



GAME DAY



KEYS = FUN + POSITIVE + ENERGY

Regardless of the experience of the coach, the one most vital aspect of coaching at this age is to **remain positive** at all times. Coaches observe, observation is a silent activity. This doesn't mean you shouldn't encourage and cheer on your players. How you deal with the players, the referee and the game on the sideline is tremendously important. **You set the tone for your players** and indirectly the parents watching the game. The coach who tries to introduce new skills, tactics and strategies during a game at this age is doing more harm than good. Do your coaching during the week! **Sit back, relax and enjoy the game.** There is a good chance that your son or daughter is playing- enjoy watching them play. **Support** the players and **encourage** them.

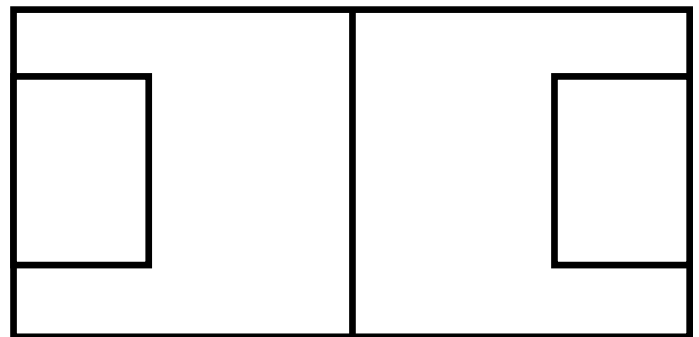
GOALS FOR THE GAME

1. All players have a positive experience. Positive coaching is key for players to enjoy "the beautiful game."
2. Sportsmanship is shown to all coaches, players, referees, and parents.
3. Players rotate positions. Goalies should be rotated 2-4x per game.
4. Encourage your players to dribble and go to goal!
5. Encourage defenders to dribble and attack, encourage offensive players to get back and defend...RUN!

RULES: (U10-U14)

1. Field Dimensions = 30 x 50 yards
2. 6 v 6 (5 v 5 + 1 goalkeeper)
3. The Ball: Size four (4)
4. Game Length = 2 x 25 minute halves
5. Throw-ins, corner kicks, goal kicks will occur.
Players receive a 2nd chance to execute.
6. A goal kick is awarded to the defending team when an attacking player is the last to touch the ball before it passes over the goal line.
7. A corner kick is awarded to the attacking team when a defending player is the last one to touch the ball before it passes over their own goal line.
8. U10= NO penalty kicks awarded
U12-U14= Penalty kicks awarded
9. Intentional hand balls and inappropriate conduct (pushing, tripping, elbowing) will be a free kick.
10. Coaches will be asked to pull players off for a "teaching moment" if persistent fouls occur.
11. Kick off's are used from center line after each goal, and to start each half and/or quarter.
12. Referees will be either parents, coaches, or beginner youth referees (teenagers).

U10-U14 Games: 6v6



This is a learning opportunity for them. Please help them and treat them with respect.