



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELENA FAMILY YMCA 2021 YOUTH FALL SOCCER



Parent/Coach Handbook

**Parent Information
Volunteer Coach Information
Player Information**

**HELENA FAMILY YMCA
1200 N Last Chance Gulch •(406) 442-9622
*Welcome Parents and Coaches to the
Helena Family YMCA
2021 Youth Fall Soccer Season!***

Your Parent/Coach Handbook Includes:

- Parent Information
- YMCA Youth Recreation Soccer League Rules
- Volunteer Coach Information
- Description of Developmentally Appropriate Soccer Skills and Drills

YOUTH SPORTS PHILOSOPHY

The Youth Sports program at the Helena Family YMCA gives children ages 3 through 5th grade the opportunity to learn sports skills in a supervised low-competitive environment. We believe that participating in sports should be *FUN* and that every player should have an *EQUAL OPPORTUNITY* to play. The emphasis of our practices is on the *DEVELOPMENT OF SKILLS*. We want to take the pressure off the kids and let them enjoy youth sports. This is done by de-emphasizing winning at all costs and ensuring equal playing time for all players. Parent *SUPPORT* is encouraged as opposed to parent *PRESSURE* on the kids to be perfect.

If you have any comments or concerns, we would like to hear them. Please email shane.hoerber@helenaymca.org.

CARING, HONESTY, RESPECT, RESPONSIBILITY

The YMCA has made a national commitment to help young people learn the values of Caring, Honesty, Respect and Responsibility, all necessary to hold us together as a people. We seek to incorporate these values in all that we do and to partner with families in teaching these essential values to our young people. By teaching these values during the practices of this youth sports program, we hope to give participating children the opportunity to become better sports on and off the court. We have incorporated basic activities to be used by the volunteer coaches during practice time and before games that will assist in introducing the four values to the children.



YMCA Coaching Responsibilities

Supervise a group of kids in a safe and well-maintained environment.

Develop a lesson plan for practices and the season teaching the fundamentals of the sport.

Contact all the families on your roster as soon after the coaches meeting as possible. Inform them of your practice time and location.

Distribute schedules and all necessary information at the first practice. You may want to distribute a roster to all families. It is a good idea to give out your contact information at this time.

Inform the YMCA about when and where your team will practice each week.

Attend all games and practices. If you cannot make a practice or game, ask another parent to cover for you. If possible, provide the substitute coach with a practice plan or game plan. Do not cancel practice unless it is an emergency. Likewise, do not re-schedule a game for your convenience. This causes a lot of frustration for the other families on your team as well as the families on the other team.

Designate a team parent to assist with a snack schedule if you like.

Know the rules at each level of play. The YMCA modifies the rules for most sports to create a positive experience for the children. As children grow and their skills get better the rules grow with them.

Maintain good relationships with parents and communicating to them you're teaching philosophy and goals.

Serve as a role model for all participants, staff, and families conducting your self properly while participating in all required activities with an enthusiastic attitude.

Emphasize skill development and fun, while de-emphasizing the importance of winning and losing.

Be well-versed in the YMCA principles of Youth Sports and participate in the YUSA on-line coaching program.

VOLUNTEER COACHES

Welcome to what we hope will be a very rewarding experience for both you and the boys and girls with whom you will be working!

Our Helena Family YMCA youth sports and character values programs are much more than just another youth sports league. We hope you value this opportunity to help youngsters develop their full potential and develop lasting friendships as much as we value your efforts.

The boys and girls with whom you will be working will appreciate the time and effort you will put forth in our program. They will remember you as they grow into adulthood.

We hope that you will be patient and understanding of the children and always keep in mind the ultimate values and philosophy that we are trying to teach. Remember, sports are not the end result, but a tool to reach and teach the youngsters. Please work with every player on the team, as every child has a skill the team can use. Teach fair play. Focus on the development of skills rather than on winning. We do not keep score and encourage you to do the same. Teach respect for oneself, team members, opposing team, volunteer coaches and officials.

Thank you for taking the time in your busy schedule to help a youngster in this important program.

Parents Meeting Fall Soccer 2021

Games: Games will begin Saturday, September 18, 2021. Most games will be played on Saturdays. There may be some weekday games, for makeup sessions due to weather.

Practices: Practices start the week of September 13th. Practice day is selected by the parent at the time of registration. Practice times are selected by your coach prior to the first practice. Most teams will only practice once before the first scheduled game and some may practice more.

Game Schedules: We will be using YGametime for all rosters, schedules and practice locations. We recommend that you sign up for the text option so you will be notified if games are canceled due to some emergency or inclement weather. Parents will be emailed their child's schedule by Wednesday, September 8th.

Snack Schedule: Although not necessary, many kids "live" for the after-game snack! If you cannot be a coach or assistant coach perhaps you can help the coach by creating a snack schedule for the team.

Shirts: Coaches will hand out the jerseys at the first GAME. Your child gets to keep his/her jersey!

Pictures: Pictures are scheduled for Saturday September 18th and Saturday October 2nd. Pictures will take place at Centennial Park before the scheduled games for that day. Check with your coach or watch for the weekly newsletter (distributed at the games) for the exact schedule. Picture forms will be available the day of the pictures. The most important information on the form is your child's name and the team name. **Pictures are taken by Fallon Mindt of Fallon Mindt Portraits and Design and are optional.**

Participant Award: Every child receives a participant award at the last scheduled game. Participant awards are given to coaches who will hand them out to the participants following the game. If you cannot make the last game, give us a call and make arrangements to pick up your participant award.

Equipment/Uniform: The uniform of a soccer player is a jersey, shorts/sweats, shin guards, calf socks, and shoes. Players may wear tennis shoes, plastic cleats, or a good athletic shoe that fits. Absolutely no metal cleats or heeled shoes are allowed. Jewelry, plastic hair bands, chains, or any other potentially injurious things to another player cannot be worn.

Weather: It is our policy to cancel games only in extreme weather conditions. In Montana most of us know that in order to have a good time out-of-doors sometimes we must contend with Mother Nature. If games must be cancelled the Coaches will be notified and a text blast will be sent out. ***You will only receive notice via text if you OPT IN to receive them.***

If you are unsure it is best to contact your coach first. The decision to cancel a practice due to weather is at the discretion of the coach and not YMCA staff. If you are unsure call your coach.

Cancellations and make-up games: The YMCA will make the decision to cancel games due to inclement weather. If possible, make-up games will most likely be scheduled during a practice time. Coaches will make the decision to cancel a practice during periods of inclement weather.

Helena Family YMCA Youth Sports Program Parent Agreement

As a parent in the Helena Family YMCA's Youth Sports Program...

- 1.** I will remember that children participate to have fun and that the game is for youth, not adults.
- 2.** I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- 3.** I will learn the rules of the game and the policies of the program.
- 4.** I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent including, but not limited to: booing and taunting, being disrespectful, or using profane language or gestures.
- 5.** I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or other sporting event.
- 6.** I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- 7.** I will teach my child to treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
- 8.** I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- 9.** I will emphasize skill development and practice, and will focus on how they benefit my child over winning.
- 10.** I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
- 11.** I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.

Itty-Bitty (Ages 3-4) Soccer Rules

A. YMCA MISSION

The Helena Family YMCA is a non-profit organization dedicated to building self-esteem and enriching spirit, mind, and body for persons of all ages and economic levels.

B. YMCA PHILOSOPHY

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

C. THE BALL/GOAL SIZE (ball sizes vary in YMCA Soccer in accordance to the age/grade of the player);

A. Ball Size:

- | | |
|---|--------|
| I. Itty-Bitty – 3 rd Grade | Size 3 |
| II. 4 th – 5 th Grade | Size 4 |

B. Goal Size:

- | | |
|--|--------------------|
| I. Itty-Bitty – Pre-K | 48" (H) X 72" (W) |
| II. Kindergarten | 48" (H) X 74" (W) |
| III. 1 st Grade – 3 rd Grade | 60" (H) X 120" (W) |
| IV. 4 th – 5 th Grade | 96" (H) X 288" (W) |

D. NUMBER OF PLAYERS

1. A game is not considered official if there are fewer players on the field as listed below.

Maximum # to play	Minimum #	Goalie
3	3	No

NOTE: IT IS AT THE DISCRETION OF THE OPPOSING COACH TO PLAY SHORT IF THE OTHER TEAM CANNOT FIELD AN OFFICIAL TEAM.

