



In-town Rookies

The Rookies is designed for Pre-K and Kindergarten children. This is often the child's first exposure to soccer. The objective in this age group should be to have fun playing soccer while exposing the players to soccer skills using age appropriate games, drills, and competitions.

The session is 1½ hours and will consist of a 45 minute practice followed by 45 minutes of mini games.

The practice introduces the game of soccer and soccer skills to the players. Occasionally, the B.Y.S.A. provides professional soccer instruction during this practice session.

Key points to remember during practice sessions:

- Players at this age have a short attention span. Therefore, practice is broken down into short drills and activities, which maintain the player's interest.
- Water breaks are to be given often, particularly on hot days.
- Drills are FUN, and attempt to introduce the beginning concepts of kicking, dribbling, and ball control.

Key points to remember during mini games:

Mini games should commence after the practice session and last approximately 45 minute altogether. Each field will be split in half by positioning small portable goals on the sidelines creating two (side by side) fields. Each team should be split to create two 'short sided' games, each against the designated opponent.

- Teams should have 3-4 players and all players are to participate, even if it creates an unbalanced number.
- Coaches are to adjust teams to create equal competition by switching players from team to team.
- Goalies are not recommended in this age group.
- Parents are to ENCOURAGE all players to play well, pass, and have fun. Please refer to the Parents Code of Conduct in the appendices.
- Continuous play is encouraged. Out of bounds should be called only to maintain control of the ball when it enters another field, fans, or side net.
- Balls requiring restart (out of bounds, injury, etc.) will be at the coach's discretion.

- Heading is not recommended at this age.
- The most important factor about the game is TO HAVE FUN. Score should be de-emphasized.



In-town Minors League

The Minors league is designed for 1st graders. The objective in this age group should be to have fun while exposing the players to soccer skills using age appropriate games, drills and competitions while also introducing a slightly more structured game situation.

The session is 1½ hours and will consist of a 45 minute practice followed by a 45 minute game.

The practice introduces the game of soccer and soccer skills to the players. BYSA provides professional soccer instruction during this practice session.

Key points to remember during practice sessions:

- Players at this age may have a short attention span. Therefore practice is broken down into short drills and activities, which maintain the player's interest.
- Water breaks are to be given often, particularly on hot days.
- Drills are FUN, and attempt to introduce the beginning concepts of kicking, dribbling, and ball control.

A game against the scheduled opposing team should commence after the practice session and last approximately 45 minutes.

Key points to remember during games:

- Ideally teams will have 6-8 players, however, within reason, all players should participate. Even if it creates an unbalanced number.
- Goalies are to be rotated often. This is a popular position.
- Goalies are to be encouraged to run to the corner of the penalty box prior to releasing a throw to a teammate. This usually prevents the offense from scoring an immediate counter goal.
- Coaches are to adjust teams to create equal competition by switching strong players from offense to defense or goalie. DO NOT RUN UP A SCORE.
- Parents are to ENCOURAGE all players to play well, pass, and have fun. Please refer to the Parents' Code of Conduct in the appendices.

- Players are to play in bounds. Out of bounds should be called by the coaches and proper throw-in techniques encouraged.
- Players will be assigned to and encouraged to play position such as Offense and Defense, Left and Right, etc. Emphasize defense passes to offense, offense passes or dribbles to center, center shoots to score, etc.
- Balls crossing the end line should be restarted with a goal kick or corner kick, at the discretion of the coach. On goal kicks, it is often wise to pull the offense back to 35 yards. This will allow the ball to escape the penalty box and change the momentum of the game.
- Heading is not recommended at this age.
- The most important factor about the game is TO HAVE FUN. Score should be de-emphasized.



Majors League

The Majors league is designed for 2nd and 3rd graders. Most players will have played several prior seasons in the younger leagues, but prior experience is not required. The objective in this age group should be to have fun while learning finer skills and concepts of soccer.

The Saturday session is 1½ hours and will consist of a short practice followed by a game. Optional weekday skills sessions, held by professional coaches are often available to assist this age group to learn more fundamentals of soccer.

The practice is designed to teach both individual skills and game situations.

Key points to remember during practice sessions:

- Practice is to be broken down into short drills and activities, which maintain the player's interest.
- Water breaks are to be given often, particularly on hot days.
- Drills are to be FUN, and should challenge the players to advance the concepts of kicking, dribbling, passing, ball control, and positioning.
- Instructions will include concepts of goal kicks, corner kicks, and basic offsides.

