



MICRO Soccer RULES & REGULATIONS

YOUTH SPORTS

YMCA OF LINCOLN

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SOCCER

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LETTER TO PARENTS

Dear YMCA Micro Soccer Parents,

The YMCA of Lincoln Nebraska welcomes you to the Youth Sports Micro Soccer Program! Our goal is for all youth sports participants, both parents and children, to have an enjoyable sporting experience.

The YMCA offers a league for those Pre-Kindergarten through 3rd Grade boys and girls who are interested in experiencing the sport of soccer. We hope this will be one of the most rewarding experiences. As a coach/parent/official, you will be a role model for all your players and spectators.

Micro soccer is unique, because the practices and games are scheduled on the same day. Your team will have 25 minutes of practice, on half of the field followed by a game of 2 - 12 minute halves. The teams will play 4 players at a time on the field. The time listed on the scheduled is when practices start.

Coaches will be on the field with their team in order to help. Coaches will also be the referee for the game and call infractions/fouls when they occur. A YMCA Site Supervisor will be present in order to answer questions, give examples and keep games on time.

We would like to wish you the best of luck this season. Please review the following information enclosed in the handbook to help you through this experience.

Sincerely,

YMCA Youth Sports Staff

GENERAL YMCA YOUTH SPORTS INFORMATION

Weather/Cancellation Policy

1. For inclement weather: Please call the YMCA Youth Sports Cancellation Line at 402-434-9211.
2. When games are cancelled a notice will be posted on the website, and a notice will be sent to participants through Play-erspace.
3. For Saturday Micro soccer a decision will be made on weather by 8:30am on game day.
4. For Sunday Micro soccer a decision will be made on weather by 11:00am on game day.

PLAYERSPACE – Frequently asked questions

WHAT IS PLAYERSPACE?

Playerspace is a communication portal that the YMCA of Lincoln Youth Sports has partnered with to enhance and improve the overall communication for our sports leagues.

WHAT INFORMATION WILL I FIND ON PLAYERSPACE?

You will find all the essential information for your player(s) league(s). You can find game schedules, coach contact information as well as weather status updates and cancellations for games.

WHERE WILL I GO TO USE PLAYERSPACE AS A COACH?

Just visit your team's site and your "Coaches Corner" will be on the upper right-hand corner. There are four essential tools that you can click on to utilize Playerspace.

HOW DO I GET ON PLAYERSPACE?

When you register your child for the league, you automatically are registered with an account on Playerspace. There is no need to create a new account! You will receive an email with your username after the coaches meeting has taken place and be able to set up your account. From there you can visit playerspace.com and click "sign-in" at the top right corner.

WHAT IF I AM NOT RECEIVING THE INFORMATION BUT ANOTHER FAMILY MEMBER IS AND WE BOTH NEED THE LEAGUE INFORMATION?

This is very common and very easy to fix! Let the Youth Sports staff know that you need to be invited as a "fan" of the league. We will need your email and phone number and you will receive an email with a link that you will need to click on to be added. From there you are then able to see all the necessary league information.

WHAT IF I AM NOT RECEIVING EMAILS FROM PLAYERSPACE?

Be sure to check your junk, trash and spam folders for Playerspace. You will need to add notifications@playerspace.com to your safe sender list. If you are still not receiving emails contact the Youth Sports Office at 402-434-9217.

I HAVE MORE THAN ONE CHILD AND I CAN ONLY SEE ONE OF MY CHILDREN'S TEAM INFORMATION. HOW DO I SEE MY OTHER CHILDREN'S INFORMATION?

Make sure you are not on your child's dashboard and you are logged in as yourself as the master account. To tell if you are logged in as one of your children, look to see if your name or your child's name is next to the word dashboard at the top of the page. To easily login as yourself, simply visit playerspace.com and login with your credentials that were emailed. The information provided at the time of registration must have been the same for each child for you to be attached to their profile.

WHAT IF I DID NOT RECEIVE MY LOGIN CREDENTIALS?

If you need your login credential because you do not have them, just contact the Youth Sports office to have them re-sent.

