirect free kick will be awarded.
- **Heading** – If the ball hits the player on the head accidentally, play will be stopped and restarted with a drop-ball. If the player heads the ball purposefully to hit the ball, play will stop and be restarted with a free indirect kick for the opposing team.
- **Off-side** – Not Applicable
- Teams do not switch sides at halftime
- Goals cannot be scored from the defensive half of the field or on a kick off

1ST & 2ND GRADE DIVISION (COED)

Dimension of Fields – 18 yards x 30 yards

Ball Size – 3

Playing Team – 4-v-4

- **Equipment** – Shin Guards must be worn at all times **under** socks
- **Goal Area** – Goal area will be marked with an Arc in front of the goal
- **Arc** – No player, whether on offense or defense, may enter the arc unless the ball is inside the arc. The intent is to keep defenders out of the goalmouth since no goalies are allowed and to keep players from “cherry picking” during the play.

Violation of this rule results in a change of possession, goal kick, if the offending team was on offense or a corner kick if the defending team is in violation. If an offensive player in violation scores a goal, the goal is disallowed. If an offensive player scores a goal while a defensive player is in violation of this rule, the goal counts. If a defensive player is in violation of the rule and blocks a shot by an offensive player, the offensive team gets a corner kick.

- **Goalkeeper** – None
- **Referees** – Coaches
- **No Standings or Scores are recorded**
- **Game Length** – 18 minute half – substitute every 6 minutes
- **Player Rotation** – Players will substitute at the 6 minute mark of each half. Substitution is mandatory of all players.
- **Throw-ins** – Mandatory. All throw-ins must be two-handed over the head and both feet on the ground.
- **Goal Kicks** – taken when the opposing team kicks the ball across the defending teams end-line. Opposing team must stand at midfield or beyond. Once ball is kicked, opposing team can move forward to play the ball.
- **Corner Kicks** – taken when the ball crosses the end line and is last touched by the defending team.
- **Fouls** – Fouls such, as handballs, tripping, and pushing will occur, usually as incidental. If an obvious foul occurs, then an indirect free kick will be awarded.
- **Heading** – If the ball hits the player on the head accidentally, play will be stopped and restarted with a drop-ball. If the player heads the ball purposefully to hit the ball, play will stop and be restarted with a free indirect kick for the opposing team.
- **Off-side** – Not Applicable
- Teams switch sides at halftime

- Goals cannot be scored from the defensive half of the field or on a kick off

3RD - 5TH GRADE DIVISION (COED)

Dimension of Fields – 35 yards x 60 yards

Ball Size – 4

Playing Team – 6-v-6

- **Equipment** – Shin Guards must be worn at all times **under** socks
- **Goal Area** – 8 yards x 13 yards
- **Goalkeeper** – Allowed
- **Referees** – Coaches and League Volunteers
- Teams records for first 3 weeks will be recorded to create a flex schedule for the last 4 games. Home team to post scores to Sports Connect.
- **Game Length** – 21 minute half – substitute every 7 minutes
- **Player Rotation** – Players will substitute at the 7 minute mark of each half. Substitution is mandatory for all players
- **Throw-ins** – Mandatory. All throw-ins must be two-handed over the head and both feet on the ground.
- **Goal Kicks** – taken when the opposing team kicks the ball across the defending teams end line. Opposing team must stand at midfield or beyond. Once ball is kicked, opposing team can move forward to play the ball.
- **Corner Kicks** – taken when the ball crosses the end line and is last touched by the defending team.
- **Fouls** – All fouls will result in either a indirect or direct kick. Indirect kicks, where the ball cannot directly go into the goal without touching another player, are granted for all fouls listed below, example: dangerous play, obstructing another player, delay of game, etc. Direct kicks, where the ball may be scored into the goal without touching another player first, are granted

for fouls such as handball, kicking, hitting, tripping, and slide-tackling. If one of these fouls results in a direct kick in the goalie box, it's a penalty kick taken from the top of the goalie box.

- **Heading** – If the ball hits the player on the head accidentally, play will be stopped and restarted with a drop-ball. If the player heads the ball purposefully to hit the ball, play will stop and be restarted with a free indirect kick for the opposing team.
- **Off-side** – Not Applicable
- Teams switch sides at halftime
- Goals cannot be scored from the defensive half of the field or on a kick off
- Goalie punts are allowed

6TH-8TH GRADE DIVISION (COED)

Dimension of Fields – 35 yards x 60 yards

Ball Size – 4

Playing Team – 6-v-6

- **Equipment** – Shin Guards must be worn at all times **under socks**
- **Goal Area** – 8 yards x 13 yards
- **Goalkeeper** – Allowed
- **Referees** – Coaches and League Volunteers
- Teams records for first 3 weeks will be recorded to create a flex schedule for the last 4 games. Home team to post scores to Blue Sombrero.
- **Game Length** – 24 minute half – substitute every 8 minutes
- **Player Rotation** – Players will substitute at the 8 minute mark of each half. Substitution is mandatory for all players.

