



RUSC Micro Soccer Fall 2011 Guidelines

Thank you for volunteering to coach soccer this season. We look forward to making Fall 2011 the most fun season of soccer our kids have experienced. We will also take strides this year to improve the skill training aspect of the program. Several towns around us already work on skill development at the micro level, and we have begun to incorporate a similar program in Reading. Key to this effort, however, is ensuring that the sport remains fun and exciting to the kids. After all, developing skilled players is meaningless if they don't *want* to play.

The fall session will run from September 11 through October 30. U6 (Pre-K and K) will play from Noon to 1:00, and U8 (1st and 2nd graders) will play from 1:30 to 2:30. All games will be played at Symonds Way, behind the Burbank Ice Rink, off Haverhill Street.

Please take some time to contact your assistant coaches and players before the first game. Be sure to review the following with them:

1. The place, date and time for Day 1.
2. The number of the field at which to meet on the first week – please check the schedule.
3. Your team name.
4. That a registration table will be set up for those who need assistance.

Skills Development Sessions – On several Sundays starting the second week of the season, instead of playing each other, four teams will engage in a skills development session with MYSL instructors. It is not noted on the schedule, but **WILL** be noted in the field space assignments that are sent out. Please review these to determine if you will be participating in a Skills development session.

Here is some basic information to get started and to have an enjoyable season.

PLAYERS EQUIPMENT:

- ALL players **MUST** wear SHIN GUARDS. This is the **ONLY** required piece of equipment for participation.
- SNEAKERS work fine. If you have or wish to purchase cleats, make sure they are **SOCCER** cleats (no metal, no toe cleats).
- CLOTHING – Dress prepared to play and have fun, based on weather conditions. Generally a jersey and shorts are sufficient early in the season. The Micro jerseys will be made available the second week of the program.
- BALL – Bring a size 3 soccer ball (or size 4 if that is what you have). Size 3 is preferable at this age as it's easier for players to control. Be sure to put your player's name on the ball.
- JEWELRY – No jewelry is allowed, especially ear rings/studs. Medic Alert bracelets should be taped so another player cannot get a finger caught in it.
- WATER – bring your own water bottle – put name on it.

HEALTH & SAFETY Concerns:

- At the first sign of lightning or thunder, immediately leave the field and get to cars. Play cannot resume until 30 minutes after the last occurrence of lightning or thunder.
- Because of the recent concerns about communicable diseases, Larry Hamdi from the Reading Board of Health recommends the following common sense precautions:
 - o Do not share water. Players should have their own water bottle. Avoid bringing gallons and using paper or plastic cups.
 - o Do not share towels.
 - o If a child shows any signs of being ill, please keep them home.
 - o If your child appears to be getting ill while at the field, please remove him/her from the area.
 - o Fist bumps are preferred to handshakes after the game (as per Middlesex Youth Soccer guidelines).



GUIDELINES FOR U6 (Pre-K/K) PROGRAM

(Symonds Way playing area behind the Burbank Ice Rink from Noon to 1:00 PM)

Before and after the session...

1. At least one coach from each team should be at the fields no later than 11:45 in order to organize and greet their teams.
2. **COME PREPARED TO PRACTICE WITH A PLAN.** An organized, well thought out practice that involves all the coaches and players will be more fun for everyone involved.
3. Bring extra water, bug spray, and sunblock.
4. Please try to move off the field quickly, so that the U8 teams have time to set-up.

During the practice...

1. For the first 30 minutes, the kids should be brought through a few fun games and/or skill development exercises. Use games from the booklets that were distributed at the pre-season coaching clinics, and supplement from age appropriate practice plans on the MA Youth Soccer web site (http://www.mayouthsoccer.org/coach's_corner.aspx) or other coaching resources.

During the scrimmage...