MICRO SOCCER PROGRAM

Micro Soccer is offered for boys and girls in PreK – 3rd Grade. Our league offers:

- A great introduction to soccer
- 7 week season
- All grades play 4v4, no goalies
- Modified rules for younger grade levels
- Teams are put together by YMCA staff and based on school, grade and friend requests.
- Volunteer coaches

Practices

- Teams will have a 25 minute practice followed by a 25 minute game on the same day.
- Parents need to check their child in with the coach at each practice. Please do not just drop your child off.

Games

- Team will play 2 – 12 minute halves immediately following their practice on the same day.
- Games will be held at Southeast Athletic Complex.
- The game schedule for the season will be released 10 days prior to the first game. The schedule will be available in PLAYERSPACE.
- For information on cancellation/postponement of games, please refer to the Weather/Cancellation Policy.

Team Guidelines

- Each player must play half the game, and play in each half.
- Each player must start in one game.
- Players should rotate positions or area of the field to allow players a chance to try all positions.

Players

1. Only registered players are eligible to participate in practices and games.
2. Players may **NOT** wear any type of jewelry (watches, rings, earrings, friendship bracelets). Earrings **CANNOT** be taped. They must be taken out or player cannot play. **No Exceptions.**
3. **NO** casts or hard splints are allowed. **No Exceptions.**

Equipment

1. Size 3 soccer ball
2. Shin guards. Socks must be pulled over guards.
3. Shoes-turf shoes are the best for younger players. Soccer cleats are allowed – **BUT NO SCREW-INS.**
4. A bag of soccer balls and cones will be available at each field for teams to share. Please put the equipment back into the bag.

Uniform

All players **MUST** wear the official YMCA reversible red/blue mesh soccer jersey. These are available for purchase at the park on game days by check or cash only. Jerseys can also be purchased in our Youth Sports Office at 570 Fallbrook Blvd., Ste. 210 Monday-Friday from 9am-4pm. Soccer jerseys cannot be preordered with your registration.

ROLE OF THE COACH

Facilitator

- Set up the conditions and environment for learning.
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage players to give each other positive feedback.
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- De-emphasize winning and losing and emphasize sportsmanship and fun.
- Invite parents to help and participate.
- Officiate game.



Positive Role Model

- Work with all players equally.
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, site supervisors, parents, spectators, opposing coaches, and opposing players
- Show respect and responsibility for the game of soccer.

Understand who you are Coaching

- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons. Some may be there because their older siblings play. Some may play because all their friends do, and they want to be with them. Others may play because they love soccer.

Coaching Tips

Parent Meeting: I would suggest having a parents' meeting at your first practice so you can discuss the season, see if any parents are willing to be an assistant coach, inform them of when practices are.

Be on Time: Try to arrive at the game/practice before your players. After the game/practice do not leave until the last player has left and/or been picked-up.

In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be along with a single child where they cannot be observed by others.

Good Communication: Be sure that you keep your players and parents informed about things that are important to the players and the team (i.e.; change in practice location or time, picture day, etc.).

Sportsmanship: Kids are always reminded to be good sports when they lose, but that needs to happen when they win, too. Strongly discourage any type of behavior that is unsportsmanlike, win or lose. Taunting, abusive language, name calling or any other acts of unsportsmanlike conduct towards another player, coach, team, spectator, and/or official, has no place in sports.

Fun: Make playing for you fun. From practice to games, the kids should look forward to every opportunity they will get to play soccer. Practices should be challenging, but enjoyable for all your players.

PLAYER'S RESPONSIBILITIES & EXPECTATIONS

Players Will

- Listen to their coaches and be respectful of their elders.
- Take care of the facilities and equipment which they are given or participate in.
- Make sure to eat the right foods and drink plenty of water before and after practices and games.
- Avoid all types of taunting and belittling remarks to their teammates or opponents.
- Show and encourage good sportsmanship at all times to fellow players, coaches, and officials.
- Attend every practice and game that I can, and will notify my coach if I cannot make it.
- Do my very best to listen and learn from my coaches.
- Treat my coaches, other players, officials, site staff and fans with respect.
- Remember that sports are an opportunity to learn and have fun.



PARK SITE RULES

Southeast Athletic Complex at Standing Bear HS

- Please clean up after your team bench.
- No pets allowed.
- No climbing on goals, nets or trees.
- Monitor non playing children at all times.
- Please respect facilities and property.
- The parks are smoke free, vaping free and alcohol free.

