

Orchard Park Soccer Club



K/1st Grade (Under 6) Coaching Manual

CHARACTERISTICS OF U6 PLAYERS

- Short attention span.
- Can attend to only one problem at a time.
- May understand simple rules that are explained briefly and demonstrated.
- May or may not understand or remember: what lines mean on the field; what team they are on; what goal they are going for. We need to be patient and laugh with them as they get 'lost' on the field.
- Easily bruised psychologically. Shout praise often. Give "hints", don't criticize.
- Need generous praise and to play without pressure. No extrinsic rewards (trophies, medals, etc.) should be given for winning.
- Prefer "parallel play" (Will play on a team, but will not really engage with their teammates. Thus, a 3 against 3 game is, in reality, a 1 against 5 game because they all want the ball at the same time.
- Very individually oriented (me, mine, my).
- Constantly in motion, but, with no sense of pace. They will chase something until they drop. They are easily fatigued but recover rapidly.
- Development for boys and girls are quite similar.
- Physical coordination limited. Eye - hand and eye - foot coordination is not developed. Need to explore qualities of a rolling ball.
- Love to run, jump, roll, hop, etc..
- Prefer large, soft balls.
- Catching or throwing skills not developed.
- Can balance on their "good" foot.

INVOLVING THE PARENTS

It is imperative that coaches get the parents involved. Not only are they are a major resource for your team, but the U-6 player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed.

Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (Phone chains.)
- Choosing a team administrator-someone to handle all of the details.
- Complete all paperwork required by your league or club.
- Discuss the laws of the game.
- Carpool needs.
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards (Cleats are not mandatory.)
- Most importantly, your philosophy about coaching U-6 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.
- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

THINGS YOU CAN EXPECT

As coaches of these younger players there are things that we know that we can expect during training and games. If we know what to expect, we will be more effective in dealing with the hundreds of situations that come up. This will help us relax, and, in turn, allow us to enjoy the unpredictable nature of working with these children even more. Here are some of the things that we can expect.

- Most players cry immediately when something is hurt. Some cry even when something is not hurt.
- No matter how loud we shout, or how much we "practice" it, they can not or will not pass the ball.
- Somebody will come off the field in need of a toilet. Somebody will stay on the field in need of a toilet.
- The only player to hold a position is the goalkeeper (if you play with one). Don't even consider teaching positional play.
- Twenty seconds after the start of a game, every player will be within 5 yards of the ball.
- Several players will slap at the ball with their hands, or pick it up. Several parents will yell at them not to do that.
- A model rocket that is launched from a nearby field will get 99% of the player's attention. By all means, stop whatever you are doing and go watch for a couple of minutes!
- During a season, you will end up tying at least 40 - 50 shoe laces. They will do something that is absolutely
- During a season, you will end up tying at least 40 - 50 shoe laces.
- They will do something that is absolutely hysterical. Make sure that you laugh!

COACHING RATIONAL

It is important to understand at the outset that players coming to any sport prior to the age of 6 years old, in general, do not do so by their own choice. As a result, their coaches need to give them something about which to get excited. Further, at this age, learning to play soccer is secondary to most other things in their lives.

With the above assumptions, let's look at some things that we can do to energize the U-6 players, and, hopefully, get them to the point where they will enthusiastically initiate the sign up for next year!

- Each session should be geared around touching the ball as many times as possible. Involve the ball in as many activities as possible. Basic movements such as running, skipping, hopping, etc. need to be emphasized. If these can be done while kicking, catching, rolling, or dribbling a ball... all the better!
- Training should not last for more than one hour. This is primarily due to physical fatigue and attention span considerations. Train once or twice a week. Any more than this may lead to their and your burnout.
- Have as many different kinds of activities ready as you can get into one hour. Emphasis needs to be placed on what is FUN!.
- Every player should bring his or her own size #3 or #4 ball.
- Remember, although they may have very similar birthdates, their physical and / or mental maturity may vary as much as 36 months. Activities need to accommodate these individual differences whenever possible.
- Team play and passing is an alien concept to these players. They know that if they pass the ball, they may never get it back. In fact, they often will steal it from their own teammates. Do not get uptight if they do not pass, let them dribble to their heart's content.
- Plan for at least 4, 90 second drink breaks, especially in warmer weather. Their "cooling system" is not as efficient as in older players.

Week 1

Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. It is important, if possible, that all players have a ball in most activities so that they can have “LOTS” of touches as they attempt to dribble (propel) the ball. *(Sessions, including the 3v3 or 4v4 game, should be about 45-60 minutes in duration.)*

1) Tag---Every child dribbles a soccer ball in a defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the first game. *Version 2: Players must tag other players’ knees. (6 minutes)*

2) Hospital tag---Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body where they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal the injuries of all the little soccer players so they can continue playing the game. (8 minutes)

3) Body Part Dribble---In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet). (8 minutes)

4) Red light/Green light---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with the frequency of “light” changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

5) 3v3 or 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

Week 2

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1) Tail Steal--- All players tuck a pennie into the back of their shorts to give themselves a tail. All players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. Players play until the last tail is plucked. (6 minutes)

2) Snake--- In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss. (8 minutes)

3) Freeze Tag--- Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. *Version 2:* Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet. *Version 3:* Coach can be the freeze monster and try to tag all the players; players can unfreeze each other. (8 minutes)

4) Capture the Balls--- Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Coach calls time and counts up how many balls are in each base to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again. (8 minutes)

5) Get “Outta” There--- Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent's goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. *Version 2:* Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

(6) 3v3 or 4v4 Game--- Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

Week 3

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1) Free Dribble---Everyone dribbling a ball, using insides, outsides, and soles of their feet. Players can dribble with speed (outsides of the feet and toes), try moves of their choice or moves that the coach introduces, or they can change direction. The Coach can manipulate the session by calling out different commands...”stop, go, turn, tap”. Kids can carry the ball towards someone and try a move. *Version 2:* As players get comfortable, the coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (8 minutes)

2) Kangaroo Jack---All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos. (6 minutes)

3) Ball Tag---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player’s feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. **Options:** If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc. (8 minutes)

4) Moving Goal---2 coaches use a pennie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by kicking their ball through the goal. However, the coaches constantly move and turn to force the players to keep their head up and to change direction as they dribble. (8 minutes)

