



Islamic Soccer League

COACHES TRAINING SESSION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Agenda



10:00 – 10:15 Intro to ISL



10:15 – 10:45 Basic laws of the game



10:45 – 11:15 Coaching Essentials



11:15 – 12:00 Q&A + Closing



What is ISL?

Our Mission is “Building Islamic character through sports”

Established in 1997

Community-based, non-profit organization

All volunteer managed and run

Caters to both boys and girls aged 5-18

League Objectives

- To create an Islamic environment that is conducive for soccer practice and a House League that is free from the indiscipline that exists in most of the typical soccer leagues.
- To provide a soccer league for the Muslim community that will help develop brotherhood and will be a true representation of our very diverse backgrounds
- To build a unique relationship between local Muslim businesses and the community
- To increase the self-esteem and self-confidence of the Muslim Youths by providing them with good role models and a broader identity
- To encourage each individual to be the best that they can be in the game of soccer
- To maximize any opportunity for Dawah
- To include in every year's schedule an event that is considered as Sadaqa, whether it is individually or collectively
- To elevate the physical and mental condition of our youths
- To provide a viable option for our Muslim youths to occupy their time in a productive manner
- To always put priority on the needs of the youths over those of our own
- To act with professionalism in all of our conduct
- To always adhere to the rules of the Quran, Sunnah and Islamic Shariah in all of the league affairs



Programs & Opportunities

House League

- Summer months

Academy

- Summer + indoor winter

Umrah

- Every 2 years

Scholarships

- \$750 per scholarship



Team Sponsors

Sponsors – Islamic Soccer League

Over 30 sponsors

Muslim owned halal businesses

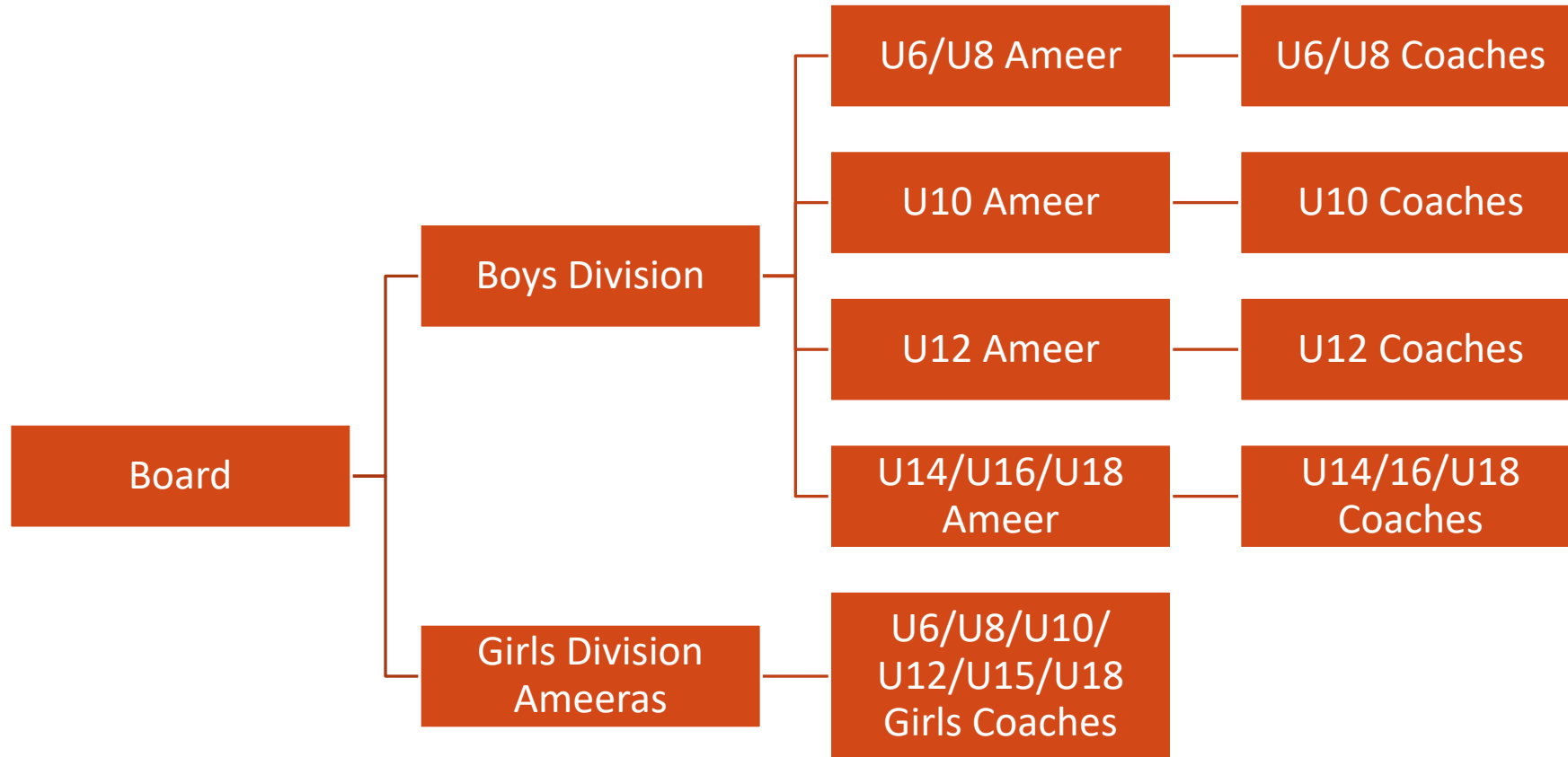


League Sponsor

MWFC

**Muslim
Welfare
Canada**

League Structure



League Schedule

May 9th 2026	SEASON BEGINS – Players Evaluation
May 16th 2026 May 23rd 2026	Team Evaluation Team Selection and Uniform Distribution
May 30th 2026	Practice Session 1
June 6th 2026 June 13th 2026	MUSLIM WELFARE CENTRE TOURNAMENT MUSLIM WELFARE CENTRE TOURNAMENT
June 20 th 2026	League Game 1
Aug 16th 2026	All Star Event
Sept 12th 2026	ISL Finals & Awards

