

Spring Modified Restarts

The spring U7 (1st grade) age group will no longer use “Continuous Play”.

Instead, when the ball leaves the field of play:

- **Who gets it?** - Ask, “Which team gets the ball?” You may have to help them but let them try. A common mistake happens when a player kicks it off the opponent’s leg and it goes out of play. They think the kicker is at fault. Ask, “Who touched the ball last?”
- **Dribble or Pass-** The team in possession may dribble or pass the ball into play.
- **Defending-** The defending team must yield 3-5 steps on balls restarted from the side or corner.
- **Be OFF the field as a coach!** - Be near them only as needed. Probably more at first. **It is critical that the decision be theirs** to dribble or pass.
- **Guiding them-** You may want to ask them guiding questions, like, “Do you think you should dribble into that space in front of you?” “Anyone open for a pass?”
- **Keep it moving!** -Coaches should have a ball in hand in case the player doesn’t make a decision within a reasonable amount of time (5 seconds?). Let the player who is struggling to make a decision know they have 5 more seconds to decide. Count down the 5 seconds, and then if they don’t act, throw your ball into play and declare, “Game on!”
- **Is everyone involved?** Pay attention to those who haven’t touched the ball in a while. Have them take a turn when it’s out of play.
- **Corner Kick-** If the ball is out of play **OVER THE END LINE BY THE DEFENDING TEAM**, have the team being awarded possession, bring the ball in from the corner of the field.
- **Goal Kick-** If the ball is out of play **OVER THE END LINE BY THE ATTACKING TEAM**, have the team being awarded possession, bring the ball in from their end line **AND HAVE THE NEW DEFENDING TEAM** yield 8-10 steps.