

1. COACHES:



BASIC INFORMATION & TIPS FOR U4 PARENTS/COACHES

1. **Rules.** Soccer rules are published annually by FIFA, the world soccer governing body, but we have a few exceptions, so read on.

2. **Player Equipment.**

- All players must wear shin guards to every practice and every game. Hard surfaces of shin guards must be covered with socks. (Referees will check this).
- No shoes with front cleats may be worn (i.e., no baseball or football shoes if they have a front cleat, unless you cut it off). Only rubber cleats are allowed; metal cleats are not allowed. No jewelry, metal devices, or hazardous equipment may be worn. (Casts can be allowed if they are padded & the Coaches approve them before the game).
- Each player should bring a plastic water bottle to games and practices. Coaches should allow adequate water breaks during practice & bring extra water (some players will always forget to bring water).
- Soccer balls come in 3 different sizes: 3, 4, & 5. The ball size is shown on the ball. Test the ball to see if it's round & will fly straight by tossing it into the air with a lot of spin on it to see if it wobbles. U-5 to U-8 use a size 3; U-10 & U-12 use a size 4; and U-13 & older use a size 5 ball.
- Goalkeepers must wear colors that distinguish them from the other players and from the referees. **Caution:** Monitor how long the goalkeeper has to wear the long sleeved Goalie jersey in hot weather. It is dangerous because they can become overheated.

3. **U4**

Start times - Central: 6:30pm

- East: 6:15pm

- Skills and fun games for 30 minutes, last minutes free play game

4. **Team Equipment.** You should have:

- Complete uniform for each player
- Ball bag
- 14 balls – PLAYERS KEEP
- 6 cones
- 1 ball pump
- 1 basic First Aid Kit including cold pack

5. **Playing Time.** Make every attempt to ensure that each child plays at least 50% of every session he or she attends.

6. **Goalkeepers.** (aka Goalie, Keeper or GK) You should encourage everyone to take a try at playing goalkeeper. You will be surprised who is good & you really can't tell until they actually play the position. At the very least, it will give all the players respect for how tough the position is & they will be less likely to blame the goalkeeper when goals are scored. However, do not make a child play goalkeeper if he or she doesn't want to.

7. **Injuries.** Go immediately to any child injured on the field. A basic First Aid Kit is supplied for minor cuts, scrapes and bruises. Encourage parents to attend to their child.

8. **Be a Good Role Model.** To a large degree, your players & parents will follow your lead. Be a good sport. After the game, seek out the other coaches and shake their hand and thank them.

9. **Things You Should And Things You Should Not Do:**

Make it fun & try to have fun yourself. Whether your players continue to play soccer will depend on whether it's fun.

10. **Keeping Children & Parents Under Control.**

1. Everyone must follow all directions given by the coaches & assistant coaches
2. "When I talk you must be still & listen"
3. Expect everyone to be a good sport whether they win or lose (this includes parents)
4. "No cursing or name calling".
5. Disruptive or disrespectful behavior will not be tolerated.