

**PLAINVILLE RECREATION
COMMISSION**

**SOCCER LEAGUE
2026**





INFORMATION PACKET:

EXPECTATIONS AND GENERAL INFORMATION

UNIFORMS AND EQUIPMENT

PRACTICE & GAME INFORMATION

CONTACT

EXPECTATIONS AND GENERAL INFORMATION

- **Kinder Kicks** is for children currently attending PreK or Kindergarten programs. These children should be ages 4-6 years old and they must be potty trained and able to use the restroom on their own. Coaches will not be required to assist with bathroom needs or accidents. If you think your child might need assistance in the bathroom, please be present at practices/games.
- **1st-3rd and 4th-6th Grade Divisions** are for children currently enrolled in those grades for the 2025-2026 school year.
- **Coaches** are hired by the PRC and can range in age from high school to adult/parent. All coaches will be monitored by the PRC Director. Coaches will be attending a mandatory coaches meeting where expectations and requirements will be explained. Coaches will also review skills and practice drills to teach, age specific rules and league rules. As a parent, if you ever have compliments or concerns about a coach, please contact the PRC Director!
- Exercises and drills will be taught to help develop the athletes balance, strength, coordination and confidence.
- We will encourage all athletes to have a positive attitude and most of all, to have fun!
- COMPETE to the best of your ability at ALL times.

UNIFORMS AND EQUIPMENT

- **Shin guards** are required for all participants to wear at practices, scrimmages and games. It is the responsibility of the participant/parents to purchase and provide their own shin guards. If a child does not have shin guards on, they may not participate due to safety concerns.
- **Shoes** are required for all participants to wear at practices, scrimmages and games. It is the responsibility of the participant/parents to purchase and provide their own shoes. If a child does not have shoes on, they may not participate due to safety concerns. Proper foot wear includes athletic tennis shoes that securely Velcro or tie on. Soccer cleats are allowed as well and will increase your child's ability to better preform in the sport of soccer – but they are not required. **Metal spikes are not allowed!**
- **Soccer Balls** will be provided by the PRC. Coaches will have access to all equipment needed for their team. **The Kinder Kicks age group will use a size 3 soccer ball. The 1st-3rd and 4th-6th Grade leagues will use a size 4 soccer ball.**
- **Jewelry** shall not be worn at practices, scrimmages and games. This includes: earrings, sunglasses, necklaces, rings, bracelets.... Prescription eye wear is allowed – it is recommended that you wear a sport strap on glasses to help prevent them from falling off. If jewelry of any kind is worn, it is at your own risk of injury or damage. The coaches and the PRC Director have the right to ask the child to remove any jewelry for safety concerns.
- **Uniforms will consist of T-shirts provided by the PRC. These shirts will be yours to keep.** Colors for the shirts will be assigned by the PRC Director and will help coordinate team rosters. **It is required that all participants wear their league T-shirts for all games.**
- **Water bottles** are required for all participants to have at practices, scrimmages and games. It is the responsibility of the participant/parents to provide their own water bottle and label it with your child's name.
- All other equipment necessary for practices and games (such as goals, cones...) will be provided by the PRC.

PRACTICE & GAME INFORMATION

Game and Field Marking Information:

- Field markings are very basic for the Kinder Kicks age group and will consist of a center circle and goal lines. There will be no “out-of-bounds” lines. Coaches will monitor the kids and whistle/stop the play if they are moving too far from their playing area.
- 1st-3rd and 4th-6th Grade Field markings will consist of a center circle, goal box, goal lines, side lines and end lines.
- Sizes of teams will be created by the PRC Director and are dependent on registration numbers.
- The game officials will be the coaches of each team and refs provided from Brent Gehrin’s officiating class. Coaches and refs will work together to monitor play and safety.

Kinder Kicks Rules for Practice and Games:

- Rules will be briefly explained when needed during play.
- Do-overs are acceptable if the coaches and refs see fit.
- Throw-ins will be allowed when the coaches and refs stop play – even though there are on boundary lines.
- Free kicks will be taught as well.
- No off-sides will be called.
- There will be no substitutions during scrimmages. **All kids will play for the full time.** Equal playing time is required for all participants.
- A running clock will be used and only stopped for injury or emergencies. The coaches will track the running clock using stop watches/phones.
- There will be no goal keepers at this age level. Goals are small and goal keepers are not necessary for this age group.
- Rock, paper, scissors between coaches will determine which team will kick off to start the game.
- No slide tackling is allowed.
- No penalty cards will be issued. No penalty kicks will issued as well.
- Kids will be encouraged to pass the ball to teammates.