A soccer ball is shown hitting a goal net, with the net's hexagonal pattern visible in the background. The scene is dimly lit, with a dark green and black color palette.

Soccer Laws of the Game

IFAB

17 Laws of the game - [Youtube Playlist](#)

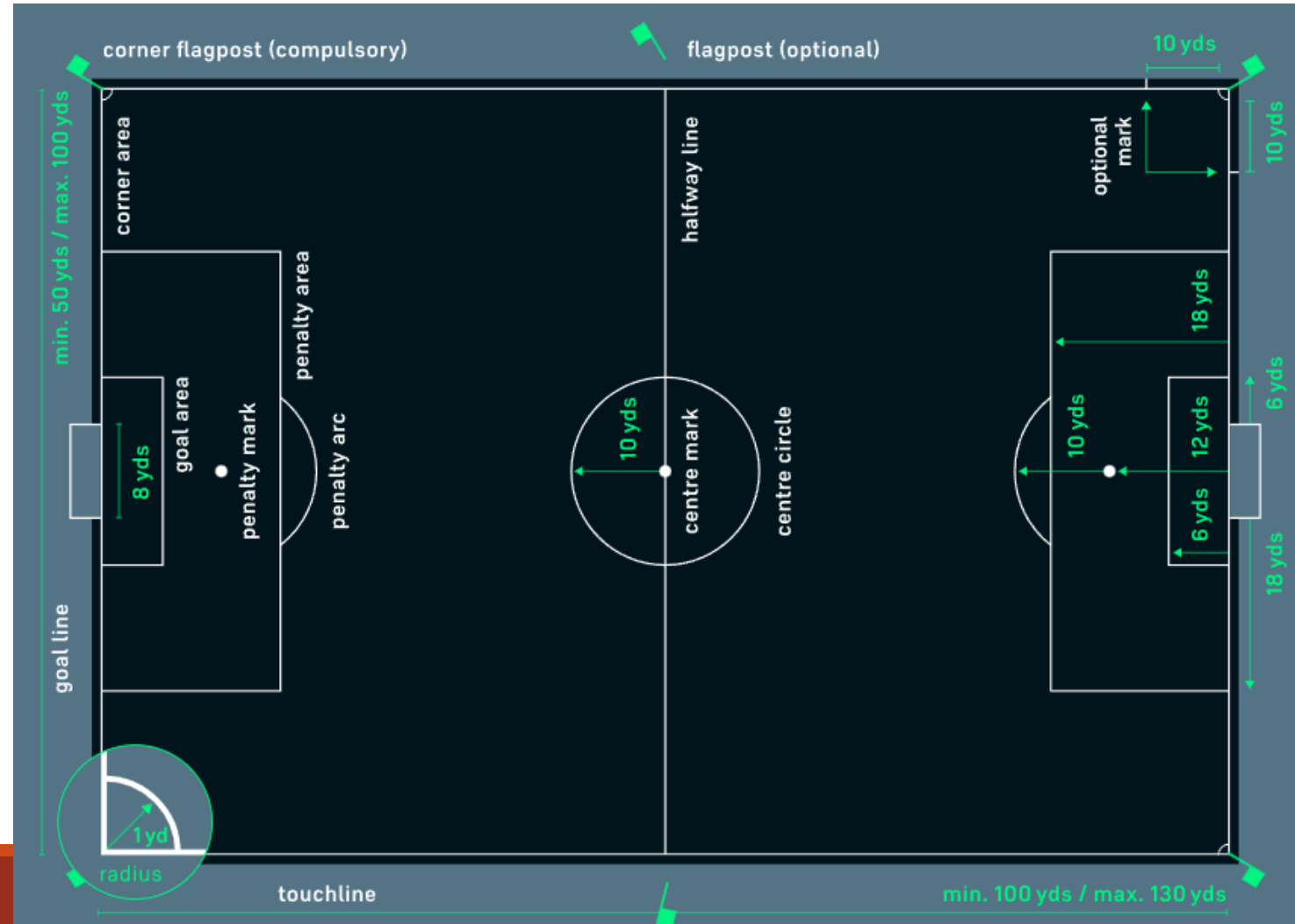
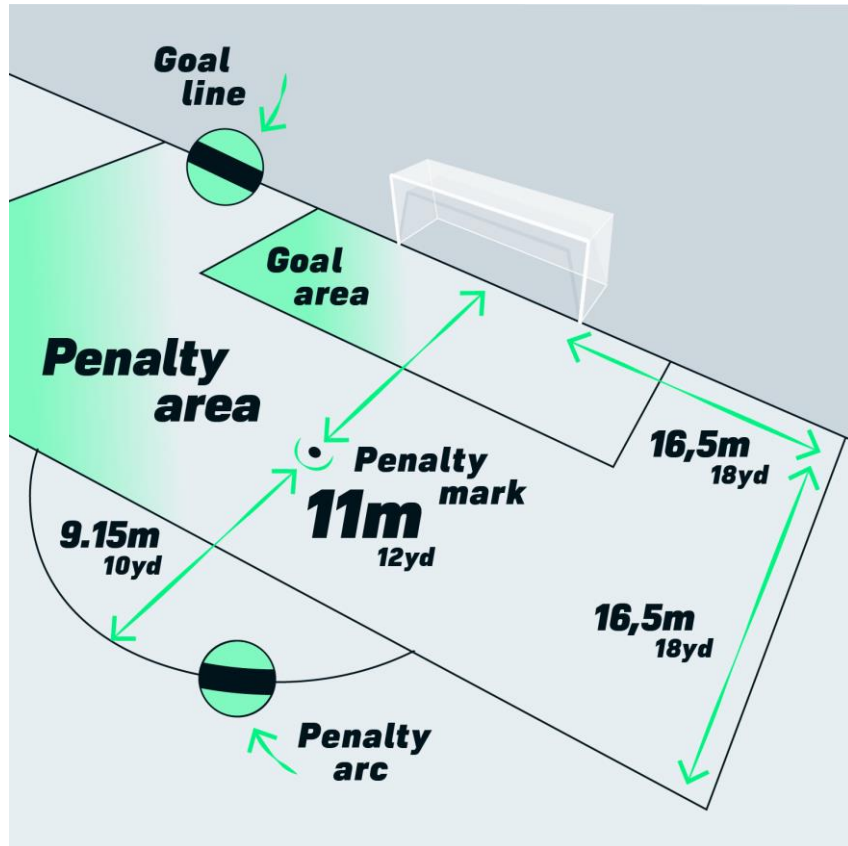
New Updates

