



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Sports Outdoor Soccer



INFO

- If a practice or game is cancelled by Y Staff, everyone in the program will be notified by an email through YGametime and text alert through YGametime
 - You will only receive the text alert if you register for it through YGametime
- PRACTICES/GAMES ARE PLAYED RAIN OR SHINE!!!
 - Instruct parents to plan to show up regardless of the weather
 - NOTHING will be held inside; we do not reschedule events
- **If you are unavailable to coach a practice/game, please contact your team and find a parent to cover it**
 - Please e-mail/text/call me and let me know of the coverage (child/parent's name)
- **If you need to cancel a practice for any reason, YOU are responsible for contacting ALL of your players**
 - Also, please e-mail/text/call me and let me know of the cancellation

Practices/Games Format

Preschool/Kindergarten Division

Aug 12: 5-min intro, 30-min practice, 5-min recap
Aug 19: 3-min intro, 35-min practice, 2-min recap
Aug 26: 15-minute practice followed by a game
Sep 2: NO GAMES – LABOR DAY WEEKEND
Sep 9: PIC DAY – 15-min practice followed by a game
Sep 16, 23, 30, Oct 7: Games only

1st/2nd Grade Division

Aug 12: 3-min intro, 30-min practice, 2-min recap
Aug 19: 3-min intro, 35-min practice, 2-min recap
Aug 26: 15-minute practice followed by a game
Sep 2: NO GAMES – LABOR DAY WEEKEND
Sep 9: PIC DAY – 15-min practice followed by a game
Sep 16, 23, 30, Oct 7: Games only

3rd/4th Grade Division

Aug 12: 3-min intro, 45-min practice, 2-min recap
Aug 19: 3-min intro, 45-min practice, 2-min recap
Aug 26: 30-min practice
Sep 2: NO GAMES – LABOR DAY WEEKEND
Sep 9: PIC DAY – Games (teams play at home site)
Sep 16: ALL GAMES at ESY; **Sep 23:** ALL GAMES at GLY
Sep 30: ALL GAMES at ESY **Oct 7:** ALL GAMES at GLY

5th, 6th, 7th Grade Division

Aug 12: 3-min intro, 45-min practice, 2-min recap
Aug 19: 3-min intro, 45-min practice, 2-min recap
Aug 26: 30-min practice
Sep 2: NO GAMES – LABOR DAY WEEKEND
Sep 9: PIC DAY – Games (teams play at home site)
Sep 16: ALL GAMES at ESY; **Sep 23:** ALL GAMES at GLY
Sep 30: ALL GAMES at ESY **Oct 7:** ALL GAMES at GLY

- All age groups will play at least six (6) games
- Drink/Snack schedules are coach's choice (FYI Kids love them ☺)
 - Drinks/snacks are to be distributed **AFTER games (NOT ON THE PLAYING FIELD)**
 - INSTRUCT PARENTS NOT TO HAND THEM OUT ON THE PLAYING FIELD!

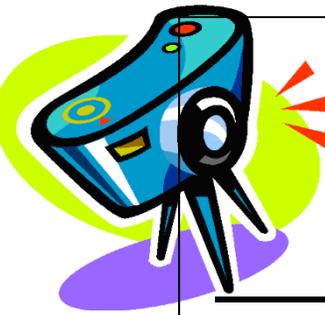
Corey Wolff, Program Director – Youth/Adult Sports & Family Programs

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PICTURE DAY

ALL TEAMS (at home location)

September 9th

Team and individual photos will be taken by TSS Photography. For anything related to Pic Day or ordering pictures, call Desiree Troutner at 814-882-9541

Please encourage all players to show up on-time even if not ordering pictures

***NOTE – If you or your players are unable to make it on your specified time, you may feel free to show up anytime while picture are going on (just make sure to identify what division/team/coach you are with)**

