



MLS GO

COACHES RESOURCE

Prepare to coach. Build skills. Help every player enjoy soccer.

[COACHES & VOLUNTEERS](#) | [ALL MLS GO LOCATIONS](#)

1. Start with your role and division

Confirm your coaching assignment and complete all league assigned screening, training, and acknowledgments before serving. Review your division rulebook, eligibility, game format, and approved local modifications with your coordinator.

2. Plan active, positive practices

Choose one or two skill goals. Use brief demonstrations, plenty of ball touches, small groups, and games that match your players' abilities. Praise effort and improvement. Plan water breaks and make sure every player feels included.

3. Prepare for game day

Check the field, goals, equipment, roster, and schedule. Players must wear shin guards fully covered by socks and safe footwear. Confirm uniform colors, bring the correct game ball, and plan substitutions to support at least 50% game playing time for each player.

4. Know the key rule differences

The recommended 3v3 and 4v4 formats have no goalkeepers, offside, or penalty kicks. In 7v7, goalkeepers may not punt or drop kick. Substitutions are unlimited at stoppages. The supplied rulebook bans heading for players age 11 and younger. Read the full rules for your assigned format.

5. Lead a respectful team

Model calm communication with officials and opponents. Keep families informed through the approved team channel. Follow league injury, weather, and incident reporting procedures. For suspected injury, stop participation and notify the appropriate staff; follow required evaluation and clearance procedures.

OPEN THE OFFICIAL MLS GO PLAYBOOK >

Free coaching manuals and practice plans. Age group links are on page 2.

Sources: MLS GO Rulebook (6.24.26); Just Compete Training & Materials; official MLS GO PLAYBOOK.



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PRACTICE & PLAYBOOK

Choose your manual. Keep sessions simple, active, and fun.

[CLICKABLE COACHING TOOLS](#) | [PLANNING GUIDE](#)

CHOOSE AN OFFICIAL COACHING MANUAL

Manual names below follow the MLS GO PLAYBOOK labels. Confirm your local division and use activities that fit your players' development.

U4-U5 / OPEN MANUAL >

Learning and Discovery

U6-U7 / OPEN MANUAL >

Have Fun

U8-U9 / OPEN MANUAL >

Learning by Playing

U10-U11 / OPEN MANUAL >

Supporting Development

U12-U13 / OPEN MANUAL >

In Full Development

U14-U15 / OPEN MANUAL >

Progressive Transition to 11v11

SAMPLE 45 MINUTE PRACTICE

A suggested planning outline, not a required MLS GO session. Adapt activities, intensity, and breaks to your team, facility, and conditions.

- 5 minutes** Welcome and movement with a ball
- 10 minutes** Dribbling and ball control game
- 10 minutes** Passing or shooting activity in small groups
- 15 minutes** Small group games with frequent rotations
- 5 minutes** Easy finish, player reflection, and team reminders

Build water breaks into each activity. Keep explanations short and reduce waiting in lines. Use the official manual for full exercises and session plans.

Official resources: www.mlssoccer.com/mlsgo/playbook/ | Select any card above to open its manual.