FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA of Greater Dayton

SOCCER HANDBOOK



YMCA OF Greater Dayton
www.daytonymca.org/sports

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THE YMCA OF GREATER DAYTON

MISSION STATEMENT

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

CORE VALUES OF CHARACTER DEVELOPMENT

1. Caring
2. Honesty
3. Respect
4. Responsibility

YOUTH SPORTS PHILOSOPHY

The YMCA's philosophy is "Athletes First, winning second, everyone is a winner." Please do everything you can to de-emphasize the score.

CONTACT INFORMATION

Coffman YMCA
88 Remick Blvd.
Springboro, OH 45066
937-886-9622

Fairborn YMCA
300 S. Central Ave.
Fairborn, OH 45324
937-754-9622

GLH/PH North YMCA
7590 St. Rt. 703
Celina, OH 45822
419-629-9622

GLH/PH South YMCA
4075 Wuebker Rd.
Minster, OH 45865
419-629-9622

Kleptz YMCA
1200 W. National Rd.
Englewood, OH 45315
937-836-9622

Preble County YMCA
450 Washington Jackson Rd.
Eaton, OH 45320
937-472-2010

Premier Health YMCA
2649 Salem Ave.
Dayton, OH 45406
937-854-9622

South YMCA
4545 Marshall Rd.
Kettering, OH 45429
937-434-1964

West Carrollton YMCA
900 S. Alex Rd.
West Carrollton, OH 45449
937-866-9622

Xenia YMCA
336 Progress Dr.
Xenia, OH 45385
937-376-9622

YMCA at the Heights
7251 Shull Rd.
Huber Heights, OH 45424
937-236-9622

Versailles YMCA
758 Hickey Avenue
ersailles, OH 45380
937-345-9622

WELCOME TO THE PROGRAM

Dear Participant,

The YMCA of Greater Dayton welcomes you to the Youth Soccer Program! A goal of the Dayton YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting, and skill development in a fun, esteem-promoting atmosphere. Skill development is the main component of all YMCA Youth Sports. Non-competitive games are a part of every season. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

Thank you for volunteering your time to participate in our youth soccer league! By participating, you are clearly aware of how important the role of sports is to the development of important personal characteristics to children in these programs. Our sports leagues are volunteer driven, and without you they would not be possible.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Youth Sports programs are possible because of the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please let us know!

Welcome to our program! Feel free to contact your branch's Sports Director with any questions. Thank you and enjoy the season!

Sincerely,

The YMCA of Greater Dayton
Sports Department

SUGGESTIONS, QUESTIONS, AND CONCERNS

SUGGESTIONS OR CONCERNS

At the YMCA, we believe that our members and program participants have valuable thoughts and insights to share regarding our operations. Accordingly, we encourage the free sharing of suggestions, concerns, and/or questions about our policies, personnel, and/or other matters impacting your experience or the safety of others.

In general, the best person initially to bring opinions, suggestions, concerns, and/or questions to is the Executive Director of the Branch you attend. You can contact your Branch Executive by calling the branch you attend.

However, if the concerns relate to the Branch Executive or if the Branch Executive Director did not fully address the matter, members and program participants may direct their opinions, suggestions, concerns, and/or questions directly to the Senior Vice President of Operations by visiting daytonymca.org/contact.

To remedy concerns that appear to have been ignored or unresolved after initial reporting, utilize the formal procedure above. This process provides a timely, thorough, and objective investigation of the following concerns:

- Inappropriate Behavior by Employees/Volunteers
- Inappropriate Behavior by Members or Program Participants
- Retaliation
- Whistleblower Complaints

WRITTEN COMPLAINT REQUIRED FOR FORMAL PROCESS

Verbal complaints are encouraged, particularly for issues that may be easily and expeditiously resolved, but a written complaint is required to initiate this formal process. To ensure a timely and effective response, complaints should include the following information to the fullest extent possible:

1. The name(s) of individual(s) involved
2. The date(s) the behavior occurred
3. The name(s) of any known witness(s)
4. A summary of the conduct meriting the complaint including:
    a. The behavior complained of and/or the alleged policy
    b. Direct quotes when relevant and available
    c. Any relevant documentation
5. The remedy sought by the individual making the complaint

7 PILLARS OF YMCA YOUTH SPORTS

The YMCA's philosophy is "Athletes First, winning second, everyone is a winner." Please do everything you can to de-emphasize the score.

1. **Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season, everyone receives equal practice time and plays at least half of every game.

2. **Safety First.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

3. **Fair Play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

4. **Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. **Family Involvement.** YMCA Youth Sports encourages parents to be involved appropriately, along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. **Sport for All.** YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. **Sport for Fun.** Sports are naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sports, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; make sure the kids are having fun.

BECOME A VOLUNTEER COACH

Please review the instructions below on how to complete the volunteer application:

1. Visit the YMCA of Greater Dayton website at www.daytonymca.org.

2. Select "Programs and Classes" on the top left of the screen.

3. Under the "Sports" tab on the right side of the screen, select "Apply to Coach" - this takes you to VolunteerMatters project catalog. On the left side of the page select the branch you be volunteering for. This will narrow the search to only the volunteer opportunities at that Y.

4. Select the desired coaching opportunity by clicking the blue "Learn More" tab at the bottom. Then scroll to the bottom of that page and click the blue "Volunteer" button for the specific coaching role.

