

Girls 1 Division Notes

- All players should play all positions, but not be forced to. No one player should be a dedicated striker or pigeon-holed into playing defense every game.
- Do your best to keep bunch ball from occurring along with positioning. Formations are included in the Rules of Play. Do not send the entire team into the offensive or defensive side.
- Encourage all players to play goalkeeper at least once during the season. Being a smaller player doesn't mean they shouldn't play in goal once during the year. But don't put someone in if they are afraid. Speak with the parents to determine any physical issues with player keeper first.
- All players should play at least half of the game. Substituting more frequently (once or twice per half only isn't enough) will ensure the most chances for the kids and help prevent issues. And barring extreme circumstances with substitutions, no player should be the entire game except for quick water breaks. This is still instructional and intended to foster enjoyment of the game and development.
- The ball must go over the line (every line) entirely. The ball touching a line isn't sufficient. Tell your parents.
- The referee will often place the ball for Corner and Goal Kicks. Instruct your players they can place the ball in a better position if they need to. For Corner Kicks, if the flag is in the way, instruct the player to move the ball around the curved line to a better position. The flag should not be held away from the player.
- **Goalkeepers are not allowed to punt or drop-kick the ball.** This is part of small-sided build-out Player Development Initiatives from FIFA and U.S. Soccer meant to encourage build out play and prevent unnecessary heading. Goalkeepers should be taught to throw/sling/roll out the ball, or drop it to their feet to play out.
- On Goal Kicks and when the goalkeeper has possession, opposing players must move to beyond the build-out line. Play is supposed to start by playing the ball to a teammate and working the ball up field. We want to help the kids learn to play the ball out.
- On Goal Kicks the ball **must** leave the Penalty Box before it can be touched. If it's touched by any other players before it leaves the box then the kick is retaken.
- **No heading in games or practices** (not even with deflated balls or for "their protection"). For more information visit <https://www.freedomoptsoccer.com/faqs>.
Intentional Heading = Indirect Free Kick, Unintentional Heading = Drop ball

Have fun and thanks!