



Milton K-2nd+ Rules

1st Grade Rules/Structure/Info

- Field numbers are just a formality; find any field but **PLEASE** ensure you are versing against the correct team.
- It is the Milton Volunteer coaches duty to set up **AND** breakdown their fields, with the help **HLSA** coaches. We are there to guide and assist. IF you are the first session (8am), YOU MUST set up your field and if you are the last (10:45am), you **MUST** breakdown the field. Use your players to help if need be. Leave goals near outside of one of the fields in a pile, please and thank you!
- https://www.youtube.com/watch?v=scSH_lqKdoA: **PUGG NET Setup**
- <https://www.youtube.com/watch?v=viaK3eXLQKM>: **PUGG NET Breakdown**
- HLSA coaches will bring all teams in to demo and explain first activity then walk around to ensure these are happening. They will then provide the additional sessions per each team. Feel free to use sessions from other grades, or your own appropriate one, if sessions are too simplistic/complex. You know your team best but ensure players are engaged and taking touches on ball.
- Teams playing against each other MUST practice/warm up on same field; split field in half with cones and commence session. Fields are to be divided in half and then play two simultaneous games on said field. See structure below.
- If you arrive early or have a few players, have them dribble, pass around, or play -- Follow the Play-Practice-Play structure by USSF/USC.
- DO NOT overflow players with information, keep it simple and just let them play/dictate game (the game is the teacher). When speaking, you will have their attention for about 20-25secs tops.
- **NO LINES AT ANY POINT AND TIME.** Have the kids play. At this age, shooting lines or into goal is not ideal. If a player is in a line for more than 30 seconds, you have already lost them, perhaps for the entire time, unless you can reel them back in.
- **NO GOALIES!!**
- 4v4 at all times and IF (**emphasis on IF**) **YOU MUST**, 5v5. No 6v6 at all – this does not allow enough touches on the ball which is a must for development!
- Occasional throw ins but no corner kicks/no free kicks; let the kids play unless ball goes an egregious distance.
- Coach should have soccer balls that they just drop, **NO TOSSING IN AIR**, and let kids continue playing (think sidelines).
- Scoring team should retreat to their half/end of the field and let other team build their attack.
- If you have a player that keeps scoring, give them an objective, or two, before they score (must score with non-dominant foot, take x amount of touches, make a pass to y and get it back before scoring, etc.).
- If your team is constantly scoring, follow the above examples (certain number of passes, can only shoot and pass with non-dominant foot, pass all the way back before you can go forward, etc.); you can also take a player off and have the other team add a player. Imperative that these are followed; Milton, as well as BAYS, has a strict rule against piling up goals. At this level, and any, it is about development and FUN, please encourage players to progress their development while simultaneously NOT discouraging kids quitting a sport.

I am sure to be missing a few things so bring them up and I can add to this, please and THANK YOU!

HAVE FUN and get to know the players. Thanks for volunteering your time, the players, parents, Milton and HLSA Coaches appreciate it and YOU, the real MVPs!!