2. Substitutions are unlimited, but coaches are asked to be mindful of the YMCA's equal play rule.

E. PLAYER EQUIPMENT

1. The uniform of a soccer player is a jersey, shorts, shin guards, calf socks, and shoes. Sweats may be worn by a player in case of inclement weather.
2. Jewelry, plastic hair bands, chains, or any other potentially injurious things to another player cannot be worn.
3. Shoes with soft-plastic molded cleats may be worn by players. Absolutely no metal cleats or heeled shoes allowed.

F. THE COACHES OF THE ITTY-BITTY TEAMS ACT AS REFEREES

1. The coaches are in charge of all game activities and are to make sure each team abides by the rules of the game. His/her decisions are final.
2. The coaches also act as the timekeepers for the game.

G. DURATION OF THE GAME

1. Four (6) minute quarters
2. Time shall be running time and will continue to run, even through injuries. No overtimes will be played.
3. Each team will be given (two) 1-minute timeouts per game.
4. There will be a (1) minute break between each quarter.

H. START OF PLAY

1. A kick-off at mid-field will start the game and every quarter. Kick-offs will also take place after the score of a goal by the team that allowed the goal.
2. A coin toss at the beginning of the game will determine which team kicks off first and which team will defend which end.
3. After each quarter, the team opposite of the team that kicked off last shall take the kick-off.
4. The ball must be stationary at the center of the field for all kick-offs and must travel forward into the opposing team's side. The ball cannot be played a second time before being touched by another player. In case of violation of the second-time rule, the opposing team will be granted an Indirect Kick.
5. Every player on each team must be in his/her own half of the field prior to the kick-off and opposing players must be at least 10 yards away from the ball.
6. The kick-off is a direct free kick. A goal can be scored directly from it.

I. BALL IN & OUT OF PLAY

1. The ball is out of bounds when it crosses the goal line or touch line in its entirety, either in the air or on the ground. A player, who is out of bounds, may still play the ball as long as it is still in-bounds.
2. Any ball striking a coach, goalpost, or cone/flag is considered in play as long as it stays in-bounds.

J. METHOD OF SCORING

1. A goal is scored when the ball crosses wholly over the goal line between the goal posts and under the cross bar in its entirety.
2. If a defending player deflects the ball with his/her hand or arm, and the ball goes in the goal, a goal is scored.
3. Score is not kept.

K. OFFSIDE (NA)

L. FOULS & MISCONDUCT

1. There are eleven (11) prohibited acts from which a coach needs to explain to the offending player that these actions are not allowed.
 - I. Jumping at an Opponent
 - II. Tripping an opponent
 - III. Kicking an opponent
 - IV. Violent Charge
 - V. Striking or spitting at an Opponent (will result in ejection)

- VI. Holding
- VII. Pushing
- VIII. Tackling the ball and making contact with the opponent before touching the ball
- IX. Player handling the ball with their hands
- X. Dangerous play
- XI. Slide tackles

- 2. Players who are abusive and/or do not play the game in accordance to the rules may be warned or ejected. Coaches and/or parents may also be warned or ejected for the same reasons.

M. FREE KICKS (2nd - 5th grade only)

N. PENALTY KICKS (4th - 5th grade only)

O. THROW-IN

- 1. A throw-in is awarded if the ball wholly crosses over the touchline (sideline), either on the ground or in the air.
- 2. The ball is thrown in at the place where it crossed the line by a player of the team opposite to that of the player who last touched the ball.
- 3. The thrower must face the field, and part of each foot must be on the ground, either on the touchline or outside the field of play.
- 4. The ball must be thrown with both hands and must be delivered from behind and over the head.
- 5. A goal cannot be scored directly from a throw-in.
- 6. If the throw-in is improper, a second throw-in will be allowed if the player makes an improper throw-in (i.e. lifts one foot, etc). If the second attempt is improper, the opposing team will receive the ball for the throw-in play from the same spot.

P. GOAL KICK (Kindergarten & up only)

Q. CORNER KICK (Kindergarten & up only)

R. PASSBACK RULE (Kindergarten & up only)

Coaches Behavior

Coaches will be held accountable for their behavior, and the behavior of their teams and player parents. The YMCA encourages fair play, sportsmanship, teamwork, and fun, where we build strong kids, strong families, and strong communities. Our values come first.

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

Pre-K (Ages 4-5) Soccer Rules

A. YMCA MISSION

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B. YMCA PHILOSOPHY

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

C. THE BALL/GOAL SIZE (ball sizes vary in YMCA Soccer in accordance to the age/grade of the player);

A. Ball Size:

- | | |
|---|--------|
| I. Itty-Bitty – 3 rd Grade | Size 3 |
| II. 4 th – 5 th Grade | Size 4 |

B. Goal Size:

- | | |
|--|--------------------|
| I. Itty-Bitty – Pre-K | 48" (H) X 72" (W) |
| II. Kindergarten | 48" (H) X 74" (W) |
| III. 1 st Grade – 3 rd Grade | 60" (H) X 120" (W) |
| IV. 4 th – 5 th Grade | 96" (H) X 288" (W) |

D. NUMBER OF PLAYERS

1. A game is not considered official if there are fewer players on the field as listed below.

Maximum # to play	Minimum #	Goalie
3	3	No

NOTE: IT IS AT THE DISCRETION OF THE OPPOSING COACH TO PLAY SHORT IF THE OTHER TEAM CANNOT FIELD AN OFFICIAL TEAM.

2. Substitutions are unlimited, but coaches are asked to be mindful of the YMCA's equal play rule.

E. PLAYER EQUIPMENT

1. The uniform of a soccer player is a jersey, shorts, shin guards, calf socks, and shoes. Sweats may be worn by a player in case of inclement weather.
2. Jewelry, plastic hair bands, chains, or any other potentially injurious things to another player cannot be worn.
3. Shoes with soft-plastic molded cleats may be worn by players. Absolutely no metal cleats allowed. Absolutely no heellies.

F. THE COACHES OF THE PRE-K TEAMS ACT AS REFEREES

1. The coaches are in charge of all game activities and are to make sure each team abides by the rules of the game. His/her decisions are final.
2. The coaches also act as the timekeepers for the game.

G. DURATION OF THE GAME

1. Four (6) minute quarters
2. Time shall be running time and will continue to run, even through injuries. No overtimes will be played.
3. Each team will be given (two) 1-minute timeouts per game.
4. There will be a (1) minute break between each quarter.

H. START OF PLAY

1. A kick-off at mid-field will start the game and every quarter. Kick-offs will also take place after the score of a goal by the team that allowed the goal.
2. A coin toss at the beginning of the game will determine which team kicks off first and which team will defend which end.
3. After each quarter, the team opposite of the team that kicked off last shall take the kick-off.
4. The ball must be stationary at the center of the field for all kick-offs and must travel forward into the opposing team's side. The ball cannot be played a second time before being touched by another player. In case of violation of the second-time rule, the opposing team will be granted an Indirect Kick.
5. Every player on each team must be in his/her own half of the field prior to the kick-off and opposing players must be at least 10 yards away from the ball.
6. The kick-off is a direct free kick. A goal can be scored directly from it.

I. BALL IN & OUT OF PLAY

1. The ball is out of bounds when it crosses the goal line or touch line in its entirety, either in the air or on the ground. A player, who is out of bounds, may still play the ball as long as it is still in-bounds.
2. Any ball striking a coach, goalpost, or cone/flag is considered in play as long as it stays in-bounds.

J. METHOD OF SCORING

1. A goal is scored when the ball crosses wholly over the goal line between the goal posts and under the cross bar in its entirety.
2. If a defending player deflects the ball with his/her hand or arm, and the ball goes in the goal, a goal is scored.
3. Score is not kept.

K. OFFSIDE (NA)

L. FOULS & MISCONDUCT

1. There are eleven (11) prohibited acts from which a coach needs to explain to the offending player that these actions are not allowed.
 - I. Jumping at an Opponent
 - II. Tripping an opponent
 - III. Kicking an opponent
 - IV. Violent Charge

- V. Striking or spitting at an Opponent (will result in ejection)
- VI. Holding
- VII. Pushing
- VIII. Tackling the ball and making contact with the opponent before touching the ball
- IX. Player handling the ball with their hands
- X. Dangerous play
- XI. Slide tackles

- 2. Players who are abusive and/or do not play the game in accordance to the rules may be warned or ejected. Coaches and/or parents may also be warned or ejected for the same reasons.

