

Dakota United Soccer Club

Recreational League

1st Grade Rules

Game Time:

Consists of 4 equal 10 minute quarters with 5 minute intervals between each quarter.

Coaches may mutually agree to shorten game time if short of substitutes.

Number of Players:

4 on each field

Do not attempt to teach positional play. No goalie or permanent defense!

The Ball:

A size 3 ball is used for 1st Grade.

Field Rotation:

Divide your players into 2 micro teams. Each week the micro team make-up should be different as this allows the players to play with and learn from different teammates.

Each micro soccer field is actually 2 side by side fields (as shown in the diagram below).

One team will stay on the same field for all four quarters while the other team will switch fields at half time (after two quarters) allowing the players to play against different opposition.

**Note – if a team does not have enough players to play two games simultaneously, play 3v3 or use only one field. Do not play more than 4v4 at this age.*

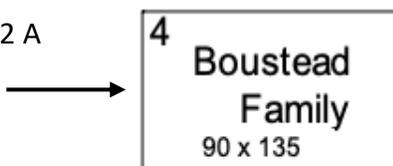
In the example below, Team 102 switches fields at half time (after two quarters).

101 v 102 on Boustead Family Field 4

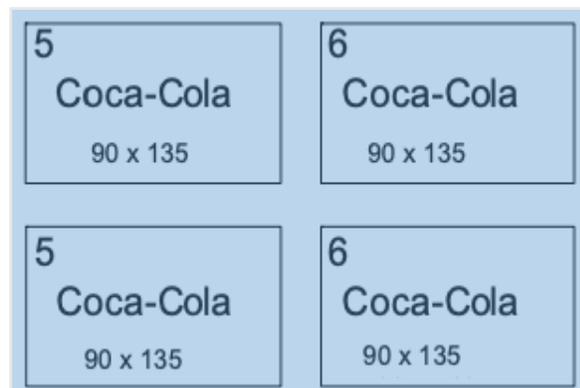
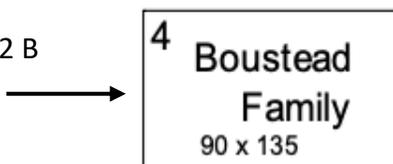
Team 101 splits into two smaller teams (101 A and 101 B).

Team 102 splits into two smaller teams (102 A and 102 B).

This field will have 101 A v 102 A for the first two quarters. Then 101 A v 102 B in the second two quarters.



This field will have 101 B v 102 B for the first two quarters. Then 101 B v 102 A in the second two quarters.



Substitutions:

We encourage equal playing time, but also substitute when players appear tired. This could be as often as every couple of minutes.

Try to substitute when the ball goes out of bounds, but you may substitute while the game is going on.

Officials:

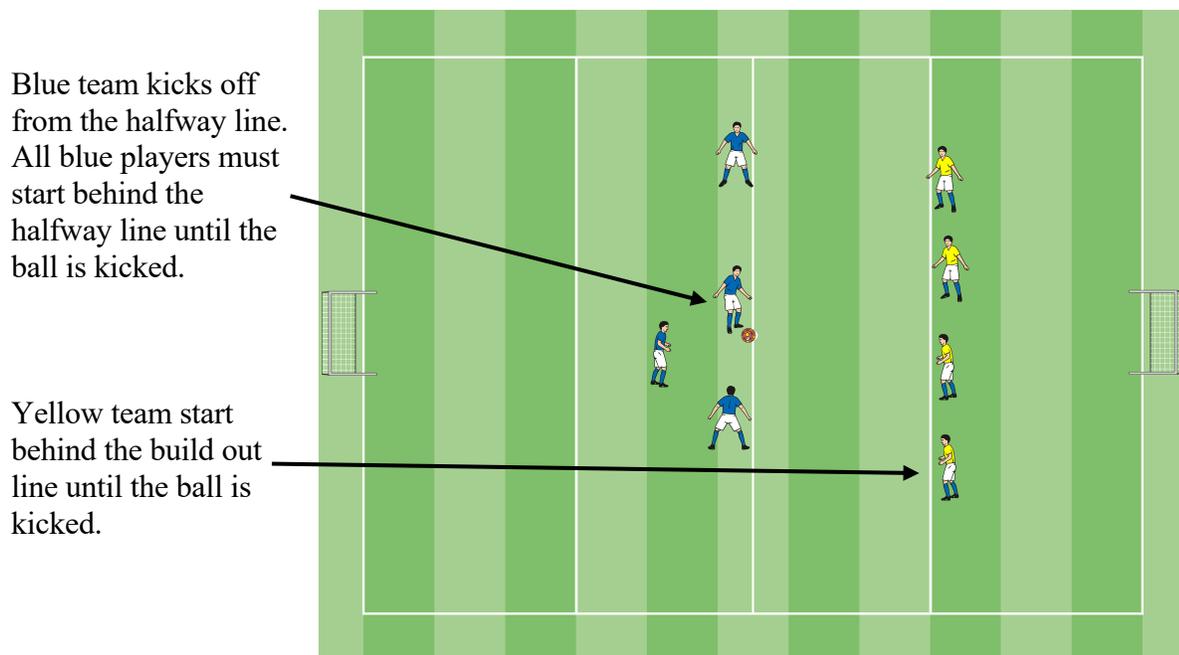
Parents (one from each team/ one per field) are to keep the play safe by following close to the play on the field, blowing the whistle if a player falls and could get kicked and keeping the play fair. Let others collect the ball when it goes out of bounds. Keep track of time. **DO NOT KEEP SCORE!**

Players Equipment:

The usual uniform of the soccer player is a team shirt (provided by Dakota United), shorts, calf socks, shin guards, and shoes. Shin guards and calf socks are required. Nothing dangerous to another player may be worn. Cleats, usually made from rubber, plastic, aluminum, or leather, can be worn, but are not required.

