



## **DECATUR-DEKALB YMCA** **SPRING SOCCER 2016**

### **Under 4 Rules:**

1. Goals and balls will be brought to the fields each week for practice and games. Although we do provide a few balls, please encourage your players to bring their own as well.
2. For the first 30 minutes of scheduled time, each team will practice on one half of the assigned field. At the conclusion of 30 minutes, both teams will play a game for the remainder of the time, 30 minutes.
3. Size 3 balls will be used.
4. Play will consist of 3 vs. 3 with no goalkeepers.
5. Coaches are allowed on the field during games. A coach from each respective team will be on each half of the field and both coaches will act as officials for the game. Parents are also allowed on the field for those players who need to hold a parent's hand during play or need additional encouragement. Please limit the amount of Adults on the field though, so the players have enough room to run.
6. Each game will be divided into two (2) halves of twelve (12) minutes each. Coaches will substitute players every three (3) minutes; substitutions should be completed with one (1) minute. When substitutions are made at each 3 minute interval, all players on the field of play should be substituted; this will prevent any player from being out for an entire half.
7. Half time will be 3 minutes in length.
8. The "New Ball" Method will be used during the game. No throw-ins or corner kicks will be used during the New Ball method. Instead when a ball travels out of bounds, a coach or parent will announce "new ball" to the players and will gently roll a new ball onto the playing field. This will allow the players to have more touches during a game. Coaches must have parent volunteers on the sidelines to help shag balls and help throw balls into the players.
9. During the New Ball method coaches should try to throw a ball onto the field near a player that has not had a chance to touch a ball. This will help allow all players a chance to touch the ball whether they are aggressive or not. Also the coach should throw a ball towards the goal of a team that has not scored yet to help the team be successful, especially if the other team has scored several goals.
10. The New Ball method is used to help promote the basics of the game, as well as trying to get the players to have as many touches as possible.
11. Individual game scores will not be kept as well as win-lost records. All players are winners at the YMCA!