5. At the bottom of the Volunteer Sign Up page, you will either Login to your existing account or register as a new user.

You will be asked to complete the following additional items:

1. Background Check

2. Redwoods Institute Training: Child Sexual Abuse Prevention Training --> https://redwoodsinstitute.csod.com/selfreg/register.aspx?c=5003

3. CDC Heads Up Concussion Training --> https://headsup.cdc.gov/
4. Lindsay's Law

HELP YOUR CHILD ENJOY SPORTS

1. DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based, first, on what is best for the child and then, second, on what may help the child win. Stated in another way, this perspective places emphasis on "Athletes First, Winning Second." We are not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. However, they can turn sour if, through losing, you and/or your child lose the proper perspective. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

2. BUILDING YOUR CHILD'S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It is not easy and it is made even more difficult in sport by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Do not praise dishonestly - children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

3. EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids do not have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win, and when they do not improve or learn skills. Conversely, they do have fun when practices are well organized, when they get to play in games, when they develop new skills, and when the focus is on striving to win.

4. HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals - which emphasize individual skill improvement - are much better than the goal of winning for two reasons:

1. Performance goals are in the athlete's control.
2. Performance goals help the athlete improve.

Performance goals should be specific and they should be challenging but not too difficult to achieve. You (and your child's coach) should help your young athlete set such goals. Help your child focus on performance goals before a game. This focus will help sports be an enjoyable learning experience for your child.

CODE OF ETHICS AND POLICIES

FOUR CORE VALUES: CARING, HONESTY, RESPECT, RESPONSIBILITY

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

1. Smoking or use of tobacco products in the YMCA programs or on YMCA property is prohibited.

2. Using, possessing, or being under the influence of alcohol or illegal drugs WILL NOT BE TOLERATED!

3. Any form of child abuse WILL NOT BE TOLERATED including:
   - Physical Abuse: strike, spank, shake, or slap
   - Verbal Abuse: humiliate, degrade, or threaten
   - Sexual Abuse: including inappropriate touching and exposure
   - Mental Abuse (Self-Esteem): comparison or criticism

4. Volunteers must treat everyone of all races, religions, and cultures with respect and consideration.

5. Volunteers must use positive techniques of guidance including positive reinforcement and encouragement rather than competition, comparison, or criticism.

6. Volunteers shall abstain from using humiliating or frightening discipline techniques.

7. Volunteers shall not use profanity in the presence of children or parents. Keep comments positive to all players, parents, officials, staff, and coaches.

8. Volunteers shall refrain from intimate displays of affection toward others in the presence of children, parents, and staff.

9. Monetary and expensive gifts to volunteers are prohibited.

10. Volunteers must be free of physical and psychological conditions that might adversely affect others.

11. Volunteers will do everything in their power to avoid being put in a situation where they are alone with a YMCA child other than their own.

12. Volunteers will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity.

13. Ohio State Law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children's Services and the appropriate YMCA Personnel.

PARENT CODE OF CONDUCT

FOUR CORE VALUES: CARING, HONESTY, RESPECT, RESPONSIBILITY

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   - Physical Abuse: strike, spank, shake, or slap
   - Verbal Abuse: humiliate, degrade, or threaten
   - Sexual Abuse: including inappropriate touching and exposure
   - Mental Abuse (Self-Esteem): comparison or criticism
4. Spectators must treat everyone of all races, religions, and cultures with respect and consideration.
5. All spectators must remain in the spectator area during competitions.
6. Let coaches coach and let officials officiate.
7. Spectators shall not use profanity in the presence of children or parents. Keep comments positive to all players, parents, officials, staff, and coaches.
8. Pets are NOT allowed at practices or games unless they are service animals.
9. Cheer for your team.
10. Show interest, enthusiasm, and support for your child.
11. Help when asked by a coach or an official.
12. Spectators will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity. Be in control of your emotions.
13. Thank the coaches, officials, and other volunteers who conducted the event.
14. Ohio State Law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children's Services and the appropriate YMCA Personnel.

BE INVOLVED – BUT NOT TOO INVOLVED

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program, but is also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

1. Be a coach or an assistant coach
2. Be an official or umpire
3. Keep time or score
4. Maintain equipment or facilities
5. Coordinate refreshments

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be – or should be – second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include:

1. You are overly concerned with the outcome of the game.
2. You spend a lot of time talking with the coach about the game plan, player skill levels, and the way the coach conducts practices and coaches games.
3. Your child has stopped enjoying the sport or has asked you to stop coming to games or practices.
4. You require your child to take extra practice.

Be involved, show interest, help the coach where they need help, encourage your child, and enjoy the sport yourself!

PARKING

ABSOLUTELY NO PARKING on the driveways or in any grassy area. All cars are to be parked in designated parking spots. Speed limit on YMCA property or designated game/practice facilities is 5mph.

DOs AND DON'Ts of SPECTATORSHIP

DO

- Shout words of encouragement, not directions, from the sidelines. Keep your comments positive.
- Applaud good plays no matter who makes them.
- Set a good example by showing courteous behavior toward the parents of kids on the other team. Congratulate them when their kids win.
- Remember that it's your kids playing...not you.
- Keep your perspective. It's just a game! Even if the team loses every game of the season, it's unlikely to ruin your child's life or chances of success.
- Look for examples of good sportsmanship in professional or college athletes and point them out to your kid. Talk about the bad examples too!