1. Scrimmages will begin at 12:30. Scrimmages should not start any earlier than this, as the practice part of the session is where each player gets the most touches on the ball.
2. Each team should field 3 players if turn-out is light, or 4 players if necessary. **NEVER** play more than 4v4.
3. **THERE ARE NO GOALIES.**
4. Only size 3 balls should be used.
5. Play should be stopped abruptly in the case of injuries. Please encourage the kids to care about their friends and teammates.
6. If you need to stop play for any reason, make sure everyone can hear you!
7. Rotate the kids into the game using full groups of players at a time if possible (as opposed to one-at-a-time), and do your best to give all kids the same amount of playing time.
8. Players should rotate off the field after 3-5 minutes. If you see your team is dominating, please try to mix things up & don't have all strong players on one shift.
9. Do not worry about positioning, but do try to keep the kids spread out for safety.
10. When ball goes out the end line the defensive team does a goal kick or dribbles the ball up. **NO CORNER KICKS.**
11. Any time the ball goes out of play, the opposing team moves back – to midfield on a goal kick, and at least about 10 adult steps if the ball goes out over the sideline.
12. Sidelines are somewhat fuzzy – try to keep the ball in play. If you have to stop, the team that did not kick the ball out gets the kick or dribble in. **NO THROW INS!** We need as many touches with feet as possible!!!!
13. After a goal, restart play from midfield. Players can restart play by dribbling.
14. Have a set place for players to sit when not playing during game & make sure they have their water with them (not going to mom & dad for water) Keep the team together. Have a plan with your assistant coaches to keep the kids engaged on the sidelines & have the next group ready to go when the coach says so.

All the time...

1. **HAVE FUN!!!**



GUIDELINES FOR U8 (1ST/2ND GRADE) PROGRAM

(Symonds Way playing area behind the Burbank Ice Rink from 1:30-2:30 PM)

Before and after the session...

1. At least one coach from each team should be at the fields no later than 1:15 in order to organize and greet their teams.
2. **COME PREPARED TO PRACTICE WITH A PLAN.** An organized, well thought out practice that involves all the coaches and players will be more fun for everyone involved.
3. Bring extra water, bug spray, and sunblock.

During the practice...

1. For the first 30 minutes, the kids should be brought through a few fun games and/or skill development exercises. Use games from the booklets that were distributed at the pre-season coaching clinics, and supplement from age appropriate practice plans on the MA Youth Soccer web site (http://www.mayouthsoccer.org/coach's_corner.aspx) or other coaching resources.

During the scrimmage...

1. Scrimmages will begin at 2:00. Scrimmages should not start any earlier than this, as the practice part of the session is where each player gets the most touches on the ball.
2. Each team should field 4 players. NEVER play more than 4v4.
3. THERE ARE NO GOALIES.
4. Only size 3 balls should be used.
5. Play should be stopped abruptly in the case of injuries. Please encourage the kids to care about their friends and teammates.
6. If you need to stop play for any reason, make sure everyone can hear you!
7. Rotate the kids into the game using full groups of players at a time if possible (as opposed to one-at-a-time), and do your best to give all kids the same amount of playing time.
8. Players should rotate off the field after 3-5 minutes. If you see your team is dominating, please try to mix things up & don't have all strong players on one shift.
9. Do not worry about positioning, but do try to keep the kids spread out for safety.
10. When ball goes out the end line the defensive team does a goal kick or dribbles the ball up. NO CORNER KICKS.
11. Any time the ball goes out of play, the opposing team moves back – to midfield on a goal kick, and at least about 10 adult steps if the ball goes out over the sideline.
12. Sidelines are somewhat fuzzy – try to keep the ball in play. If you have to stop, the team that did not kick the ball out gets the kick or dribble in. NO THROW INS! We need as many touches with feet as possible!!!!
13. After a goal, restart play from midfield. Players can restart play by dribbling.
14. Have a set place for players to sit when not playing during game & make sure they have their water with them (not going to mom & dad for water) Keep the team together. Have a plan with your assistant coaches to keep the kids engaged on the sidelines & have the next group ready to go when the coach says so.

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