



AMERICAN YOUTH SOCCER ORGANIZATION
a nonprofit corporation dedicated to youth soccer
everyone plays®



2005 U6 & U8 SUPPLEMENTAL Coach Manual



AYSO REGION 13
PASADENA ~ ALTADENA ~ LA CANADA

www.ayso13.org

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Vision Statement

American Youth Soccer Organization

To provide world class youth soccer programs that enrich children's lives

Mission Statement

To develop and deliver quality youth soccer programs which promote a fun, family environment based on the AYSO Philosophies:

Everyone Plays
Balanced Teams
Open Registration
Positive Coaching
Good Sportsmanship

The core values guiding AYSO are:

Fun for all
Education for all
Ethics for all
Accessible for all

The mission is accomplished by providing these essential services:

Coaching and referee programs including quality delivery systems
Quality administrative and operating systems with a support network
Strong financial position
Special network for volunteers, supported by a national staff
Program research and development

Character Counts

AYSO is a coalition member of the Josephson Institute of Ethics and is committed to supporting the *Character Counts* program.

Its six pillars of character are:

Trustworthiness
Respect
Responsibility
Fairness
Caring
Citizenship

AYSO REGION 13

U6 & U8 COACHES' MANUAL

INTRODUCTION

There are two goals to Region 13's Under 6 (U6) and Under 8 (U8) Program: (1) to introduce the game of soccer to our youngest children in a fun, safe environment where they can start to develop teamwork skills; and (2) to introduce age-appropriate ball handling skills. **These are "non-competitive" divisions. That means, we do not keep either scores or standings, and we positively encourage all of the children and cheer all goals scored by all players no matter which net the ball may end up in.**

I. PURPOSE OF THIS MANUAL

This Manual serves two purposes. First, for those of you who have not previously coached at the U6 or U8 level, it will help introduce you to the idea and rules of a "Short-Sided" game. Second, this Manual, together with the standard Region 13 Coaches' Manual, the Parents Handbook and the Region 13 website (www.ayso13.org), is your guide to the Region 13 organization, as well as a checklist for organizing your team. We hope that the information and suggestions will help you as a coach. Please consult the Manuals to find answers to administrative questions and as a guide to other sources of soccer information. As you read and use these Manuals throughout the season, you may find a question unanswered, or perhaps have an idea or issue that should be addressed in next year's Manual. If so, please let us know.

II. SHORT SIDED-GAMES

Region 13 has implemented Short-Sided games for the U6 and U8 Divisions. A "Short-Sided Game" is, for this purpose, described as a game played by no more than seven (7) players per team on a reduced size field with "hockey-sized" goals and no goalkeeper. Full size (11 v 11) games for younger players inhibit the learning of skills and tactics. Full size games also limit the number of touches that each child gets with the ball, and therefore reduce the fun associated with maximum participation by each player.

Modern research in Europe and Canada has proven that younger children will develop their physical and mental skills faster by playing Short-Sided games. Such games promote a fun atmosphere where there is less pressure to perform and the playing experience is more enjoyable. Short-Sided games also:

- Reduce the number of "tactical" decisions to a level more appropriate to the player's age;
- Increase the number of ball touches;
- Avoid locking players into "positions" thus providing for more player development;
- Provide more playing time (as there are no substitutions), so players experience recurring situations more frequently and quality of play improves more quickly; and

- Maximize field space by providing for two games to be played simultaneously across a regulation size field.

Short-Sided games are achieved by splitting each team into two "squads" with the same number of players (plus or minus 1) on each squad. During games, each half of one team will play both halves of the other team against which it is scheduled to play, in simultaneous games played on adjacent mini-fields. Short-Sided games, and the accompanying Law Modifications, are intended to encourage all players to get "more touches on the ball". Touching the ball is the central purpose of the game from a training perspective, and the "score" of the game never counts and is, in fact, irrelevant.

III. REFEREES

Each U6 and U8 team must provide two (2) referees. These referees are responsible for refereeing their own team's games. Please remember that referees are volunteers too. New volunteers are needed each year so that our Region can continue to train and develop enough skilled referees to support a quality youth soccer program. As a coach recruiting Team referees, you should seek out reliable people who have some interest in refereeing. Knowledge of the game is not a requirement, although it helps. Training and mentoring are provided.