DON'T

- Coach from the sideline - this is not Alabama football and you are not Nick Saban. We know you have their best interest at heart, but you're not the coach. Sit back, let the coaches coach, and just enjoy the moment of watching your kid play.
- Criticize other players - you wouldn't like another parent criticizing your kid either.
- Harass officials - they're making judgment calls in real time. They'll make mistakes - we all do - but calls tend to balance themselves out.
- Get in fights - we don't care who started it. Don't engage in it. You'll probably end up on YouTube and your kid will be embarassed.
- Have your child's sports career, scholarship dollars, and endorsement deals on the brain.
    - 2% of athletes will play Division I sports. Of that, only 1%-9% will end up playing professionally. The value of youth sports is NOT about turning kids into the next Michael Jordan or Olympic Gold Medalist. The value is your child's opportunity to have fun, learn life lessons, and make new friends by way of being active. Trust us - you AND your child will appreciate the perspective.

THINGS TO REMEMBER

COMMUNICATION

1. TeamSideline is our NUMBER ONE form of communication.
2. Check your email and text messages for any information from the Sports Department.
    a. TeamSideline will send information via notification in TeamSideline itself, to the email linked to your TeamSideline account and/or to the phone number linked to your TeamSideline account via text message.
3. The Sports Director is always available to answer questions and address any concerns.
4. Player/Coach/Parent communication is extremely important.

END OF SEASON

1. Coaches do not need to purchase awards for their teams. The YMCA will provide awards for each team. The Sports Director will communicate to you when these are available.
2. An end of season party is voluntary. If you and/or your team decides to have an end of season party, be sure to plan it ahead of time.

SNACKS

1. Team snacks are allowed. How your team handles or assigns team snacks is entirely up to the individual team.

UNIFORMS

1. Coach shirts will be provided by the Sports Director.
2. Only jerseys will be provided to each player by the Sports Director.

24-HOUR POLICY

1. The YMCA of Greater Dayton Sports Department DOES NOT permit ANY individual to confront a referee or YMCA Sports Official or Employee at ANY time. If a situation arises in which a referee's, coach's, parent's, player's, or employee's actions create a problem, allow yourself 24 hours to cool down.
2. After 24 hours have passed, contact the Sports Director if you still feel strongly that something should be done.

WEATHER

1. If a practice or game is canceled, YMCA Staff will contact all parents and coaches via TeamSideline. Coaches are encouraged to follow-up with their team about the cancellation in addition to the YMCA Staff's notification.
2. It is the coach's decision to cancel practice UNLESS the Sports Director determines that the weather is too severe or the court/field is unplayable. The Sports Director's decision supersedes the coach's decision.
    a. If the coach decides to cancel practice, the coach is responsible for contacting and informing all players and parents immediately. The coach MUST also contact YMCA Staff immediately.

INJURIES

Children are playing at their own risk. There will be physical contact in this game. It will be the intent of the officials and staff assigned to your game to provide a safe level of competition, however, injuries may occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. In the event of a severe injury, the YMCA will follow-up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.

CONCUSSIONS

1. Please refer to the CDC website for further instruction about concussions.
    a. https://www.cdc.gov/headsup/resources/index.html

HEAD INJURY PROTOCOL

1. Assess the athlete and determine if they need removed from play.
2. DO NOT move the athlete if a spinal injury is suspected. Call EMS immediately. If the athlete goes unconscious at ANY time (even if only for a few seconds), EMS should be called.
3. Ensure the athlete is evaluated as soon as possible by an appropriate healthcare professional. If a Certified Athletic Trainer is on site, allow them to do the evaluation.
4. Accident report should be filled out by either staff or volunteer and given to the Sports Director the same day.
5. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussions.
6. If a concussion is suspected or the athlete is showing any concussion-like symptoms, the athlete should not return to play until symptom free and cleared by a healthcare professional including a Physician or Certified Athletic Trainer.

SUDDEN CARDIAC ARREST AND LINDSAY'S LAW

1. Please refer to the information sheet on the following pages.

Sudden Cardiac Arrest and Lindsay's Law

Information for the Coach



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.

- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.

- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
    1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
    2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
    3) All practices, interschool practices and scrimmages

- Coaches have specific responsibilities under Lindsay's Law:
    1) Annual completion of the required SCA training course approved by the Ohio Department of Health
    2) Preventing the following students from participating in athletic activities until the coach receives written clearance by a licensed health professional. This written clearance must be shared with any school or sports official:
        a) A youth whose biological parent, sibling or child has previously experienced SCA
        b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play

- Any of these things may cause SCA:
    1) Structural heart disease. This may or may not be present from birth
    2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
    3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection

- Warning signs in a youth athlete's family that indicate the youth athlete may be at high risk of SCA:
    - A blood relative who suddenly and unexpectedly dies before age 50
    - Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart

- Warning signs of SCA. If any of these things happen with exercise, the youth athlete should be seen by a health care professional:
    - Chest pain/discomfort
    - Unexplained fainting/near fainting or dizziness
    - Unexplained tiredness, shortness of breath or difficulty breathing
    - Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity MUST be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete MUST be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another healthcare provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.

- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AED may be near the athletic facilities, or the AED may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival:**

  ❖ Link 1: Early recognition
    - Assess child for responsiveness. Does the child answer if you call his/her name?
    - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"

  ❖ Link 2: Early CPR
    - Begin CPR immediately

  ❖ Link 3: Early defibrillation (which is the use of an AED)
    - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    - If an AED is not available, continue CPR until EMS arrives

  ❖ Link 4: Early advanced life support and cardiovascular care
    - Continue CPR until EMS arrives

- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

PRACTICES

U4 practices should not exceed 45 minutes.

U6, U8, U10, and U12 practices should not exceed one hour.

Be organized yet flexible with practice plans – plan ahead of time
- Warm up with light cardio
- Plenty of activity
- Maximum use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

Give Explanations
- Clear and concise
- Short and to the point
- Be enthusiastic

Give Demonstrations
- Clearly visible and seen by all
- Repeated multiple times from all angles
- Ensure each player gets the same amount of attempts

Recruit parents to help during practice.

Always be positive, encouraging, and constructive.

Encourage athletes to arrive 10-15 minutes before practice time.

Leave the gym, court, field, and/or facility better than you found it.
- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately

PRACTICES

SAMPLE PRACTICE PLAN 1

SKILL	DRILL	NOTES
Warm Ups and Conditioning	· Running (to the other side and back) · Hopping (to the other side and back) · Skipping (to the other side and back) · Bear crawl (to one side, then do crab walk back) · Running (to the other side and back)	5-10 minutes
WATER BREAK		
DRIBBLING	· Introduce dribbling · Inside and outside of foot · Using the laces	10-15 minutes
WATER BREAK		
SHOOTING	· Introduce shooting · Follow through	10-15 minutes
WATER BREAK		
PASSING	· Introduce passing · No toes · Monkey in the middle	10-15 minutes

GAME DAY

During game play, remind players of:

- Which goal is theirs
- No hands!
- Who they are guarding
- Passing
- Keep your head up, eyes up, and eyes open while playing
- Spread out, move around
- HOW GREAT THEY ARE DOING!

Ensure different players get a chance to bring the ball up the field.

Keep track of time and your substitutions.

Be sure all athletes play an equal amount of time.

Explain something when they look confused, frustrated, or discouraged.

Encourage athletes to arrive 10-15 minutes before game time so they can get warmed up and the game can start on time.

Leave the gym, court, field, and/or facility better than you found it.

- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately

RULES
ALL DIVISIONS

The Y believes in its philosophy of "Athletes First, Winning Second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Basketball Program.

SECTION A: GENERAL LEAGUE RULES

1. The score will be kept for divisions U8 and older, but should not be emphasized.
2. League standings will not be kept for divisions U4 and U6.
3. Any concerns about the league by coaches or parents should be discussed with the Sports Director.
4. If a team is short players in the regular season, sharing of players between teams is allowed. In the end of season tournament it is not permitted. Only registered players on the roster can play in the league.
5. Regular season games can end in a tie. For end of season tournament games that end in a tie, the game will go directly to a shootout. Each team will get 5 shots from the designated penalty line. The team with the most goals after those 5 shots wins. If the score is still tied after five kicks, teams will alternate kicks until one team scores and the other misses.

SECTION B: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards covered by a sock. Shin guards should be the type that also covers the ankle area. Referee will check prior to each game.
3. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.
4. Official YMCA jerseys must be worn during play.

SECTION C: SPORTSMANSHIP

1. Any act of unsportsmanlike conduct, including the use of profane language and/or excessive physical play, may cause the removal of the offending player, coach, or spectator. Continuing abuse may cause dismissal from the league.
2. Excessive foul play may result in the player being ejected from the game based on the referee's judgment. The referee will talk with the players and coaches before a problem escalates to this level.
2. Penalties will be called by the official. Their judgment is final.
3. YMCA CORE VALUES (Caring, Honesty, Respect, and Responsibility) should be evident at all times by all in attendance including players, parents, friends, family, coaches, staff and officials.

RULES

U4 DIVISION (AGES 3-4)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Field Size: 30x20 (5 yard variance each way)
2. Ball Size: 3

SECTION B: TIME

1. Four 6-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per quarter per team. Time-outs do not carry over.

SECTION C: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards covered by a sock. Shin guards should be the type that also covers the ankle area. Referee will check prior to each game.
3. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
4. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. No scores or standings will be kept
2. The "Away Team" will receive the ball first. Possession will alternate at each quarter. Teams will not switch sides after halftime.
3. Number of Players on the Field: 5 players (including the goalie). Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Player substitutions are permitted at any dead ball.
    b. Players are not required to sit at least half the game.
4. Coaches can be on the field during the game to help direct players, but they must remain out of play.
5. Only background checked coaches can be on the field or bench.
6. Ball is "in play" until a whistle is blown by the referee.
7. All out-of-bounds plays will restart with a kick-in or goal kick. Teams can opt for throw-ins or corner kicks if players are comfortable. Coaches should encourage players and teach them how to do throw-ins and corner kicks.
8. Players can have one redo on throw-ins if they do it improperly.
9. No direct kicks at any time. All kicks will be "indirect" meaning you cannot score directly off this type of kick.
10. Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee's judgment.
11. Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick.
12. On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
13. No head balls are permitted.
14. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.

