

Zoom Practice Session #2

Q&A

Q. We have a player who was very nervous/stand-offish. How do we engage?

A. Be as welcoming as you can. With a shy player, take one of your players you are comfortable with to make friends with them. Have the kid reach out – sometimes having the kid make that connection (rather than the coach) can help that player.

Q. Rules questions – Is U12 11v11? Is offsides in effect? What about passing back to your goalie – can they pick the ball up?

A. U12 plays 9v9. Offsides rules are enforced in all age groups, however, in U7/U8 the refs typically only call it if the child is camped out. Passing back to your goalie is allowed, however, they can't pick the ball up. This is a rule in all our age groups, however, refs with the younger groups (U7/U8) tend to use it as a teaching moment as opposed to a hard and fast rule. Refs have ultimate discretion in how they call the game.

Q. How to handle when half the team wants to be goalie?

A. Just rotate the kids who want to play goalie. A lot of kids think they want to be goalie in practice – but playing in a game is much different.

Q. Do they need goalie gloves?

A. Not necessary but it's always good to have. Ali recommends gloves with "finger saver" protection to protect against the bending back of fingers from a hard shot.

Q. What are the rules for substitutions, and do you have recommendations for substitution patterns?

A. You can sub players in after each quarter and midway through the 4th quarter. This applies to U7-U12. U14 and older follow normal substitution rules. As for recommendations – try to keep a stronger player on offense and defense. Mix up your players to find a line-up that works. Keep in mind that this is a rec league, and we have minimum playing time rules. See our In-House guidelines for more details.

Q. Where can the presentation link be found?

A. Under the In-House section of our website – Coaches Corner.