



Key Details for 5/6 Division (Kindergarten & 1st Grade)

- All games are at the Armory Field 1, which is the field closest to Route 206, which will be set up for you into 9 different mini fields each about 25 yards long by 18 yards wide....3 rows deep and having 3 fields wide. The first layer of 3 fields will be 1c, the second layer of 3 fields will be 1b, and the furthest layer of fields from the parking lot will be 1a.
- The fields will be set up for you upon arrival at the fields and marked by large cones in the four corners of each field.
- **Home** teams take the fields on the furthest left and **Away** teams take the fields on the furthest right.
- The **first 25 minutes** of your time slot, the coaches will spend going through 2 or 3 different ball skill activities with the players on your team. This is your "practice" opportunity. Dozens of activities have been placed on our website at www.lawrencehamnett.com --> Coaches Corner --> Recreational --> Age Specific Sessions Plans --> Coaching Material – Recreation --> 5-6 Year Division.
- At precisely the 25 minute mark, **split your team up into 3 mini teams**. Change up these groupings of players every week and always keep them balanced.
- In your equipment bag, each team was given **2 extra pinnies of your team's color** so that if your team was short on players and the other team had more players then they could send over players to play with your team and you'd give them the pinnies to put on.
- Each mini team will go to a different field in your layer of fields and play against your opponent.
- These games should **always be 3v3** (not 4v3, not 4v4, not 5v4, not 5v5).
- If you have more players than needed for a 3v3 then this is where you'd **substitute** your players. You can substitute players at any time and can do so every 2 or 3 minutes. This is one of the responsibilities during the game as a coach.
- There is **no referee** for this age group. The coaches just supervise play on these fields during the games and keep track of time in the periods.
- If the ball goes out of play, a coach simply will **roll a new ball** onto the field anywhere. There are no throw-ins or kick-ins for this age group and don't get caught up in the boundaries of the field if the ball goes out of bounds a little bit.
- If a goal is scored, then roll a new ball out anywhere on the field to the team that was scored on.
- Each game will be **10 minutes long** with a very quick 2-minute break in between. **You are responsible for keeping the time**. After each game, the **away** team will be the one who **switches** across the fields so that each period you play a different splitting of the other team.
- There will be **three 10-minute periods**.
- If you are in the last time slot of the day, please help break down the fields by folding the goals and bringing them and the cones to the shed near the woods at the Armory.

Tips To Be A Successful Coach in the 5/6 Division

1. Keep the players moving and touching a ball continually. Avoid long talks and lines. In the games, if a ball goes out of bounds roll a new ball on the field quickly.
2. Be energetic and have a good time yourself. This will rub off on the players.
3. Get the other parents to help. You can't do it alone. Remember, each team splits into 3 groups for the game. This means each team will need to have 3 volunteers help for each game.
4. Encourage players to keep the ball close to them. It's easy for big and fast players to appear to shine at younger ages because of their size and athleticism, but if they aren't developing the proper technical skills then they won't develop to become soccer players. Players should be celebrated for close-control dribbling, good comfort with the ball, and with soft-touches and not big kicks.



Key Details for 7/8 Division (2nd & 3rd Grade)

