



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR SOCCER LEAGUE RULES & PRACTICE POINTERS

3/4 Year Old & Kindy/1st Grade

YMCA OF COLUMBIA WILLAMETTE

WESTSIDE YMCA YOUTH SPORTS
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Westside Youth Sports YMCA Sports Leagues Coach Information

The most important rule in YMCA Indoor Soccer is to have FUN! Our rules are designed to teach the basic **FUN**damentals of soccer like dribbling, passing and shooting. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Keep it simple and keep it fun!

YMCA Core Values

The YMCA proudly integrates the following five Core Values into all of our programs: Love, Honesty, Respect, Responsibility and Service. These Core Values are what sets the YMCA leagues apart from all the other leagues offered in our community. We expect our coaches, participants and families to embrace these values and encourage good sportsmanship.

Use of School Facilities

Westside Youth Sports uses elementary school gyms in the Beaverton Public School District for our Youth Soccer Leagues. **Use of these facilities is contingent upon good conduct and cooperation by our soccer teams.** The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. **There must be adult supervision at all times.** Coaches are responsible for supervising the activity of their players. Children should be dropped off on time, not early, and they should be picked up on time. Do not leave a child alone if no one has come to pick them up. The YMCA Child Abuse Prevention standards specify that a YMCA volunteer coach should never be alone one-on-one with a player (of either sex) ~ there should always be two adults waiting with a child. By no means should you ever drive one of your players' home if it's only the two of you in the car.
2. **Coaches must ensure that athletes remain in the gym.** Children will not be permitted, under any circumstances, to wander around, run or dribble through hallways, bathrooms, corridors and/or classrooms.
3. There will be a **YMCA Gym Monitor** at each school whenever YMCA teams are present. The Gym Monitors are YMCA employees and should be treated with respect. The Gym Monitors will be stationed in a visible location, either right outside the gym or right inside the gym. It is their job to ensure the schools and people are safe. Gym Monitors are NOT responsible for the behavior of the players or their siblings.
4. **First Aid kits** will be carried by the Gym Monitors for the entire season. The kits will be stocked with band-aids, ice, gauze, rubber gloves, etc.

5. Facilities will be left in the same or better condition than which they were found before the activity. Please clean up spills, replace equipment, etc. No running or playing with soccer balls outside the gym area.
6. Any damage to the facility must be reported to the YMCA Gym Monitor immediately. Please give Monitors as much detail as possible of the damage occurred. (i.e. before your practice, on what day, time, what you saw occur, etc.)
7. Only "sponge/nerf" soccer balls are allowed to be used in the BSD gyms, no actual soccer balls.
8. All participants must wear laced-up gym shoes. Make sure that black-soled shoes are non-marking.
9. No food or drink is allowed inside the gyms. This includes coffee and water bottles!! (Baby bottles are ok). Players may line their water bottles outside the gym door for easy access. After-game snacks are to be served outside the gym.
10. Use of any type of alcoholic beverages or smoking is prohibited on school grounds. This includes parking lots, play grounds and fields.
11. Please park in designated parking areas. Parking in the yellow painted fire-lane may result in a ticket.
12. If the fire alarm goes off, the coaches will stop practice or the game and exit to the parking lot. The practice or game will not resume until the Fire Marshall has arrived and given approval. Individuals remaining in the gym will be fined \$1,000 each.
13. Remember, games are for fun! No official scores, stats or standings!

YMCA's 5 Core Values:

Love Honesty Respect
Responsibility Service

Characteristics of 3 and 4 year-olds:

Kids at this age do not "play soccer"; they play with soccer. Practices must be kept active with fun, imaginative games. Each player works with his or her own ball for most of the practice. Coach should exert minimal pressure but strive to provide an environment where kids can experiment and learn.

The concept of team is non-existent at this age. Instead of 5 vs. 5, it is really 1 vs. 5! Practices should be kept between 45-60 minutes with good breaks. Focus on dribbling and fundamental movement skills (running, leaping, hopping, bending, stretching, twisting, throwing, catching, and kicking).

In practice players should never wait in a line more than 30 seconds. The coach should not lecture for long periods of time. Keep players active in the practice. Develop a "flow" in which a flurry of activity is followed by short rests or less demanding activities. Players will learn by copying other players. Kids at

this age barely understand rules and boundaries (sidelines). Don't emphasize boundaries in your practices or games. Keep the rules very simple.