M. FREE KICKS (2nd – 5th grade only)

N. PENALTY KICKS (4th – 5th grade only)

O. THROW-IN

- 1. A throw-in is awarded if the ball wholly crosses over the touchline (sideline), either on the ground or in the air.
- 2. The ball is thrown in at the place where it crossed the line by a player of the team opposite to that of the player who last touched the ball.
- 3. The thrower must face the field, and part of each foot must be on the ground, either on the touchline or outside the field of play.
- 4. The ball must be thrown with both hands and must be delivered from behind and over the head.
- 5. A goal cannot be scored directly from a throw-in.
- 6. If the throw-in is improper, a second throw-in will be allowed if the player makes an improper throw-in (i.e. lifts one foot, etc). If the second attempt is improper, the opposing team will receive the ball for the throw-in play from the same spot.

P. GOAL KICK (Kindergarten & up only)

Q. CORNER KICK (Kindergarten & up only)

R. PASSBACK RULE (Kindergarten & up only)

Coaches Behavior

Coaches will be held accountable for their behavior, and the behavior of their teams and player parents. The YMCA encourages fair play, sportsmanship, teamwork, and fun, where we build strong kids, strong families, and strong communities. Our values come first.

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

Kindergarten (Ages 5-6) Soccer Rules

A. YMCA MISSION

The Helena Family YMCA is a non-profit organization dedicated to building self-esteem and enriching spirit, mind, and body for persons of all ages and economic levels.

B. YMCA PHILOSOPHY

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

C. THE BALL/GOAL SIZE (ball sizes vary in YMCA Soccer in accordance to the age/grade of the player);

A. Ball Size:

- | | |
|---|--------|
| I. Itty-Bitty – 3 rd Grade | Size 3 |
| II. 4 th – 5 th Grade | Size 4 |

B. Goal Size:

- | | |
|--|--------------------|
| I. Itty-Bitty – Pre-K | 48" (H) X 72" (W) |
| II. Kindergarten | 48" (H) X 74" (W) |
| III. 1 st Grade – 3 rd Grade | 60" (H) X 120" (W) |
| IV. 4 th – 5 th Grade | 96" (H) X 288" (W) |

D. NUMBER OF PLAYERS

1. A game is not considered official if there are fewer players on the field as listed below.

Maximum # to play	Minimum #	Goalie
5 (including goalie)	3	Yes

NOTE: IT IS AT THE DISCRETION OF THE OPPOSING COACH TO PLAY SHORT IF THE OTHER TEAM CANNOT FIELD AN OFFICIAL TEAM.

2. Substitutions are unlimited, but coaches are asked to be mindful of the YMCA's equal play rule.

E. PLAYER EQUIPMENT

1. The uniform of a soccer player is a jersey, shorts, shin guards, calf socks, and shoes. Sweats may be worn by a player in case of inclement weather.
2. Jewelry, plastic hair bands, chains, or any other potentially injurious things to another player cannot be worn.
3. Shoes with soft-plastic molded cleats may be worn by players. Absolutely no metal cleats or heellies allowed.

F. THE COACHES OF THE KINDERGARTEN TEAMS ACT AS REFEREES

1. The coaches are in charge of all game activities and are to make sure each team abides by the rules of the game. His/her decisions are final. Find some willing parents to call the ball out (flags are provided).

2. The coaches also act as the timekeepers for the game.

G. DURATION OF THE GAME

1. Four (6) minute quarters
2. Time shall be running time and will continue to run, even through injuries. No overtimes will be played.
3. Each team will be given (two) 1-minute timeouts per game.
4. There will be a (1) minute break between each quarter.

H. START OF PLAY

1. A kick-off at mid-field will start the game and every quarter. Kick-offs will also take place after the score of a goal by the team that allowed the goal.
2. A coin toss at the beginning of the game will determine which team kicks off first and which team will defend which end.
3. After each quarter, ends shall be changed and the team opposite of the team that kicked off last shall take the kick-off.
4. The ball must be stationary at the center of the field for all kick-offs and must travel forward into the opposing team's side. The ball cannot be played a second time before being touched by another player. In case of violation of the second-time rule, the opposing team will be granted an Indirect Kick.
5. Every player on the each team must be in his/her own half of the field prior to the kick-off and opposing players must be at least 10 yards away from the ball.
6. The kick-off is a direct free kick. A goal can be scored directly from it.

I. BALL IN & OUT OF PLAY

1. The ball is out of bounds when it crosses the goal line or touch line in its entirety, either in the air or on the ground. A player, who is out of bounds, may still play the ball as long as it is still in-bounds.
2. Any ball striking a coach, goalpost, or cone/flag is considered in play as long as it stays in-bounds.

J. METHOD OF SCORING

1. A goal is scored when the ball crosses wholly over the goal line between the goal posts and under the cross bar in its entirety.
2. If a defending player deflects the ball with his/her hand or arm, and the ball goes in the goal, a goal is scored.
3. Score is not kept.

K. OFFSIDE (NA)

L. FOULS & MISCONDUCT

1. There are fourteen (14) prohibited acts from which a coach needs to explain to the offending player that these actions are not allowed.
 - I. Jumping at an Opponent

- II. Tripping an opponent
- III. Kicking an opponent
- IV. Violent Charge
- V. Striking or spitting at an Opponent (will result in ejection)
- VI. Holding
- VII. Pushing
- VIII. Tackling the ball and making contact with the opponent before touching the ball
- IX. Player handling the ball with their hands (except for the goalkeeper in penalty area)
- X. Dangerous play
- XI. Goalkeeper handles the ball again after possession without it touching another player
- XII. Goalkeeper delays more than 6 seconds in putting the ball into play
- XIII. Charging the goalkeeper
- XIV. Slide tackles

- 2. Players who are abusive and/or do not play the game in accordance to the rules may be warned or ejected. Coaches and/or parents may also be warned or ejected for the same reasons.

M. FREE KICKS (2nd – 5th grade only)

N. PENALTY KICKS (4th – 5th grade only)

O. THROW-IN

- 1. A throw-in is awarded if the ball wholly crosses over the touchline (sideline), either on the ground or in the air.
- 2. The ball is thrown in at the place where it crossed the line by a player of the team opposite to that of the player who last touched the ball.
- 3. The thrower must face the field, and part of each foot must be on the ground, either on the touchline or outside the field of play.
- 4. The ball must be thrown with both hands and must be delivered from behind and over the head.
- 5. A goal cannot be scored directly from a throw-in.
- 6. If the throw-in is improper, a second throw-in will be allowed if the player makes an improper throw-in (i.e. lifts one foot, etc). If the second attempt is improper, the opposing team will receive the ball for the throw-in play from the same spot.

P. GOAL KICK

- 1. A goal kick is awarded the defending team if the ball passes completely over its goal line, outside the goal, after having last been touched by a player on the attacking team.
- 2. The goal kick is taken from any point within the goal area (within 6 yards of the goal posts).
- 3. All opposing players must be outside the penalty area (10 yards for 2nd Grade & less)

4. The ball must travel outside the penalty area before being in play, and must not be played by the kicker a second time before being touched.
5. A goal can be scored directly from a goal kick.

Q. CORNER KICK

1. A corner kick is awarded to the attacking team if the ball crosses wholly over the defending team’s goal line, outside the goal, after having last been touched by the defending team.
2. The corner kick is taken from within the quarter across the side of the field nearest the place where the ball crossed the goal line.
3. All opposing player must be at least 10 yards away from the ball.
4. Rules regarding travel and second kick follow the kick-off rules.
5. A goal may be scored directly from a corner kick.
6. If the kicker plays the ball before another player touches it, the opposing team shall be awarded an indirect free kick.

R. PASSBACK RULE

1. The defending team’s goalkeeper cannot play the ball with his/her hands after it has been passed back by a teammate, unless listed below. He/she may play the ball with his/her feet. The coach needs to remind the goalkeeper that on a passback from a teammate he/she cannot use their hands to pick up the ball. If goalkeeper does use hands on a passback, no penalty just a reminder from the coach.

Grade	Passback Allowed
Itty-Bitty – Pre-K	NA
Kindergarten	YES
1st Grade	YES
2nd- 3rd Grade	NO
4th – 5th Grade	NO

Coaches Behavior

Coaches will be held accountable for their behavior, and the behavior of their teams and player parents. The YMCA encourages fair play, sportsmanship, teamwork, and fun, where we build strong kids, strong families, and strong communities. Our values come first.