5) Get “Outta” There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent’s goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. *Version 2:* Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

6) 3v3 or 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

Week 4

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1) Juggling---Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. Version 2: Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

2) Paint the Field---Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid. Version 2: Can ask them to paint with only their left foot, then their right foot. (8 minutes)

3) Red light/Green light---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of “light changes” and variety of changes. Once players catch on to this game, add lights of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

4) Pirate Ship---Set up a 20x20 grid (Pirate ship deck) with a small 6x6 grid (safe shark cage) just in one of the corners of the field. Coach makes up variations and adds them to their pirate ship journey one at a time. Variations on the ship can be: *Scrub the deck*-players must roll the ball back and forth with the sole of their foot, then coach can ask them to do this while moving all around the Pirate Ship deck. *Hoist the sail*-players can knock the ball back and forth between their feet (foundation), then dribble all around the Pirate Ship deck as fast as they can. *Walk the plank*-players must do toe touches on their soccer ball, then dribble all around the Pirate Ship deck as fast as they can. *Shark attack*-Coach (aka: ‘Shark’) runs after players and they have to try and dribble their soccer ball into the 6x6 (safe shark cage) before the ‘shark’ catches them. (8 minutes)

5) Get “Outta” There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent’s goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. **Version 2:** Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. **Version 3:** Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. **Version 4:** If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

6) 3v3 or 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

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1) Body Part Dribble---In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet). (6 minutes)

2) Gates---Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score in 30 seconds and when playing a second time ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this. (8 minutes)

3) Ball Tag---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player's feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. **Options:** If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc. (8 minutes)

4) Cops and Robbers---Coach sets up 8-10 stand-up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks are robbed). Rotate who gets to be cops. *Variation (If don't have stand- up cones):* ½ group (cops) take soccer balls and put on top of disc cones. Other ½ of group (robbers) try to knock over those soccer balls by kicking their soccer balls at them. Cops must replace the soccer balls on the cones as quickly as possible. (8 minutes)

5) Get “Outta” There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent's goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. **Version 2:** Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. **Version 3:** Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. **Version 4:** If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

6) 3v3 or 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

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2) Juggling---Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. *Version 2:* Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

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3) Snake---In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss. (8 minutes)

4) Sharks and Minnows---Set up a grid roughly 10yds x 15yds. Have 3-4 players inside the grid acting as sharks. The sharks do not have a soccer ball. The rest of the players (Minnows) start at one end of the grid and when the coach says “Go”, they attempt to dribble their soccer balls to the other end of the grid. The sharks try to kick their soccer balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a shark as well. If the minnows reach the other end of the grid with their soccer ball, they wait for the coach’s command and play again. Play continues until all players turn into sharks. (8 minutes)

5) Get “Outta” There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent’s goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. *Version 2:* Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

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1) Kangaroo Jack---All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos. (6 minutes)

2) Red light/Green light---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of “light changes” and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

3) Shrek/Spiderman/Spongebob---Place a couple players in pennies and have everyone else get a soccer ball. Set up a 20 yd x 15 yd grid and have the players with soccer balls dribble around in the space. The players in pennies are Shrek (or Spiderman or SpongeBob, etc.) and try to tag the players who have soccer balls. When players are tagged they go to into the goal (castle, spidernet etc. etc.) and can only get back out if a teammate with a ball tags them or the coach uses his/her magic powers to let everyone free. Use any character or images you like for this and make sure all players get a chance to be one of the special characters at some point during every practice. (8 minutes)

4) Cops and Robbers---Coach sets up 8-10 stand-up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks are robbed). Rotate who gets to be cops. *Variation (If don't have stand- up cones):* ½ group (cops) take soccer balls and put on top of disc cones. Other ½ of group (robbers) try to knock over those soccer balls by kicking their soccer balls at them. Cops must replace the soccer balls on the cones as quickly as possible. (8 minutes)

5) Get “Outta” There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent’s goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. **Version 2:** Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. **Version 3:** Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. **Version 4:** If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

6) 3v3 or 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

ADDITIONAL WEEK

Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. It is important, if possible, that all players have a ball in most activities so that they can have “LOTS” of touches as they attempt to dribble (propel) the ball. *(Sessions, including the 3v3 or 4v4 game, should be about 45-60 minutes in duration.)*

1) Juggling---Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. *Version 2:* Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

2) Free Dribble---Everyone dribbling a ball, using insides, outsides, and soles of their feet. Players can dribble with speed (outsides of the feet and toes), try moves of their choice or moves that the coach introduces, or they can change direction. The Coach can manipulate the session by calling out different commands...“stop, go, turn, tap”. Kids can carry the ball towards someone and try a move. *Version 2:* As players get comfortable, the coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (8 minutes)

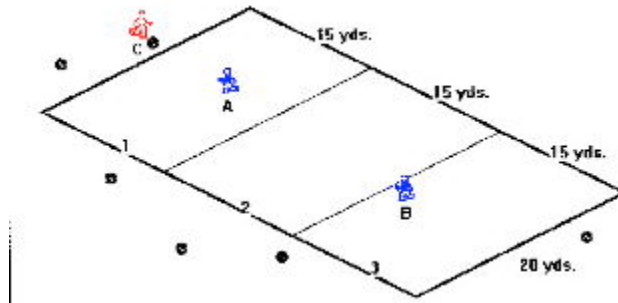
3) Ball Tag---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player’s feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. **Options:** If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc. (8 minutes)

4) Freeze Tag---Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. *Version 2:* Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else’s soccer ball or at their feet. *Version 3:* Coach can be the freeze monster and try to tag all the players; players can unfreeze each other. (8 minutes)

5) Get “Outta” There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent’s goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. **Version 2:** Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. **Version 3:** Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. **Version 4:** If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

6) 3v3 or 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

1 v. 1 v. 1



The Game

- ☒ Player "C" starts on the end line and dribbles into Zone 1, trying to get past Defender "A".
- ☒ If "A" steals the ball, "A" tries to dribble past "C" and over the end line.+
- ☒ If "C" manages to get past "A", "C" continues through Zone 2 and tries to beat "B" over the end line.
- ☒ If "B" steals the ball, he takes on Player "A" who has been waiting in Zone 1.