RULES

U6 DIVISION (AGES 5-6)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Field Size: 35x25 (5 yard variance each way)
2. Ball Size: 3

SECTION B: TIME

1. Four 7-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per quarter per team. Time-outs do not carry over.

SECTION C: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards covered by a sock. Shin guards should be the type that also covers the ankle area. Referee will check prior to each game.
3. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
4. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. The "Away Team" will receive the ball first. Possession will alternate at each quarter. Teams will not switch sides after halftime.
2. Number of Players on the Field: 6 players (including the goalie). Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Player substitutions are permitted at any dead ball.
    b. Players are not required to sit at least half the game.
3. Coaches can be on the field during the game to help direct players, but they must remain out of play.
4. Only background checked coaches can be on the field or bench.
5. Ball is "in play" until a whistle is blown by the referee.
6. Normal out-of-bounds soccer rules apply (throw-ins, goal kicks, or corner kicks).
7. Players can have one redo on throw-ins if they do it improperly.
8. No direct kicks at any time. All kicks will be "indirect" meaning you cannot score directly off this type of kick.
9. Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee's judgment.
10. Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick.
11. On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
12. No head balls are permitted.
13. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.

RULES

U8 DIVISION (AGES 7-8)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Field Size: 60x40 (10 yard variance each way)
2. Ball Size: 4

SECTION B: TIME

1. Four 8-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per quarter per team. Time-outs do not carry over.

SECTION C: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards covered by a sock. Shin guards should be the type that also covers the ankle area. Referee will check prior to each game.
3. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
4. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. Scores will be kept.
2. The "Away Team" will receive the ball first. Possession will alternate at each quarter. Teams will switch sides after halftime.
3. Number of Players on the Field: 7 players (including the goalie). The minimum number a team can play with is 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Player substitutions are permitted at any dead ball.
    b. Players are not required to sit at least half the game.
4. Coaches are not allowed to be on the field during the game unless they are called out by the referee in the case of an injury.
5. Only background checked coaches can be on the field or bench.
6. Ball is "in play" until a whistle is blown by the referee.
7. Normal out-of-bounds soccer rules apply (throw-ins, goal kicks, or corner kicks).
8. Players can have one redo on throw-ins if they do it improperly.
9. Direct kicks, penalty kicks, and offsides will be enforced, but players cannot be called offside between the build-out line and the halfway line. Opposing players must get behind build-out line when goalie has the ball.
10. Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee's judgment.
11. Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick unless otherwise stated by the referee.
12. On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
13. No head balls are permitted.
14. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.

RULES

U10 DIVISION (AGES 9-10)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Field Size: 60x40 (10 yard variance each way)
2. Ball Size: 4

SECTION B: TIME

1. Two 20-minute halves with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per half per team. Time-outs do not carry over.
4. Referees may opt for an officials' timeout at the 10-minute mark depending on the weather.

SECTION C: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards covered by a sock. Shin guards should be the type that also covers the ankle area. Referee will check prior to each game.
3. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
4. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. Scores will be kept.
2. The "Away Team" will receive the ball first. Possession will alternate at each quarter. Teams will switch sides after halftime.
3. Number of Players on the Field: 7 players (including the goalie). The minimum number a team can play with is 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Player substitutions are permitted at any dead ball..
    b. Players are not required to sit at least half the game.
4. Coaches are not allowed to be on the field during the game unless they are called out by the referee in the case of an injury.
5. Only background checked coaches can be on the field or bench.
6. Ball is "in play" until a whistle is blown by the referee.
7. Normal out-of-bounds soccer rules apply (throw-ins, goal kicks, or corner kicks).
8. Direct kicks, penalty kicks, and offsides will be enforced.
9. Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee's judgment.
10. Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick unless otherwise stated by the referee.
11. On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
12. No head balls are permitted.
13. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.

RULES

U12 DIVISION (AGES 11-12)

All games are governed by OHSAA Rules and Regulations unless otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Field Size: 60x40 (10 yard variance each way)
2. Ball Size: 5

SECTION B: TIME

1. Two 20-minute halves with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per half per team. Time-outs do not carry over.
4. Referees may opt for an officials' timeout at the 10-minute mark depending on the weather.

SECTION C: ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards covered by a sock. Shin guards should be the type that also covers the ankle area. Referee will check prior to each game.
3. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
4. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. Scores will be kept.
2. The "Away Team" will receive the ball first. Possession will alternate at each quarter. Teams will switch sides after halftime.
3. Number of Players on the Field: 8 players (including the goalie). If a team can't field 8 players, both teams will field 7 players, and the minimum number a team can play with is 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
    a. Player substitutions are permitted at any dead ball..
    b. Players are not required to sit at least half the game.
4. Coaches are not allowed to be on the field during the game unless they are called out by the referee in the case of an injury.
5. Only background checked coaches can be on the field or bench.
6. Ball is "in play" until a whistle is blown by the referee.
7. Normal out-of-bounds soccer rules apply (throw-ins, goal kicks, or corner kicks).
8. Direct kicks, penalty kicks, and offsides will be enforced.
9. Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee's judgment.
10. Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick unless otherwise stated by the referee.
11. On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
12. No head balls are permitted.
13. Players may not wear any form of jewelry. Medical alert bracelets and religious necklaces must be taped to the player's body per OHSAA rules. Earrings that cannot be removed must be properly covered.