It is important for a coach to understand the role of the referee. The referee is the sole authority on the field, in accordance with FIFA Laws of the Game, AYSO rules and Region 13 policy. One or two center referees may officiate any particular game, at the referees' discretion. There are no Assistant referees (lines people) for U6 or U8 games.

The referee's two primary tasks are (1) to make sure that the children have a safe, fair and fun environment in which to play and (2) to make sure that the game ends on schedule. There are extremely few, if any, real fouls at the U6 and U8 levels. Referees may help correct errors, for example with an incorrect throw-in, and should allow a child a second chance to do it right. Referees should also explain to the players any foul which the referee may call, so that the players learn the laws of the game.

The U6 and U8 Referee Course will be conducted at various times preceding, and possibly after, the first game. Referee course schedules can be obtained on the Regional website. The course provides an introduction to the Laws of the Game, guidelines for their interpretation and enforcement, and instruction on methods of refereeing. All referees and coaches are welcome to attend.

Please remember that all the referees are volunteers, most of them parents. They are not professionals (as you are not a professional coach) and frequently have had minimal soccer experience. They will make mistakes. Players, coaches and spectators must accept the referee's ruling, even if they don't agree with it. Coaches and parents must provide an example of good sportsmanship and tolerance for their players and children.

IV. RULES OF THE U6 & U8 GAME

All Region 13 games are played according to the international (FIFA) Laws of the Game currently in effect, except as amended by the National AYSO Rules and Regulations, and/or by the

Region 13 Short-Sided Game Program. This section contains Region 13's special rules for U6 & U8 play. However, all Coaches are urged to read the primary Coaches' Manual. Many of the issues covered elsewhere are also applicable to U6 & U8 Coaches. More importantly, the more you know about coaching, the more fun you will have with your players.

A. EVERYBODY PLAYS: Region 13 enforce AYSO's "Everyone Plays" rule. The basic rule in Region 13's U10 through U14 programs is that each player must play at least three (3) quarters of every game. In U6 and U8 games, all players are encouraged to play the entire game, unless they need to take a short break for water or a quick visit with Mom or Dad. Younger players may need or want to come off the field from time to time, and this should be permitted. No player should be forced to participate, but all should be encouraged to play the entire game where possible. Thus, in keeping with the effort to improve ball skills and encourage children to get "more touches on the ball," there are no formal substitutions of players in U6 and U8 games.

B. FIELD / GOALS / BALL

- Two small rectangular fields set side by side, with half of each team playing against half of the other team on each of the small fields.
- The Center Circle has a 5 yard radius.
- The Goal Area is defined by semi-circle.
- Goals are small free-standing "hockey" size goals provided by the Region.
- There are no Goal Keepers.
- There is no Penalty Area, and no "penalty kicks".
- There are no Corner Arcs.
- A size 3 ball is used.

C. PLAYER EQUIPMENT:

- Each player should wear his or her team uniform, including jersey, shorts and socks. If you have an extra uniform, carry it with you as against the possibility that a child cannot find all or part of their uniform on a given Saturday morning. Coaches should also consider carrying an extra t-shirt of the same primary color as the team's uniform for a player who might be missing a jersey. A child should always be allowed to play in U6 and U8 even if they are missing part of their uniform!
- Soccer shoes are preferred but not required. Shoes other than soccer shoes (i.e. baseball or football shoes) are not allowed for safety reasons if they have a toe cleat.
- Shin guards are MANDATORY at all games and practices. Coaches should carry an extra pair in their Coach's bag in case a child forgets or losses their's.
- Personal adornments, such as earrings, bracelets, watches, etc. are NOT permitted on the field, as they create a danger both to the player wearing them and to other players. Likewise, players may not have any hard hair accessories, including ornamental beads. No casts, soft or hard (and no matter how well padded or wrapped)

are allowed. Taping over earrings or other jewelry is not permitted; the items **must** be removed.

D. NUMBER OF PLAYERS As already mentioned, all players are encouraged to play the entire game. Before each game, each coach will split his or her team into two relatively equal groups. If possible, each group will have an equal number of players and will be balanced relatively equally in ability. Frequently, both teams do not have the same number of players present. In that case, coaches should balance the number of players as closely as possible (for example, playing 6 vs. 6 on one field and 5 vs. 6 on the other). If, however, competing squads are numerically imbalanced by 2 or more players (for example, 6 on one side, 4 on the other), coaches should encourage players to shift teams, as necessary, to even out the number of players on each squad. In order to limit confusion as to which team they are playing with, the player(s) shifting sides should turn their jersey inside out or wear a non-conforming shirt.