Coaching Points

- ☒ Individual Attack and Defense
- ☒ Attack: Try to unbalance defender, attack at pace, try to face the defender as much as possible, change pace and direction.
- ☒ Defense: Try to channel the attacker towards the sideline, use sideline as a second defender.

Variations

- ☒ Allow defender "A" to chase "C" into Zone 2 if beaten. "C" must then hold "A" off while at the same time moving towards player "B". This also makes "C" not give up on the ball after being beaten, teaching how to recover "goalside".

The Shooting Square



The Game

- ☒ Set up game with 4 shooters (A, B, C & D), 4 Servers (corner passers) and 4 "Shaggers" (behind each goal).
- ☒ Shooters A & B check towards opposite corners of the field, receive a pass from the server, turn and shoot with as few touches as possible.
- ☒ After their shots are taken, shooters C & D repeat the sequence while A & B get ready to go again.
- ☒ After a set time, shooters become shaggers, shaggers passers and passers shooters.

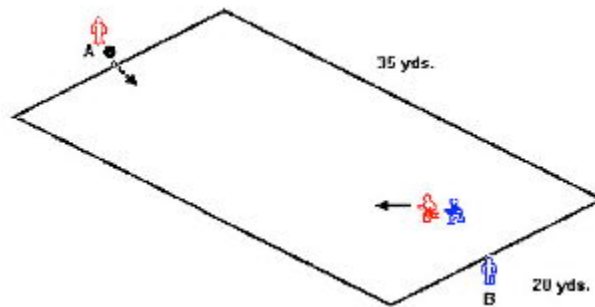
Coaching Points

- ☒ Good shooting technique, ankle locked, toe pointed, hit top half of ball, proper follow through, plant foot pointing towards target, etc.

Variations

- ☒ There are many possibilities, use your creativity.
- ☒ After receiving the ball, shooter passes to a target at the other end of the field, who lays it back to the shooter, who then takes a one time shot on goal.
- ☒ Play the ball to a server on the sideline who dribbles down the line and crosses it into the shooter.
- ☒ Shooters and passers play a "give and go".

1 + 1 v. 1 + 1



The Game

- ☒ The object of the game is to get the ball from one target "A" to the other, "B" without losing possession.
- ☒ Each time this is done, it is worth one goal.
- ☒ The attacking team keeps this sequence up until possession is lost (they can score as many goals in a row as possible).
- ☒ If the ball goes out of bounds, it belongs to the other team.
- ☒ Targets can move back and forth along their line.

Coaching Points

In Attack

- ☒ Encourage combination play between the players
- ☒ Have targets look for the player farthest from the ball
- ☒ Check away from the ball to create space for yourself, check back for the ball at angles.
- ☒ Receive the ball "sideways on" whenever possible.

In Defense

- ☒ Make the attackers play the ball back whenever possible.
- ☒ Keep the play in front of you.
- ☒ Never get flat with each other.
- ☒ Take away options for the attackers, make the play predictable, use sideline as extra defenders.

Variations

- ☒ Limit target players to one touch.
- ☒ Limit field players to two touches.
- ☒ Do not allow field players to play the ball back to the target they received it from.
- ☒ Play 2 v. 2 or 3 v. 3 in the middle.
- ☒ Make field players play it to each other at least once before they make a goal.

Gates



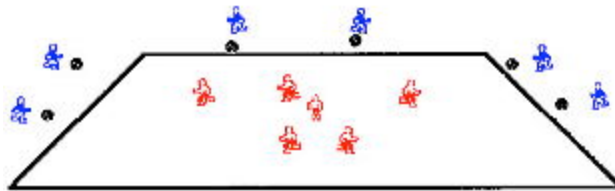
The Game

☒ Two players per gate. The gates are approximately two steps apart. One ball per group. First player must play the ball on the ground through the gate to second player. Second player must receive and play back through the gate within two touches. The game continues until players can not get ball back through the gate on the ground within two touches.

Coaching Points

- ☒ Player receiving the ball should get in path of ball before it arrives.
- ☒ First touch should help player to get a good kick back through the gate.
- ☒ Keep score and rotate stations.
- ☒ Vary the serve to start the game: Long balls, short balls, inside of foot, instep, outside of foot, weak foot only, etc.
- ☒ Players should receive with one foot, play back with the other.

Foxes & Hunters



The Game

- ☒ Players on the inside are "Foxes". Players on the outside are "Hunters".
- ☒ Hunters dribble into the grid and try to dribble their ball into the Foxes so that it hits them below the knees.
- ☒ If a Fox is hit, the Fox drops down to one knee and tries to kick the ball away from the Hunters that are dribbling by.
- ☒ Once all of the Foxes are down, the teams switch roles.
- ☒ Time each team. the team that "stays alive" longest wins.

Coaching Points

- ☒ Discourage long range shooting at Foxes.
- ☒ Try feinting at the Foxes, trying to make them jump into the air, then get them when they come down.
- ☒ Work in pairs to try and corner elusive Foxes.

Bread & Butter



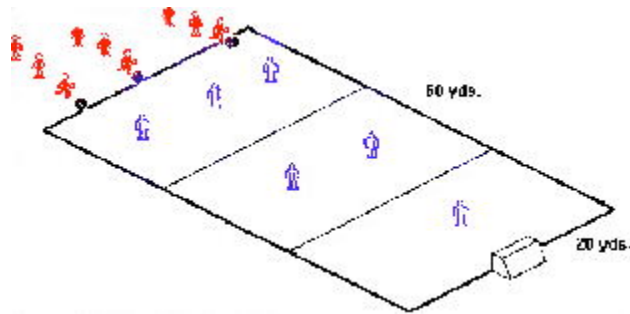
The Game

Three teams of 4 (A, B, C) and two keepers (X, Y). Team A attacks against keeper Y. If they score, they then quickly try to attack keeper X. At this time, team B leaves the field and takes the place of team C who were the supporting players on the end lines, supporting both teams. The supporting players support for both teams and can move along the end line. They are limited to one touch one the ball. Have an ample supply of balls ready in each net.