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

1st Grade (Ages 6-7) Soccer Rules

A. YMCA MISSION

The Helena Family YMCA is a non-profit organization dedicated to building self-esteem and enriching spirit, mind, and body for persons of all ages and economic levels.

B. YMCA PHILOSOPHY

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

C. THE BALL/GOAL SIZE (ball sizes vary in YMCA Soccer in accordance to the age/grade of the player);

A. Ball Size:

- | | |
|---|--------|
| I. Itty-Bitty – 3 rd Grade | Size 3 |
| II. 4 th – 5 th Grade | Size 4 |

B. Goal Size:

- | | |
|--|--------------------|
| I. Itty-Bitty – Pre-K | 48" (H) X 72" (W) |
| II. Kindergarten | 48" (H) X 74" (W) |
| III. 1 st Grade – 3 rd Grade | 60" (H) X 120" (W) |
| IV. 4 th – 5 th Grade | 96" (H) X 288" (W) |

D. NUMBER OF PLAYERS

1. A game is not considered official if there are fewer players on the field as listed below.

Maximum # to play	Minimum #	Goalie
6-7 (including goalie)	4	Yes

NOTE: IT IS AT THE DISCRETION OF THE OPPOSING COACH TO PLAY SHORT IF THE OTHER TEAM CANNOT FIELD AN OFFICIAL TEAM.

2. Substitutions are unlimited, but coaches are asked to be mindful of the YMCA's equal play rule.

E. PLAYER EQUIPMENT

1. The uniform of a soccer player is a jersey, shorts, shin guards, calf socks, and shoes. Sweats may be worn by a player in case of inclement weather.
2. Jewelry, plastic hair bands, chains, or any other potentially injurious things to another player cannot be worn.
3. Shoes with soft-plastic molded cleats may be worn by players. Absolutely no metal cleats or heeled shoes allowed.

F. THE COACHES OF THE 1ST GRADE TEAMS ACT AS REFEREES

1. The coaches are in charge of all game activities and are to make sure each team abides by the rules of the game. His/her decisions are final. Find some willing parents to call the ball out (flags are provided).
2. The coaches also act as the timekeepers for the game.

G. DURATION OF THE GAME

1. Four (8) minute quarters
2. Time shall be running time and will continue to run, even through injuries. No overtimes will be played.
3. Each team will be given (two) 1-minute timeouts per game.
4. There will be a (1) minute break between each quarter.

H. START OF PLAY

1. A kick-off at mid-field will start the game and every quarter. Kick-offs will also take place after the score of a goal by the team that allowed the goal.
2. A coin toss at the beginning of the game will determine which team kicks off first and which team will defend which end.
3. After each quarter, ends shall be changed and the team opposite of the team that kicked off last shall take the kick-off.
4. The ball must be stationary at the center of the field for all kick-offs and must travel forward into the opposing team's side. The ball cannot be played a second time before being touched by another player. In case of violation of the second-time rule, the opposing team will be granted an Indirect Kick.
5. Every player on the each team must be in his/her own half of the field prior to the kick-off and opposing players must be at least 10 yards away from the ball.
6. The kick-off is a direct free kick. A goal can be scored directly from it.

I. BALL IN & OUT OF PLAY

1. The ball is out of bounds when it crosses the goal line or touch line in its entirety, either in the air or on the ground. A player, who is out of bounds, may still play the ball as long as it is still in-bounds.
2. Any ball striking a coach, goalpost, or cone/flag is considered in play as long as it stays in-bounds.

J. METHOD OF SCORING

1. A goal is scored when the ball crosses wholly over the goal line between the goal posts and under the cross bar in its entirety.
2. If a defending player deflects the ball with his/her hand or arm, and the ball goes in the goal, a goal is scored.
3. Score is not kept.

K. OFFSIDE (NA)

L. FOULS & MISCONDUCT

1. There are fourteen (14) prohibited acts from which a coach needs to explain to the offending player that these actions are not allowed.
 - I. Jumping at an Opponent
 - II. Tripping an opponent
 - III. Kicking an opponent
 - IV. Violent Charge

- V. Striking or spitting at an Opponent (will result in ejection)
 - VI. Holding
 - VII. Pushing
 - VIII. Tackling the ball and making contact with the opponent before touching the ball
 - IX. Player handling the ball with their hands (except for the goalkeeper in penalty area)
 - X. Dangerous play
 - XI. Goalkeeper handles the ball again after possession without it touching another player
 - XII. Goalkeeper delays more than 6 seconds in putting the ball into play
 - XIII. Charging the goalkeeper
 - XIV. Slide tackles
2. Players who are abusive and/or do not play the game in accordance to the rules may be warned or ejected. Coaches and/or parents may also be warned or ejected for the same reasons.

M. FREE KICKS (2nd – 5th grade only)

N. PENALTY KICKS (4th – 5th grade only)

O. THROW-IN

1. A throw-in is awarded if the ball wholly crosses over the touchline (sideline), either on the ground or in the air.
2. The ball is thrown in at the place where it crossed the line by a player of the team opposite to that of the player who last touched the ball.
3. The thrower must face the field, and part of each foot must be on the ground, either on the touchline or outside the field of play.
4. The ball must be thrown with both hands and must be delivered from behind and over the head.
5. A goal cannot be scored directly from a throw-in.
6. If the throw-in is improper, a second throw-in will be allowed if the player makes an improper throw-in (i.e. lifts one foot, etc). If the second attempt is improper, the opposing team will receive the ball for the throw-in play from the same spot.

P. GOAL KICK

1. A goal kick is awarded the defending team if the ball passes completely over its goal line, outside the goal, after having last been touched by a player on the attacking team.
2. The goal kick is taken from any point within the goal area (within 6 yards of the goal posts).
3. All opposing players must be outside the penalty area (10 yards for 2nd Grade & less)
4. The ball must travel outside the penalty area before being in play, and must not be played by the kicker a second time before being touched.
5. A goal can be scored directly from a goal kick.

Q. CORNER KICK

1. A corner kick is awarded to the attacking team if the ball crosses wholly over the defending team's goal line, outside the goal, after having last been touched by the defending team.
2. The corner kick is taken from within the quarter across the side of the field nearest the place where the ball crossed the goal line.
3. All opposing player must be at least 10 yards away from the ball.
4. Rules regarding travel and second kick follow the kick-off rules.
5. A goal may be scored directly from a corner kick.
6. If the kicker plays the ball before another player touches it, the opposing team shall be awarded an indirect free kick.

R. PASSBACK RULE

1. The defending team's goalkeeper cannot play the ball with his/her hands after it has been passed back by a teammate, unless listed below. He/she may play the ball with his/her feet. The coach needs to remind the goalkeeper that on a passback from a teammate he/she cannot use their hands to pick up the ball. If goalkeeper does use hands on a passback, no penalty just a reminder from the coach.

Grade	Passback Allowed
Itty-Bitty – Pre-K	NA
Kindergarten	YES
1st Grade	YES
2nd- 3rd Grade	NO
4th – 5th Grade	NO

Coaches Behavior

Coaches will be held accountable for their behavior, and the behavior of their teams and player parents. The YMCA encourages fair play, sportsmanship, teamwork, and fun, where we build strong kids, strong families, and strong communities. Our values come first.

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

2nd-3rd Grade (Ages 7-9) Soccer Rules

A. YMCA MISSION

The Helena Family YMCA is a non-profit organization dedicated to building self-esteem and enriching spirit, mind, and body for persons of all ages and economic levels.

B. YMCA PHILOSOPHY

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

C. THE BALL/GOAL SIZE (ball sizes vary in YMCA Soccer in accordance to the age/grade of the player);

A. Ball Size:

- | | |
|---|--------|
| I. Itty-Bitty – 3 rd Grade | Size 3 |
| II. 4 th – 5 th Grade | Size 4 |

B. Goal Size:

- | | |
|--|--------------------|
| I. Itty-Bitty – Pre-K | 48" (H) X 72" (W) |
| II. Kindergarten | 48" (H) X 74" (W) |
| III. 1 st Grade – 3 rd Grade | 60" (H) X 120" (W) |
| IV. 4 th – 5 th Grade | 96" (H) X 288" (W) |

D. NUMBER OF PLAYERS

1. A game is not considered official if there are fewer players on the field as listed below.

Maximum # to play	Minimum #	Goalie
7-9 (including goalie)	5	Yes

NOTE: IT IS AT THE DISCRETION OF THE OPPOSING COACH TO PLAY SHORT IF THE OTHER TEAM CANNOT FIELD AN OFFICIAL TEAM.

