

Westwood Youth Soccer 1st Grade Game Guidelines

The main goal of our Mites program is to develop a love for the game in each player. It is critical that coaches remain positive and encourage players of all abilities. The best players are confident players which is why it is so important to focus on successes instead of failures in young players.

We are providing these guidelines to develop consistency and provide WYS 1st graders a uniform understanding of the game, which is the basis for player development.

Length of Session:	Practice - 35 Minutes Game - 30 Minutes
Practice Format:	Specific activities provided weekly and available online.
Game Format:	4 v 4 <i>without goalies</i>. Score is not kept; however, if one team is clearly dominating, the weaker team may add a player. If the other team begins to clearly dominate, the additional player should be removed. Coaches should use their judgment to create an enjoyable environment for all.
Positions:	Yes. Introduce the concept of positions in the “diamond” formation. Players should start to learn the role of a position.
Start Game/After Goal:	Kickoff. Instruct players to pass to a teammate on the kickoff. The opposing team should give enough space (5 yards) for a successful (re)start.
Out of Bounds (sidelines):	Stop play. Continue with a throw in from either team. If necessary, retake the throw in (once) for proper technique. Players should be spaced out 6 feet apart.
Goal Kicks:	Yes. A defensive player should put the ball back into play. The opposing team should retreat into their own half of the field to allow for a successful restart.
Corner Kicks:	Yes. Position ball just out from the corner. Kick ball back into play from the “arc”. Opponents should leave enough space for a successful restart.
Direct Kicks:	None. Players may commit a foul (other than a hand ball), and they are important to call, but there will be no direct free kicks.
Hand Ball:	Stop play - Free kick. Opponents should leave enough space for a successful restart.
Substitutions:	Coaches’ discretion. Please keep in mind that short-sided games need more frequent substitutions.
Placement of Coaches:	One coach, an assistant coach from either team, should volunteer to “referee” the game. Their job will be to simply keep the game moving when the ball goes out of bounds, someone scores, or there is a foul. All other coaches should be on the sideline.