

1<sup>st</sup> & 2<sup>nd</sup> GRADEGENERAL RULES/ GUIDELINES:

5 vs. 5, no goalies

Team size: 10

4, 10-minute quarters, 2-minute breaks except halftime which is 5 minutes

Referee: Coaches

Field:

- Dimensions: 90' x 45'
- Lines: Center line and dot only

Ball Size: 3

Goal Size: 4' x 6'

Rules:

**Kickoff:** Occurs to start off and at the beginning at each quarter (alternating teams) and after a goal. The initial kick-off is determined by a coin toss. Kick is taken from the center of the field.

**Fouls:** 1. Deliberate handballs 2. Dangerous play 3. Holding 4. Pushing or tripping. Coaches will officiate all games and all fouls result in a free kick at the site of the infraction with the opponent at least five yards away. If a player repeatedly commits fouls, their coach should remove them from the game and explain to the child (and their parent/s) why their behavior is not acceptable.

**Throw-ins:** The ball is placed on the sideline nearest the point where it went out of bounds. The opposing team should be 5 yards from the thrower. Encourage throwers to keep both feet on the ground and to use two hands to bring the ball directly over their head. There is no penalty for an incorrect throw; offer positive reinforcement for correct throws.

**Goal Kicks:** Taken as corner kicks by the defensive team. When the offensive team last touches the ball before it goes out of bounds over the goal line, a defensive player will take a kick from the closest corner.

**Corner Kicks:** A corner kick is awarded when the defending team last touches the ball before it goes out of bounds over the goal line. Opposing players should be at least five yards away from kicker.

**Substitutions:** Can be made at the time of any dead ball, but it is highly recommended that subs be made at the 5-minute mark of each quarter.

**Offsides:** Not called but remind your players not to cherry pick and that there are no goalies.

### Coaching Topics:

**Passing** – Choose game activities that limit lines and have players pass the ball using the inside of the foot technique. Have players switch feet so they use both left and right. You can lengthen or tighten space as needed based on accuracy.

**Receiving (or Trapping) the Ball** – Choose game activities that limit lines and emphasize the players technique who is receiving the ball. Players should use the inside of the foot and attempt to “absorb” the ball as it hits their foot with their first touch and then set up their next touch. Use both feet.

**Shooting** – The easiest way to remember this technique is “toe down” and “hit with the laces”. The opposite foot (than the one you are kicking with) is planted and determines where the ball will go. Players should focus on where (accuracy) and how they kick it, not how hard. The power will come as they get older and stronger. Use both feet. NO Toe Pokes!

**Dribbling** – Players should practice dribbling with the inside and outside of both feet. Encourage little kicks, small touches and control of the ball. Use fun games with competition to practice the technique where players have a ball at their feet at all times when working on dribbling.

### Practice Breakdown:

#### **Play – Warm Up (10 Minutes)**

Each practice should begin with an engaging warmup. A warmup should consist of a fun game or small team scrimmages of 1v1, 2v2 or 3v3. Divide your field into small grids with goals made with cones and get players playing soccer as soon as they arrive to practice. Get their feet on a ball and playing right away! No need to have the team run laps or sprints; let the game activities you choose provide players physical fitness conditioning.

#### **Practice – Focused Skill Games (20 Minutes)**

Practices should have a clear focus. Pick one skill at a time as the focus. Pick fun game activities that allow players to focus on the technique of your choosing and help develop the basic skill but also let the kids have fun. Add competition to your activities when you can to add more fun!

## **Play – Scrimmage (20 Minutes)**

Treat these scrimmages like a real game (subs, breaks, etc.) but take the time to address rules or technique with your players. Stop the game and go over a rule if, for example, players keep playing the ball after it goes out of bounds. During the scrimmage, evaluate your coaching to see if the technique you practiced is being used in the scrimmage.

### **Practice Games:**

**Gather the cones-** spread cones out across the field, kids must gather them (while dribbling their ball), and then bring them back to you one cone at a time.

**Freeze tag-** players dribble while you try to tag them. If you tag them, they sit on their ball until a teammate “unfreezes” them.

**Body parts or animal sounds-** these are a variation of the same game. Kids dribble and you call out an animal and they must imitate the animal. Or you call out a body part and they must touch it to the ball.

**Kick the Coach-** the kids will love this (and so will you). They must dribble and try to shoot the ball and hit you while you are running around. It forces them to pick their head up and look around while dribbling, and to shoot while the ball is moving.

**Red Rover-** Kids line up and you say, “red rover, red rover, come on over” and they try to dribble to the other side of the field, while you try to knock their ball away.

**Gates-** Another old standby. Set up gates around the field and say go, and the kids try to dribble through them. Scatter the gates so there is no pattern, and the kids decide where to go for themselves. Yell “stop” and ask them how many gates they have gone through.

**Hot Potato-** Divide the kids into two teams and put all the balls out in the middle. Make a halfway line and each team doesn’t want any balls on their half when you yell stop. You can also play this game by telling the kids to try and gather all the balls on their half. Don’t do this at the same practice you play “hot potato”, or the kids will get confused. Scrimmages, relay races, and keep away are also good for this age. Just use your imagination and have fun.