

Grade 3, 4,5 Level Soccer Guideline for Coaches

- 10 on 10 Play (goalie plus 9 on the field, depending on numbers)
- You may substitute players on the fly (no need to wait for a whistle)
- Throw-Ins: (should not take more than (10 sec.) The player will get 2 chances to properly throw the ball in play. (ball behind the head and both feet planted) If the player unsuccessfully attempts the throw-in on the second opportunity, the ball is given to the other team for a throw-in from the same spot.
- Goal Kicks: All offensive players must clear the penalty area. The ball will be placed at the end of the goal-area box. The kick must clear the penalty area before being touched by any other player.
- When a goalie makes a save, he/she has 6 seconds to get the ball back into play. A goalie dribbling the ball with his/her feet is considered "in play". If they choose to put the ball on the ground to kick, the ball again is "in play". The opposing team can come take it away and score.
- Offside should be called (no cherry picking) try your best to keep your forwards at half when the ball is in your defending area.
- Free-Kicks: opposing players must stand 10 feet away from the ball.
- Centre kicks (start the game, after every goal): the player kicking the ball can kick it in any direction, they may not touch the ball again until someone else has touched the ball.
- On goal kicks the offensive team must give the defending team a chance to kick the ball out of the box. The ball must leave the box before anyone else can touch it. (move back to give them space, especially if you are winning, move back to half)
- Goals can be scored in the goalie box. This box is in place for the goalie to use hands only inside the box.
- Intentional hand balls will be called (catching the ball, purposely putting your arm out, of course discretion of the ref)
- Once your team is up 4 goals please encourage them to work on their passing skills. They are to push back to half at all free kicks. (No need for scores to be 10-0)
- You, as coaches, must be fair to all of the players. We do not want to see one child scoring all the goals. Try to limit them to no more than 3 goals/player. As a coach you can, and should, control this. Encourage them to pass and set up team mates. (put them on defense or in net)
- You can play defence, midfields and forwards (3 different positions on the field)
- Most and foremost go out and have fun
- Shin pads **MUST** be covered by the socks (no shin pads over socks please)
- **No** hats to be worn while playing on the field
- All players should be wearing the color shirt of their team