2. Substitutions are unlimited, but coaches are asked to be mindful of the YMCA's equal play rule.

E. PLAYER EQUIPMENT

1. The uniform of a soccer player is a jersey, shorts, shin guards, calf socks, and shoes. Sweats may be worn by a player in case of inclement weather.
2. Jewelry, plastic hair bands, chains, or any other potentially injurious things to another player cannot be worn.
3. Shoes with soft-plastic molded cleats may be worn by players. Absolutely no metal cleats or hee-lies allowed.

F. THE COACHES OF THE 2nd-3rd GRADE TEAMS ACT AS REFEREES

1. The coaches are in charge of all game activities and are to make sure each team abides by the rules of the game. His/her decisions are

- final. Find some willing parents to call the ball out (flags are provided).
2. The coaches also act as the timekeepers for the game.

G. DURATION OF THE GAME

1. Four (8) minute quarters
2. Time shall be running time and will continue to run, even through injuries. No overtimes will be played.
3. Each team will be given (two) 1-minute timeouts per game.
4. There will be a (1) minute break between each quarter.

H. START OF PLAY

1. A kick-off at mid-field will start the game and every quarter. Kick-offs will also take place after the score of a goal by the team that allowed the goal.
2. A coin toss at the beginning of the game will determine which team kicks off first and which team will defend which end.
3. After each quarter, ends shall be changed and the team opposite of the team that kicked off last shall take the kick-off.
4. The ball must be stationary at the center of the field for all kick-offs and must travel forward into the opposing team's side. The ball cannot be played a second time before being touched by another player. In case of violation of the second-time rule, the opposing team will be granted an Indirect Kick.
5. Every player on the each team must be in his/her own half of the field prior to the kick-off and opposing players must be at least 10 yards away from the ball.
6. The kick-off is a direct free kick. A goal can be scored directly from it.

I. BALL IN & OUT OF PLAY

1. The ball is out of bounds when it crosses the goal line or touch line in its entirety, either in the air or on the ground. A player, who is out of bounds, may still play the ball as long as it is still in-bounds.
2. Any ball striking a coach, goalpost, or cone/flag is considered in play as long as it stays in-bounds.

J. METHOD OF SCORING

1. A goal is scored when the ball crosses wholly over the goal line between the goal posts and under the cross bar in its entirety.
2. If a defending player deflects the ball with his/her hand or arm, and the ball goes in the goal, a goal is scored.
3. Score is not kept.

K. OFFSIDE (NA)

L. FOULS & MISCONDUCT

1. There are nine (9) prohibited acts from which a coach can award a INDIRECT kick to the offended team;
 - I. Jumping at an Opponent

- II. Tripping an opponent
 - III. Kicking an opponent
 - IV. Violent Charge
 - V. Striking or spitting at an Opponent (will result in ejection)
 - VI. Holding
 - VII. Pushing
 - VIII. Tackling the ball and making contact with the opponent before touching the ball
 - IX. Handling the ball (except for the goalkeeper in penalty area)
2. All free kicks shall be **INDIRECT**. A goal may not be scored until the ball has been played or touched by a second player of either team. No kicks shall be taken by the attacking team within the defending team's approximate goal box. Opponents must be six (6) yards off the ball.
 3. Players who are abusive and/or do not play the game in accordance to the rules may be warned or ejected. Coaches and/or parents may also be warned or ejected for the same reasons.

M. FREE KICKS

1. The basic kicks awarded by the coach are;
 - I. INDIRECT FREE-KICK (must touch another player before scoring)
 - II. If a foul was committed in the penalty box area, have the opposing team take the indirect kick at the top of the penalty box.

N. PENALTY KICKS

1. No penalty kicks are to be taken. Use indirect kick as above.

O. THROW-IN

1. A throw-in is awarded if the ball wholly crosses over the touchline (sideline), either on the ground or in the air.
2. The ball is thrown in at the place where it crossed the line by a player of the team opposite to that of the player who last touched the ball.
3. The thrower must face the field, and part of each foot must be on the ground, either on the touchline or outside the field of play.
4. The ball must be thrown with both hands and must be delivered from behind and over the head.
5. A goal cannot be scored directly from a throw-in.
6. If the throw-in is improper, a second throw-in will be allowed if the player makes an improper throw-in (i.e. lifts one foot, etc). If the second attempt is improper, the opposing team will receive the ball for the throw-in play from the same spot.

P. GOAL KICK

1. A goal kick is awarded the defending team if the ball passes completely over its goal line, outside the goal, after having last been touched by a player on the attacking team.
2. The goal kick is taken from any point within the goal area (within 6 yards of the goal posts).

3. All opposing players must be outside the penalty area (10 yards for 2nd Grade & less)
4. The ball must travel outside the penalty area before being in play, and must not be played by the kicker a second time before being touched.
5. A goal can be scored directly from a goal kick.

Q. CORNER KICK

1. A corner kick is awarded to the attacking team if the ball crosses wholly over the defending team’s goal line, outside the goal, after having last been touched by the defending team.
2. The corner kick is taken from within the quarter across the side of the field nearest the place where the ball crossed the goal line.
3. All opposing player must be at least 10 yards away from the ball.
4. Rules regarding travel and second kick follow the kick-off rules.
5. A goal may be scored directly from a corner kick.
6. If the kicker plays the ball before another player touches it, the opposing team shall be awarded an indirect free kick.

R. PASSBACK RULE

1. The defending team’s goalkeeper cannot play the ball with his/her hands after it has been passed back by a teammate, unless listed below. He/she may play the ball with his/her feet. The infraction will result in an indirect free kick from the spot where the goalkeeper picks up the ball.

Grade	Passback Allowed
Itty-Bitty – Pre-K	NA
Kindergarten	YES
1st Grade	YES
2nd- 3rd Grade	NO
4th – 5th Grade	NO

Coaches Behavior

Coaches will be held accountable for their behavior, and the behavior of their teams and player parents. The YMCA encourages fair play, sportsmanship, teamwork, and fun, where we build strong kids, strong families, and strong communities. Our values come first.

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4th-5th (Ages 9-11) Grade Soccer Rules

A. YMCA MISSION

The Helena Family YMCA is a non-profit organization dedicated to building self-esteem and enriching spirit, mind, and body for persons of all ages and economic levels.

B. YMCA PHILOSOPHY

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

C. THE BALL/GOAL SIZE (ball sizes vary in YMCA Soccer in accordance to the age/grade of the player);

A. Ball Size:

- | | |
|---|--------|
| I. Itty-Bitty – 3 rd Grade | Size 3 |
| II. 4 th – 5 th Grade | Size 4 |

B. Goal Size:

- | | |
|--|--------------------|
| I. Itty-Bitty – Pre-K | 48" (H) X 72" (W) |
| II. Kindergarten | 48" (H) X 74" (W) |
| III. 1 st Grade – 3 rd Grade | 60" (H) X 120" (W) |
| IV. 4 th – 5 th Grade | 96" (H) X 288" (W) |

D. NUMBER OF PLAYERS

1. A game is not considered official if there are fewer players on the field as listed below.

Maximum # to play	Minimum #	Goalie
7-9 (including goalie)	5	Yes

NOTE: IT IS AT THE DISCRETION OF THE OPPOSING COACH TO PLAY SHORT IF THE OTHER TEAM CANNOT FIELD AN OFFICIAL TEAM.

2. Substitutions are unlimited, but coaches are asked to be mindful of the YMCA's equal play rule.

E. PLAYER EQUIPMENT

1. The uniform of a soccer player is a jersey, shorts, shin guards, calf socks, and shoes. Sweats may be worn by a player in case of inclement weather.
2. Jewelry, plastic hair bands, chains, or any other potentially injurious things to another player cannot be worn.
3. Shoes with soft-plastic molded cleats may be worn by players. Absolutely no metal cleats or hee-lies allowed.

F. REFEREES WILL BE ASSIGNED BY THE YMCA

1. The referees are in charge of all game activities and are to make sure each team abides by the rules of the game. His/her decisions are

final. Coaches are to find parents to call the ball out (flags are provided).