E. GAME LENGTH / QUARTER AND HALF TIME BREAKS

- **Under 6** -- 32 minute games, two (2) quarters of 16 minutes each.
- **Under 8** -- 40 minute games, two (2) quarters of 20 minutes each.
- “Quarter” or Water Breaks should be taken at or about the 8 or 10 minute mark (as appropriate to the Division) when the ball otherwise goes out of play; and should be kept as brief as possible, all at the referee's discretion. The game clock is a running clock and is **not** stopped during the quarter breaks.
- The “Half Time” break must commence at the expiration of one half of the full game time, i.e. at the 16 minute mark for U6 and the 20 minute mark for U8, and should be approximately five minutes in duration. The game clock is stopped during the Half Time break.
- At the beginning of the second half, each squad from the Home team (as identified on the Weekly Schedule) will stay on the same mini-field on which it played during the first half. Each squad from the Visiting Team will switch mini-fields, so that group A of the Home Team will play against Group A of the Visiting Team in the “first half” and group B of the Visiting Team in the “second half”. In this sense, “Half Time” is not so much an interval during the middle of one game as it is a break between two mini-games.
- It is recommended, although not required, that in U6 each team go the same direction in both the first and second halves (unless there is a distinct advantage to one direction vs. the other). In U8, the teams should switch directions at half time. In all cases, both halves of a given team should be going in the same direction at the same time to minimize confusion.

F. COACHES ON THE FIELD

- **Under 6** -- For the entire season, one coach from each team **MAY** be on the field with each squad for player support and coaching purposes only. Coaches should attempt to stay to the sidelines and corners of the field, not the middle of the field, and should attempt not to get in the players’ way or to get between the ball and the goal.

- **Under 8** -- During the month of September, **only**, one coach from each team MAY be on the field with each squad, subject to the same caveats as described above under the U6 paragraph. Starting October 1st, **no** coaches are permitted on the field during play in U8 – except that coaches may enter the field to care for an injured player when given permission to do so by the referee.

G. STARTS AND RE-STARTS OF THE GAME

- **Kick Off:** The game starts with a kickoff in the middle of the center circle. The winner of a coin toss will be the team kicking off at the beginning of the game. After a goal has been "scored," a Kick Off is taken by the team scored upon. [Note: This is different from American "football."] All players on the non-kicking team must be outside the center circle (i.e. at least five yards away from the Center Mark) and on their side of the half line.

- **Throw-Ins:**

- Opponents must be five yards away from the ball on a throw-in.
- In the event a throw-in is taken improperly, an additional throw-in by the same player will be allowed after the referee explains to the player why the prior throw-in was improper. If the retake fails, the referee and coach should again offer positive correction, but the throw-in may be awarded to the other team.

- **Goal Kick:**

- A Goal Kick may be taken at any point along the Goal Area Arc, or anywhere within the Goal Arc.
- Opponents must be at least five yards away from the ball. If there is a second larger arc painted on the field, opponents (but not members of the kicking team) must be behind this second arc.
- The ball may not be played by either team until it has traveled 5 yards or crossed the second arc, if one is present.

- **Corner Kick:**

- A Corner Kick must be taken at the intersection of the Goal Line and Touch Line (sideline), as placed at the discretion of the referee.
- Opponents must be at least five yards away, from the ball.

H. FOULS AND MISCONDUCT Fouls and Misconduct are very rare in the U6 and U8 Divisions. All fouls and misconduct will result in the award of either an Indirect Free Kick or Direct Free Kick for the opponent. **There are no penalty kicks in U6 or U8!** In all instances, the referee should explain the foul and/or reason for the referee's call to the player against whom the call was made. All members of the non-kicking team must be at least five (5) yards away from the point of any free kick. Defenders, however, may form a wall at or outside of the goal arc.

An Indirect Free Kick shall be awarded at the point of infraction, or on the Goal Arc at the top of the defending Goal Area, whichever is further away from the Goal line, for all fouls except deliberately handling the ball or violent play. A goal MAY NOT be scored directly from an Indirect Free Kick.