Goalkeeper delay of game (8seconds) == Corner kick

Ball hits referee

- If clear who would receive possession – drop ball to team that would receive it
- Otherwise back to team that passed it

Law 1 - The Field



Technical Area

Designated sitting area for team officials, substitutes and substituted players

- the occupants of the technical area:
 - are identified before the start of the match in accordance with the competition rules
 - must behave in a responsible manner
 - must remain within its confines except in special circumstances, e.g. a physiotherapist/doctor entering the field of play, with the referee's permission, to assess an injured player
- only one person at a time is authorised to convey tactical instructions from the technical area

Law 2 – The Ball

All balls must be:

- spherical
- made of suitable material
- of a circumference of between 68 cm (27 ins) and 70 cm (28 ins)
- between 410 g (14 oz) and 450 g (16 oz) in weight at the start of the match
- of a pressure equal to 0.6–1.1 atmosphere (600 –1,100 g/cm²) at sea level (8.5lbs/sq in–15.6 lbs/sq in)

Law 3 – The Players

11 players

- 1 designated goalkeeper
- 1 designated captain with captain armband
- min 7 players to start/continue a game

5 substitutions

- 3 opportunities to make the substitutions

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Law 4 - Equipment

- a shirt with long or short sleeves
- shorts
- Socks
- shinguards - the size and material are the player's responsibility!
- footwear (football boots are not compulsory) – **no metal cleats**
- Captain's armband to designate captain
- All jewellery must be removed. Using tape to cover jewellery is not allowed

Law 5 - Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match.

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The decisions of the referee, and all other match officials, must always be respected.

- enforces the Laws of the Game
- controls the match in cooperation with the other match officials
- acts as timekeeper, keeps a record of the match and provides the appropriate authorities with a match report, including information on disciplinary action and any other incidents that occurred before, during or after the match
- supervises and/or indicates the restart of play (injuries, water/cooling breaks, etc...)

Law 6 – Other Match Officials

Other match officials (two assistant referees, a fourth official, two additional assistant referees, a reserve assistant referee, a video assistant referee (VAR) and at least one assistant VAR (AVAR)) may be appointed to matches.

They will assist the referee in controlling the match in accordance with the Laws of the Game but the final decision will always be taken by the referee.

Assistant Referee

They indicate when:

- the whole of the ball leaves the field of play and which team is entitled to a corner kick, goal kick or throw-in
- a player in an offside position may be penalised
- a substitution is requested
- at penalty kicks, the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line; if additional assistant referees have been appointed, the assistant referee takes a position in line with the penalty mark

The assistant referee's assistance also includes monitoring the substitution procedure.

The assistant referee may enter the field of play to help control the 9.15m (10 yards) distance.

