

## GLSA Guidelines for U-5 and U-6 Coaches and Parents

1. The home team is the first team listed on the schedule. The home team has its choice of the side of the field from which to coach. In case both teams have uniforms of similar colors, the home team is responsible for resolving the problem. Practice bibs are acceptable.
2. The games shall be divided into four (4) equal eight (8) minute quarters. There shall be a two (2) minute break between quarters, and a five (5) minute break at halftime. After halftime, teams will switch sides.
3. No league standings will be recorded. No final scores will be recorded. Participation awards for all players.
4. NTSSA requires that parents, non-playing players and spectators should be located not less than three (3) yards from outside the touchline, nor should they be closer than ten (10) yards to the goal line. Due to the limitations of the fields at Lear Park, GLSA has set up the following policy: Parents, non-playing players, and spectators should be behind the Coaches Coaching Box (approx. two (2) yards). No one is allowed behind the Goal Line. No one is allowed to watch a game from a sidewalk.
5. Number of players on the field: four (4). There is no goal keeper. Ball size is #3. Maximum roster size: eight (8) players. Fields 6, 7, 8, 10, 15, 16, and 17 are 20 yds. X 30 yds. with a 6.5' w X 4' h goal.
6. Each player shall play a minimum of 50% of the total playing time.
7. All players should have shin guards. Footwear can be soft-cleated soccer shoes or tennis shoes.
8. No slide tackling allowed. There will be no direct kicks; all free kicks will be indirect. No penalty kicks. A goal may not be scored until the ball has been played or touched by a second player of either team. Opponents must be three (3) yards away.
9. When the ball goes out of bounds, play will resume with a throw-in. If the first one is taken incorrectly, then the referee must explain the infraction to the player and a second throw-in will be allowed. Opponents must be three (3) yards away.
10. Substitutions:
  - By either team prior to a kick off, after a goal is scored, at each quarter, and when play is stopped for an injury.
  - A player may be substituted for when he/she is given a caution.
  - During the breaks at the end of the first and third quarters.
11. On a kick-off, goal kick, or corner kick, a player may not touch the ball a second time until another player has played it.
12. When a player is injured, the referee will stop play and signal the coach to enter the field. If a parent is needed to assist, then the coach may signal the parent to enter the field. **This is the only time a coach or parent is allowed on the field.** Coaches need to have a small first-aid kit at games and practices.
13. No individual is allowed to run the length of the sideline except participants of the game. Parents and spectators should not coach or instruct players during the game. Let the coach do the coaching. A coach should coach from inside the coaching box during games.
14. No alcoholic beverages or tobacco products will be consumed or allowed near the playing areas.

Animals or noisemakers are not allowed at the soccer complex.

15. Opposing coaches, players, and parents should shake hands after each game.

16. **Field Overview-** Players at this age need to develop basic motor skills such as walking, running, and changing direction. A smaller space will help them to develop these skills while also providing more interaction with the ball, teammates, and opponents.

**17. Objectives from US Soccer:**

- Develop skills on the ball
  - \* Increase number of touches and control
  - \* Improve confidence
- Develop intelligence
  - \* Promote faster decisions and better awareness
- Develop partnerships within the team
- Provide age-appropriate environment

**18. Concussion awareness and protocols:**

- Become familiar with GLSA Concussion Policy included in your coach's packet. May also be found on GLSA website, [www.longviewsoccer.com](http://www.longviewsoccer.com).
- For additional concussion training, visit the North Texas Soccer website, [www.ntxsoccer.org](http://www.ntxsoccer.org). You will find a link to the Concussion Awareness Training video on the home page or under the Coaches tab. All coaches, parents, and referees are encouraged to watch this video.
- Become familiar with no heading at Under-12 and below.
- Distribute Concussion Fact Sheet to parents.

**19. Training:**

- Attend at least one (1) coach's clinic.
- Check out DVDs from Director of Coaching
- Obtain at least an F Coaching License within one (1) year after you start coaching. The F license develops the core coaching competencies necessary to effectively teach five- to eight- year old players.