Coaching Points

- ☒ After scoring a goal, attacking players look to play quickly before the other team has a chance to come on and get organized.
- ☒ Try to play the ball to target players.
- ☒ Attacking and defending principles of play.

War



The Game

- ☒ Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- ☒ Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- ☒ Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- ☒ As soon as the dribbler in front of you moves to the next zone, you can also go.
- ☒ After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

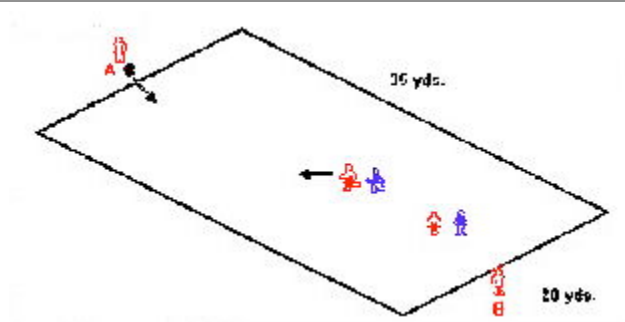
Coaching Points

- ☒ Good dribbling technique.
- ☒ Look for an opening...perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

Variations

- ☒ Put a "free zone" between each zone shown. The free zone can be 5 yards wide.
- ☒ Once the dribbler gets in the free zone, they can rest before they take on the next defender.
- ☒ You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.

1 + 2 v. 2 + 1



The Game

- ☒ The object of this game is to get the ball from one target, **A** to the other, **B**, without losing possession.
- ☒ Each time this is done it is worth one goal.
- ☒ The attacking team keeps this sequence up until possession is lost (ie. they can score many goals in a row).
- ☒ If the ball goes out of bounds, it belongs to the other team.
- ☒ Targets can move back and forth along their line.

Coaching Points

In Attack:

- ☒ Encourages combination play between the two field players
- ☒ Have targets look for the player farthest away.
- ☒ Check away from the ball to create space for yourself, check back for the ball at angles.
- ☒ Receive the ball sideways on when possible.

In Defense

- ☒ Make attackers play the ball back whenever possible.
- ☒ Keep the play in front of you.
- ☒ Never get flat with each other.
- ☒ Take away options for the attackers, make the play predictable.

: Variations

- ☒ Limit target players to one touch.
- ☒ Limit field players to two touches.
- ☒ Do not allow field players to play the ball back to the target they received from.
- ☒ Make field players play it to each other at least once before they make a goal.

The Triangle Goal Shooting Game



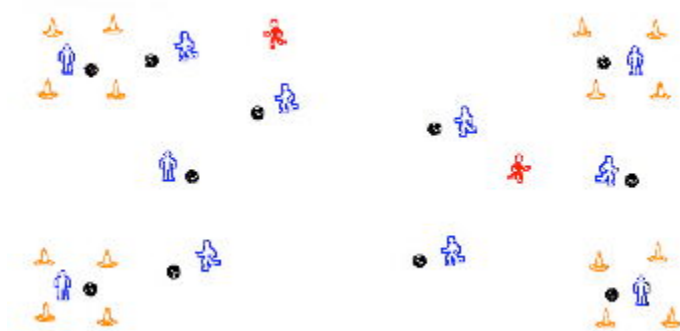
The Game

- ☒ Set up a triangular goal in the middle of a 50 x 50 grid.
- ☒ Play an even sided game with both teams having their own keeper.
- ☒ Both teams try to score through any one of the three sides of the triangular goal.
- ☒ It is best to place the goal in the center of a 20 yard in diameter circle, with only the keepers allowed inside the circle.
- ☒ If the keeper catches the ball, his or her team must take the ball outside of the grid before they may attack again.
- ☒ Play with 2 balls for real excitement.
- ☒ Goalkeepers may become attacking players when their team has possession.

Coaching Points

- ☒ Attacking and defending principles of play.
- ☒ Shooting
- ☒ Finishing
- ☒ Possession
- ☒ Goalkeeper positioning, shot saving and distribution.

Running Bases



The Game

- ☒ Players try to dribble their ball without being tagged. If they get tagged, they exchange places with the **"tagger"**
- ☒ Have taggers carry a pinnie to distinguish themselves. Hand pinnies over to the player that is tagged and use their ball to dribble.
- ☒ Players are save in any one of the 4 bases. Only one player allowed in a base at one time. If a new players enters a base, the old player must leave.

Variations

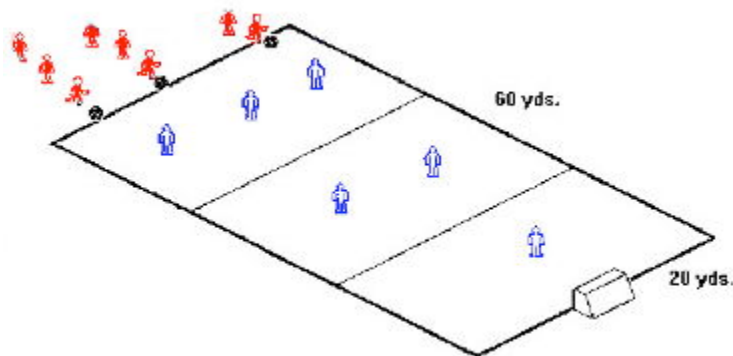
For younger players:

- Only one tagger
- Fewer bases
- Only one player in a base at a time

For older players:

- More bases and taggers.
- 2 players allowed in each base.
- Play with fewer balls: can only be tagged if you have the ball. or, if you don't have a ball (balls must be passed).

Dribble To Score



The Game

- ☒ Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- ☒ Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- ☒ Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- ☒ As soon as the dribbler in front of you moves to the next zone, you can also go.
- ☒ After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

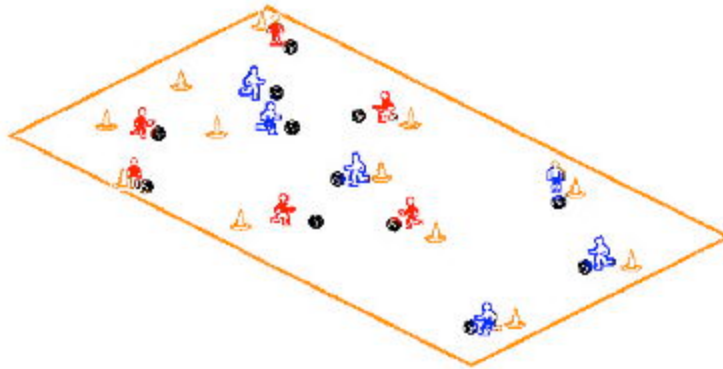
Coaching Points

- ☒ Good dribbling technique.
- ☒ Look for an opening..perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

Variations

- ☒ Put a "free zone" between each zone shown. The free zone can be 5 yards wide.
- ☒ Once the dribbler gets in the free zone, they can rest before they take on the next defender.
- ☒ You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.

