



# Information from the Director of Coaching

## Division 1 Soccer Guidelines

**Ages:** 14-18 Year-Olds  
**Teams:** COED Division  
**Fields:** 10A and 10B

**Basics:** 30 Minute Half  
5-10 Min Half  
Free Subs  
Throw Ins  
Size 5 Ball  
Shin Guards  
5-6 on Field  
Goalie

**Number 1 Rule as we introduce soccer to players and their families.**  
**We are here to have soccer fun!!!!**

Before the game:	
<input type="checkbox"/>	First Game of the day? Grab two corner flags from equipment room.
<input type="checkbox"/>	Pickup game card from porch and hand to referee at the field.
<input type="checkbox"/>	Inspect the field for defects, ants, trash, etc.
<input type="checkbox"/>	PARENTS ON SPECTATOR SIDE..... PLAYERS W/ COACH ON OPPOSITE SIDE.
<input type="checkbox"/>	Line the kids up and introduce everyone.
<input type="checkbox"/>	Inspect players for shin guards, no jewelry, no splints, nothing dangerous to self or others.
<input type="checkbox"/>	Toss a coin.... winner picks end to defend .... the other kicks off.

During the game:	
<input type="checkbox"/>	The maximum number of players on the field at any time will be eleven (11) per team. <ul style="list-style-type: none"><li>We play even sided always</li><li>1 coach per team on the sideline</li><li>Referee to assist in safe play. If no referee is available both coaches are allowed on the field to assist.</li><li>No parents or extra coaches behind the goal</li><li>Substitutions at the quarter or injury (Approx 12 ½ Minutes).</li></ul>
<input type="checkbox"/>	Give yourself 15 minutes every practice to work with everyone on basic goalie concepts.
<input type="checkbox"/>	Games will consist of two ~30-minute halves with a ~10-minute halftime. Running clock ONLY.
<input type="checkbox"/>	Offside will be called. Referee will call this, and it depends on when the ball is kicked and where the attacking players are.
<input type="checkbox"/>	No change in regular start of play (kickoff) rules, other than opposing players will be at least five yards away from the spot of the free kick.
<input type="checkbox"/>	Touchline - ball out, thrown in from the area that it went out. Please follow the proper rules here, ball completely over the head, both feet maintain contact with the ground, and ball goes in.
<input type="checkbox"/>	Balls kicked out over the goal line (not into the goal) will be set for either scenario... Goal Kick – It goes over the goal line from the other team. Corner Kick – It goes over the goal line from the defending team or goalie.
<input type="checkbox"/>	No change in regular scoring rules. DISCOURAGE RUNAWAY SCORES!!! (substitute positions on the field)
<input type="checkbox"/>	Direct free kicks will be awarded for all fouls, with the opponents eight yards away.
<input type="checkbox"/>	If a player shows reckless/dangerous play, uses foul language, or dissents against the ref they will be issued a Yellow or Red Card based on the Referees decision. <ul style="list-style-type: none"><li>1 Yellow – Sent off the field for cool off period.</li><li>2 Yellows = Red Card – Sent off the field immediately and will not be able to play the next game.</li><li>Red - Sent off the field immediately and will not be able to play the next game.</li></ul>
<input type="checkbox"/>	Substitutions need to be sent to the half line, and the coach needs to let the referee know he/she has a sub. The referee will let you know when the substitution can take place.

After the game:	
<input type="checkbox"/>	This is the part they will remember the most!!!
<input type="checkbox"/>	Teams line up and thank each other for the game, teams thank the other coach, and finally thank Referees.
<input type="checkbox"/>	Clap, Holler, and Encourage as they all run through it in the same direction!!
<input type="checkbox"/>	Popsicle at the Concession Stand.
<input type="checkbox"/>	Make sure you review Game Card and Sign it.
<input type="checkbox"/>	Last game of the day? Grab corner flags and turn them in.

**PIE: Positive Instruction and Encouragement**  
**Soccer: SAFE FAIR FUN !!!!**