A Direct Free Kick shall be awarded at the point of infraction, or at the top of the defending Goal Area, whichever is further away from the defending Goal line, for deliberately handling the ball or violent play. A goal MAY be scored directly from a Direct Free Kick.

Referees shall not carry or use yellow or red cards in U6 or U8 games. Misconduct will result in an Indirect Free Kick. The referee should counsel the player committing the foul on the importance of player safety and good sporting conduct in such instances. In the unlikely event an extreme situation develops, it should be handled by the coach.

I. THE “NO PARKING” RULE There is "No Parking" allowed in or adjacent to the goal area at either the offensive or defensive end of the field. The purpose of the “No Parking” Rule is to avoid having a player simply standing near either goal while not actively playing the ball; that is, to prevent having *de facto* goalkeepers at the defensive end of the field and “cherry picking” attackers at the offensive end of the field. Players must learn the ebb and flow of the game. Coaches must cooperate with the spirit of the Rule, and assist the referee in enforcing it. Sometimes the players themselves decide to park near the goal. This should be discouraged. Further, while the “No Parking” Rule is stated in terms of the Goal Arc in front of the goal, coaches should not “park” defenders or an attacker right outside of the arc as this would violate the spirit of the Rule. The Rule is stated as follows:

No Defender or Attacker may be positioned or stand in, or immediately adjacent to, either Goal Area. Any player may enter either Goal Area to play the ball, but the player must then exit with the flow of play. Defenders may not act as *de facto* goalkeepers, or wait in front of the goal for the ball to be played to them.

The referee shall have discretion to determine if the "No Parking" rule has been violated. If, in the referee's opinion, a player is improperly "parked" in front of the goal, the player should be instructed by the referee as to the violation of the Rule and must relocate. If, in the referee's opinion, the “parked” player has been involved in the play, an Indirect Free Kick should be awarded to the other team. If an attacking team is awarded an Indirect Free Kick due to a violation of the “No Parking” rule, it should be taken from the top of the Goal Arc. If a defending team is awarded an Indirect Free Kick, it should be taken from the point of infraction.

J. OFFSIDE The offside rule is not enforced in the U6 or U8 Divisions.

V. SIDELINE CONDUCT

Coaches are always responsible for the conduct of their sideline, including all of the parents and other spectators on that sideline. As the saying goes: “Coaches coach, Referees referee and Parents cheer.” All comments made on a sideline by parents and coaches alike should be positive and encouraging, never negative or demeaning. In the event the referee determines that sideline behavior does not meet appropriate standards, the referee will speak to the coach. In the event that the sideline conduct is so bad that a coach or spectator should leave the game area, the coach will comply and/or assist in enforcing the referee's decision with regard to any spectator.

VI. HOW TO ORGANIZE A PRACTICE

In organizing a practice session, one must consider the time available and the specific goals of that session. You must keep 12 players "busy" for approximately one hour. Show up early and start on time. Wear appropriate clothing to show that you are interested in the game. You can't really get into the spirit of the practice if you are wearing a tie and street shoes, or a dress and heels. A good basic rule to follow at all levels of instruction is:

Always
Be
Careful to
Demonstrate and
Explain
Fully

Your players are eager and enthusiastic. Give them the added advantage of understanding what you want them to attempt. Keep the practice simple by trying to communicate one idea or skill at a time. If you are unclear on a particular rule (e.g., direct vs. indirect kicks), don't give a wrong answer and confuse everyone. Find out and teach it correctly at the next practice. Your Division Coach, the Regional Coach Administrator or the Division Referee Coordinator are all available to help.

One hour is enough time to conduct a thorough (and exhausting) practice for the younger age groups. Minimize inactivity, maximize contact with the soccer ball. Follow a theme, build on basic skills, finish with competition. Whenever possible, incorporate conditioning as part of the drill or exercise. Think of the hour in three parts:

First 10-15 minutes:

Warm up exercises and stretching (including an activity they can join as they arrive)
Dribbling in a grid (visual skills and ball control)
Hopping and other ball touches
Various ball handling drills and stretching
Trapping (ball stopping) skills
Ball Juggling skills

Next 25-30 minutes:

Main (one or two) skill activity for the day. For example:
Dribbling around an opponent
Development of instep drive (kicking with laces not toe)
Shooting on goal
Passing & trapping
Basic Defensive concepts (U8 only)
Re-Starts: Corner kicks, free kicks, throw-ins, kick-off, etc.
If there is a need for a sit down talk, do it now (2-3 minutes).