- All games are at the Lawrence Intermediate School fields.
- You can park in either the Lawrence Intermediate School parking lot or the Zimmer Field parking lot.
- **Home** teams take the fields "A" and **Away** teams take fields "B".
- There is a specific area for the **Spectators**. Spectators are **not to stand between fields**. Spectators are to stand **behind the goals** of the fields or, if they are at the end fields, they can stand on the sidelines.
- The **first 25 minutes** of your time slot, the coaches will spend going through 2 or 3 different ball skill activities with the players on your team. This is your "practice" opportunity. Dozens of activities have been placed on our website at www.lawrencehamnett.com --> Coaches Corner --> Recreational --> Age Specific Sessions Plans --> Coaching Material – Recreation --> 7-8 Year Division.
- At precisely the 25-minute mark, **split your team up into 2 teams**. Change up this split of players every week and always keep them balanced.
- In your equipment bag, each team was given **2 extra pinnies of your team's color** so that if your team was short on players and the other team had more players then they could send over players to play with your team and you'd give them the pinnies to put on.
- Each team will go to a different field (one to field A, one to field B) and play against your opponent.
- These games should **always be 5v5** (not 6v5, not 6v6, not 7v6, not 7v7). This includes the goalie position...so it should be a goalie and 4 field players on the field at all times.
- Place the players in positions to start a game and the best format for them would be a "**diamond**" in front of the goalie but it's okay if they deviate from their position. Soccer is a free-flowing sport. The worry about players bunching around the ball is best mitigated by keeping fewer players on the field.
- There is a goalie for this age group and he/she will wear a black pinnie placed in each team's equipment bag
- If you have more players than needed for a 5v5 then this is where you'd **substitute** your players. You can substitute players at any time and can do so every 3 or 4 minutes. You do not need the referees permission to substitute. This is one of the responsibilities during the game as a coach.
- There is a **referee** for this age group who will be making the calls on the field and keeping track of the time. He/she is the authority for your games at the fields.
- There are **no throw-ins** for this age group. If the ball goes out of play on the sidelines then it will be a **kick-in**. Simply put the ball on the sideline and have the player pass it in to a teammate. You cannot score directly off a kick-in.
- There is **no offsides** for this age group.
- For **goal kicks**, the goalie can place the ball anywhere inside the goalie box and pass it in to a teammate. The **defensive team** needs to **back up** to at least **midfield** until the ball is passed into play.
- The goalie is **not allowed to punt** the ball. Goalies should distribute the ball to their teammates by **rolling** it (tell them to think of "bowling" the ball), **passing** it with their feet, or **side-arm** bouncing the ball to a teammate. We want our teams to value possession of the soccer ball. The **defensive team cannot intercept** the goalie's roll/pass until the other team touches the ball.
- Each game will be **15 minutes long** with a quick 5-minute break in between. After the first game, the **away** team will be the one who **switches** across the fields so that each half you will play a different splitting of the other team.
- There will be **two 15-minute halves**.

Tips To Be A Successful Coach in the 7/8 Division

1. Keep the players moving and touching a ball continually. Avoid long talks and lines.
2. Players should be trying to master dribbling, changing direction, shielding, and passing. Shooting and goalkeeping are topics that can easily be introduced at older ages once the technical foundation has already been established.
3. Encourage players to use the width of the field and change direction. A nice cut or move should be celebrated.
4. Encourage your players to build out of the back and on kick-ins. This means playing to feet and not aimlessly kicking the ball down the field. You may give up goals, but you will be developing players that are equipped to be successful.



Key Details for 9/10 Division (4th & 5th Grade)

- **Boys games** are at the **Lawrence Intermediate School** fields. **Girls games** are the **Armory** fields.
- There is a specific area for the **Spectators**. Spectators and coaches/players are not to be standing on the same side of the field.
- Games start precisely at their scheduled time, so be sure to have your team there and ready to play. I'd encourage you to get your team there early to warmup/practice before the game and this can be done on any area of grass off the fields.
- Dozens of activities that you can use have been placed on our website at www.lawrencehamnett.com --> Coaches Corner --> Recreational --> Age Specific Sessions Plans --> Coaching Material – Recreation --> 9-10 Year Division.
- These games should **always be 6v6** (not 7v7, not 7v6, not 8v7, not 8v8). This includes the goalie position.
- Goalies will wear either a black or purple pinnie.
- Place the players in positions to start a game and the best format for them would be an "X" (i.e. 2-1-2) in front of the goalie but it's okay if they deviate from their position. Soccer is a free-flowing sport. The worry about players bunching around the ball is best mitigated by keeping fewer players on the field.
- There is a **referee** for this age group who will be making the calls on the field and keeping track of the time. He/she is the authority for your games at the fields.
- **Substitutions** are unlimited, but can only happen when play is stopped **ONLY** for throw-ins, goals, goal kicks, injuries, and misconduct. Substitutes may not enter the field until recognized by the referee.
- There are **throw-ins** for this age group.
- There is **offsides** for this age group.
- The goalie is **not allowed to punt** the ball. Breaking this rule will result in an indirect kick for the opposing team. Goalies should distribute the ball to their teammates by **rolling** it (tell them to think of "bowling" the ball), **passing** it with their feet, or **side-arm** bouncing the ball to a teammate. We want our teams to value possession of the soccer ball.
- For **goal kicks**, place the ball on the 6-yard line inside the goalie box and pass it in to a teammate outside of the goalie box. The **defensive team** needs to **back up** to at least **midfield** until the ball is passed into play.
- Each half will be **25 minutes long** with a quick 5-minute break in between.
- Each game will consist of **two 25-minute halves**.
- The first couple of weekends will count as a **scrimmages**. In reality, all of these games are scrimmages and this is not about wins/losses, but instead about teaching players the correct techniques and skills needed to be successful at soccer. Please don't lose sight of this.
- There is a **maximum 6-goal differential** for all games. **Be proactive** about this. Don't wait until the goal differential is at 6 before making your adjustments. **Games that end with a goal differential exceeding this maximum, for any reason, will be recorded as a 1-1 tie.**