2. The referee also act's as the timekeeper for the game.

G. DURATION OF THE GAME

1. Two (20) minute half's.
2. Time shall be running time and will continue to run, even through injuries. No overtimes will be played.
3. Each team will be given (two) 1-minute timeouts per game.
4. There will be a (5) minute half time between half's'.

H. START OF PLAY

1. A kick-off at mid-field will start the game and every quarter. Kick-offs will also take place after the score of a goal by the team that allowed the goal.
2. A coin toss at the beginning of the game will determine which team kicks off first and which team will defend which end.
3. After each quarter, ends shall be changed and the team opposite of the team that kicked off last shall take the kick-off.
4. The ball must be stationary at the center of the field for all kick-offs and must travel forward into the opposing team's side. The ball cannot be played a second time before being touched by another player. In case of violation of the second-time rule, the opposing team will be granted an Indirect Kick.
5. Every player on the each team must be in his/her own half of the field prior to the kick-off and opposing players must be at least 10 yards away from the ball.
6. The kick-off is a direct free kick. A goal can be scored directly from it.

I. BALL IN & OUT OF PLAY

1. The ball is out of bounds when it crosses the goal line or touch line in its entirety, either in the air or on the ground. A player, who is out of bounds, may still play the ball as long as it is still in-bounds.
2. Any ball striking a coach, goalpost, or cone/flag is considered in play as long as it stays in-bounds.

J. METHOD OF SCORING

1. A goal is scored when the ball crosses wholly over the goal line between the goal posts and under the cross bar in its entirety.
2. If a defending player deflects the ball with his/her hand or arm, and the ball goes in the goal, a goal is scored.
3. Score is kept.

K. OFFSIDE (NA)

L. FOULS & MISCONDUCT

1. There are nine (9) prohibited acts from which a coach can award a direct kick to the offended team;

- I. Jumping at an Opponent
 - II. Tripping an opponent
 - III. Kicking an opponent
 - IV. Violent Charge
 - V. Striking or spitting at an Opponent (will result in ejection)
 - VI. Holding
 - VII. Pushing
 - VIII. Tackling the ball and making contact with the opponent before touching the ball
 - IX. Handling the ball (except for the goalkeeper in penalty area)
2. A direct free-kick will be awarded for the above offenses if an offense is committed in the guilty player's penalty area (4th - 5th grade only!).
 3. An In-direct Free Kick will be awarded for;
 - I. Dangerous play
 - II. Opponent obstruction
 - III. Goalkeeper handles the ball again after possession without it touching another player.
 - IV. Goalkeeper delays more than 6 seconds in putting the ball into play
 - V. Players enter field of play without referees consent
 - VI. Offside
 - VII. A player plays the ball a second time on a kick-off
 - VIII. Charging off the ball
 - IX. Charging the goalkeeper
 - X. Slide tackles
 4. Players who are abusive and/or do not play the game in accordance to the rules may be warned or ejected. Coaches and/or parents may also be warned or ejected for the same reasons.
 5. Caution-able Offenses (a player is cautioned and shown the yellow card if he commits any of the following seven offenses);
 - I. Is guilty of unsporting behavior
 - II. Shows dissent by word or action
 - III. Persistently infringes the Laws of the Game
 - IV. Delays the restart of play
 - V. Fails to respect the required distance when play is restarted with a corner kick or free kick or throw-in
 - VI. Enters or re-enters the field of play without the referee/coach's permission
 - VII. Deliberately leaves the field of play without the referee/coach's permission
 6. Sending-Off Offenses (a player, substitute or substituted player is sent off and shown the red card if he commits any of the following seven offenses);
 - I. Is guilty of serious foul play
 - II. Is guilty of violent conduct
 - III. Spits at an opponent or any other person
 - IV. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
 - V. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick

- VI. Uses offensive, or insulting or abusive language and/or gestures
- VII. Receives a second caution in the same match

M. FREE KICKS

1. The basic kicks awarded by the coach are;
 - I. DIRECT FREE KICK (a goal can be scored)
 - II. INDIRECT FREE-KICK (must touch another player before scoring)
2. Both types of free kicks can be kicked in any direction from the point of the infraction, except in the event of the penalty area where the ball must clear the area prior to being played.
3. The ball must be stationary on the ground, must be kicked and move before being in play
4. All opposing players must be at least 10 yards away from the ball when the ball is put into play.
5. If the offense occurred less than 10 yards from the opponent's goal line, the opposing players may stand on their own goal line between the goalposts.
6. On free kicks taken within its penalty area by the defending team, all opposing players must be outside the penalty area and at least 10 yards away from the ball.

N. PENALTY KICKS

1. A penalty kick is awarded if the defending team commits one of the nine (9) direct free-kick fouls within its own penalty area (2nd Grade and up)
2. The penalty kick is taken from the penalty mark, which is centered 12 yards in front of the goal.
3. All players, except the kicker and the goalkeeper, must be outside the penalty area, and at least 10 yards from the penalty mark.
4. The goalkeeper must stand with both feet touching the goal line, and must not move until the ball is kicked.
5. The ball must be kicked forward and follow the rules for a kick-off.

O. THROW-IN

1. A throw-in is awarded if the ball wholly crosses over the touchline (sideline), either on the ground or in the air.
2. The ball is thrown in at the place where it crossed the line by a player of the team opposite to that of the player who last touched the ball.
3. The thrower must face the field, and part of each foot must be on the ground, either on the touchline or outside the field of play.
4. The ball must be thrown with both hands and must be delivered from behind and over the head.
5. A goal cannot be scored directly from a throw-in.

6. If the throw-in is improper, a throw-in will be awarded to the opposite team from the same spot.

P. GOAL KICK

1. A goal kick is awarded the defending team if the ball passes completely over its goal line, outside the goal, after having last been touched by a player on the attacking team.
2. The goal kick is taken from any point within the goal area (within 6 yards of the goal posts).
3. All opposing players must be outside the penalty area (10 yards for 2nd Grade & less)
4. The ball must travel outside the penalty area before being in play, and must not be played by the kicker a second time before being touched.
5. A goal can be scored directly from a goal kick.

Q. CORNER KICK

1. A corner kick is awarded to the attacking team if the ball crosses wholly over the defending team's goal line, outside the goal, after having last been touched by the defending team.
2. The corner kick is taken from within the quarter across the side of the field nearest the place where the ball crossed the goal line.
3. All opposing player must be at least 10 yards away from the ball.
4. Rules regarding travel and second kick follow the kick-off rules.
5. A goal may be scored directly from a corner kick.
6. If the kicker plays the ball before another player touches it, the opposing team shall be awarded an indirect free kick.

R. PASSBACK RULE

1. The defending team's goalkeeper cannot play the ball with his/her hands after it has been passed back by a teammate, unless listed below. He/she may play the ball with his/her feet. The infraction will result in an indirect free kick from the spot where the goalkeeper picks up the ball.

Grade	Passback Allowed
Itty-Bitty – Pre-K	NA
Kindergarten	YES
1st Grade	YES
2nd- 3rd Grade	NO
4th – 5th Grade	NO

Coaches Behavior

Coaches will be held accountable for their behavior, and the behavior of their teams and player parents. The YMCA encourages fair play, sportsmanship, teamwork, and fun, where we build strong kids, strong families, and strong communities. Our values come first.

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship and teamwork. We de-emphasize competition and emphasize the fun and learning that sports can provide. The YMCA

also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

Refereeing Games

For our Itty-Bitty – 3rd Grade Coed Divisions, each team is to provide one coach or assistant to officiate the game. The coaches are in charge of all game activities and are to make sure each team abides by the rules of the game. His/her decisions are final. Coaches are to find parents to call the ball out (flags are provided).

Only in the 4th-5th grade division will referees will be assigned to officiate the games. The referees in the 4th-5th grade division are in charge of all game activities of this division, and are to make sure each team abides by the rules of the game. His/her decisions are final. Coaches of each team in the 4th-5th grade divisions will be responsible for having a parent volunteer to keep score and find a parent to call the ball out (flags are provided).

All coaches, volunteers, parents and referees should be familiar with the philosophy of the YMCA Volleyball program and assist in its implementation during games.

The philosophy of our officials during games is to lean towards allowing the kids to learn during play. Some latitude should be extended regarding passing, dribbling, shooting and being the goalie.

During the game, officials and coaches can help to create a learning environment by explaining rules to the players. If players make mistakes, officials and coaches should show them how to play the ball correctly. Occasionally, it may be useful to stop the game and explain a rule or a call. When the ball is not in play, officials and coaches are encouraged to give players of both teams' tips on dribbling, passing, shooting and other basic skills.