Last 15 minutes:

Cumulative drills, for example:
"Steal the Bacon"
"Alphabet Soup"
"Magic Ball"
Hand ball (for staying wide and spreading out -- U8 only)
3 v 3 "World Cup"
Controlled scrimmage, similar to game situations.

Finish the practice with encouragement and praise. Try to notice something good about everyone's performance. Give yourselves a cheer. Remind the players about the time and field for Saturday's game.

Using the outline above, you should be able to map out a practice session the night before, perhaps in consultation with your assistant coach and one of the many manuals available from AYSO or soccer supply stores. Planning ahead will eliminate the difficulty of showing up at the practice field directly from one's place of work and having to improvise. No need to have the kids take two laps around the field (although they may well need it) while you figure out what to do. Children respect organization, and an orderly practice that produces results will build morale and confidence. Your Division Coach and others are available to discuss practice goals and organization. Please ask for suggestions or help.

VII. PREPARING FOR THE FIRST GAME

A. The Field The game field is very different from the practice field. Field markings, goals, the size of the field -- these things can be intimidating to a young or inexperienced player. Young players may not make the connection between your two flags or cones that serve as the goal in practice, and the real thing. Before the first game, even if briefly before, take your players on a short tour of the field. Do your players know that a goal kick can be taken from anywhere in the goal area? Where does the defensive team position itself at the kickoff? When is a ball out of play? When is a corner kick taken? Where can a player's feet be when he takes a throw-in? It is possible for players to go through an entire season and not learn some of these basic aspects of the game.

B. Uniforms Be sure that your players know how to wear their uniform. Socks are worn over shin guards (never the other way around). Shirts are tucked in. On cold days a long-sleeve shirt may be worn under the team jersey, preferably the same color as the jersey's dominant color.

C. Pre-Game Warm-Up Your team should arrive at the field at least 30 minutes before the start of their game. Games will start on time. Use the 30 minutes to do a brief pre-game warm-up with some cardiovascular activity, a bit of light stretching, and additional practice dribbling, shooting and passing. There may not always be time to shoot on a goal, but the passing and other activities can be done in any open space.

D. Starting and Restarting Play Each player should have an equal opportunity to do everything (throw-in, goal kick, corner kick, etc.) during each game. Just because one player can throw the ball further on a throw-in or kick the ball further on a goal kick does not mean that player should do all of the throw-ins or goal kicks. Children learn by trying and, hopefully, succeeding. Remember that these are non-competitive divisions and that the goal is to develop skills, not "win" games. Make sure that all players have an equal chance to learn how to successfully accomplish all of the re-start skills.

E. "Positions" AYSO and Region 13 encourage all coaches to give their players experience at all positions, particularly in the younger divisions. Experience is more important than strategy. Rotate your players each game between attackers and defenders. Your players won't know what a "sweeper", "striker" or "stopper" is, but they can understand basic attacking and defensive positions, particularly if they are given fun names.

F. Entry onto the Field During Play In the U6 Division, one coach may go on to each field to encourage and assist the players in learning proper skills and techniques throughout the season. In the U8 Division, one coach may do likewise during the month of September. Otherwise, coaches may not enter the field unless called by the referee. In the case of an apparent injury, let the referee check the player and then summon you, if necessary. Quite often a player will sit down after a hard play, but not because of a real injury. The referee is responsible for the safety of the players

on the field, and will ensure that an injured player receives attention. Parents are not allowed on the field at any time without the specific permission of the referee.

G. Post-Game Etiquette and Sportsmanship When the game is over, the entire team should come together on the field. This is a chance to give a cheer for the other team and yourselves. After the cheer, the players line up single file at midfield to shake hands (or "high five") with the other team. Coaches are in this line as well, and opposing coaches should always shake hands after a game. Coaches should encourage their teams to thank the referees, and should remember to thank the referees themselves.

H. Field Set-Up and Take Down If you are playing the first match of the day on a field, you and your parents must see that the goals are obtained and correctly placed. Also be sure to check the field to make sure that it is safe, picking up any broken glass or other dangerous objects that you find. If you play the last game of the day, return the goals to their proper pick-up point.