Law 7 – Duration of Match

1. 45 min (first half)
2. Max 15 min half-time
3. 45 min (second half)

Time Lost

- Allowance is made by the referee in each half for all playing time lost in that half (substitutions, injuries, goal celebrations, time wasting)

Water Break

- Should not exceed 1 min

Cooling Break

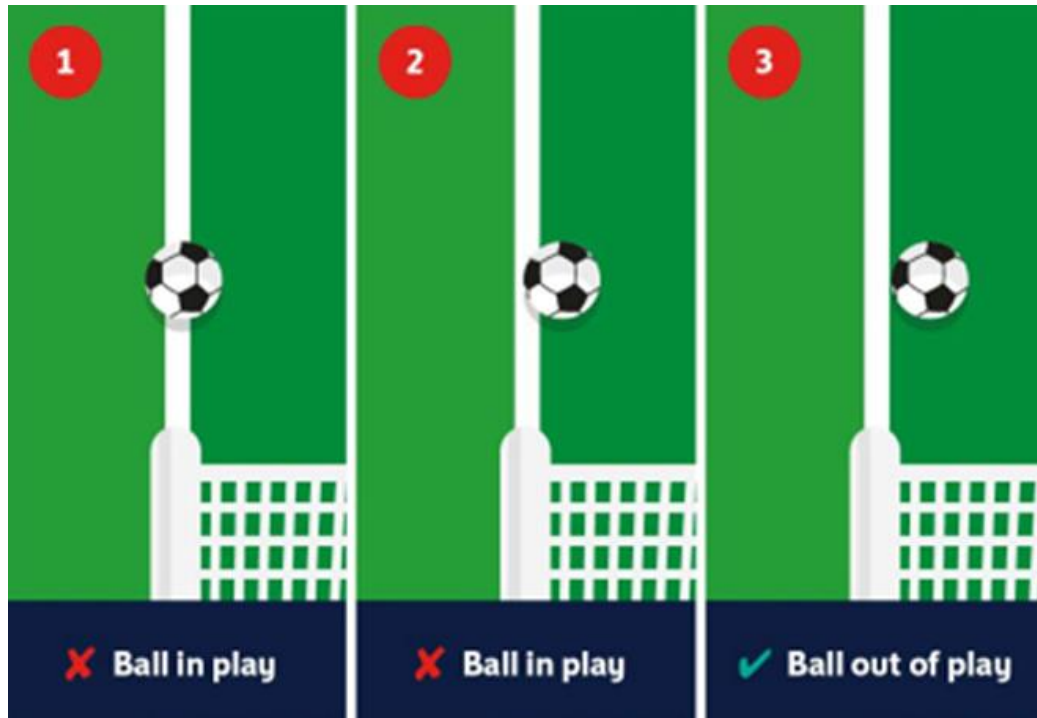
- Should not exceed 3 min

Law 8 – Start & Restart of play

Kick-off

- Each team in their half.
- Kick from center mark

Law 9 - Ball in and out of play



Entire ball must be out or over the plane of the line
The ball doesn't have to touch the line!

