WHEATLAND SOCCER RULES:

Some info for those who can instruct/ train during the warm up portion.

• 10/15 minutes of technical instruction of any;

 - passing exercises

 - teaching skill moves (scissors, roll over, feints)

 - dribbling (different surfaces of the foot)

 - 1v1 defending

This will be with all players at the field.

It doesn’t have to be an A license session plan, just some instruction for players to take forward into the game.

They’ll start with this & then move onto the game which is 4 x 10 minute quarters (added rule book in notes online). The volunteer Head Coaches should also be familiar with the rules so should be communicating with the referees too!