

Preschool General Information Alexander Soccer Club

Preschool player expectations – the top things players should learn/demonstrate

- * Have fun and be good sports.
- * Try to dribble fast and around (not through) people.
- * Score goals – lots of goals.
- * To challenge kids emphasize using both feet and introduce basic passing.
- * Show good sportsmanship.
- * Soccer uses feet to play, not hands.

Basic Rules

General

1. Use size 3 ball
2. Should wear soccer cleats, but not required
3. Must wear shin guards covered by socks or socks/shin guards combined
4. For all restarts (kick-ins, goal kicks, corner kicks), the defending team should be at least 10 feet back. Allow the other team to kick the ball into play. Starts/restarts are the main times preschool players learn to pass.
5. Games are recreational, do not keep score. Some players will keep track on their own (and that's fine).
6. **Heading - No headers in practices or games.**

Basic game setup

1. The game is played 4v4 or 5v5 depending on the number of players and coaches.
2. Since there will be kids sitting out, substitute players every ~2 minutes.
3. Fields are ~30-35 yards long and ~20-25 yards wide, and are marked by lines
4. Use 6 foot Pugg goals. There are no goalies.

Game clock

1. Coaches keep time
2. 4 quarters per game, each 6-8 minutes (based on kids, weather, etc.) short water break between quarters (~2-3 minutes)

Kickoff

1. Coaches decide who kicks off first (one team first, rock-paper-scissors or coin toss for example)
2. Kickoffs start each quarter or after a goal. One player passes to another (rotating works well)
3. Other team must be ~10 feet back and on their half of the field until the ball is touched
4. Kickoffs rotate between teams (1st and 3rd red team & 2nd and 4th black team)
5. Any player can do kickoffs or kick-ins to start the ball into play (rotating works well)

Kick-ins – Ball is out of bounds when it completely across the sideline. Restart is a kick-in.

Goal kicks

1. Attacking team touching the ball last before out of bounds across the end line results in a goal kick
2. Ball is placed anywhere where the goal box normally would be (~5 feet from the end line)
3. Defending team should back up to ~half field to give space for goal kick.

Corner kicks

1. Defending team touching the ball last before out of bounds across the end line results in a corner kick
2. Ball is placed anywhere the corner arc would normally be (2-3 feet from corner cone in field of play)

Substitutions - Substitute players every ~2 minutes.

Handballs

1. The ball hitting a player's raised hand or arm results in a direct kick for the other team.
2. A player using his or her hand to direct the ball results in a direct kick for the other team.
3. Use judgment, if an accidental handball does not affect play, you can allow play to continue.
4. Do not stop play for handballs where a player is protecting himself or herself.

Fouls

1. Pushing, grabbing, or tripping results in a free kick for the other team.
2. Dangerous play (kick the ball when on the ground) results in free kick for the other team.