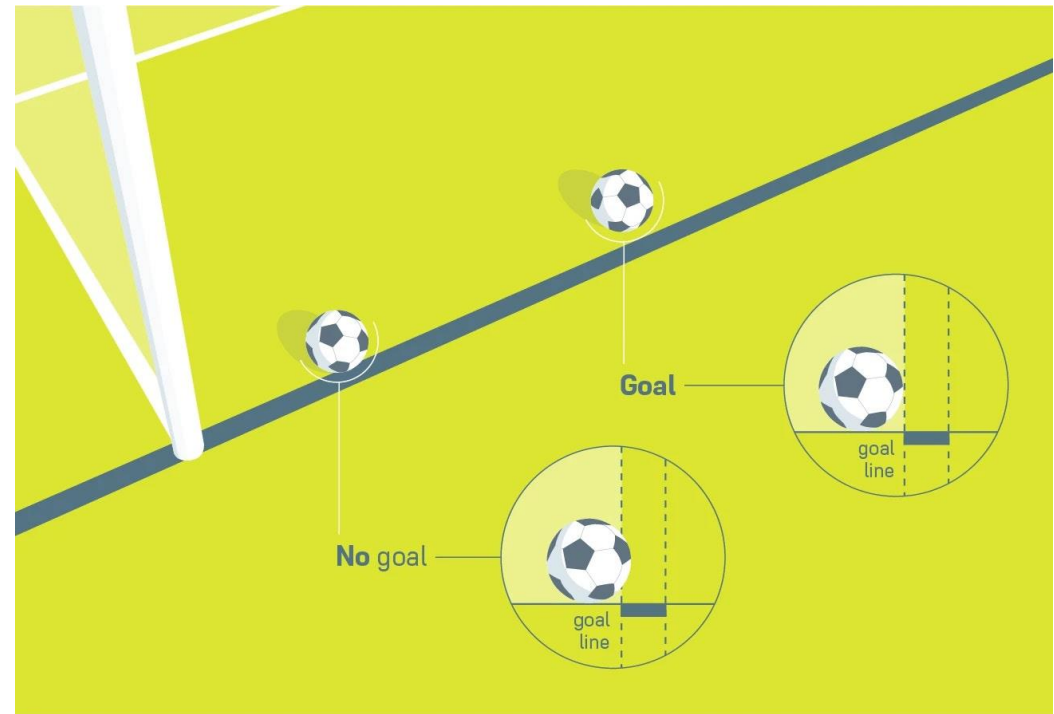
Law 10 – Determining outcome of a match

Goal scored if entire ball crosses the goal line

Team with more goals wins

If equal number of goals then a draw

Competition may dictate extra time, or penalty shoot out to determine winner

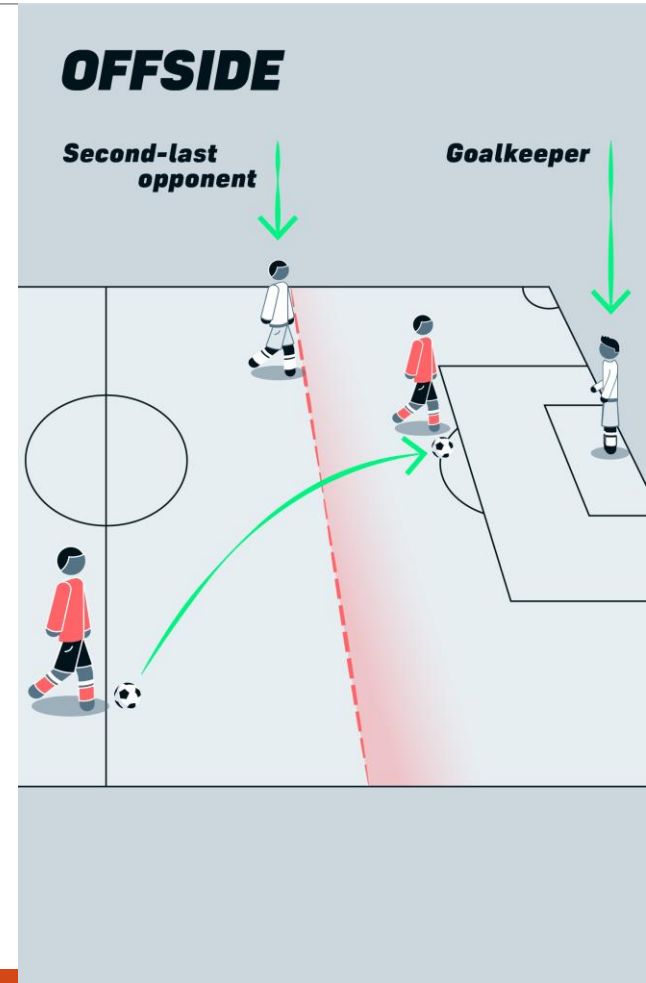


Law 11 - Offside

Offside Position

A player is in an offside position if:

- any part of the head, body or feet is in the opponents' half (excluding the halfway line) and
- any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent



Law 11 - Offside

A player in an offside position at the moment the ball is played or touched* by a team-mate is only penalised on becoming involved in active play by:

- interfering with play by playing or touching a ball passed or touched by a team-mate or
- interfering with an opponent by:
 - preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
 - challenging an opponent for the ball or
 - clearly attempting to play a ball which is close when this action impacts on an opponent or
 - making an obvious action which clearly impacts on the ability of an opponent to play the ball

or

- gaining an advantage by playing the ball or interfering with an opponent when it has:
 - rebounded or been deflected off the goalpost, crossbar, match official or an opponent
 - been deliberately saved by any opponent

When No Offside

There is no offside offence if a player receives the ball directly from:

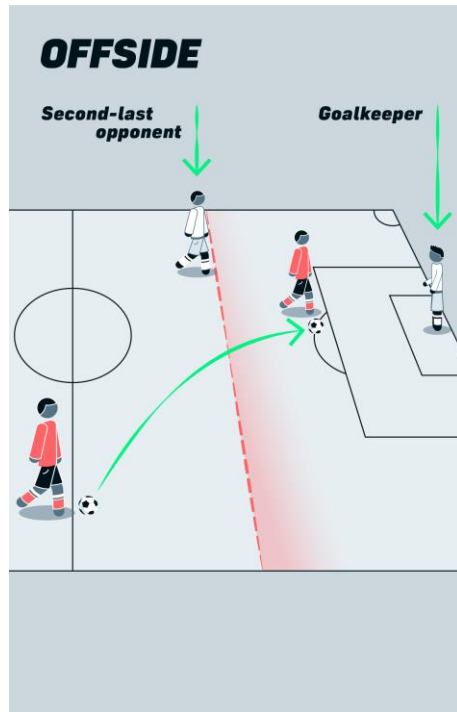
- a goal kick
- a throw-in
- a corner kick

