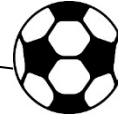




**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA Youth Sports Indoor Soccer



Indoor Soccer

INFO

- If a practice or game is cancelled by Y Staff, everyone in the program will be notified by an automated message by the Y
 - Practice Cancellations will be made by 8:00 AM day of
- **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
- **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)

Practices/Games Format (this is just a suggestion.. use your time as you wish!)

4/5 Year Olds Division

Mar 23: 5-min intro, 35-min practice, 5-min recap

Mar 30: **NO SOCCER – HAPPY EASTER!**

Apr 6: 5-min intro, 35-min practice, 5-min recap

Apr 13: *GLY PIC DAY* – 15-min practice followed by a game

Apr 20: *ESY PIC DAY* – 15-min practice followed by a game

Apr 27 – May 11: Games only

May 18: ESY Games only

6/7 Year Olds Division

Mar 23: 3-min intro, 40-min practice, 2-min recap

Mar 30: **NO SOCCER – HAPPY EASTER!**

Apr 6: 3-min intro, 40-min practice, 2-min recap

Apr 13: *GLY PIC DAY* – 15-min practice followed by a game

Apr 20: *ESY PIC DAY* – 15-min practice followed by a game

Apr 27 – May 11: Games only

May 18: ESY Games only

KEEP AN EYE OUT FOR DOUBLEHEADERS!!!!

8-10 Year Olds Division

Mar 23: 3-min intro, 40-min practice, 2-min recap

Mar 30: **NO SOCCER – HAPPY EASTER!**

Apr 6: 3-min intro, 40-min practice, 2-min recap

Apr 13: *GLY PIC DAY* 30-minute practice

Apr 20: *ESY PIC DAY* Games Only

Apr 27 – May 18: Games only

11-13 Year Olds Division

Mar 23: 3-min intro, 40-min practice, 2-min recap

Mar 30: **NO SOCCER – HAPPY EASTER!**

Apr 6: 3-min intro, 40-min practice, 2-min recap

Apr 13: *GLY PIC DAY* 30-minute practice

Apr 20: *ESY PIC DAY* Games Only

Apr 27 – May 18: Games only

KEEP AN EYE OUT FOR DOUBLEHEADERS!!!!

KEEP AN EYE OUT FOR DOUBLEHEADERS!!!!

- 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 IN THE LOBBY**
 - INSTRUCT PARENTS NOT TO HAND THEM OUT IN GYM!!!

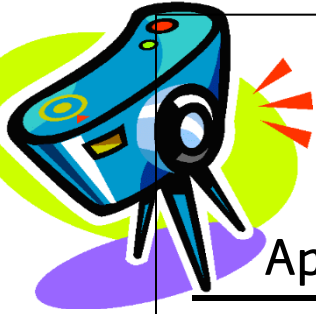
Corey Wolff, Program Director – Youth/Adult Sports & Family Programs

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FOR YOUTH DEVELOPMENT
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YMCA Youth Sports Indoor Soccer



PICTURE DAYS ALL GLENWOOD TEAMS

April 13th @ Glenwood Park – Racquetball Court

ALL EASTSIDE TEAMS

April 20th @ Eastside YMCA – Racquetball Court

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 Picture Day, you may feel free to show up anytime at the other Picture Day (just let the photographer know what team 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 can be worn (NO CLEATS, BOOTS, SLIP-ONS, CROCS, SANDALS, SOCKS, 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 are expected to be in by April 6th**)
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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YMCA Youth Sports Indoor Soccer

EQUIPMENT/MISC

1. Y Staff will put out balls and cones in each gym 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

- **6 players on the floor at one time; 5 field positions and 1 goalie**
 - If a team is short on players, teams may play 4 + goalie (this is fewest allowed)
- **Coaches substitute "on the fly" (game/clock will NOT STOP for substitutions)**
- **One (1) coach is permitted to be on the floor during 4/5 & 6/7 Year Olds games**
 - Avoid being in the middle of play and in the vicinity of the goal
 - **Teams do not switch sides at halftime**
 - **Parents and Teams Sitting**
 - **EASTSIDE YMCA**
 - **Parents/Spectators – along wall**
 - **Teams – along blue curtain**
 - **No spectators are permitted with teams**
 - **GLENWOOD PARK YMCA**
 - **4/5 & 6/7 – Parents along wall adjacent to entrance**
 - **Teams along opposite wall (no spectators permitted on this side)**
 - **8/10 & 11-13 – Everyone along wall adjacent to entrance**
- **Coaches are NOT permitted on the floor during 8-10 & 11-13 Year Olds Games**
 - **Teams do not switch sides at halftime**
 - Line near gym doors will be out of bounds and result in a kick-in
 - **Parents and teams will be behind this line**
- **Games**
 - **4/5 & 6/7 Year Olds Divisions**
 - **15-minute halves, approx. 3-5 minutes for half**
 - **EASTSIDE YMCA** – Play in half gymnasium split by blue divider (Gym 1 and 2)
 - **GLENWOOD PARK YMCA** – Play in the Original Gymnasium
 - **8-10 & 11-13 Year Olds Divisions**
 - **20-minute halves, approx. 3 minutes for half**
 - **EASTSIDE YMCA** – Play in full gymnasium (Gyms 1&2 combined, no blue divider)
 - **GLENWOOD PARK YMCA** – Play in Gilmore Rec Center

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- 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
- Free Kicks/Restarts
 - **All kicks are indirect and must touch another player to count**
 - 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 on Walls/Ceiling**
 - **EASTSIDE YMCA**
 - Out of bounds is above the upper white lines on wall and ceiling
 - **GLENWOOD PARK YMCA**
 - Original Gym: above the bottom tan section on wall or the ceiling
 - Gilmore Rec Center: ceiling and if it hits the bottom of track or higher

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, BUT
TEACH THE CHILDREN LIFE'S CHARACTER VALUES!

CARING | HONESTY | RESPECT | RESPONSIBILITY

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