

YMCA YOUTH SPORTS PHILOSOPHY

Over the past few years, the YMCA has noticed some alarming trends in youth sports programs: the pressure for more rigorous competition and higher achievement. These trends come from adult-oriented attitudes and the misconception that youth sports programs are scaled-down versions of professional sports. This is not only false, but also dangerous.

The YMCA stresses child-oriented attitudes by keeping winning in perspective, having fun, improving physical fitness, and working with the whole child. The YMCA wants the quality of play to improve in order to meet the needs of all participants whatever their ability and skills.

The YMCA accomplishes this by training adult volunteers in clinics and workshops. **The YMCA believes that the child is first and winning is second.**

The YMCA does not encourage the elimination of competition or winning. Winning is essential to enjoyable competition. However, it is the “striving to win” that yields the joy of sports.

The key for parents and coaches is to keep winning in perspective. It is this key that holds the YMCA Youth Sports program together. Competition will happen in youth sports without any external pressures. **It is important to keep competition at a level appropriate for the athlete.**

The YMCA would not be whole without its commitment to a Christian emphasis. The goal of the Youth Sports program is to help the child grow to his/her fullest potential in mind, body, and spirit: activity helps the body grow; thinking advances the mind; and belief makes our spirit grow.



The Mission of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



Kinder Soccer League Rules

Teams

- A. Teams are composed of eight to ten players
- B. Five players play on the field at a time.

Rules

- A. There is no goalkeeper in Kinder Soccer
- B. There are no penalties.
- C. Parents should line up around the field to keep ball in play.
- D. Each quarter begins with a team kicking from midfield. Teams alternate quarters. Balls that the parents cannot keep in play should be thrown in.
- E. No score is kept in kindersoccer.
- F. Each participant should play an equal amount of time alternating between starting and ending quarters and games.

Time

- A. Teams are to spend the first 15 to 20 minutes of their game time as practice and warm-up time. Working on soccer drills- passing, shooting, dribbling, etc.
- B. Games are composed of 4- 8 minute quarters. These quarters can be shortened for weather, lack of substitute players, etc. Game officials keep time.
- C. Please try to help keep games on time and moving along to avoid a delay in the beginning of the games following yours.

Game officials will be on the field and are responsible for game time and making calls. They will also make sure equipment is available- cones, balls, goals, etc.

Kinder Soccer coaches serve as a coach and conduct the 15-20 minute practice- consisting of drills involving dribbling, passing, and shooting. Coaches are allowed on the field during game time (Please try not to stand in front of goal). Coaches also serve as a team parent and are responsible for calling teams in the event of inclement weather, notifying the teams of schedule changes, and scheduling snack rotation, etc.

* There are no practices in Kinder Soccer. Each team will play a one-hour practice/ game every Saturday morning.

Size of the field and goal may be adjusted to the facility. In Kinder games there will be a break of 1 minute between quarters and the half times will consist of 5 minutes.

**When the referee is ready to begin to play, you should start at that time. The referee may ask the coach to find a volunteer parent to help watch the sidelines during play.

Please respect the referee and avoid unnecessary delays of the game so that everyone can enjoy being a part of the kids' soccer games.



SEVERE WEATHER:

- The YMCA will decide by 8:00am, the day of the game, if any cancellations are necessary.
 - If severe weather occurs during play a decision will be made by the onsite referee in regards to game cancellations.
 - If a cancellation does occur, games will be rescheduled for a later date (If at least half the game has been played, it will not be rescheduled).
 - Any delays/cancelations will be posted at www.austinyymca.org on the youth soccer page.
- **Coaches are responsible for informing players and parents of any cancellations.**

YOUTH SPORTS PLEDGE:

At the start of each game, all players, coaches, and referees will meet at the center circle to recite the Youth Sports Pledge and address any rule clarifications.

YOUTH SPORTS PLEDGE

**I PLEDGE TO PLAY THE GAME,
THE BEST THAT I CAN,
TO BE A TEAM PLAYER,
TO RESPECT MY OPPONENTS,
THE RULES AND OFFICIALS,
AND IMPROVE MYSELF IN MIND,
BODY, AND SPIRIT.**

Please remember that by volunteering to be a coach, you have chosen to be a role model for all participating children, and that you represent yourself and the YMCA at all games and practices throughout the year.