RULES OF PLAY – MICRO SOCCER

General

1. No score will be kept in micro.
2. Games will be 4-on-4. Must have 3 players to start game.
3. Games will consist of 2 – 12 minute halves. 1 minute in-between each half.
4. All players must play at least half of each game.
5. **Goal box:** The goal box is ten feet by six feet long. No player may touch the ball within the goal box. A player may move through the box but if a defensive player touches the ball within the box a goal is scored. If an offensive player touches the ball within the box a goal kick is awarded.
6. No offsides.
7. No slide tackling allowed.
8. Goals can only be scored on the offensive teams half on the field.
9. **Penalties:** no penalty kicks will be awarded. All fouls/infractions will result in an indirect free kick from the spot of foul.
10. **Referee:** Coaches serve this role. One coach from each team can be on the field during games. The coaches should work cooperatively to help explain any infractions to players. The assistants will stay with the players on the sidelines that are not currently on the field.

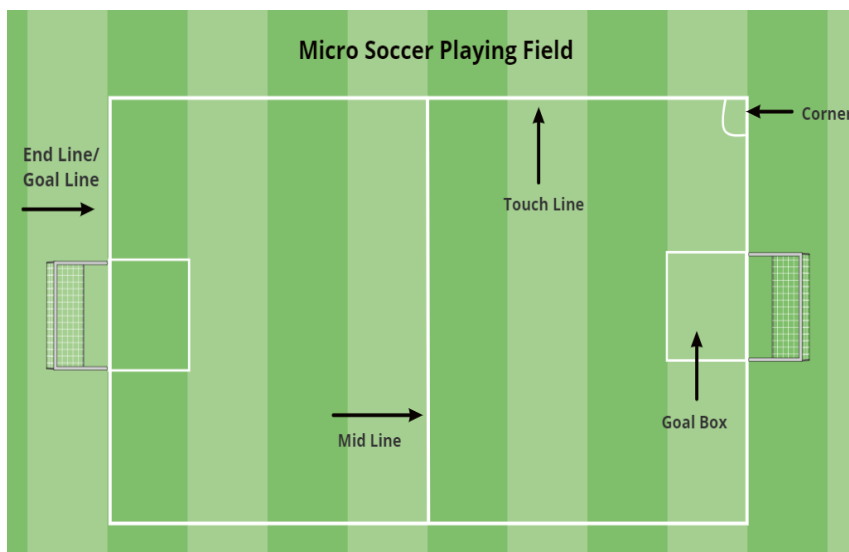
PreK – 1st Grade

- ◆ **New Ball Method:** all teams PreK – 1st grade teams will use the new ball method. Anytime the ball goes out of bounds on either the endline or sideline the coach will put a new ball into play. The ball should be played on the ground and NOT in the air.
- ◆ Balls should be distributed by coach in an even manner.

Grades 2nd – 3rd

- ◆ **Kick In :** A kick in will be used when the ball goes over the touch/sideline. Ball is placed on ground and kicked into field of play by player.
- ◆ **Goal Kick:** A goal kick is awarded from anywhere along the goal box when the ball is kicked out of bounds over the end line by the offense.
- ◆ **Corner Kick:** Awarded when the ball goes out across the end line by the defensive team.

Game Time	Ball Size	Field Size	Goal
2 x 12 min. halves	3	22yds x 32 yds	4H x 6W



NEW BALL METHOD (PreK – 1st Grade)

The new ball method will be used during Pre-Kindergarten – 1st grade games. The idea of the new ball method is to keep the flow of the game moving and to increase the number of ball touches for the players. The focus for micro soccer and this age group is to teach players to dribble and get numerous touches with the ball. When the ball goes out of bounds, the coach will put a new ball into play.

Implementation

Coaches will be responsible for distributing the balls into the field when the ball goes out of bounds. The coach should have a few soccer balls with them so they are ready to send one in. Whenever a ball goes out of bounds, the coach yells BALL and plays a ball into the field of play. The ball should be played on the ground and NOT in the air. Balls should be distributed by the coach in an even manner where the player receiving the ball cannot just walk right in and score. A kick off will still be used to start the game and after a goal is scored. It will be best to sub your players after a goal. Have them ready to go right away to keep game moving. Ways to distribute ball:

1. First player to come towards the ball
2. Team A is beating Team B by quite a bit. Try to play the ball into Team B on their attacking half.
3. If a player is not involved into the game try and get them the ball.