Kids need generous praise. Curiosity should be stimulated through games of their own devising. Ask them what they want to do. Let players demonstrate skills or accomplishments. Go with it.

Practice Pointers

1. Control the environment

- a. Make it a point to learn all of your players name on Day 1.
- b. Establish a system that your players understand i.e. "When I blow my whistle two times in-a-row, everyone needs to stop what they're doing and come over to me".
- c. Do NOT allow your players to boot the ball across the gym or up to the ceiling. Keep kicks under control and purposeful.

2. Skills before strategy

- a. Practices are for learning, NOT scrimmaging. Have the right balance between the two. Practice for 45 minutes and scrimmage for 15 minutes.
- b. Players must develop individual skills first. You will be fundamentally hurting your players if you only scrimmage or play in large groups.
- c. Players NEED lots of time to practice individual skills.

3. Educate your parents

- a. Talk to your parents about your coaching philosophy. Encourage them to applaud great passing and ball control.
- b. Parents should NOT be cheering, "shoot the ball!!" each time a player has possession.
- c. Parents should NOT be cheering when a player boots the ball across the gym.
- d. The more interaction you facilitate between your players and their parents, the better. Make this a FUN family activity!

Practice Content

Each practice should focus on having fun! Lead drills both with, and without the ball. Help develop their coordination and encourage muscle growth and development.

IDEA:

I = Introduce
D = Demonstrate
E = Explain
A = Attend to each player

Warm-up

- a. Run a lap as a team
- b. In a circle, do stretches without the ball (toe touches, quad stretch, etc)
- c. Use "airplane arms" for balance on one leg
- d. Jumping jacks, count as a team

Magic Hat

For fun, make a **Magic Hat** (a hat or an old basket will work just fine) and bring it to practice each week. When you're ready to do a new activity, have the kids take turns pulling out a card with an activity written on it. Even though the kids can't read the cards, they will feel like they've been able to contribute to the practice.

Examples of activities / drills to put into the Magic Hat for 3 and 4 year-olds

"Follow-the-Leader"

1. The Coach does coordination exercises without ball--clapping, stretching, twisting, jumping, balancing, skipping...and asks players to try. Later, have players come up with ideas for other players to imitate.
2. Same as above but with a ball. (Okay to use both hands and feet. Progress to ball movement exercises, toe touches, rolls, etc.)

"Body part dribble"

Players dribble ball with different parts of their body as designated by the coach. Switch quickly between commands. Get players up and down quickly. Use verbal commands first, and then point to the area that you want the player to use. This teaches the players to look up.

"Squirmy, Wormy"

Have all players lay on their tummies, without the ball. On the count of three (3,2,1), the jump up and run over to the coach. Later, have the players jump up and run to the goal and kick a ball in the goal.

"Red Light, Green Light"

All players start in a line at one end of the grid, while coach is in the middle. When coach says "green light" players dribble forward. When coach says, "red light" players stop with a foot on the ball. On "yellow light" players move forward slowly. "Reverse" players go backward. After a few rounds, use hand signals instead of verbal commands.

"Name Game"

The players sit on the end line. When the coach yells a name (or two), the players jump up, run to the ball/s and dribble down to score.

"Hop, Hop, Jump"

Kids like patterns and repetition. Without the ball, lead your players through some verbal commands, like "hop, hop, jump".

"Come and Get Me"

The coach will have the ball, and dribble around the gym with all the kids trying to get the ball from him/her. The kids love this and will wind up giggling the whole time.

"Drop Kicks"

Each child holds the ball, and drops it to his/ her foot and kicks it up as high as they can.

"Airplane Cones"

Place cones on the ground, several feet apart. Have the kids use "airplane arms" (NO balls!), and run around the cones. This practices cutting and quick direction change.

Drill 1:

- a) Have the kids stand 20 feet in front of the goal. Roll the ball from the goal toward them so they get used to kicking a moving ball that's rolling right toward them.
- b) Keep the kids in the same line and roll the ball from different angles.

Drill 2:

Practice passing with all the parts of your foot. Toe, inside, outside. Against the wall makes for less chasing of stray balls.

Drill 3:

Roll the ball to the kids and have them stop it by placing their foot on top of it (trapping the ball).