Game Time Reminders

- Please remember to start your games on time.
- Games are self officiated (except the 4th-5th grade division). If you need additional help, please ask a parent to assist you or contact the program director for additional staff.
- Continue to focus on skill and technique development such as dribbling, passing, shooting and other basic skills. Overemphasis on set plays and game tactics often take away from overall player development.
- Remember to implement the YMCA Character Development values into practices and games. These 4 core values are: Caring, Honesty, Respect and Responsibility.

DESCRIPTION OF DEVELOPMENTALLY APPROPRIATE PRACTICES

Remember, children develop and learn at their own individual pace. The developmental information below is a guide only. Use your judgment when it comes to getting through to your players. Every team will have children that overlap into both developmental levels.

Itty-Bitty - Kindergarten Level

- Rules are not important to this age group. They will not remember the rules you give them.

Be sure to:

- Remind them which way they are to go. They will not know the meaning of some words such as "run hard."
- Tell them, show them, draw pictures, demonstrate - each child learns in a different way
- Take it slow and easy and have fun!
- The first two weeks of play are usually chaotic. Let most of that go and concentrate on the skills.
- Have fun!

First – Third Grade Levels

- At this age they love rules. They like to know what is going on and what they are supposed to be doing.
- Explain some of the rules without overwhelming them. Each week add a few more tips.
- Allow players to make their own choices.
- It is a good idea to think of yourself as a facilitator rather than controlling each child's every move.
- Have fun!

Fourth and Fifth Grade Levels

- Emphasize the rules and fundamentals of the game.
- Educate the players about penalties.
- Give tips on strategy but allow the players to make their own choices.
- Guide the players to develop a team playing strategy.
- Have fun!

All Grade Levels

- Make sure all team members are kept active as much as possible.
- Avoid long lines with one player going at a time.
- Use assistant coaches or parents to split up the team, allowing you to have more kids active at one time.

Potential Weekly Drill Sequence for Practice

WARM-UP (5 MINUTES)

Tell your players that every practice will begin with a WARM-UP time, a brief and fun session to prepare them to practice and play their best. Discuss with them the importance of warming up. A good illustration is that of how on a cold morning a car needs to warm-up before it runs properly. A cold car runs rough and stalls. Our bodies are somewhat the same way. Have your team form a circle and do repetitions of a few of the stretching and conditioning exercises listed later in this manual.

SKILL FOCUS (25 Minutes)

Explain to your players that the first part of your practices will be spent on developing the fundamental skills of soccer: dribbling, passing, shooting, ball handling and team play, while many skills will overlap during a single practice, each week you will make sure to concentrate on a particular skill. Review previously taught skills each week. With very young players, try to be creative, make drills short and fun.

Team Talk - Values Discussion (10 Minutes)

Sit your team down in a circle and let them know that some time is set aside in every practice for discussion of important things.

SCRIMMAGE (20 Minutes)

The end of each session will be some type of scrimmage using different types of games concentrating on the skills they've been working on during the practice.

WARM UP EXERCISES

STRETCHING EXERCISES

- **Arm circles:** Rotate arms forward and backward, big and small circles.
- **Jumping jacks:** From a standing position, swing arms over head while moving feet sideward in a single jumping motion.
- **Trunk twister:** Stretch lateral trunk muscles. May be done standing or walking.
- **Bending forward:** Place hands on hips, hinge forward with knees slightly bent.
- **Bent-knee sit-up:** Bend knees to almost 90 degrees. Hands behind head, touch the opposite knee with each elbow.
- **Push-ups:** Set up in a plank position, hands under shoulder, arms extended, body in a straight "board" on toes or knees. Elbows bend/extend to complete exercise. Do appropriate repetitions for your team.
- **Windmill:** With arms stretched out to the side, feet shoulder-width apart, touch the opposite foot in a rhythmic count.
- **Superperson:** Lying on stomach, arms extended overhead, raise one leg, lower, switch, repeat.
- **Alternate knee hug:** Lie on the back, lift knee and hug it to chest. Switch leg.
- **Alternate toe touch:** Bend at the waist and touch the opposite foot. Stretches trunk and thighs.
- **Lunge stretch:** Feet hip width apart, step one foot back about one leg length from the front foot, bend both knees/extend both/repeat; switch so other leg is in front and repeat.

CONDITIONING EXERCISES

After players are loose, lead them in two conditioning drills. Include one or two short conditioning drills in each practice session. Point out that such drills help players improve reaction time, agility, and endurance.

- **Wind sprints:** Have players line up and at your signal run ten-yard sprints. After each sprint, line up and repeat.
- **Wave drill:** Players move left, right forward, backward, reacting to hand signal of coach. Players react quickly by watching signal.
- **Running drill:** At the signal, all players run forward. At the next signal, players cut and run to the right, than at the signal players run forward, then left. Repeat for length of field.
- **Snake drill:** Five players line up about three yards from each other. Player at the back of the line takes the ball and runs forward around players and back to his position. He then hands the ball to the player in front of him who repeats the drill.
- **Back flutter kick:** Lying on their backs, players support back area by placing hands, palms down, under their seat. With head lifted off the ground, alternately flex and extend the legs from the hip. Try not to let feet or legs touch the ground.
- **Running drill:** Players line up on goal line. At the signal, all players race to the first zone line, jog back to the goal line. Entire field may be covered, depending on age of players.

Be enthusiastic so that your team will accept the warm up time as a fun part of your practice. Share the leadership too; your players can take turns leading exercises.

SKILLS & DRILLS

This section of the manual includes a selection of drills and games to develop the basic skills of soccer. The drills are arranged under major skill headings in ascending order of difficulty with the easiest at the beginning. Many of the drills have variations which increase their difficulty. Coaches working with older players may want to change the names of the drills to something more appropriate for that grade level.

Using Drills

Here are some guidelines to help you use drills effectively:

1. Use individual and partner drills frequently. These give each player more of an opportunity to practice and handle the ball than group drills do.
2. Use group drills (a) when there are only one or two soccer balls for an entire team, (b) for shooting drills to work on scoring (c) to practice teamwork, (d) to slow down the pace. Group drills tend to leave players standing around.
3. Arrange your players so that everyone has room to practice at the same time. This ensures plenty of activity. It also allows a youngster to practice and make mistakes without fear of being ridiculed in front of teammates.
4. Drills don't have winners and losers. Players will know that they did the drill successfully or if they need to work more on their skills. It's not necessary (or helpful) to rank players by who did best and worst.

READY POSITION

When you play soccer, you need to be ready to dribble, pass or shoot the ball. In a good ready position, you're alert and ready to move in any direction. Every time you dribble, pass or shoot, you do so from a good ready position.

Sharks and Minnows

Instructions:

The players with balls (the minnows) attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two changes, and the last 2 minnows remaining become the sharks in the next round.

Variations:

Players only use left foot to dribble.
Players use outside of feet to dribble.
Players use sole of feet to dribble.

Coaching Points:

Keep the dribblers under control and not panicked once the sharks get near them.
Inform players to keep the ball close within playing distance.
Simon Says
Instructions

Play Simon Says with the team as the players dribble in the grid.

If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.

Variations:

Without ball
With ball in hand
With ball

Coaching Points:

Have players do actions like clapping in between their legs and skipping to increase body awareness.
Focus on dribbling skills and keeping the ball close and under control.
Focus on players listening skills.

Ouch!

Instructions:

The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell OUCH each time they are hit to make the game FUN. *Make sure the players are striking the ball with the proper part of the foot.

Variations:

If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.
Use different parts of the foot: Inside, Instep, Right and Left foot.

Down and Back Dribbling Game

Instructions:

On the coach's command, instruct the players to dribble to the other side of the group and back to the starting position (down and back). The first player back in each group gets a point. The first player to 5 wins that set. Play 3-4 sets.

Variations:

- restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game.
- Make the grid a bit larger and have the players dribble with speed

Coaching Points:

- focus on the players keeping their heads up while dribbling for awareness and to avoid collisions
- make sure players keep the ball at a close/safe distance. If the ball is too far in front of them, they will most often hit another player or lose their ball.

Dribbling warmup

Instructions:

Have players dribble any way they want inside the circle as long as they are using both feet for 2 minutes.