Benefits of New Ball

1. More touches on the ball for each player.
2. Allows for a constant flow in the game
3. More goals and more excitement.
4. Get non-assertive players involved.
5. At this age goal kicks, corner kicks, and kick-ins do not provide any tactical advantage for the kicking team.
6. No more fighting over who gets to kick the ball in.



TEAM FORMATION & PRINCIPLES

Why 4v4?

1. 4v4 is the smallest way of playing the game without losing any of the ingredients that makes soccer what it is: the ball, opponents, teammates, space, pressure, rules, time and direction.
2. It also helps develop all the needed skills: Technical Skills, Motor Skills, Physical Characteristics, Insight, Awareness (vision) and Communication.
3. Because of the number of players there are always possibilities to play deep, wide or backwards. You are always confronted with game situations.
4. Children begin to recognize the different situations that are constantly repeated. Recognizing these situations is important to be able to make the right decisions by: controlling the ball, the speed of the ball, the direction of the pass and attacking the goal.

Formation

The ideal situation in 4v4 Micro Soccer is to align the players in a diamond shape. However, adults are encouraged to allow children a chance to learn to play the game on their own without assigning strict positions that restrict their enthusiasm for activity. With a diamond formation you have some of the basic elements of soccer, depth and width. Your Forward and Defender define your team's depth, while the two Midfielders or Wingers define the width. Try to keep this structure intact and keep in mind the principles of depth and width while defending and attacking.

Excerpts taken from, Van Lingen, Vert, Coaching Soccer: The Official Coaching Book of The Dutch Soccer Association. Reedswain, 1997.

Attacking Principles

1. Building Up the Attack
 - a. Make as much space as possible (wide and Deep)
 - b. Think deep and play deep as soon as possible
 - c. If you cannot go deep use the wide player and then deep
 - d. Keep the organization intact as much as possible. Keep in mind that you want to keep coaching to a minimum and let the kids figure things out for themselves.
 - e. Wait for the right moment to play the long pass or to ask for the long pass
2. Create Scoring Chances
 - a. Spread out
 - b. Take initiative, anticipate the situation, think ahead
 - c. Adjust your position when you've played the ball
3. Scoring goals
 - a. Ask for the ball at the right moment (eye contact)
 - b. Take on defender
 - c. Try to score as quick as possible

Defending Principles

1. Preventing Scoring Chances
 - a. Mark closely to the ball
 - b. Give cover to your teammates
 - c. Keep your opponent in front of you and block any shots at goal
 - d. Do not foul
2. Winning the ball
 - a. Make space as small as possible depending on the opponents strength (pressing, dropping back, closing in)
 - b. Pressure the opponent position play
 - c. Give cover further away from the ball
 - d. attack the ball at the right moment
3. Stopping the opponents from building up
 - a. delay the opponents build up
 - b. prevent the long pass, pressure the ball
 - c. Force the m to play wide, to dribble wide

Realize that your team will probably not be advanced enough to perform all the Defending and Attacking Principles. Work improve the basics while still allowing the kids to learn by playing and enjoying the game.

GLOSSARY OF SOCCER TERMS

Offside = not called in Micro Soccer.

Attacking team = the team with the ball.

Defending team = the team trying to win the ball and stop the attacking team from scoring.

Dribbling = advancing the ball with one's feet.

Touching the ball = a touch on the ball is usually done with the feet, as hands are never used to propel the soccer ball. With the exception of a throw-in.

Trapping = the action of controlling the ball after a player receives it from another so that the receiving player can then move the ball in the direction they choose. In trapping the ball, other body parts will be used, such as thighs, knees, chest and foot.

Tackling = when a defender gets in the way of the player with the ball and tries to take it away. In Micro Soccer, players must remain upright and on their feet and cannot slide tackle (slide feet first into the player with the ball in attempt to get the ball).

Goalkeeper = There are NO Goalkeepers in YMCA Micro Soccer and as such no players should be asked to remain in front of their goal (as a goalkeeper would) "waiting" for the ball to come into there are so they can play defense.

Re-Start = used after play has been temporarily stopped and the ball is put back into play. Re-starts occur after play is stopped for an injury in which case play starts with a Drop Ball (see below). After a goal is scored and play resumes with a Kick-off (see below). Whenever the ball leaves the playing field and play resumes with a kick-in, corner kick, or goal kick.