1st-3rd and 4th-6th Rules for Practice and Games:

- **All 1st-3rd Games will be 6 v 6, unless otherwise stated.**
- **All 4th-6th Games will be 7 v 7, unless otherwise stated.**
 - **If teams cannot meet the minimum requirement for players, teams may agree to play with less players than stated above.**
- Rules will be briefly explained when needed during play.
- Throw-ins will occur when the ball goes out of the boundary lines.
- Free kicks will be taught as well.

- Goal Keepers will practice goal kicks and punts.
- Off-sides
- Substitutions will be unlimited during games if extra players are available. Equal playing time is required for all participants. Substitutions should occur when game play stops (at half-time, after a goal is scored, prior to a goal kick, before a throw-in...)
- A running clock will be used and only stopped for injury or emergencies. The coaches will track the running clock using stop watches/phones.
- Rock, paper, scissors between coaches will determine which team will kick off to start the game.
- No penalty cards will be issued. No penalty kicks will issued as well.
- Kids will be encouraged to pass the ball to teammates and learn to use the whole field.
- Field positions will be taught – forwards, mid-fielders, backs and goal keepers.

PRACTICE & GAME INFORMATION CONTINUED

All practices and games will be held at the Plainville Recreation Ballpark. Fields will be set up and labeled.

Practices:

- **Practices are scheduled by the coaches.** Majority of practices will range from 30 minutes-1 hour. Players will practice warm-ups, conditioning and soccer skills/drills with their assigned coaches.
- Water/bathroom breaks will be announced by coaches during practices. Athletes can always request bathroom/water break if needed.
- **Bathrooms may not be available at all practices!**

Games:

- **All games are played on Saturday mornings.**
- Games will be two 20 minute halves with running clock and a 5 minute half time.
- The complete game schedule is attached below.
- **Games will be officiated by coaches and refs.**

What Practices should look like:

Kinder Kicks

Warm Up

- This can include a small run (around cones, call out colored cones, around goals...)
- Stretching – sit in a circle and teach basic stretching
- Plyometrics – skipping, high knees, booty kicks, gallop, bear crawl

Drills

- Ball handling – toe touches on ball, move ball foot to foot
- Dribbling – give them cones as targets to dribble to and from
- Passing – learn to use inside of foot and laces
- Shooting – shots on goal (no goalies)
- Offense/defense – 1v1 drills

Cool Down

- Fun Game – Duck, Duck, Goose/Race to colored cones/Head, shoulders, knees & toes/tag

Break Time – water and potty (parents should be there to assist) – about 5 minutes

Scrimmage Time

- Monitor safety and play.
- All kids play the whole time
- Do-overs are acceptable if coaches see fit
- Throw-ins will be allowed when the coaches stop play – even though there are no boundary lines
- Free Kicks will be taught and practiced if coaches stop game due to foul on field
- No off-sides will be called
- There are no goal keepers at this age level. Goals are small! Encourage kids to run in field and not stand in the goal.
- Coaches will determine who starts with the ball for kick off with rock, paper, scissors
- No slide tackling
- No penalty cards or penalty kicks
- Encourage the kids to pass the ball to teammates!

1st-3rd & 4th-6th Grade Leagues

Warm-up

- 1 or 2 laps
- Stretch
- Footwork

Drills

- Ball handling
- Dribbling – shuttles, to and around cones, use cones as barrier to dribble around...
- Passing – partner passing, passing boxes, 3-man weave...
- Shooting and Goalie practice
- 1v1, 2v1 offense and defense
- Positions – forward, midfield, back and goal keeper
- Heading the ball

- Slide tackling
- Defense positioning
- Free kicks and crossing the ball
- Scrimmage – small 3v3, 2v2 OR large ½ team vs ½ team.

Cool Down

- 1 lap jog
- Stretching

Scrimmage Time

- Monitor safety and play.
- Free Kicks will be taught and practiced if coaches stop game due to foul on field
- Coaches will determine who starts with the ball for kick off with rock, paper, scissors
- No slide tackling
- No penalty cards or penalty kicks
- Encourage the kids to pass the ball to teammates

Any changes or cancellations to the game schedule will be made available to the athletes and parents in the timeliest manner available. Email and text message will be the main form of communication. All communications will be done through the PRC Soccer 2026 group chats and our Facebook page. I encourage all to sign up for text alerts. Changes or cancellations should only happen due to weather.

CONTACT

Plainville Recreation Director

Tanya Meyers

785-737-6220

plainvillerecreation@gmail.com

Facebook: Plainville Recreation Commission