- **Throw-ins** – Mandatory. All throw-ins must be two-handed over the head and both feet on the ground.
- **Goal Kicks** – taken when the opposing kicks the ball across the defending teams end line. Opposing team must stand at midfield or beyond. Once ball is kicked, opposing team can move forward to play the ball.
- **Corner Kicks** – taken when the ball crosses the end line and is last touched by the defending team.
- **Fouls** – All fouls will result in an indirect or direct kick. Indirect kicks, where the ball cannot directly go into the goal without touching another player, are granted for all fouls listed below, example: dangerous play, obstructing another player, delay of game, etc. Direct kicks, where the ball may be scored into the goal without touching another player first, are granted for fouls such as handball, kicking, hitting, tripping, and slide-tackling. If one of these fouls results in a direct kick in the goalie box, it's a penalty kick taken from the top of the goalie box.
- **Heading** – If the ball hits the player on the head accidentally, play will be stopped and restarted with a drop-ball. If the player heads the ball purposefully to hit the ball, play will stop and be restarted with a free indirect kick for the opposing team.
- **Off-side** – Not Applicable
- Teams switch sides at halftime
- Goals cannot be scored from the defensive half of the field or on a kick off
- Goalie punts are allowed
- Teams are permitted to pass back to the goalie, however, the goalie cannot pick the ball up and punt or throw it. This pass requires the goalie to pass the ball back to another player.

ENFORCED STARTING WITH FIRST GAME

- **Hand Balls** – occurs if any player, other than team goalkeeper, deliberately handles the ball when in play. A ball can be handled with any part of the arm, from the tips of a player's fingers right up to the shoulder.
- **Arc Violations** – no player, whether on offense or defense, may enter the arc unless the ball is inside the arc. The intent is to keep defenders out of the goal mouth since no goalies are allowed in this division, and to keep attackers from cherry-picking, standing right in front of the goal the whole time rather than engaging in play. Violation of this rule results in a change of possession, goal kick, if the offending team was on offense or a corner kick if the defending team is in violation. If a goal is scored by an offensive player in violation, the goal is disallowed. If an offensive player scores a goal while a defensive player is in violation of this rule the goal counts. If a defensive player is in violation of the rule and blocks a shot by an offensive player, the offensive team gets a corner kick.
- **Out-of-bounds**
- **Illegal Throw-ins**
- Ages 4-5: anything over the head with two hands is allowed but allow the player to try it again so they can learn the skill.
- Ages 6-13: adhere to soccer rules

DISCOURAGED

- Defender(s) staying back in the defensive third of the field while on the attacking team for all grades. We want the players to be involved in the flow of the game which is how the game is played.

PLAYER ROTATION

- **MANDATORY:** all coaches to rank players after 2nd practice (before 1st game). Rank based upon what you see in practice and use that ranking throughout the year when using the rotation system.

- **YOU MUST USE THE ROTATION SYSTEM. IT IS DESIGNED TO LET EACH PLAYER GET THE SAME AMOUNT OF PLAYING TIME AND TO TRY TO ACHIEVE PARITY DURING THE GAME TO THE GREATEST EXTENT POSSIBLE.**
- Optional: re-rank players again before 2nd game, if needed to reflect actual skill/competitive levels.
- Coaches should review each other's lineup before each game (starting lineup, number of players).

COMPASS SPORTS SOCCER PARENT CONTACT CHECKLIST

Please call each of your player's parents by March 13. It is important that your first contact is a phone call, not an email. You may also want to follow up with an email to all parents after you have spoken to them and confirmed their email address. Below are the items you should cover in your initial phone call:

- Team Name
- Practice Night, Time (6:00), Location (Cool Spring Fields) Field #
- First Practice (Week of March 17)
- First Game Day (April 5)
- Picture Day (April 26)
- Coach contact info (phone, email)
- Verify parent's email address, phone #
- Verify child's age
- Ask if child has a nickname
- Ask if child has played soccer before
- Remind them to bring cleats (recommended), shin guards (required), and soccer ball to each practice

After all parents have been called, follow up with an email including:

- Team Name
- Coach contact info (phone, email)
- First Practice: March 17, 18 or 20, Cool Spring Fields, 6:00, Field #
- First Game: April 5
- No Games: April 19
- Last Game: May 24
- Email: compass@coolspring.org
- Website: coolspring.org/sports
- Facebook: www.facebook/CompassSportsRVA
- Instagram: www.instagram.com/CompassSportsRVA
- Inclement weather policy: Will be determined by the league. We don't always follow Hanover County School's weather policy.



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SUBSTITUTION SYSTEM

STEP 1

Rank players by ability. Start with slot "1". This player ranking order should not change at any point during your season.

STEP 2

For week 1, begin with Player "1" and work down the column. These are your starting five.

STEP 3

Begin the rotation where you left off in the previous segment. If you are at the bottom of your list, be sure to go back to the top until you have five players in the segment.

STEP 4

Continue this process for the remainder of the segments.

EXAMPLE		1 ST QUARTER		2 ND QUARTER		3 RD QUARTER		4 TH QUARTER	
		10 MIN	5 MIN	10 MIN	5 MIN	10 MIN	5 MIN	10 MIN	5 MIN
1	Beth	X	X	X	X			X	
3	Ann	X	X		X			X	
5	Susan	X	X		X			X	
7	Kim	X	X		X			X	
2	Mary	X			X				
4	Karen		X		X				
6	Amy		X		X			X	

* For Week 2, begin with player "3" and fill in five players for the starting lineup.

PRACTICE		NAME																						
1																								
3																								
5																								
7																								
2																								
4																								
6																								

Week 1	
NAME	
1	
3	
5	
7	
2	
4	
6	

Week 2

NAME

1																					
3																					
5																					
7																					
2																					
4																					
6																					

Week 3		NAME																
1																		
3																		
5																		
7																		
2																		
4																		
6																		

Week 4

NAME

1																				
3																				
5																				
7																				
2																				
4																				
6																				

Week 5

NAME

- 1
- 3
- 5
- 7
- 2
- 4
- 6

Week 6	NAME																			
		1																		
		3																		
		5																		
		7																		
		2																		
		4																		
		6																		

Week 7		NAME									
1											
3											
5											
7											
2											
4											
6											