RESOURCES AND DRILLS

WARM-UPS AND STRETCHING

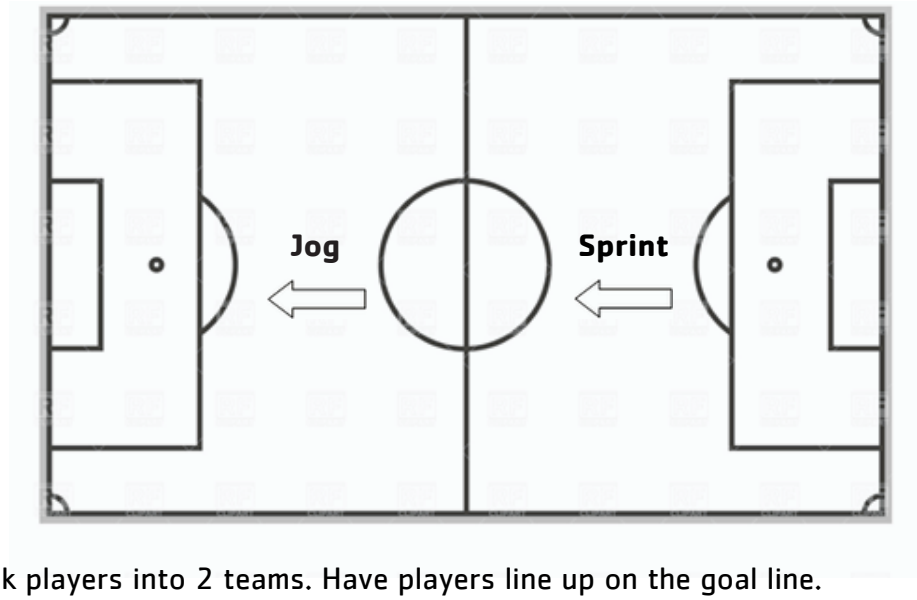
Begin each practice and game with static and dynamic stretching activities to get players warmed up and ready to go.

- Running
- Hopping
- Skipping
- Bear Crawl
- High Knees
- Lunges
- Back Pedal
- Step Slide
- Dribble while Walking
- Dribble while Jogging

RESOURCES AND DRILLS

FITNESS AND COORDINATION DRILLS

1. Sprint/Jog



2. Relay Race Break players into 2 teams. Have players line up on the goal line.
Examples: running, bunny hops, skipping, dribbling, etc.

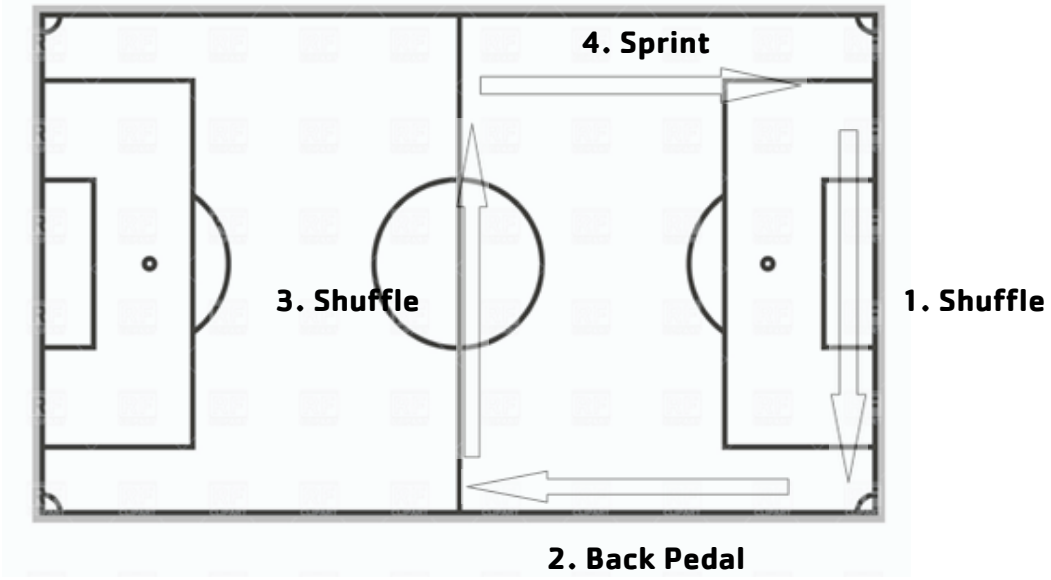
3. Simon Says "Coach Says"

4. Line Sprints Start at the goal line, sprint to the goal box, then back to the goal line, mid-field and back, goal box on opposite side and back, goal line and back.

5. Jumping Over Cones Set 3-5 cones. Players jump over the cones or can zig-zag through cones.

6. Zig-Zag Without ball, player one zig-zags through cones, player two passes ball to player one. Player one kicks ball into goal.

