

SCVAA Soccer
4/5 Grade Division Summary

Coaches' Responsibilities:

- Serving as instructor and teacher
- Exhibiting good sportsmanship
- Informing team members regarding schedule changes
- Explaining the rules to youth and parents
- Ensuring equal playing opportunity for all players regardless of skill level.
- Officiating their teams matches when needed (referees provided when possible)

Player Equipment (provided by parents/guardians):

- Shin guards; required for safety
- Size 4 soccer ball; recommended
- Goalie gloves if desired
- Sneakers or molded cleats optional; no metal spikes
- Team jersey and socks from VAA will be provided to each player

Team Equipment (VAA will provide to coaches):

- Equipment bag
- Two size 4 soccer balls
- 2 pairs of goalie gloves (gloves should not be shared)
- A jersey and a pair of socks for each player
- Dozen cones/discs
- Dozen yellow pinnies
- 1 small bottle of hand sanitizer and a first aid kit

Skill Development Goals:

- Team soccer skills – passing, positioning
- Role of player positions – forward/midfield/defender, left/center/right

Division Format:

- One 60-minute team practice weekly using half of standard size field; coaches choice of practice day and location
- Game are 48 minutes in duration with 4 twelve-minute quarters with 2-3 minutes breaks between quarters
- Coaches should coach from sideline unless no referees are available, in which case one coach from each team should function as a referee.
- Players may be substituted during quarter breaks and during quarter after a goal scored by either team.
- Preferred format is 9 v. 9 with 3 offense, 2 midfield, 3 defense and 1 goalkeeper
- Players should now know about throw-ins, goal kicks, hand ball and penalty kicks, but remember, due to Covid- no throw ins this year, instead please have players do free kick from sideline with 10 ft buffer.

Additional Details:

- Player Rotation
 - Players should be rotated through positions early in the season.
 - Okay to limit player to a position (i.e., defense only) during last weeks of season with mutual agreement of player and coach.
- Offside should be introduced in 4th/5th grade division. Offside is very misunderstood in soccer. An offside infraction only occurs if a player plays the ball while offside. Just standing offside is not an infraction.
- Goalkeeper rules:
 - Goalkeeper can only use hands inside both the goalie crease and the larger penalty box.
 - Goalkeeper can only use hands if the ball was last handled by a player from the opposing team. If ball is kicked to the goalkeeper by a teammate, the goalkeeper must handle the ball with his feet as though he were a defender.
 - For goalkeeper safety, forwards should be taught that once a goalkeeper goes down to his knees (or chest) and is arm's length or less away, they need to disengage and not kick the ball one last time. If the goalkeeper mishandles the ball and it pops out by more than an arm's length, the forward may re-engage the ball and attempt a shot on goal.
- Corner kick rules:
 - If the ball is kicked out of bound on the back line extending behind the goal (not the sideline) by the defending team, the team on offense gets to kick a corner kick.
 - Team on defense should get most of their players (4-5 out of 6) near or inside the larger box to defend the goal.
 - Team on offense should have at least 1-2 players close enough to corner to receive ball. At this grade level, few players have the leg strength to get the ball from the corner to the closest edge of the large box around the goal.
- Goal kick rules:
 - Ball must be placed on the ground in front of one of the goal posts (not drop-kicked).
 - The attacking team must clear the penalty box around the goal and stay clear of the penalty box until the defending team moves the ball out of the penalty box.
 - The defending team may have defenders inside the box to receive the kick, but once a defender handles the ball, the forward may re-enter the box.
 - If a goalkeeper mishandles the kick, they may not handle the ball with their hands until the ball has been handled by an opponent.
- No slide tackling! A slide tackle is a player sliding on the ground in to a player and/or the ball feet first. Besides the safety reasons, I always remind my players that when you are off your feet, you are no longer very helpful to your team. Encourage players to stay on their feet!