Protect The Cone - Individual



The Game

Define a rectangular space. Each player starts with a ball and a cone. Each player must control their own cone while trying to attack and kick over other cones. Player must keep the ball under control while defending and attacking. When defending, try to block attackers by keeping your ball and body between the cone and the attacker. On attack, try to maneuver around defenders while controlling your ball to get a clear kick at their cone. If your cone is kicked over, you can set it up again after you do an exercise (situps, pushups, etc.), dribbling move or juggling of the soccer ball.

Coaching Points

- ☒ This game allows players to stay included by doing some remedial exercise. Choose activities that can be performed quickly so players can get back involved.
- ☒ Vary the activity to include exercises like pushups, situps, cartwheels and also dribbling; pull backs, stepovers, touches on ball, hopping over ball, etc.
- ☒ Make sure players control the ball while defending and attacking.
- ☒ Watch for players who DEFEND or ATTACK more often.
- ☒ Watch and help players determine when to attack and when to leave the cone, also when to defend and stay at home around the cone.
- ☒ Help players remember to keep their body and the soccer ball between their cone and the attacker.
- ☒ Explosive, quick move will help attackers maneuver around defender.

Protect The Cone - Group



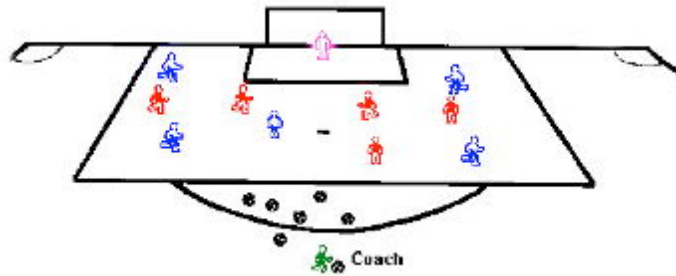
The Game

Same space as in previous activity. Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space. Each player must have a ball. Group leader can choose a group captain. Captain must organize the group; which players will defend and/or attack. On command, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.

Coaching Points

- ☒ Allow players to organize themselves with as little interference from group leader as possible. This will be a valuable experience for when they are playing in an organized soccer game.
- ☒ Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader.
- ☒ Watch the group dynamics and switch players so all get to work together.

Penalty Box Shootout



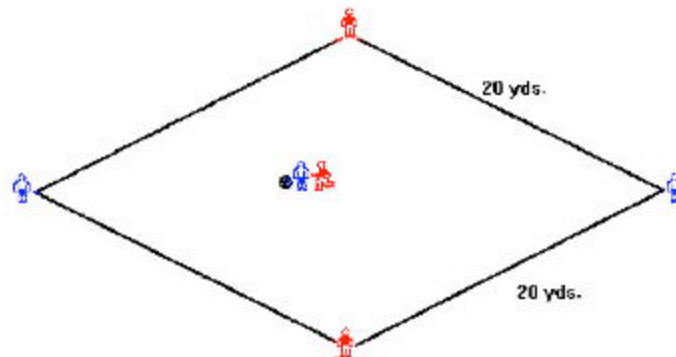
The Game

- Play takes place inside the penalty box.
- Play continues until keeper makes a save and maintains possession or until the ball goes out of bounds.
- Coach immediately serves a new ball when this happens.
- The team in possession attacks, the other team defends. When possession is won, that team immediately tries to score.

Coaching Points

- ☒ Teams are encouraged to shoot rather than play "good soccer".
- ☒ Look for half chances and rebounds.
- ☒ If play becomes too bunched around goal, prohibit players from entering keeper's box unless in pursuit of a rebound..

1 v. 1 Possession/Penetration



The Game

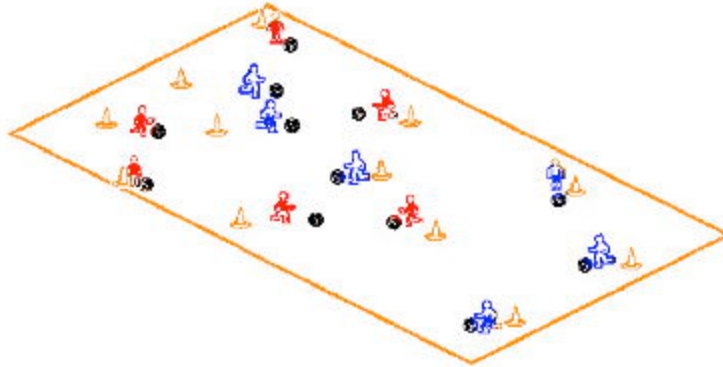
- ☒ 1 v. 1 in the middle. Offensive player attempts to receive ball from one of their target players and then play it to the other target on the opposite end of the diagonal.
- ☒ Whenever they play the ball out, to one of the targets, they switch positions with the player they passed to. The target brings the ball into play and become the field player.
- ☒ If defender wins possession of the ball, they start by playing it to any one of their targets, changing places with them when they do so.
- ☒ Score can be kept by allowing a goal every time the ball is played out to the opposite target.

Coaching Points

For younger players:

- Focus on possession vs. penetration decisions of the field players.
- First attacker penetrates if possible, possesses when penetration is not possible.
- Start the activity having the field player just try to keep it from the defender, not allowing them to play the ball back. Teach escape moves at this stage as well as sideways on shielding.
- First attacker can then work on dribbling the ball sideways, across the field:
 1. This allows the attacker to possess the ball individually.
 2. It also opens up space for the second attacker who can thus immediately penetrate once a back pass is made, which often happens in a real game setting.
 3. Attacker decides to penetrate with a dribble if they are able to:
 - Face the defender
 - If the defender is "lunging out"
 - Has open space in front
- Defenders must look to constantly recover goal side and in line of penetrating passes.

