

Fall Soccer League Rules 2024

Division	Age	Game	Clock	Practices
Super Strikers	4-5	4 v 4	Two 12-minute halves. Two minute half time.	30 minutes before games on Sunday
Rad Rookies	6-8	4 v 4	Two 14-minute halves. Two minute half time.	30 minutes before games on Sunday

SUBS: Each player should play the equivalent of at least 1 half.

SCORE: Because this is a non-competitive league, we will **not** be keeping track of score, wins, or losses. No individual statistics will be kept.

*** Special Rules Specific to our League ***

Super Strikers (4-5 year olds)

- Can steal the ball only off of a pass
- No PKs
- No slide tackling
- No defensive pressure until they cross the halfway line
- No offsides
- We strongly encourage at least 3 passes before taking a shot
- Man to man defense – no zones, traps, or intentional double teaming
- No throw-ins, we will do kick-ins instead
- No goalies

Rad Rookies (6-8 year olds)

- Can steal the ball only off of a pass
- No PKs
- No slide tackling
- No defensive pressure is okay
- No offsides
- We strongly encourage at least 3 passes before taking a shot
- Man to man defense – no zones, traps, or intentional double teaming
- We will start throw-ins at this age
- No goalies

BASIC FUNDAMENTALS

We would like to build a solid foundation for the sport of soccer. This will require coaches to teach the fundamentals as well as they can so that every player has a strong idea of what they're supposed to do and why they are doing it. Of course, we are playing with kids as young as 4, so we don't want an intense atmosphere. However, the following is a list of what each child should learn as a participant of our Fall Soccer League:

- 1) Dribbling
 - a. With the inside and outside of their dominant foot
 - b. Older players should be able to dribble with both feet. Advanced players will be able to dribble without looking at the ball
- 2) Defense
 - a. Stay between your mark and the goal, and stay only on your mark (not someone else's)
- 3) Passing
 - a. Inside the foot passes, chest perpendicular to where you intend to pass
- 4) Shooting
 - a. They will learn the difference between placement shots and power shots
- 5) Rules of the Game
 - a. Formation, fouls, strategy, etc.
- 6) Positions
 - a. Defenders, midfielders, and attackers- each player should have the opportunity to play either position

What our Fall Soccer League Is All About:

We don't just want kids to learn how to be great soccer players; we want to build the habits that are needed to become great teammates and great athletes. We want them to build a positive association between fitness and fun. That way, later on in their athletic careers, even if they don't become the star player, they can still enjoy being physically active. We ask that you work with parents to instill the following values positively in your child athlete. And remember that children follow the leader. So always try to set an example, you never know who might be watching...

"6 Keys to Success" For Sports:

- 1.) Attitude
- 2.) Teamwork
- 3.) Sportsmanship
- 4.) Practice
- 5.) Commitment
- 6.) Health & Fitness

**** Let's remember to keep everything in perspective****

We want the kids to have a BALL!

B – Build Friendships

A – Always Play Fair

L – Learn the Sport

L – Love the Sport

Thanks for your support.

Things to Remember: Fall Soccer League **2024**

1. This can be stressful, especially at the younger level. Do the best that you can to encourage your young player, and try to keep a smile while you're doing it.
2. Help each other, and get your team to help you too. Let them pick up cones, and make sure they return their pennies and soccer balls to get ready for the next group of teams coming in.
3. There are going to be a lot of people coming and going, especially on Sundays. Please make sure each child has a parent/ride home before you leave.
4. Contact each other early and often to know who will be at your practices and games.
5. Snacks after games are a great reward/team bonding experience. You may want to form a snack rotation (snack ideas are listed on the next page). ***Please make sure to ask your coaches about allergies!**
6. Playing time will be spread out as evenly as possible. It's nice to win, but if, on a team that goes undefeated, there's a child who rarely gets the ball or rarely gets to play, then that child will not enjoy the league and may not learn to enjoy the game of basketball. Not every team will be comprised of all-stars. Please do your best to make this a positive experience for everyone.
7. Have a great season!

B.Y.O. H2O:

Please encourage your players to bring their own, marked, water bottle.

Sports Snack Ideas

- Orange slices
- Watermelon slices
- Grapes
- Apple slices (individual packets available at QFC and Costco)
- Popcorn
- Granola Bars
- Cantaloupe or honey dew melon slices
- Cut up mini-bagels (or quartered regular bagels), with cream cheese.
- Sunflower seeds
- Dried fruit such as pears or apricots or cherries
- String cheese
- Cucumber coins sprinkled with a bit of salt
- Trail Mix
- Fruit Skewers - grapes, oranges, strawberries, melon chunks
- Bananas cut in half (frozen bananas on a stick are great in hot weather)