Kick Off:

Kick off occurs at the start of each quarter with teams alternating who starts with the ball each time. A kick off is also used to restart the game after a goal. The team who did not score, kicks off at the center line. Opponents need to be behind the build out line (line that is painted between the end line and halfway line). You cannot score from a kick off directly; another player must touch the ball.



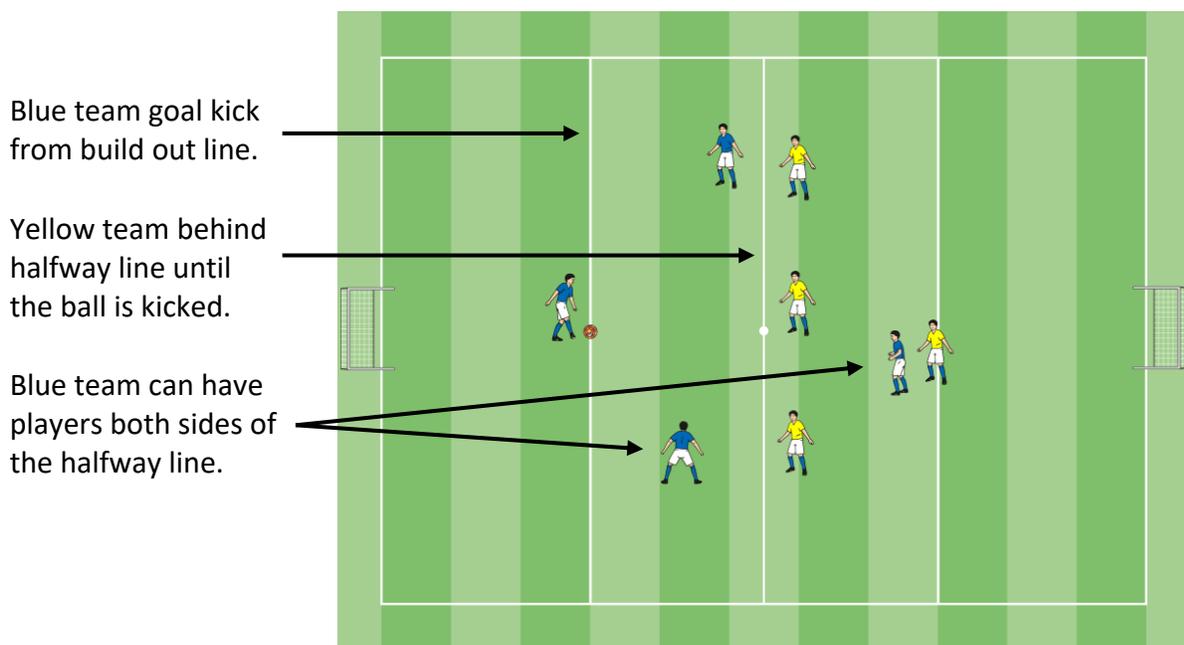
Throw-ins:

Awarded to the team who did not touch the ball last when it went out of bounds. The ball is thrown in with both hands in one continuous motion, starting from behind the head. Both feet must stay on the ground, on or behind the line when the ball is being released. If players do not execute the throw-in correctly, please explain the correct way and continue play.

<https://www.youtube.com/watch?v=-FnYx3Z63bQ> (Basic example of throw-ins)

Goal Kick:

Awarded to the defense when the ball (after being touched by the offense) crosses the goal line, but not resulting in a goal. The ball is placed on the ground on the build out line (line that is painted between the end line and halfway line) and kicked out by the defense. The opposition players need to be behind the halfway line before the ball is kicked, however players on the team in possession can be either side of the halfway line.



Corner Kick:

Awarded to the offense when the ball (after being touched by the defense) crosses the goal line, but not resulting in a goal. An offensive player takes the kick from the corner nearest to where the ball went out of play. A goal may be scored directly from the kick. Opponents need to be 5 yards away from the ball as it is kicked. The kicker may not kick the ball a second time until touched by another player.

No Offside, No Penalty Kicks, No Direct or Indirect Free Kicks:

For penalties or fouls such as handball, pushing, tripping, etc. Please instruct the kids to not commit fouls but do not stop the action. Let the kids play soccer as most will not commit fouls or penalties intentionally. Simply remind them not to push, use their hands, etc. while continuing play.

No Keeping of Score:

The major objective is to keep the flow of play continuous with little time for stoppages. All players should have many touches of the ball. STOP the play when players are on the ground near the ball. Restart by doing a drop ball with one player from each team (drop the ball directly between two players and then resume play immediately).