Hospital Tag



The Game

All players with one ball in a defined space. Set up a second space for the hospital. Players must dribble around in the main space and try to tag other players while controlling the ball. If tagged, player must hold the part of the body that was touched by the ball. After a player is tagged for the third time, he must go to the hospital. While in the hospital space, the players practice more dribbling. After competition, they come back to the game and begin to play with a fresh start.

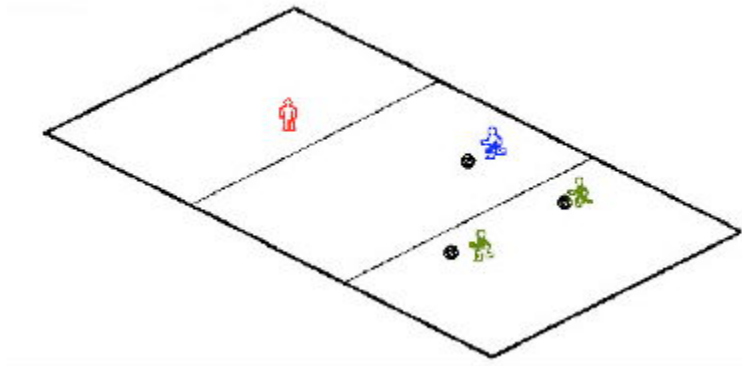
Coaching Points

- ☒ Make sure players are controlling the ball while tagging others.
- ☒ Encourage rapid changes of speed and direction. This will help them catch the other players by surprise.
- ☒ Encourage players to attack while they have free hands, but when both hands are holding tagged body areas, they must employ defensive dribbling and go away from attackers.
- ☒ Give players various dribbling moves, such as pull backs, step overs or quick feet.

Try These Variations

1. Can only dribble with one foot. Use one sock up, the other down to help players remember.
1. Can only use the inside of foot to dribble.
2. Can only use the outside of foot to dribble.

Red Light, Green Light



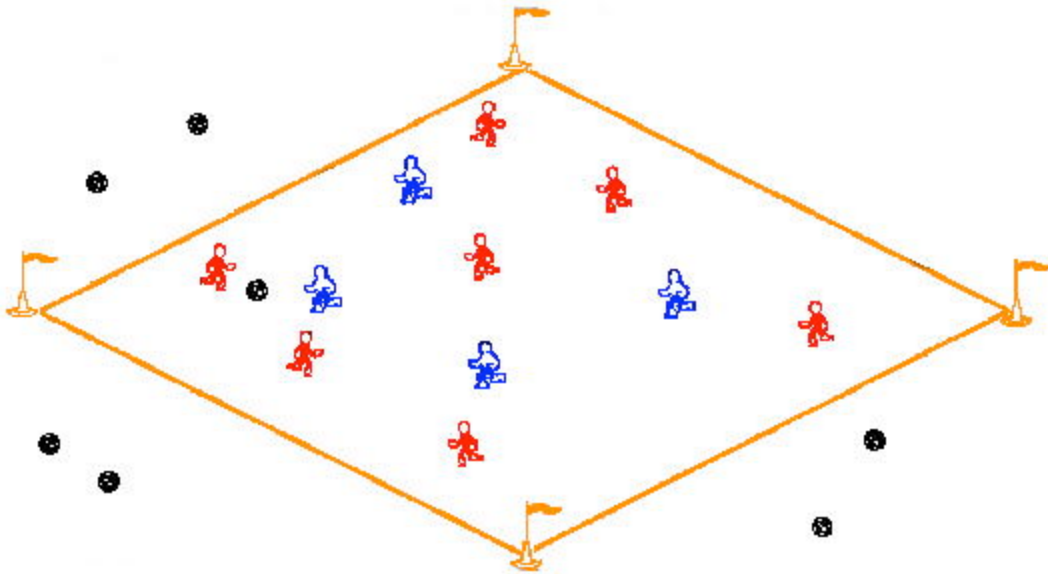
The Game

Each player has a ball except the player designated as the light. Lines from start to finish should be approximately 20-30 yards. Players start a line opposite the light. The player who is the light faces away from the group and calls out "green light". Players begin to dribble towards the light. When the light turns around and calls out "red light", players must freeze their bodies and the ball. If the light catches players still moving, or dribbling, he send them back tot he starting line. The first player to cross the line where the light is standing is the winner and becomes the new light.

Coaching Points

- ☒ Encourage players to dribble under close control.
- ☒ This drill promotes quick reactions and dynamic balance..

Escape



The Game

Seven players try to possess the ball. 15 passes equals 1 goal. 4 players are collectively trying to gain possession and get the ball out of the space. One goal each time they get it out. 3 points wins the game

Receiving Through Gates



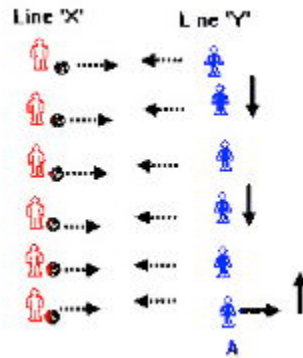
The Game

Two Players per gate. The gates are approximately two steps apart. One ball per group. First player must play ball on ground through the gate within two touches. The game continues until players can not get ball back through gate on the ground within two touches.

Coaching Points

- ☒ Player receiving the ball should get in path of ball before it arrives.
- ☒ First touch should help player to get a good kick back through the gate..
- ☒ Keep score and rotate stations.
- ☒ Receive with thigh, pass back with instep.
- ☒ vary the serve to start the game: long balls, short balls, inside of foot, instep, outside of foot, weak foot only, etc.
- ☒ Players should receive with one foot and play it back with another.

