



WOODBRIDGE YOUTH SOCCER

RULES/INFORMATION SHEET

Division: **YELLOW**

- In the event of a game cancellation, you will be notified via phone call/email/text by a member of the League's Executive Board, and then asked to notify your team. Along with notifying coaches, the league will post any cancellation notices to its website, www.woodbridgeyouthsoccer.com.

In many cases, coaches in the Yellow division are charged with introducing the sport to their players. This is a great opportunity to teach kids about how much fun soccer can be. Enthusiasm is your greatest teaching tool. Be enthusiastic and your players will respond and have fun. Use positive reinforcement to instill confidence and affirm that as long as they try, every player is a winner.

EQUIPMENT INFORMATION

- Please use Size 3 balls for all practices and games.
- Please make sure players wear shinguards for all practices and games. This should be done by lining the players up and having them knock on their shins.
- Players must wear complete uniforms (black socks, black shorts, and a team jersey) during the game. In the event of inclement weather, players can wear long-sleeved shirts under their uniforms or track/sweat pants instead of shorts.
- All jewelry should be removed prior to the game, unless it is being worn for religious purposes and is not allowed to be removed.

GAME INFORMATION

- Game length:

20 minutes of "practice" time at the beginning of the game. This time is for drill work, getting your players motivated, getting them going.

25 minutes of game time.

- Please request that players arrive at all games at least 15 minutes beforehand.

- Number of players on the field: not to exceed 7 per team. Coaches should use their judgment in deciding how many players are on the field at one time. The most important dynamic is to keep the game fair and moving at a brisk pace. While nobody should be keeping score, the game should be as fair and evenly matched as possible.

- No goalies

- Players should be given some leeway when taking the ball out of bounds and should be directed back inside the pitch. If a player is near a bench, fence, parent, or some other object, blow the whistle immediately. If a player continues out of bounds, blow the whistle. When the whistle is blown, possession is given to the opposing team.

- No throw-ins, corner kicks, penalty kicks, or free kicks.

- Coaches should work both the offensive and defensive side of the pitch and should work together and communicate to ref the game and make sure everyone on both teams is having fun.

- Water breaks should be held every 8-10 minutes.

- After goals and breaks, the game should be resumed from midfield. Alternate possessions to ensure fairness. Teams on defense should give some space (have them wait on their own goal box line) to allow the offensive team to cross midfield. For teams on offense, this is a good opportunity to give players not normally involved in the game the chance to kick the ball and start the possession.

- At this age level, it is very important to provide an enjoyable experience for all athletes. Everyone should be encouraged to participate.

- Players will instinctively jostle each other, especially in scrums. Coaches should use their best judgment to make sure nobody is intentionally trying to hurt another player. If this happens, the coach must talk to the offending player, and make sure to impress upon him or her that this is not allowed. Players who are too aggressive or who intentionally try to hurt other players and who do not respond to the coach's direction should be given a "timeout" from the game for a few minutes.

- At the end of the game, teams should line up and shake hands. While teams are shaking hands, parents should gather near midfield and form a tunnel. The players should run through the tunnel -- two parallel lines of parents with arms stretched upwards toward the other line. Parents should cheer the kids as they run through the tunnel.

- Post-game snacks. Coaches or team parents can circulate a snack schedule and give parents the opportunity to volunteer to bring snacks - juice boxes, granola bars, crackers, etc. -- to share with the team after each game. Participation should be voluntary, but no one family or coach

should be responsible for bringing snacks to more than one or two games.

- EVERYBODY SCORES. Coaches should work to ensure that each player scores. This may involve having both coaches work together to move the child in front of the net and keep other players occupied to help make sure everyone gets a chance to score. Try to work this into the flow of the game. Do not leave this for the last thing that you do on the field. If you wait until the last five minutes to make sure everyone scores then the kids who aren't highly aggressive will not participate for the whole game. Get everyone on the board early, often if possible, and try to encourage them to keep going at it.

- You are responsible for the behavior of parents of players on your team. If you see, hear, or are told about questionable behavior of a parent, please go over and talk to the individual and ask them to calm down. If they do not, please ask them to leave the field. If they refuse, please notify the referee. The referee can call the police if a belligerent individual refuses to leave the field.

PRACTICE REQUIREMENTS

- If possible, coaches should schedule a practice for each week where there is only one game. If you have two games scheduled, a practice is not as important.

- Practices should be kept to 30-45 minutes.

- Please try to schedule what you will do during your practices in advance. Have a plan or itinerary for the drills you will run or the skills you will try to develop. Use the internet or the online curriculum from the Red Bulls Training Academy to help plan your practices. Drills should be kept to 5-to-10 minutes and should be fun. It's most important for kids to have a ball at their feet and be practicing. Try to avoid drills where players do things one at a time. Try to keep everyone moving.

FUNDAMENTALS TO DEVELOP

- No hands. Players should only control the ball with their feet.

- Playing in traffic.

- Sharing the ball with teammates / not being upset if the ball is taken away / trying to get it back

- Shooting on net.

- Playing on a team.

- Having fun.

- Learning to dribble and control the ball with both feet. Kids should be taught to tap the ball when dribbling, keeping it close to their feet. Their tendency is going to be to kick the ball as hard as they can and chase it.