Tips To Be A Successful Coach in the 9/10 Division

1. Encourage your players to go in multiple directions on the field. Play should not always just involve going forward toward goal. Passing back is a great way to maintain possession and switch the point of attack.
2. Encourage players to be creative and try new moves, turns, and feints. This age should be a great time for them to show what they can do with a soccer ball.
3. Put players in different positions on the field. Do not pigeon-hole a player into a position at this age. They should be allowed the opportunity to experiment with different positions and perspectives on the field.



Key Details for 11/13 Division (6th, 7th, & 8th Grade)

- All games are at the Armory fields.
- There is a specific area for the **Spectators**. Spectators and coaches/players are not to be standing on the same side of the field.
- Games start precisely at their scheduled time, so be sure to have your team there and ready to play. I'd encourage you to get your team there early to warmup/practice before the game and this can be done on any area of grass off the fields.
- Dozens of activities that you can use have been placed on our website at www.lawrencehamnett.com --> Coaches Corner --> Recreational --> Age Specific Sessions Plans --> Coaching Material – Recreation --> 11-13 Year Division.
- These games should **always be 8v8** (not 9v8, not 9v9, not 10v9, not 10v10). This includes the goalie position.
- Goalies will wear either a black or purple pinnie.
- There is a **referee** for this age group who will be making the calls on the field and keeping track of the time. He/she is the authority for your games at the fields.
- **Substitutions** are unlimited and can happen when play is stopped ONLY for throw-ins, goals, goal kicks, injuries, and misconduct. Substitutes may not enter the field until recognized by the referee.
- There are **throw-ins** for this age group.
- There is **offsides** for this age group.
- **Encourage** your goalie to **roll** the ball (tell them to think of "bowling" the ball) or **pass** it with their feet or **side-arm** bounce it. We want our teams to value possession of the soccer ball.
- Each half will be **30 minutes long** with a quick 5-minute break in between.
- Each game will consist of **two 30-minute halves**.
- The first couple of weekends will count as a **scrimmages**. In reality, all of these games are scrimmages and this is not about wins/losses, but instead about teaching players the correct techniques and skills needed to be successful at soccer. Please don't lose sight of this.
- There is a **maximum 6-goal differential** for all games. **Be proactive** about this. Don't wait until the goal differential is at 6 before making your adjustments. **Games that end with a goal differential exceeding this maximum, for any reason, will be recorded as a 1-1 tie.**

Tips To Be A Successful Coach in the 11/13 Division

1. Encourage your players to go in multiple directions on the field. Play should not always just involve going forward toward goal. Passing back is a great way to maintain possession and switch the point of attack.
2. Encourage players to be creative and try moves, turns, and feints. This age should be a great time for them to show what they can do with a soccer ball.
3. Encourage your team to keep the ball on the ground as much as possible to value possession of the ball.