No offside position if the player is in his own half

Player is behind the ball when it is passed to him

Law 11 – Offside Reality

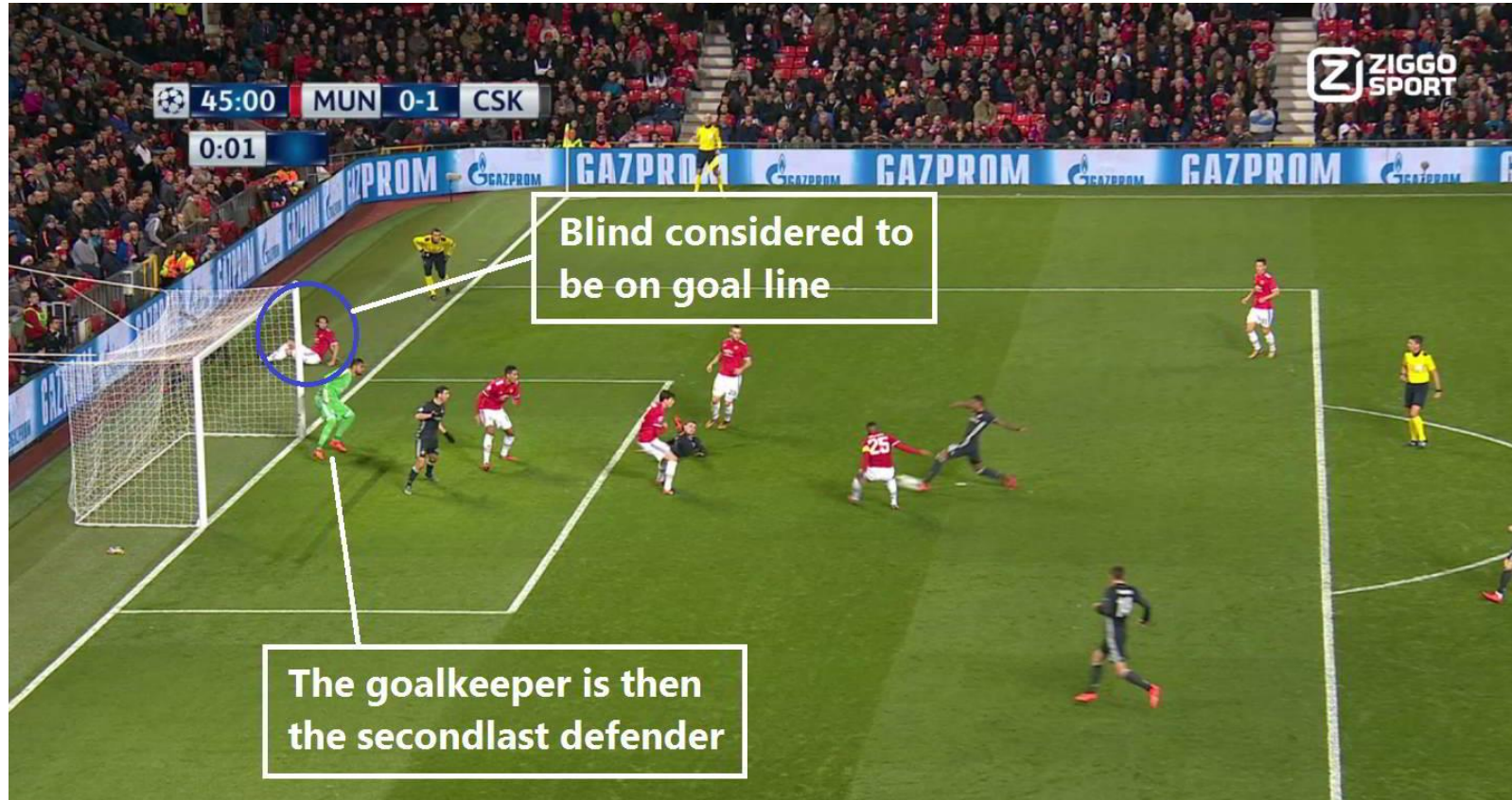
CONCEPT



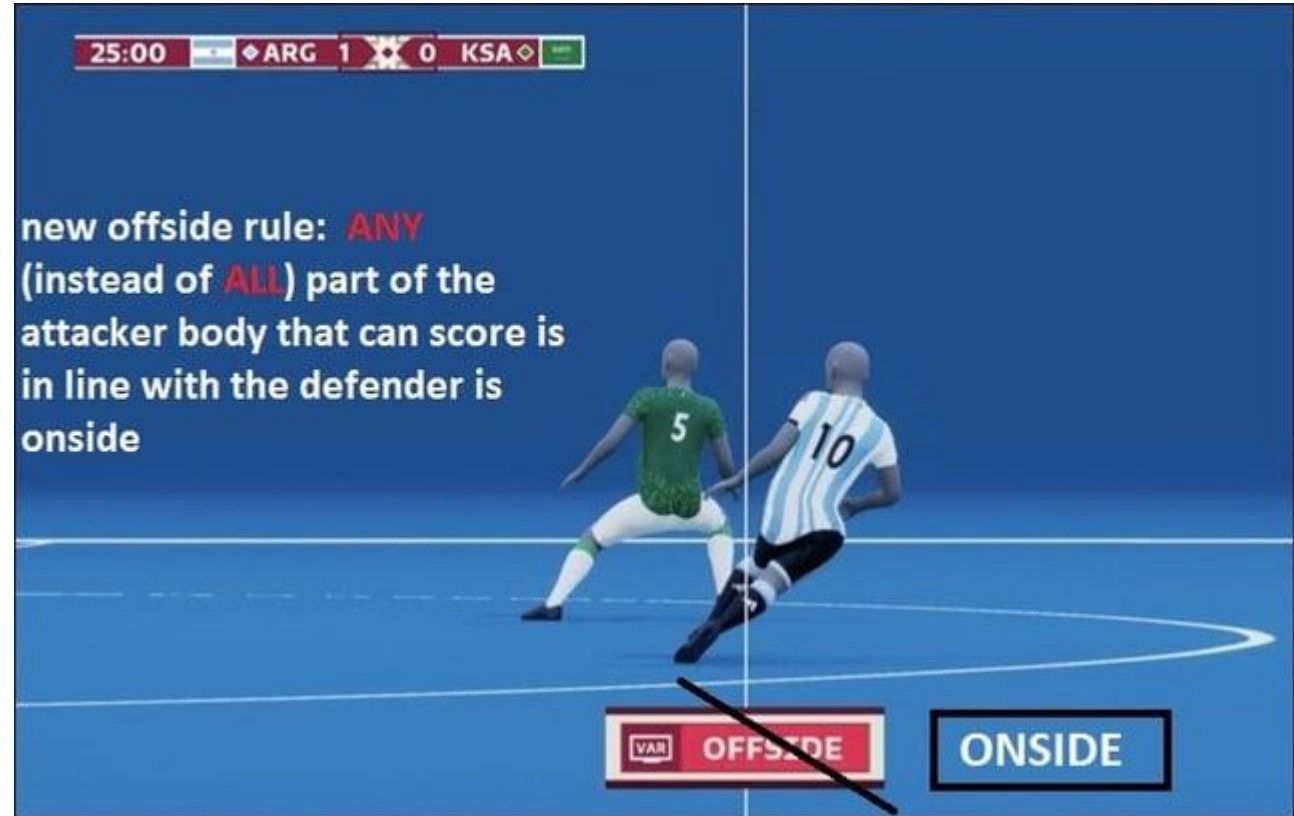
REALITY – TOE OFFSIDE



Extremely Difficult



Proposed Law - Daylight Offside



Law 12 – Fouls

Law 13 – Free Kicks

No card

- Careless
 - Minor foul (often accidental) with limited or no risk of injury to the opponent

Yellow card

- Reckless
 - Fairly serious foul with a risk of injury to the opponent
- Stopping a promising attack
 - Tactical foul that stops a promising attack – it is the result of the foul which is punished

Red card

- Serious foul play/excessive force
 - Major foul that endangers the safety of the opponent with a risk of serious injury, often due to the use of excessive force
- Denying a goal or obvious goal-scoring opportunity
 - Tactical foul that stops a goal or a clear chance of scoring – it is the result of the foul which is punished

Direct Free Kick

offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:

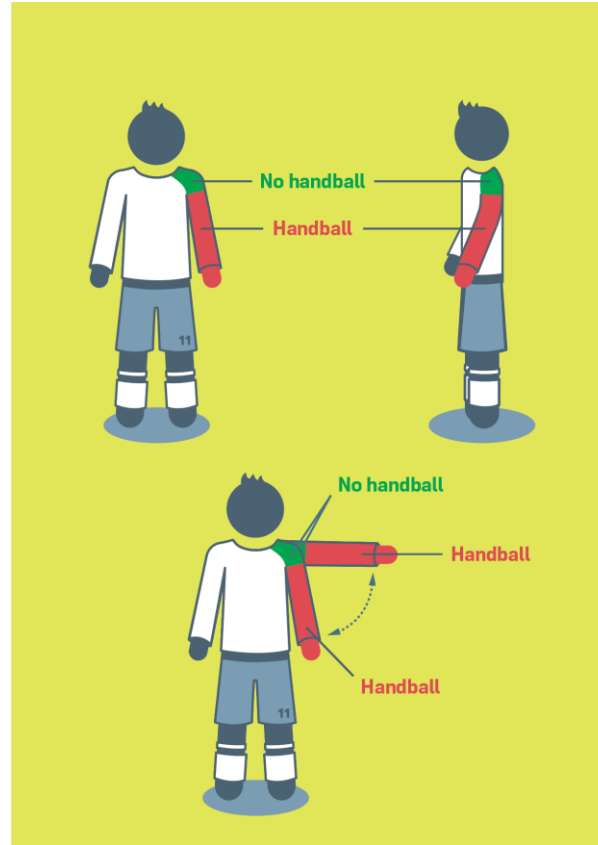
- charges
- jumps at
- kicks or attempts to kick
- pushes
- strikes or attempts to strike (including head-butt)
- tackles or challenges
- trips or attempts to trip

Direct Free Kick

if a player commits any of the following offences:

- a handball offence (except for the goalkeeper within their penalty area)
- holds an opponent
- impedes an opponent with contact
- bites or spits at someone on the team lists or a match official
- throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object

Handball



Handball