FAQs/TIPS

*The following is a list of some things to keep in mind for your team

1. Encourage players to put their name on ANYTHING they bring from home
2. Shinguards are NOT MANDATORY, but recommended for safety
3. Only SHOES/SNEAKERS/ RUBBER-MOLDED CLEATS can be worn (NO BOOTS, SLIP-ONS, CROCS, SANDALS, SOCKS, BARE FEET etc.)
4. Soft casts are permissible
5. Hard casts must be approved by Y Sports Staff
 - a. Hard casts must be thoroughly wrapped with a soft bandage (i.e. – ace bandage, etc)
6. Each player receives a team t-shirt (**shirts will be in by August 26th**)
7. Get player's correct name or preferred name (nickname, middle name, etc)
8. Have a "team huddle" before and after practices and games to briefly talk with team
9. Make sure players know the date and time of the next upcoming event
10. Have players loosen up before practices and games with warm-up exercises. This will help develop a healthy foundation for later in their lives.

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EQUIPMENT/MISC

1. Y Staff will put out balls and cones for practices
 - a. Between you and your players, please gather up all balls back into bag and stack cones next to them for the next team coming in or to assist Y Sports Staff with cleaning up
 - b. Goals will only be put up for games

RULES

- **7 players on the field at one time; 6 field positions and 1 goalie**
 - If a team is short on players, teams may play 4 or 5 + goalie (4 + goalie is fewest allowed)
 - Teams may need to "lend" players to other teams if they don't have enough to play
- **Coaches substitute "on the fly" (game/clock will NOT STOP for substitutions)**
- **One (1) coach is permitted to be on the field during Pre-K&K and Grades 1/2 Games**
 - Avoid being in the middle of play and in the vicinity of the goal
 - **Teams do not switch sides at halftime**
- **Coaches are NOT permitted on the field during Grades 3/4 & Grades 5-7 Games**
 - **Teams do not switch sides at halftime**
- Games
 - **Pre-K&K and Grades 1&2**
 - 15-minute halves, approx. 2-3 minutes for half
 - **Grades 3&4 & Grades 5, 6 & 7**
 - 20-minute halves, approx. 2 minutes for half
 - Halftime and/or Games may be cut a few minutes short (notice will not be given to coaches) for any reason including, but not limited to:
 - Running behind schedule
 - Team short on players
 - Obvious difference in teams' level of play
- Goalies
 - **ALL GOALIES MUST WEAR A PINNIE TO DIFFERENTIATE THEM FROM THEIR TEAM**
 - Pinnies will be hanging on goals (please return them to the goals after your game)
 - **NO PUNTING OR DROPKICKING – GOALIE MUST ROLL OR THROW THE BALL**
 - **Grades 3/4 & 5-7 Divisions: Goalie may place ball on ground and kick it, however, opposing team may contest kick and a goal will be counted if scored**
 - GOALIES MAY THROW THE BALL AS FAR AS THEY WISH
 - CANNOT SCORE OFF OF A THROW WITHOUT IT TOUCHING A PLAYER

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- Free Kicks/Throw-Ins/Restarts
 - All kicks are indirect and must touch another player to count as a goal
 - Defense kicks out – corner kick for offense or at the spot of out of bounds
 - Offense kicks out – goal kick for defense or at the spot of out of bounds
 - Out-of-bounds Restarts
 - **Pre-K&K and Grades 1/2 Divisions**
 - Out of bounds restarts are KICKS
 - **Grades 3/4 and Grades 5-7 Divisions**
 - Out of bounds restarts are THROW-INS
 - Player must have both feet on the ground
 - Ball must be thrown over the head, with both hands

For tips/resources on coaching soccer and/or for help with planning practices, please go to:

<https://ygametime.com/branch/eastside/coaches-corner/>

REMEMBER, THE
MAIN GOAL IS TO HAVE FUN!
TEACH THE PLAYERS THE SKILLS OF THE
GAME WHILE TEACHING THE CHILDREN
LIFE'S CHARACTER VALUES!

CARING | HONESTY | RESPECT | RESPONSIBILITY

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