Gauntlet



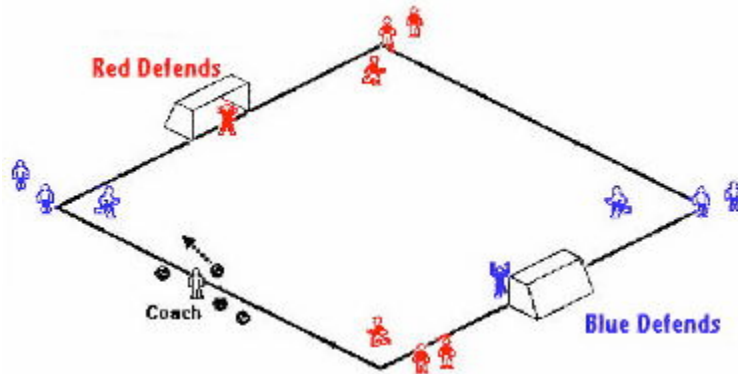
The Game

- Each player starts with an activity as shown, facing their partner. Players on Line X each have a ball.
- Each players starts the activity with their partner and advances down the line, repeating the activity at each successive player. Line Y players receive the ball and return it to the player in Line X that gave it to them.
- When a player gets to position A, they recycle and start again at the top of the line.

Try These Activities

- ☒ One touch back with either foot. (Make sure players go in both directions, up and down.)
- ☒ Two touch returns, receiving with inside and outside of foot.
- ☒ Pass back with inside or outside of feet.
- ☒ Receive with thigh, pass back with instep.
- ☒ Chest - instep
- ☒ Chest - thigh - inside of foot.
- ☒ Outside of foot volley.
- ☒ Preparation touch with the head, back with head ("double header").
- ☒ Chest - head.
- ☒ The possibilities are endless.

2 v. 2 From Corners



The Game

- First player on each line comes into the game and plays 2 v. 2.
- Coach serves ball to one of the four corners.
- Game continues until goal is scored or the ball goes out of bounds.
- Coach immediately puts a new ball into play when ball is out of bounds.

Coaching Points:

Attacking

- Playing quickly, one or two touch.
- Finding the open player with the best opportunity to score.
- Recognizing passing "seams".
- Passing and receiving.
- Combination play.

Defending

- Goalkeeping
- Recovery runs.
- Pressure, cover (first and second defender principles).

Try These Variations:

1. Vary the type of the serve to each corner (high, low, hard, chipped, driven).
2. Increase the size of the grid for greater fitness demands (44 X 40).
3. Decrease the size of the grid to make the attackers play quicker (20 X 20).

Monkey in the Middle



The Game

- Three teams, A, B and C.
- Teams A and B attempt to keep the ball from Team C by:
 1. Possessing the ball using their own players.
 2. Passing the ball over or through the middle zone to the other team waiting in their own zone. (Team A can pass to Team B as shown in the diagram)
- The defending team (Team C) is able to get out of the middle by:
 1. Replacing the team that loses the ball out of bounds.
 2. Dispossessing a team and making a pass into the other grid to the waiting team. (eg. Stealing it from A and passing it to B).
- The defending team is only allowed to send three players into one of the grids at one time. The three remaining players must be back in the "middle" before the ball is sent into the other grid. They can not enter the grid until the ball does.
- If a ball is lost out of bounds, the coach immediately puts a ball into play in the other grid area, making the new defending team run to put immediate pressure on the ball.
- Make the grids bigger to allow attacking team more success, smaller to challenge them more.

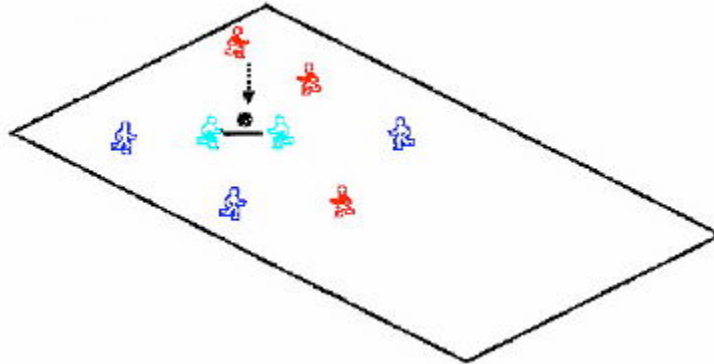
Coaching Points:

1. Transition
2. Attacking principles: Long passing, attacking shape, receiving long passes, support.
3. Defending principles: Pressure, cover, balance, compactness, immediate chase.

Make Sure:

1. If teams are not even, it is OK for a team to play one player down.
2. Keep the game flowing, if a ball goes out of bounds, immediately call out who is in the "middle" and put the next ball into play.
3. Defending team defends as a unit and keeps compact.
4. If the attacking team loses possession of the ball, they try to win it back before the defending team plays it out of their grid.

Moving Goal



Moving Goal Game

Two equal teams. Select two players to become the "moving goal". These players take the ends of a rope or beach towel and stretch it out as they move around the space. The other players play a game trying to score in the moving goal.

Coaching Points:

1. Players should look at the ball during shooting motion.
2. Strike the ball with the instep (laces) with toe pointing down and ankle locked. This will give the players a firm hitting surface.
3. Hips should face the goal.

Try These Variations:

1. Add two balls.
2. Add a second goal. With more goals, players will get more shooting chances and must play with their eyes off the ball. This will present more complex decision making.

Steal The Bacon



The Game

- ☒ Two teams, each player is designated a number.
- ☒ The coach calls out the numbers of the players. These players then run out from the endline to play the game.
- ☒ The coach serves balls in from the sideline if the ball goes out of bounds or into a goal.
- ☒ Each group should play for about one and a half minutes of continuous action.
- ☒ Players waiting to come on should return loose balls to the coach, or act as "support" players for those that are playing, able to return passes made to them.
- ☒ The number of players playing at one time depends on the coach's objectives. However, this game is best when played in groups of 2 v. 2, or 3 v. 3.