Drop Ball = When play is stopped for an injury or if it is a question as to which player caused the infraction, a drop ball is awarded. The coach drops the ball to the ground between two players (one from each team). The ball must be allowed to touch the ground before each player tries to gain possession of the ball.

Kick-off = a coin toss determines which half of the field the team winning the toss will defend or if they want to kick off in the 1st half and this will switch in the second half. The teams change halves of the field in the 2nd half. A kick off must travel forward and cannot be played by the kicker until played by another player. A touch of the ball is all that is necessary for the ball to be in play. After a goal is scored, the team that did not score re-starts play with a kick-off. Can NOT score directly from a kick-off.

Kick-in = occurs when the ball passes completely over the touch/sideline. The team that last touches the ball turns over possession to the other team. Once player from that team kicks the ball back into play. To do a kick-in: player must have the ball on or behind the touch/sideline and kick the ball into play to a teammate. Another player must touch the ball before the kicker is allowed to touch it again. Goals cannot be scored directly from a kick-in. (PreK– 1st grade will follow New Ball rules).

New Ball = used for PreK – Kindergarten teams only to get the ball back into play quicker. Once the ball goes out of bounds at the touch/sideline a coach will yell out new ball and toss a ball out onto the field of play to continue play. New ball can be tossed anywhere on the field to help spread players out and get others involved. The ball should be sent in on the ground. Nothing in the air.

Corner Kick = occurs when a defender kicks the ball over the end line. A player from the attacking team takes a kick from the corner arc. The idea is for the attacking team to kick the ball to a teammate with the idea of setting up a scoring opportunity. The defending team should position themselves outside the goal box and mark (defend) the opposing players so as to avoid a goal being scored from the corner kick. A goal may be scored directly from a corner kick without having the ball touch another player first. (PreK – 1st grade will follow New Ball Rules).

Goal Kick = occurs when any (offensive player) kicks the ball over the end line and not between the goal posts. A defender kicks the ball from any point along the goal line. The idea is for the defensive players to kick the ball to a teammate (whose best positioning is usually along the sideline/touch area) with the idea of beginning an attack on the opposite goal. The attacking team should try to intercept the goal kick in order to resume their attack on the goal.

YMCA YOUTH SPORTS COACH BEHAVIOR POLICY

YMCA Youth Sports coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of RESPECT, RESPONSIBILITY, HONESTY, & CARING. Youth sports coaches are role models to the players and the parents on their team.

Please Remember:

Your attitude and actions are on display for your team, your team's parents, plus opposing teams.

You are a role model – coaches should appear clean, neat, and appropriately attired. You are to treat all children equally—regardless of sex, race, religion, or culture.

Coaches must use positive techniques of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.

YMCA coaches should be involved for the kids:

- To teach skills and knowledge about the game
- To teach sportsmanship, teamwork, and character
- To provide a fun, low-key environment for all
- To promote friendships and family togetherness

Coaches should give high priority to the objectives above—focusing on winning and recognition can destroy positive outcomes.

YMCA Recreational and Micro Leagues are low-key and should be more relaxed. YMCA Spirit Leagues are designed to be competitive, however coaches should remember there is a difference of being competitive and being out of control.

Coaches are responsible for fan behavior.

Specific Guidelines:

Harassment and/or verbal criticism of officials is not allowed. Site supervisors are available for constructive comments following games.

In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be along with a single child where they cannot be observed by others.

Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.

Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings.

Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is inappropriate.

Effective coaching experts agree that instructions should be given at practice. An over-abundance of instruction at game time only serves to confuse players.

Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.

Smoking or use of tobacco in the presence of children, as well as, possessing or being under the influence of alcohol or illegal drugs during YMCA programs is all prohibited.

Volunteers must not abuse children.

Abuse includes:

- Physical abuse—strike, spank, shake, slap
- Verbal abuse—humiliate, degrade, threaten
- Sexual abuse—inappropriate touch or verbal exchange
- Mental abuse—shaming, withholding praise, cruelty

Policy Enforcement:

Individual may be given a warning for inappropriate behavior.

Individual may be asked to leave the game(s), game(s) may be terminated and/or individual may be asked not to return for other Youth Sports Activities.

Other sanctions as deemed necessary may be enforced.