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger.
- scores in the opponents' goal:
 - directly from their hand/arm, even if accidental, including by the goalkeeper
 - immediately after the ball has touched their hand/arm, even if accidental

Indirect Free Kick

- plays in a dangerous manner
- impedes the progress of an opponent without any contact being made
- is guilty of dissent, using offensive, insulting or abusive language and/or action(s) or other verbal offences
- prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is penalised if responsible for initiating the deliberate trick
- commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player

Other Offenses

Arguing – yellow card if excessive

- **Captains only** rule is recommended

Insults/abuse/violent conduct – red card

Simulation – yellow card

Unsportsmanlike (yelling, barking or other verbal distractions)

Double touching the ball on free kick or kick off

- The goalkeeper:
 - touches the ball again with their hand(s)/arm(s) after they had controlled it with their hand(s)/arm(s), released it and before it has touched another player (except after a save)
 - touches the ball with their hand(s)/arm(s) after it has been deliberately kicked to them by a team-mate (backpass)
 - touches the ball with their hand(s)/arm(s) after receiving it directly from a throw-in by a team-mate
- Using a deliberate trick to flick the ball up and play it to the goalkeeper to get around the backpass Law

Law 14 – Penalty kick

The players other than the kicker and goalkeeper must be:

- at least 9.15 m (10 yds) from the penalty mark
- behind the penalty mark
- inside the field of play
- outside the penalty area