Coaching Points

- Combination Play
- Seeking and taking shots
- Attacking and defending principles of play

Receiving Through Gates



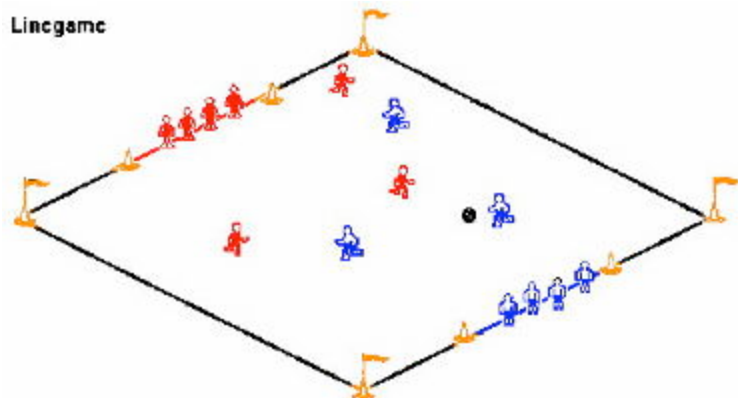
Receiving Through Gates

Two players per gate. The gates are approximately two steps apart. One ball per group. First player must play ball on ground through gate to second player. Second player must receive and play back through the gate within two touches. The game continues until players cannot get ball back through the gate on the ground within two touches.

Coaching Points:

1. Player receiving the ball should get in the path of the ball before it arrives.
2. First touch should help player to get a good kick back through the gate.
3. Keep score and rotate stations.
4. Vary the serve to start the game: Long balls, short balls, inside of foot, instep, outside of foot, weak foot only, etc.
5. Players should receive with one foot, play back with the other.

Line Game



The Game

Two teams of equal numbers. Coach calls out a number and that number of players goes out into the field. The remaining players stay on the goal line, hold hands, and try to prevent goals. After a goal, or a period of play, coach calls out another number..

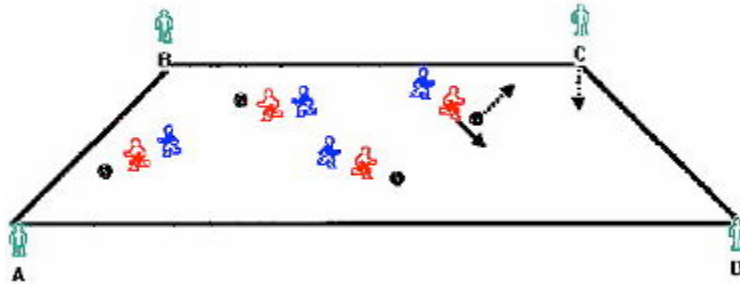
Coaching Points:

1. Call out different numbers, so players learn to interact with different subsets..
2. Give advantages to certain teams so players can learn to deal with numbers of up and down situations (for example, red team 3 players, blue team 4 players).
3. After players understand the game, have them switch quickly. it is important that players control who comes out and how. This helps develop organizational skills and team dynamics.

Try These Variations:

1. Three touch: each player can use up to three touches.
2. Double points if scored off a head ball.
3. Double points if scored off combination (ie. give and go, take over, etc.).
4. Setup: Only one player from each team is allowed to score.

1 v. 1 with Support



The Game

1. Players in the grid play 1 v. 1.
2. Players A, B, C and D are support players, outside the corners, without a ball.
3. Attacking players get a goal when they make a pass to a support player and get the return pass.
4. Whoever has the ball is attacking, whomever doesn't is trying to win the ball.
5. Rotate support players with field players.

Coaching Points:

1. Good dribbling, shielding and passing technique.
2. Make passes to support players when eye contact is made.
3. Play away from your defender.
4. Make sure you are keeping space open to receive the pass back.

Try These Variations:

1. Make support players play with one touch.

Notice to Parents

It should be understood children are exposed to certain risks inherent in the sport of soccer when allowing them to play. All players play at their own risk. Such risks are body contact, getting knocked down and kicked to name a few. For safety reasons players will not be allowed on the field unless they are in uniform and have shin guards, soccer socks and cleats (no metal or toe cleats).

Regarding health issues, make sure you noted any medical conditions of your child.

*Parents are asked to bring snacks for the end of the game celebration. We highly recommend that snacks containing peanuts or peanut oil are **NOT** brought to the soccer field. There can be players who are allergic to nuts and the mere smelling them can send them into a life-threatening allergic reaction.*

Code of Conduct

Parents, spectators, coaches and referees have responsibilities and obligations to keep our all-volunteer soccer program a fun sport for all. With this in mind, please observe the following:

- 1. Cheer positively for the things you like and encourage your team. Have fun!*
- 2. Never put down the other team or any of the players on either team.*
- 3. Please leave the sideline coaching to the coach. Spectators frequently yell instructions to the players - these instructions often contradict those of the coach and only confuses the players.*
- 4. Our referees like all our officials and coaches, are volunteers, not professionals. While their decisions might not always be agreeable to all participants and spectators, they are final. No useful purpose is served by shouting disagreement or derogatory remarks. Please refrain from any degrading comments. We want positive comments only.*
- 5. For the safety of all, coaches and spectators must stand at least one yard from the sideline. Players will go to mid field for substitution. No one is allowed behind the goal or within 18 yards of the goal line on either side of the field. Coaches and referees are asked to enforce this condition.*
- 6. All players present and in proper uniform will play at least half the game, no matter what their skill level.*
- 7. Please use the fields and other facilities properly and keep the fields clean and free from litter. If you see anyone misusing the facilities (hanging on goals, littering the fields, throwing stones) please bring the matter to the attention of a coach, referee or OPSC official. Children are not allowed to play on the earth berm dividing the fields from the Recycling site. This is for their safety.*
- 8. No alcoholic beverages are allowed at the practices/games. Pets are never allowed on the fields, must be supervised, remain behind the team benches and on a lease at all times (bring supplies to discard their waste).*

Players' Code of Conduct (From the American Youth Soccer Organization):

- **Play** for the fun of it, not just to please your parents or coach.*
- **Play** by the Laws of the Game.*
- **Never argue** with or complain about referees' calls or decisions.*
- **Control** your temper. Most of all, resist the temptation to retaliate when you feel you have been wronged.*

- **Concentrate** on playing soccer with your best efforts. Work equally hard for your team as for yourself.
- **Be a good sport** by cheering all good plays, whether it's your team or your opponent's.
- **Treat all** players as you like to be treated.
- **Remember** that the goals of the game are to have fun, improve your skills and feel good. Don't be a showoff or a ball hog.
- **Cooperate** with your coaches, teammates, opponents and the referees.