Have the players juggle for 1 minute using feet only trying to alternate from right to left.

Have players dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet. Do this for 2 minutes.

Have players juggle with their thighs and feet for 1 minute. Again, instruct players to switch feet while juggling.

Have players work on cuts and turns. The players should be instructed to cut the ball quickly and have a short sprint after cutting or turning the ball. Make sure players are exploring with inside and outside of the foot cuts and staying with the ball when they cut. Do this for 2 minutes.

Now instruct the players to juggle again. This time juggle with the feet and pop the ball to the chest and back down to the feet. Do this for 1 minute.

Now have players turn the pace up a notch and play full speed working on cuts, turns, and avoiding collisions. Push players to work hard for 1 minute straight.

Variations:

N/A

Coaching Points:

Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.

Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.

Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Red Light, Green Light

Setup:

Create a starting line for each of the players, and the coach should move 15-20 yards away.

Instructions:

With the coaches back to the players, he yells GREEN LIGHT, and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped must go back to the farthest person from the coach.

Variations:

Have the players dribble with only the right or left foot.

Coaching Points:

Make sure the players keep the ball close so they can stop quickly.

Cross - Finish Under Pressure

Setup:

This drill will require the attacking third of the field with a full-size goal and a goalkeeper.

There should be a large supply of balls at the cone of player.

Split the team up evenly among each of the four cones positioned near midfield as seen in the diagram.

Instructions:

Player 1 plays a firm ball into the corner of the field for player 3 to run onto.

As player 3 leaves his cone, player 4 also leaves his cone to put pressure on player 3, in attempt to deny the cross.

Player 2 also leaves to defend player 1 on the cross.

Player 3 crosses the ball into player 1 who attempts to finish on goal.

Rotate players so that they play both offense and defense on all the spots.

Variations:

N/A

Coaching Points:

Attackers:

Firm ball to get the ball deep towards the end line.

Quick prep touch and cross from the wingers.

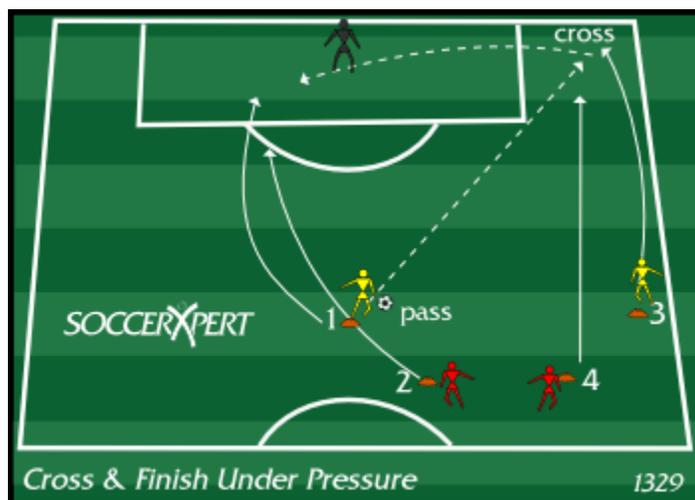
Good timing on the runs and anticipate the cross.

Defenders:

Sprint to close down the crosser quickly while getting the inside position.

Track runners and get inside position.

Clear balls up and outside



4v3 Attack vs. Defense

Setup:

Set up a 30 X 30 grid with one side playing to goal. Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal

Instructions:

Instruct the players to use their numerical advantage and finish with a shot on goal.

Attackers should move the ball looking for the open player and holes in the defense.

Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack.

The coach should then give the ball back to the attackers to build the attack again.



Variations:

Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.

Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent

Coaching Points:

Offensive:

Quickly switch the point of attack to off-balance the defense.

Play quick both physically (1 and 2 touch) and mentally (think ahead).

Make sure the players are attacking at the appropriate times

Defensive:

Contain the play and keep the ball in front of the defense.

Early pressure and do not allow space behind the defenders.

For additional soccer drills go to:

<http://www.soccerxpert.com/DrillsAgeSpecific.aspx>

“Inclusion of Character Values in Practices”

Weekly Character Values

Team Talk Week #1

In this first session spend some time getting to know each other. Make sure that each child has a chance to talk and be listened to. The coach’s role is to ask questions and let each player share an answer. Cover such things as name, family, favorite sports, hobbies, etc. This is a good time this first practice to go over some basic terms:

Ready position • Passing • Dribbling
Shooting • Offense • Defense

Team Talk - Values Discussion Week #2

*Introduction to the Four YMCA Character Values
(Caring, Honesty, Respect, Responsibility)*

Ask the players to describe a good athlete (perhaps Kirby Puckett or Michael Jordan). They may reply with words like “fast” or “knows the rules”. After a few responses, explain that these are qualities of an athlete and that all people have caring, honesty, respect, and responsibility. Explain that these are also the qualities of a good athlete and someone you would like to have on your team. Next, say “You should notice most of the things we said about a good athlete are things everyone can improve on. We can all get faster with practice and learn more about the rules. We’ll work on these things during practice. The same is true of the four qualities of a good person. We can all be more caring, honest, respectful, and responsible.

Each week, we will spend time talking about these qualities and how they can help us be better athletes, team members and people.”

Team Talk - Values Discussion Week #3 (Caring Week)

Activity: Random Acts of Kindness

Tell the players that one way of showing that you care is to do kind things for people. If someone from the other team is running, but they trip and fall, what would be the kind thing to do? Should you laugh or would it be better to help them up and make sure they are not hurt? Ask the players to think of ideas they could do to be kind to members of their family (Examples: wash dishes, take out garbage, clean their rooms, help brothers or sisters with homework, etc.). Encourage each player to do one kind thing for each member of his or her family during the following week. During next week’s practice time, ask the players to talk about their acts of kindness.

Team Talk - Values Discussion Week #4 (Honesty Week)

Activity: Honesty is the Best Policy

Ask the players what sort of kind things they did for their families last week as a follow up on last week’s discussion. Say, “Today we are going to discuss honesty. Honesty means to tell the truth and not to mislead or lie. In sports, honesty also means to play fair and not to cheat. Why is it important to be honest in sports? Do you think it would be fair if you cheated and, because of that, another team did not have fun? Explain to the kids that the worst thing that could come out of telling the truth is that the other team gets the ball or scores a point but what would

happen if you coach or parents found out you did not tell the truth? Let them know that everyone on your team will always play fair and, because of that, you are better players.

Team Talk - Values Discussion Week #5 (Respect Week)

Activity: Cheer for the Other Team

Discuss, with your players, the idea of cooperation versus competition. Point out that the other team makes the game possible. Ask the players to brainstorm ways in which they might show respect to the other team. (Examples include making positive comments to the other players, congratulating them for outstanding plays and shaking hands at the end of the game). Encourage the players to implement these ideas during the game. Conclude by explaining that players who show respect to others during the game are better players and more fun to play with.

Team Talk - Values Discussion Week #6 (Responsibility Week)

Activity: Describing Responsibility

Tell the players you are going to discuss responsibility today. Tell them a responsible player is something they should be. Ask the team what different players are responsible for. If someone comes close to the right answer, say "That's right. This person is responsible for passing the ball. Every player has a responsibility on the field, and this is what we will practice so you can do a good job with your responsibilities." Say "But, we have responsibilities besides what we do in a game. To be sure you understand what you are responsible for here; I will go over what they are. It is important for everyone to play fair, be kind to each other, listen to the official, your coach, and your parents all the time, to be respectful at the end of the game with the other team, to try your best and to have fun. Explain that by doing all these things, they will become great players and have a good time.

Team Talk - Values Discussion Week #7 (Winning and Losing)

Activity: Discussing Winning and Losing

Let your discussion center around winning and losing. They mean different things to different people. Let the kids discuss their ideas; remember there are no right or wrong answers. Some questions that might help set the mood for discussion:

- What makes someone a winner?
- Can you lose a game and still be a winner?
- Who makes you a winner?

Team Talk - Values Discussion Week #8 (What We Have Learned)

Activity: Discussing Team and Individual Progress

Lead the group in a sharing experience that will help them identify how much progress they have made over the last 6 weeks. (Remember it's always OK to pass).

- Have each player say the skill he/she is proudest of.
- Ask each player to say something about the game he/she knows now that they didn't know when the season started.
- Ask each player to say what they liked most about Y Soccer.
- Stand in a circle (including coaches and parents present) at a given signal (all at once) and shout **"YOU'RE A WINNER!"**