7. Intermediate Players Box Run



RESOURCES AND DRILLS

HOW TO DRIBBLE

The players should be introduced to the following skills:

- Inside of the foot: foundation touches (3-4 year olds)
- Outside of the foot: changing direction and tight spaces (5-7 year olds)
- Laces: dribbling into space at speed (5-7 year olds)

FOUNDATION TOUCHES

- Using the inside of the feet, tap the ball back and forth
- Keep the ankle locked and toe slightly up
- The knees should be bent
- Arms out for balance

USING THE OUTSIDE OF THE FOOT

- Use the outside of the foot for changing direction or turning to keep control of the ball in tight spaces
- The outside of the foot technique is toe up slightly and ankle locked
- The player touches the side of the ball with the outside of the foot

Exercise: Have the players dribble a figure eight using the outside of the right and left foot to increase dribbling basics

THE SPEED DRIBBLE

- Players use the laces for speed dribbles - getting into spaces fast
- The technique is tow down and ankle locked, taking small touches with the laces

Exercise: Once players have used the inside or outside of the foot to keep the ball, the player can then accelerate into space

Coach's Cues

"Knees bent"
"Keep the ball close"
"Eyes up"

RESOURCES AND DRILLS

DRIBBLING DRILLS AND GAMES

1. Bee Sting	All the kids are little bees and their job is to sting the coach. The way they do that is by kicking the soccer ball and hitting the coach with it.
2. Red Light, Green Light	Each player is lined up with a soccer ball. Have them dribble from the goal line to mid-field. A. Red Light: Means Stop. B. Green Light: Means Go. C. Yellow Light: Means Slow Down.
3. Sharks and Minnows	Pick one kid (or two depending on the team size) to be the sharks. Have the rest of the kids be minnows and line them up on the goal line with a ball. The point of the game is for the minnows to dribble the ball across the field without the sharks taking their soccer ball. If a shark takes their ball, they become sharks as well. Keep going until all the minnows have been the sharks.
4. Zig-Zag Cone Dribbling	Place about 5 cones out in a zig-zag pattern. Have each kid dribble to each cone. Wait until each kid is at least at the third or fourth cone before the next one goes. *Dribble zig-zag with one foot - they will be forced to use the inside and outside of the foot
5. Beehive	Set up cones in a circle. Each player has a ball in the beehive. Players dribble inside the field randomly using correct techniques and avoiding other players. Players should practice inside and outside foot dribbling, stopping, changing direction and pace, and maintaining control while in the beehive. The players try to kick other players out of the beehive, while keeping their own ball. If a player's ball is kicked out of the beehive, that player is out.
6. Follow the Leader	Have players pair up, each player with a ball. The leader dribbles while the second player follows, also dribbling. Remind players to keep their heads up. Encourage creative dribbling - changes in direction, pace, and technique. Stress control and change leaders frequently.
7. One-on-One	Players pair up, each pair with a ball in a grid. The player with the ball is "on the attack" and the other player is the defender. The attacking player tries to dribble to any of the cones (aside from the one behind him/her) and touch the cone with the ball. The defending player tries to prevent this. Players switch possession of the ball when the attacker accomplishes his/her goal or when ball goes out of bounds.
8. Clean Up My Room	Scatter all the soccer balls around the field. Have the players line up near the goal. When coach yells "GO", players run and get a soccer ball, dribble to the goal and score.

9. Colors	Have 3-4 different colored cones scattered around the field. Have the players start in the middle of the field with a soccer ball. Every time the coaches yells a color the players dribbles their ball to that color cone.
10. Monster Invasion	Tell the players that a monster is coming to try to steal their pet ball and that they must keep it away from the monster by dribbling it around the field (tell them they must stay inside the field). The coach or a parent is the monster. *Drag your leg like Frankenstein, make monster noises, make a face, and say things like "Don't let me get your ball!!" But don't actually scare them. The idea is just to have them try to get away. Don't catch the players, just have fun.
11. Play a basic soccer dribbling concentration game. The coach assigns numbers to each soccer skill.	1 = toe taps on the soccer ball 2 = outside of the foot dribble 3 = foundation touches 4 = laces dribble The coach calls out a number and the players have to perform the specific basic soccer dribbling move. Numbered games gets the kids thinking about how to use the soccer skill and provide lots of repetition.

RESOURCES AND DRILLS

HOW TO SHOOT

Shooting uses the same technical elements as passing with the important difference being that the goal is to pass the ball beyond the goalkeeper.

1. The player should look up to see the position of the goalkeeper.
2. Approach the ball.
3. Plant the support foot beside or slightly ahead of the ball. This helps to keep the shot low.
4. Keep the head steady and eyes on the ball.
5. Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
6. Hips and knee of kicking foot are pointed in the direction of the shot.
7. Follow through to keep the ball low (weight going forward and landing on the kicking foot).

Coach's Cues

"See the goalie"
"Eyes on the ball"
"Follow through"

RESOURCES AND DRILLS

SHOOTING DRILLS

1. Obstacle Course

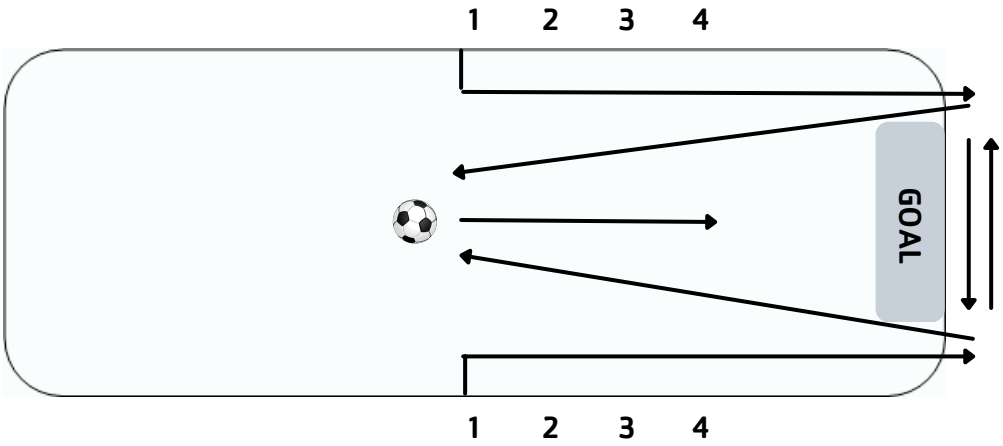
Use cones to dribble through, run to you and score. Add parents to be obstacles.