	Outcome of the penalty kick	
	Goal	No goal
Encroachment by attacking player	Impact: penalty is retaken No impact: goal	Impact: indirect free kick No impact: no retake
Encroachment by defending player	Impact: goal No impact: goal	Impact: penalty is retaken No impact: no retake
Encroachment by defending and attacking player	Impact: penalty is retaken No impact: goal	Impact: penalty is retaken No impact: no retake
Offence by goalkeeper	Goal	Not saved: penalty is not retaken (unless kicker is clearly impacted) Saved: penalty is retaken and warning for goalkeeper; caution for any further offence(s)
Goalkeeper and kicker offend at the same time	Indirect free kick and caution for kicker	Indirect free kick and caution for kicker
Ball kicked backwards	Indirect free kick	Indirect free kick
'Illegal' feinting	Indirect free kick and caution for kicker	Indirect free kick and caution for kicker
Wrong kicker	Indirect free kick and caution for wrong kicker	Indirect free kick and caution for wrong kicker

Law 15 – Throw In

A goal cannot be scored directly from a throw-in:

At the moment of delivering the ball, the thrower must:

- stand facing the field of play
- have part of each foot on the touchline or on the ground outside the touchline
- throw the ball with both hands from behind and over the head from the point where it left the field of play

All opponents must stand at least 2 m (2 yds) from the point on the touchline where the throw-in is to be taken.

Law 16 – Goal Kick

A goal may be scored directly from a goal kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

- The ball must be stationary and is kicked from any point within the goal area by a player of the defending team
- The ball is in play when it is kicked and clearly moves
- Opponents must be outside the penalty area until the ball is in play

Law 17 – Corner Kick

A goal may be scored directly from a corner kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

- The ball must be placed in the corner area nearest to the point where the ball passed over the goal line or the goalkeeper's position when penalised
- The ball must be stationary and is kicked by a player of the attacking team
- The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area
- The corner flagpost must not be moved
- Opponents must remain at least 9.15 m (10 yds) from the corner arc until the ball is in play



House League Competition Rules

U6

- 5v5 scrimmage refereed by coaches

U8

- 8v8 scrimmage refereed by coaches

U10

- 8v8

U12

- 9v9

U14

- 11v11

U16/U18

- 11v11

Competition Rules

Kick-ins for U8 and below

Retreat line for U10 and below

No headers for U12 and below

Temporary dismissal or substitution for yellow card or other offense

- Calling another player by their jersey number instead of name

Retreat line



When a goal kick or goalkeeper possession occurs:

1. The opposing team must retreat behind the retreat line.
2. The team in possession can play the ball out with no pressure until it crosses the retreat line or a teammate touches it.
3. Once the ball crosses the line or is touched, the opposing team can engage

A soccer ball is shown hitting a goal net, with the net's hexagonal pattern clearly visible. The background is a dark, muted green. The text 'Coaching Essentials' is overlaid in white, with a thin white horizontal line underneath it.

Coaching Essentials



Why am I coaching?

Renew our intentions – fi sabili Allah

Nurture our youth

Grow personally and professionally

Exercise

Connect with the community

My kids are enrolled!



A Great Responsibility

Role model for children

Win by becoming better persons and players (standings and scores are secondary)

Have fun!

Safety first



Responsible Coaching - Certifications

First Aid & CPR

- Let us know if you are certified

NCCP Making Ethical Decisions (MED)

Respect in Soccer

Ontario Coach Training

Concussions

- Ontario Rowan's Law or CDC Heads Up



Responsible Coaching

Rule of Two

- Two coaches should always be present with an athlete, in particular a minor, when in a potentially vulnerable situation. A coach should never be alone out of eyesight with a child. All one-on-one interactions between a coach and a athlete should take place within earshot and within view of a second coach except for in medical emergencies
- One of the coaches shall be the same gender as the athlete
- In circumstances where a second screened & certified coach is not readily available a screened volunteer, parent, or adult can be recruited

Positive Management Style

Applying a clear set of rules fairly and consistently, granting freedom within certain limits, and doing both these things in a caring, supportive way.

Dealing appropriately with unacceptable behavior.

Emphasizing participants' self-responsibility. Give participants more time to try things, to practice skills, to show what they do well. Encourage them to ask questions and to make suggestions and listen to what they say.

Showing participants that you have confidence in their ability to take on master tasks. For example, help participants learn a new skill, refine an old one, or revise a goal. Make sure that the tasks participants undertake are at the appropriate level and be there to provide support.

Always train with the ball



Role of A Coach

- inspire the players to achieve the potential they are capable of
- realize that each player is an individual and should be treated as such
- be persistent and optimistic
- be punctual and prepared
- be clear and precise and verbally understood
- winning scoreline is not everything... have fun
- For some kids this may be their first encounter with outdoor sports.



Criteria for Success

Commitment

Know Your Game

Respect

Enthusiasm

Personal Conduct

Know Your Players

Have Fun

Managing a Coaching Session

Preparation

- Have a plan for each week of the season

Session

- Setup
- Warm-up
 - Stretches and slowly build up blood flow
- Training Sessions
 - Could be 5-20min per session. Have common theme you focus on. Give water and shade breaks especially when it's hot.
- Game/Scrimmage
 - A chance to apply what was learned
- Cool Down & Departure
 - Stretches while coach can provide and receive feedback. Homework assignments
- Reflection
 - Take time to reflect on the day and what could be improved

First Day Ideas

Come Early

Introduce yourself

Introduce players

Convey your vision for the season

Set ground rules

Ice breaker activities

Walkthrough typical warm up routine

Fun Training Sessions

Cool Down Session

Tools



PowerUp App