VIII. THE END OF THE SEASON

A. Trophies Since these are non-competitive Divisions, there are no playoffs. All players will receive participation trophies which will be distributed to you by your Division Coach. **You and your Team Manager will be asked to compile a list of the players' names for the trophies, and have their parents sign-off on the list verifying that the spelling of their child's name is correct. It is imperative that your team's trophy list be given to your Division Coach no later than October 15th so that there is time to have the trophies made.** The trophies, together with your Coach's Plaque and the Plaque for your Team Sponsor, will be available at the Coaches Tent on the morning of the last play date (the last Saturday before Thanksgiving). Please immediately check your team's trophies for any spelling errors, and if there is an error please notify your Division Coach immediately.

B. Team Party All coaches are encouraged to have an end of year wrap up event; if not the proverbial pizza party, then some other fun activity for the team as a group.

C. Ratings (U8 Only) In the U8 Division your team's trophies will not be given to you until you have turned in your player Ratings Sheets. The Ratings Sheets will be made available to you several weeks before the end of the season, with accompanying instructions as to how to properly fill them out. (A sample copy is attached for your reference.) Accurate ratings are extremely important, as they are the basis for the next year's team selection process. The players should be rated on a scale of 1 to 12 (12 being best), with numerical values being given in five different categories. A 12-rated player is extraordinary, perhaps at most 2 or 3 in a Division. Similarly, a 1 rated player is very rare. Your team's overall ratings should resemble a bell curve, with most players falling in the 5-7 range. You will also be asked to judge each player according to his or her overall value to the team. If you have questions about how to rate players please discuss this process with your Division Coach.

D. The Graduation Series (Older U8 Players Only) Coaches in the U8 Division will also be asked to nominate their 3 or 4 best **Older** (but not younger) players as candidates for participation in the "Graduation Series". The Graduation Series is limited to older players who will be moving up to the U10 Division the following year. The games are played on a 7 v 7 basis on a U10 size field with U10 size goals and goalkeepers. While it is still a "non-competitive" program, it is a stronger player's first introduction to more serious soccer. Tryouts are held during December, and Graduation Series games are played during the winter All-Star Season (January and February).

IX. TEAM SPONSORS

Each Region 13 team is requested to obtain a Team Sponsor. The registration fees which the Region charges covers only about \$.50 of each \$1.00 which is needed to run the program. The difference is made up through Region 13's fundraising efforts – the primary one of which is the Team Sponsor program.

Team Sponsorships are \$300.00. Sponsors are frequently family owned businesses, employers of a parent of a player on the team, the family of a player, a local community business, or the combined parents of the team members. AYSO is a 501(c)(3) non-profit organization, so all team sponsorships and other donations to the Region are tax deductible. A team is not limited to having only one sponsor.

Please make sure that your team has a Sponsor. If you are not comfortable asking people to donate money to the Region, please contact the Regional Commissioner or any other Executive Board member and he or she will be happy to assist you.

X. SOCCER CAMPS and CLINICS

Coaching clinics are offered periodically in Region 13 and in other nearby Regions. These clinics are progressive in nature, are usually conducted in the evening or on weekends, and are participatory. Details can be obtained from your Division Coach, *The Far Post* (the Region 13 E-Newsletter) or the Regional website – www.ayso13.org.

There are also numerous soccer clinics and camps available throughout the year, including two week long summer camps offered by Region 13 in June and August each year. For further information please check the Regional website.

Thank you for giving your time and energy, and for making the commitment to be a “Coach”. Enjoy and honor the title of “Coach” and the appreciation that comes with it from your players. Have a great season, and always remember the reason we are doing this

IT'S FOR THE KIDS!!

ALERT!

**You are
entering
an**



**By entering this
kids zone,
you agree to
the following:**

- Kids are #1
- Fun - not winning - is everything
- Fans only cheer, and only coaches coach
- No yelling in anger
- Respect the volunteer referees
- No swearing
- No smoking
- Leave no trash behind
- Set a proper example for our children

**If you can agree to the above, we welcome you.
IF NOT, WE ASK THAT YOU PLEASE LEAVE NOW.**

AYSO – it's for the kids!

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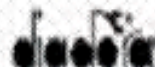
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