A game against the scheduled opposing team should commence after the short practice session and last approximately one hour. The game should be played 'short sided (8 vs. 8 is optimal for this age group and field size).

Key points to remember during games:

- Ideally, teams are to be played with 8 players on the field, however this should be adjusted as appropriate to maximize participation.
- Substitutions are allowed on any out of bounds.
- Referees will be provided to control the game. Referees are often young adults and still in training. Treat them with respect.
- The referee will enforce rules of the game, including offsides and should help educate the players. Earrings are not permitted during practice or games.
- Game breaks are to be determined by the coaches and referee prior to the start of the game. Generally, two thirty-minute halves are recommended.

- Coaches are allowed to call one instructional time-out per half at any stoppage in play.
- Coaches and non-playing team members must remain on the sideline opposite parents and fans. Coaches are not allowed on the field of play.
- Goalies are to be rotated often. This is a popular position.
- Coaches are to adjust teams to create equal competition by switching strong players from offense to defense or goalie. DO NOT RUN UP A SCORE.
- Parents are to ENCOURAGE all players to play well, pass, and have fun. Please refer to the Parents' Code of Conduct in the appendices.
- Heading is not recommended at this age, but proper technique should be communicated during practice sessions.
- Emphasize position play, ball control, and teamwork.
- The most important factor about the game is TO HAVE FUN. Score should be de-emphasized.



Seniors League

The Majors league is designed for 4th and 5th graders. Most players will have played several prior seasons in the younger leagues, but prior experience is not required. The objective in this age group should be to have fun while learning finer skills and applying concepts of soccer.

The Saturday session is 1½ hours and will consist of a short practice followed by a game. Optional weekday skills sessions, held by professional coaches are often available to assist this age group to learn more fundamentals of soccer.

The practice is designed to teach both individual skills and game situations.

Key points to remember during practice sessions:

- Practice is to be broken down into short drills and activities, which maintain the player's interest.
- Water breaks are to be given often, particularly on hot days.
- Drills are to be FUN, and should challenge the players to advance the concepts of kicking, dribbling, passing, ball control, and positioning.
- Instructions will include goal kicks, corner kicks, and basic offsides.

A game against the scheduled opposing team should commence after the short practice session and last approximately one hour. The game should be played 'short sided (8 vs. 8 is optimal for this age group and field size).

Key points to remember during games:

- Ideally, teams are to be played with 8 players on the field, however this should be adjusted as appropriate to maximize participation.
- Substitutions are allowed on any out of bounds.
- Referees will be provided to control the game. Referees are often young adults and still in training. Treat them with respect.
- The referee will enforce rules of the game, including offsides and should help educate the players. Earrings are not permitted during practice or games.
- Game breaks are to be determined by the coaches and referee prior to the start of the game. Generally, two thirty-minute halves are recommended.

- Coaches are allowed to call one instructional time-out per half at any stoppage in play.
- Coaches and non-playing team members must remain on the sideline opposite parents and fans. Coaches are not allowed on the field of play.
- Goalies are to be rotated often. This is a popular position.
- Coaches are to adjust teams to create equal competition by switching strong players from offense to defense or goalie. DO NOT RUN UP A SCORE.
- Parents are to ENCOURAGE all players to play well, pass, and have fun. Please refer to the Parents' Code of Conduct in the appendices.
- Heading is not recommended at this age, but proper technique should be communicated during practice sessions.
- Emphasize position play, ball control, and teamwork.
- The most important factor about the game is TO HAVE FUN. Score should be de-emphasized.



In-town Premiers Leagues

The Premiers league is designed for players in 6th through 8th grade (premiers). Most players will have played several prior seasons in the younger leagues however no prior experience is required.

The session is 2 hours and will consist of a short practice followed by a full sided game. The practice session is to teach both individual skills and game situations and strategy.

The game is to be played full sided (11 vs. 11) against the designated opponent for the week. The game will be divided into two 40-minute halves.

Key points to remember during games:

- Teams will have 11 players, however should be adjusted as appropriate to maximize participation and equality.
- Referees will be provided and will control the game. All rules of soccer should be in force. Earrings are not permitted during practice or games.
- Substitutions by either team are permitted at any throw in or goal kick.
- Coaches and players must remain on the sideline, opposite parents and fans.
- Coaches will adjust teams to create an equal competition by switching strong players from offense to defense or goalie. **DO NOT RUN UP A SCORE.**
- Parents are to ENCOURAGE all players to play well, pass, and have fun. Please refer to the Parents' Code of Conduct in the appendices.