



MLS GO PARENT GUIDE

Get ready to play. Build confidence. Enjoy the game together.

PARENT RESOURCES | MLS GO SOCCER

1. Welcome to MLS GO

MLS GO is Major League Soccer's recreational youth soccer program. Beginners are welcome! Players learn soccer fundamentals, build confidence, and practice teamwork. Game formats vary by age, and rosters should support at least 50% game playing time for each player.

2. Get your player ready

Players receive an MLS club branded jersey, shorts, and socks. Wear the league provided uniform on game day and confirm pickup details with your coach. Shin guards are required and must be completely covered by socks. Soccer cleats are recommended; closed toe athletic shoes are allowed if the referee considers them safe.

3. Pack for practice and game day

Bring water and a labeled soccer ball for practice, if available. Ask your coach which ball size to use and when to arrive. Check your field location, practice time, game schedule, and uniform color before leaving home. Let your coach know if your player will be absent.

4. Keep the sidelines positive

Cheer effort, teamwork, and improvement. Let coaches coach and respect officials' decisions. Stay in the designated spectator area; team benches are reserved for players and approved coaches or volunteers. Share concerns calmly with league staff. After the game, ask: What was fun? What did you learn?

5. Stay connected throughout the season

Check the league's approved communication channel for schedules, reminders, and weather updates. Follow facility and staff instructions. Friend and coach requests are considered but are not guaranteed. For registration or team questions, use the contact listed on your local MLS GO registration page.

EXPLORE MLS GO PARENT RESOURCES >

Find answers about the program in the official MLS GO FAQs.

Source: MLS GO Rulebook (6.24.26), pp. 1, 3-4, 8, 15-17. Confirm local season details with your league.