



Milton K-2nd+ Rules

2nd Grade+ 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, along with the help of **HLSA** coaches. We are there to guide and assist. IF you are the first session (11am), YOU MUST set up the field and if you are the last (1:45/2pm), you **MUST** breakdown the field. Use your players to help if need be.
- <https://www.youtube.com/watch?v=Wbm3E7JF1nw> (2nd Grade+ at Point32Health).
- 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 for 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 the same 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 25-35secs tops.
- **If you are going to have lines, make sure they aren't just standing there.** Have the kids play. Shooting is fine, but please follow curriculum(s). 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.
- 6v6/7v7 at all times. No 8v8 at all – this does not allow for touches on the ball which is a must for development!
- Throw ins/corner kicks/goal kicks/free kicks (opposing team **MUST** retreat to their own half on goal kicks.)
- 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.

lesson plan for defending corner kicks 7v7:

<https://www.sportsessionplanner.com/s/25Adb/Attacking-and-defending-corner-kicks-7v7.html?interface=en>

lesson plan for teaching defenders moving goal side:

<https://www.soccercoachweekly.net/drills-and-games/drills/football-drill-on-defenders-moving-goal-side>

lesson plan for playing out of the back 7v7:

<https://www.sportsessionplanner.com/s/dlMK/Playing-out-from-the-back---7v7.html?interface=en>

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!!