

DAKOTA ALLIANCE SOCCER CLUB

www.dakotaalliancesoccer.com
U7/U8 Spring 2026 Coach Meeting



1 Welcome

- Thank you for volunteering!
- Zach Morris–Recreational Director Email: outreach@dakotaalliancesoccer.com
 - Cell: 605-809-6908 Office phone number – (605)332-5911
- Download the Sports Engine App –
- FOLLOW DASC on Facebook
- WeatherBug App
- **Weather Delays v. Weather Cancellations**

2. Coach Information

- **Rosters** – grouped by attending school as best as possible
- **Player Safety** – All SafeSport & Risk Management certificates need to be IN, BEFORE you can practice. Questions & send certs to – erinl@dakotaalliancesoccer.com –Players MUST wear shin guards for practices and games + socks that cover.
- **T-shirts** - View roster list by size and distribute accordingly – must be worn for games
- **Games will start on Thursday, April 9th!**
- **Rule books** – Emailed & online - please read through so you know the specific rules of your age group
- **Schedules** – Posted online and on the app.
- **Reschedules** – **Coach Contact List** – **online** If you see irregularities, please let me know ASAP. Communicate with opposing coach. Come up with (3) possible dates – cc each other on your email to me. I will approve or deny your request. Move up instead of back.
- **City parks for practice** – City Parks are first come – first serve. You may NOT use any game fields for training.
- **Snack Schedule and Parent Helper schedule**

3. Game Fields

- U7/U8: Spencer Park (I-229 and Cliff) Fields 1 – 5 AND Tomar Park (100 W Twin Oaks Rd) Fields A-D >>>potential changes ahead.
- Field Size: 25 x 35
- Parking issues @ Tomar– Please be patient when at Spencer. Construction
- Trash – please clean your bench area after each game
- Water bottles

4. Coach Conduct

- Please be respectful to all parents, players and coaches. Be a role model

5. Online Platforms

- The Coaching Manual - <https://www.thecoachingmanual.com/>
- SoccerParenting-<https://soccerparentresourcecenter.com/register/club-membership/dakotaalliancesoccer/> **The Sideline Project**

4 fundamental Rules of the game

- **Kick-off** – This is the way the game is started or restarted after a team has scored. The team that is scored on kicks off at the center circle. Opponents must be 3 yards away from the center spot and on their side of the field at the start of play. The ball must go forward, and you may only take one touch before another player touches the ball.
- **Throw-in** – Rather than using the throw-in, play will resume with a kick in. It will be considered an indirect kick and must be touched by another player before a goal may be scored.
- **Goal kick** – If the ball goes out of bounds over the end line (goal line) and was last touched by the attacking team, the defending team gets a goal kick. The goal kick can be taken from any spot 2-3 yards from the defending team's goal. All opposing players **must stand at the HALF-WAY line. Allow ball to come into play – no stealing the Goal Kick.**
- **Corner Kick** – If the ball goes out of bounds over the end line (goal line) and is last touched by the defending team, the attacking team gets a corner kick. The ball will be placed at the corner nearest to the location where the ball went out of bounds.

6. What exactly will this “SOCCER” game look like?

- Games are played 4v4. We want to form and enforce a spectator sideline and a team sideline
- It is a good idea to appoint an assistant coach to handle substitutions so you can stay focused on the game
- Size 3 Soccer Ball
- Coaches are the referees on the field. Work TOGETHER to give the kids and families a positive experience > call tripping/pushing/possession out-of-bounds/goal kicks/corner kicks/handballs

We **DO NOT** keep/track game scores at this age for a reason. These are still players in training and our priority should be learning the game and having fun playing the game.

- They will remember the treat after the game
- It may not look organized. Breath, relax and have FUN!!

7. Game Day

- The games are 2 halves. 2 x 20-minute halves for U7/U8 – 5min halftime
- Arrive 15 minutes prior to starting time so players can get a feel for the atmosphere.
- Rotate players. Do not lock players into one position
- Survey the field.
 - Are there any safety issues? Look for rocks, holes, and glass on the field.
 - In Game Safety – Shin Guards – NO jewelry - NO heading – NO slide Tackling
- Encourage goal scoring! Praise the “little things”
- Discourage players from staying back. **NO GOALKEEPERS!**
- Everyone attacks; everyone defends.

8. Coach Equipment

- A basic first aid kit - be aware of allergies/medical conditions
- Cones / pennies
- Well thought-out plan for each practice
 - Including a game day player rotation
- Plenty of patience
- \$25 Coach Kits (12 discs, 4 cones, pinnies) *Optional *non-refundable
- \$50 PUGG Goal Rental Fee – **refunded upon return *Optional

9. Practice (once per week)

- Get a feel for their knowledge of team sports and soccer in general
- Focus on getting touches with both feet > eyes up
- Focus on passing
- Focus on forming our shapes (triangles/diamonds) Stretching the field/ spacing
- Always play a group game incorporating a soccer ball. Be creative.
- Play 1v1: 2v1 : 2v2 > defending
- Everything should be FUN – do not run lines, do not lecture. Keep everything positive!

10. Save the Date(s)!

- April 11th – “The Rufferee” Rescue Network will be putting Rufferees on our games, in hopes of finding them a soccer family home!
- April 18th – Toy Lending Library @ Spencer Park
- May 16th – Soccer @ the Zoo 9AM-1PM
- No Games Memorial Day weekend.
- More to come!!



Encouraging Dakota Alliance Soccer Teams to get out in the community as a team!

Promotes Team Bonding and Togetherness! Be sure to wear your DASC gear to show your DASC pride!

1. Select an ACTION that will make our Sioux Falls Community better!
2. Document your experience with photos
3. Share your experience with DASC by emailing outreach@dakotaalliancesoccer.com

One Team will receive the ALLIANCE IN ACTION TEAM OF THE SEASON AWARD