Drill 4:

Have the kids stand 15 feet from the goal in a single file line. Stand 4 feet away from the first child and toss the ball into their chest (then knees). When the ball bounces off their chest have them dribble toward the goal and score. This is a big confidence builder so they know the ball is not going to hurt.

Drill 7:

Place one kid off to the side of the goal and have them pass to the kids running to the goal. Rotate each kid to pass.

Drill 8:

With the kids back to the goal and 20 feet away, have them step on the ball and roll it backwards. They then turn and shoot it into the goal.

Soccer Game Rules and Guidelines

Safety First:

- A. Players should remain on their feet at all times. Running and sliding for the ball is not safe. When kids get tired they fall down more often, creating an unsafe environment for themselves and others.
- B. "Clump Ball" can quickly turn messy; this is when kids get kicked and pushed down. Encourage the kids to stay spread out.
- C. Slide tackling is not addressed, encouraged, or even talked about at this age.
- D. Heading the ball is not addressed, encouraged or even talked about at this age.
- E. Prevent an injury before it happens by keeping your eyes open and focused on behavior.
- F. Players may not play wearing potentially dangerous items including earrings, casts, necklaces, watches, bracelets, etc. The coach should inspect all players prior to all practices and games.

Equipment and Uniforms:

- A. Game shirts will be provided for all players and the Head Coach. This is the official uniform and must be worn during games. Advertising on uniforms is not permissible. Shirts should be tucked in.
- B. Goalie may wear a colored penny provided by the gym monitor for games. Only the player with the penny can touch the ball with their hands!
- C. Shin guards are recommended but not required.
- D. Cleats are not allowed.
- E. Players must wear flat-soled, non-marking, laced up tennis shoes or indoor soccer shoes.
 - a. Balls will be provided by the YMCA – Nurf soccer balls only!
- F. Outdoor soccer balls are not allowed at school facilities.
- G. The Gym Monitor will have a first aid kit with them at all times.

Game Play:

3 & 4 year olds: 15 minute practice followed by four 8 minute quarters.

Kindy/1st Grade: 20 minute practice followed by Six 8 minute periods,
or four 10 minute quarters with substitutions allowed while
the game is in play.

1. 3 & 4 Year Olds: Five a side (Four fielders and one designated goal keeper)

5 & 6 Year Olds: Five a side (Four fielders and one designated goal keeper)

2. All players will play at least half of the game.
3. No slide tackling permitted. 5-6 yr. old players are to follow a keep control rule, which says that players must keep physical control of their bodies while playing. No rough play is allowed. Players should be coached on controlling their bodies and may be asked to sit for rough play.
4. Only the goalie may touch the ball with his/her hands. Game play will not stop for a "Hand Ball". Players will be reminded to use their feet.
5. The goalkeeper must throw, roll, or place and kick the ball (on the ground).
6. Any ball played behind the net will be awarded to the goalkeeper for a goal kick, throw, or roll.

Practice/Duration of Game:

- A. For the first two weeks of the season, each team will have a one-hour practice in the gym.
- B. Once the season starts, each team will practice and play their game within a one hour time period.
- D. Practices and games are scheduled back-to-back, so please be mindful of your time on the courts.

Start of Play:

- A. The team listed as the home team on the game schedule will have the opening kick and will determine which direction they will play for the entire game.
- B. All players must be on their half of the field at kick-off.
- C. A coach signals for the game to begin.
- D. The first kick may go forward or backward. The ball is in play once the ball has been kicked.
- E. After a goal, the game shall be re-started in a like-manner by a player on the team that did not score the goal.
- F. The 3-4 year olds teams do not switch sides at half-time.

Substitutions:

Substitutions will occur at the end of each period during the game.

Ball is Out of Play and Considered "Dead":

- A. When the ball touches the ceiling, goes into unplayable areas, or makes contact with obstacles such as lights, basketball equipment, overhanging or climbing ladders, etc.
- B. When the coach stops the game.
- C. When a goal is scored.

Re-starts:

When the ball is "dead" (per above), the ball must be re-started.

- A. To re-start items A & B per above, the coach or a parent simply picks up the ball and tosses it back into the game.
- B. After a goal, the game shall be re-started in a like-manner by a player on the team that did not score the goal. YMCA leagues do not keep score.

Method of Scoring:

A goal is scored when the **entire ball** has crossed the goal line The YMCA does not keep score.

Celebrate:

Don't forget to do a team cheer after each game! Walk in a single-file line and give each play and coach a high-five!