

Kindergarten and 1st Grade General Information

Alexander Soccer Club

Kindergarten & 1st grade player expectations - Top things players should learn/demonstrate at this age group

- * Have fun and be good sports.
- * Introduce/emphasize passing to improve ball movement.
- * To challenge kids emphasize using both feet, passing and movement to support teammates.
- * Demonstrate and build upon dribbling skills developed in pre-K
- * Show good sportsmanship.
- * Introduce Offense/Defense play.

Basic Rules General

1. Use size 3 ball
2. Should wear soccer cleats, must wear shin guards covered by socks or socks/shin guards combos
3. For ball to be out of bounds or count as a goal, the entire ball must cross the entire line.
4. There is no offside. Try to keep the offense even with the other team's defense. No "cherry picking."
5. **Heading** - No headers in practices or games. In a game, a player deliberately heading the ball will result in an indirect free kick from the spot of the offense.

Basic Game Setup

1. Players play 4v4 (or 5v5 based on the number of kids and coaches) on fields ~30-35 yards long and ~20-25 yards wide. Fields will be lined.
2. Use 4ft x 6ft foot folding goals or Yellow PUGG goals. There are no goalies.
3. Game clock; Coaches keep time; 4 quarters each 6-8 minutes, short water break between quarters ~3 minutes
4. Coaches referee the games – One coach from each team monitors out-of-bounds, goals and fouls.
5. **Arc** – To teach accuracy and help the game in general, only shots outside of arc (marked by cones or a painted arc) count as a goal. Defenders may not be inside the arc (there are no goalies).

Game Rules

For all kick-ins, kick-offs, free-kicks, the opposing team must be at least 10 feet away until ball is restarted.

Substitutions

- a. Substitutions can be made before kick-ins, goal kicks, corner kicks and as needed for injury.
- b. Substitutions should also be made at least once per quarter since there are kids sitting out.

Kickoff

- a. Coaches decide who kicks off first (rock-paper-scissors or coin toss for example)
- b. Kickoffs start each quarter or after a goal. One offense player passes to another
- c. Kickoffs rotate between teams (1st and 3rd quarters are team 1; 2nd and 4th quarters are team 2)

Kick-ins

- a. Kick-in restart goes to team not touching the ball last before out of bounds across the sideline.
- b. Allow the other team to kick the ball in for restarting.

Corner kicks

- a. Attacking team touching the ball last before out of bounds across the end line results in a corner kick
- b. Ball is placed and restarted in the corner.

Goal kicks

- a. Defending team touching the ball last before out of bounds across the end line results in a goal kick
- b. Ball is placed +/- 10 feet from the end line and a few feet wide of the goal.

Handballs

- a. The ball hitting a hand arm when the player's hands are raised results in a direct kick for the other team
- b. A player using his/her hand to direct the ball results in a direct kick for the other team
- c. Use judgment, if an accidental handball does not affect play, you can allow play to continue.
- d. Do not stop play for handballs where a player is protecting himself/herself.

Fouls

- a. Pushing, grabbing, or tripping results in a free kick for the other team
- b. Dangerous play (kick the ball when on the ground) results in free kick for the other team
- c. If a player is consistently rough or careless, substitute that player and emphasize safety.