



Quick Guide for Coaches

STARTS & RESTARTS (2019-2020) & UNDERSTANDING OFFSIDE

Wheaton Park District Soccer Program

WHEATON PARK DISTRICT
SUPPORTS

CHARACTER
RESPECT
responsibility
CITIZENSHIP
CARING
trustworthiness
COUNTS!

SAFETY | FUN | SPORTSMANSHIP | SKILL DEVELOPMENT

Kick Off (Direct Free Kick – DFK) but not at WPD

Kick is taken at the center mark and must be kicked and moves to be **in play**. All players, **except the player taking the kick-off**, must be in his or her own half of the field of play. The defending team may not be closer than the center circle on their side of the field. The kicker may not touch the ball again until another player has touched it. Double touch results in an IFK for the other team. (Younger ages will have a redo for a double touch). If there is a coin toss the winner may choose the kick or the side to attack.

Goal Kick (DFK)

The ball is kicked out over the goal line by the attacking team and it is not in the goal. The restart is a goal kick from anywhere in the goal area (6 yards). **The ball is in play once the kick is taken**; it can be played before leaving the penalty area (This is a new rule in 2019-20). Defensive players should be in the penalty area to help the goalie. Attackers must be outside the penalty area until the kick is taken.

Corner Kick (DFK)

The defending team kicks the ball out at the goal line and it is not a goal. The ball is placed in the corner arc nearest to where it went out and players stay 10 yards away. The ball is **in play** when it is kicked and moves. The ball does not have to leave the arc to be in play. There is no offside on the first touch but the second touch could be offside unless there are two defenders closer to the goal than the offensive player. Practice corner kicks since they are a real advantage for the team to take a shot on goal.

Penalty Kick (DFK)

One of the DFK fouls has taken place in the Penalty Area. All players, except the kicker and the keeper, must be 10 yards from the ball, outside the penalty area, outside the penalty arc and behind the penalty mark. The ball is **in play** when it is

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kicked and moves. There are no penalty kicks for the younger ages. (2nd graders take the PK from the 18-yard line so they learn what a foul in that area means). **The keeper must have one foot on the line and is not permitted to touch the crossbars or net or move off the line until after the kick is taken.**

Throw-In (no goal may be scored directly)

The ball is out of play when it has passed completely over the touch-line in the air or on the ground. The opposing team takes the throw-in. The ball is in play when it crosses the touch-line being thrown over the head with two hands with equal force in one motion. The thrower is behind the line or has one or both feet touching the line. The thrower **must stand** and face the field. The throw-in is taken **1 yard** from where it went out and players are to not interfere with the throw by staying **2 yards** away from the point on the touchline where the throw-in is to be taken. If the thrower touches the ball before another player does, the double touch results in an Indirect Free Kick (IFK).

Throw-ins should be practiced with young players for technique and older players for strategy.

Drop Ball

The referee puts the ball **in play** by dropping it to the ground. **If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper. If stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball. All other players must be 4m (4.5yds) away.** If the referee has to stop play for an outside agent (dog) or a bad whistle or for 'any undefined stoppage' the game is started with a drop ball. Stoppage for an injury will be restarted with a drop ball.

Direct Free Kick (DFK)

Fouls that result in a direct free kick include **kicking, tripping, jumping, striking, holding, handling, biting, spitting, charging, tackling, impeding with contact and throwing an object.** This includes attempting to kick, trip, etc. If fouls are just careless a DFK is awarded. If these fouls occur in the Penalty Area a Penalty Kick is the restart. See PK for the mechanics of that restart. If the foul is deemed reckless or

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excessive force, the foul may result in a caution, sendoff or (in the park district) a 2-minute sit-out or sendoff. **Throwing an object recklessly is a caution; throwing an object with excessive force is an ejection.**

Indirect Free Kicks (IFK)

Could be a double touch of the ball and offside. Others include dangerous play, impeding, preventing the keeper from releasing the ball from his hands, a stop for a caution or send off. The keeper has 6 seconds before releasing the ball after a save, keeper may not touch the ball a second time, ball cannot be kicked back to the keeper directly from a team-mate foot to foot, keeper may not catch the ball from a throw-in by a team-mate.

Understanding Offside (This is not one of the 8 restarts)

You may be in an offside position without being penalized. If you participate in active play or block the keeper or do anything in that position that makes you have an advantage by being there, you are then offside. The restart is an IFK from where the offense occurred.

A player is not in an offside position if on his/her own half of the field of play, he/she is level with the second to last opponent, or the player is level with the last two opponents. Offside is at the time of the kick. Players should not be 'beyond the last defender.' We begin calling offside in 3rd grade. Cherry picking in the younger grades means they should not stay by the goal area waiting for the ball. Offside is not called in the younger ages (PeeWee-2nd).

The 8 Restarts Happen Often in Soccer

Be aware of when and how they are called by the referee so you can do these restarts in practice. Practice in the order of their frequency in games:

Throw in, Goal Kicks-see new laws, Corner Kick, IFK, DFK, Kick Off, Drop Ball, & Penalty Kick