2. Aim

Block off sections of the goal to teach them where to shoot. Low to corners is a good start. The coach will go into the goal, stand on the left side and say "if I'm over here, where should you shoot?" Begin slow then move faster into a game pace.

3. Pig in a Blanket

Spilt into two teams and number off the kids (1,2,3,4). Each team will line up on separate sides of the field, laying or sitting down. Coach will call a number "1, 2, 3, or 4." The number that is called out the two players would jump up, run around the goal, get the ball, turn and shoot into the goal.



RESOURCES AND DRILLS

HOW TO PASS

Teach through a game of Battleship:

1. Demonstrate how to kick the ball and what part of the foot to use (inside of the foot, no toes).
2. Player will kick the ball and try to knock the ball off of the cone (Sink the Battleship). "Ready, aim, fire!"
3. They get a point each time they knock the ball off.
4. Let them know that they do not have to kick the ball hard. Focus on using the laces and kicking it straight. Demonstrate to them that the laces part of the foot is flat compared to your pointed toe and exaggerate the miss-direction of the kick if you use the toe.

Coach's Cues

"Inside of foot"
"Eye on target"
"Kick through the ball"

RESOURCES AND DRILLS

PASSING DRILLS

1. Partner Pass Players partner up. The pairs should line up 3-5 feet apart from each other. Facing each other, passing the soccer ball to each other.

2. Monkey in the Middle Have players in groups of 3-4. The object of the game is for the players on the outside to pass the ball to each other. One player in the middle, their goal is to steal the ball.

3. Passing Relay Race Divide players into 2 teams. Set up cones in two straight lines. Have players at each cone. The players will pass the ball down the line. Forward then back.

4. Battleship For this drill, have players in pairs. Each pair will have a soccer ball. Each player should be about 5 feet away from each other. Place a cone in the middle between the 2 players with a ball on top. The object of the game is for the player to hit the ball off the cone.

5. Hot Potato Pass In this drill, one player is positioned at the center of the circle with a soccer ball. All the other players circle around the one player in the middle. On the coaches command, the player in the key passes the ball to the player. That player immediately passes back to the player in the center. This back and forth passing continues clockwise. A new player then assumes the center position.

6. Shuffle Pass Players line up in two lines on the baseline about 5-6 feet apart from one another. Players will shuffle to other side passing back and forth.

7. Angle Pass Forces players to trap in a certain direction and utilize control. Have one player at each cone. Player one passes to player two after player one runs to the cone they passed to. Player two receives the pass from player one then passes to the next cone. After passing the player will follow the pass. This concept will be very important in the future.

RESOURCES AND DRILLS

HOW TO THROW-IN

THROW-IN RULES

- Ball must come back over the head. Referees usually look to see if the ball goes back past the ears
- The ball must be thrown with both hands on it
- Both feet must be in contact with the ground when the ball is released
- Both feet must be behind or on the touch-line
- No twisting of the body is allowed to propel the ball further

TWO WAYS TO DO A THROW-IN

- Step forward with one foot in the direction of the throw and drag the toe of the trailing foot as the ball is thrown
- Stand with both feet firmly planted and throw the ball in

FUNDAMENTALS

- Secure the ball with both hands. Ensure the index fingers and thumbs are as close as possible almost forming a "w" or "u" shape with fingers on the ball. Fingers should be spread to maintain control of the ball.
- Bring the ball over the head behind the ears with your arms loose and elbows bent and flared out.
- Stand with your feet a little more than shoulder width apart with one foot in front of the other. If you prefer, place your feet parallel and shoulder width apart.
- Bring your head, neck, shoulders, and trunk back - bending at the knees.
- Drive the ball forward.
- Release the ball as it just goes past the head.

RESOURCES AND DRILLS

GOAL KEEPING

1. Catching Pair up all players. Have them practice throwing and catching the ball.

2. Shooting & Goalie Drill Have one player be a goalie and the others shooting the ball. After a few attempts, switch goalies.

3. Follow the Leader Pair up all players, each pair with two flat cones. Place cones 5 paces apart. Players face each other across an imaginary line between the two cones; one player is the leader, the other is the follower. Leader uses good footwork and attempts to touch just outside either of the cones before the follower can touch just inside. If they are successful, they get a point. After a set length of time (30 sec for younger players, 60 sec for older), rest, and then switch leader and follower.

4. Two Goalies Two goalies line up facing each other about 10 feet apart. Each take turns attempting to throw the ball past the other into the goal. The receiving goalie attempts to stop the ball and then throw it back to the other goalie.

5. Color Coded Shots Place four different colored cones, pennies or other objects around the goal about 16-18 yards away from the goal. At least one should be close to the goal line. At each cone, there is a shooter and several balls. Goalie starts at one goal post. The coach calls a color. The keeper must quickly find that color object and make the save. Coach calls next color and so on until the keeper has faced four shots. Then rotate goalies.

NOTE: In hot weather, do not put a goalkeeper jersey on a player. Use pennies instead.