**New Ball Method**

Introductory Guidelines

-There is no referee. The coaches are responsible for controlling the game

-Whenever a ball goes leaves the field of play, the coach running that quarter will say "New Ball!" and roll another ball into play.

-There will be kick-offs at the beginning of each quarter (alternating between each team (either quarters 1 & 3 or 2 & 4).

-No Throw-in’s, free kicks, goal kicks, corner kicks or kickoff’s after a goal is scored.

-Substitutions are done "on the fly" like with indoor soccer. When a player gets tired or the coach wants to make a substitution, the player runs off the field and a new player runs on. No stoppage.

-The coaches will have 5-7 balls ready to re-start the play. Before the game they will determine which two-quarter’s each coach will introduce the New Ball. The ball is rolled into play, not bounced or thrown into play. Look to recruit your parents to help retrieve balls as they go out of play and return them to the coach (not introduce them back into the game).

-Putting a ball back into play - The 'new ball' should be introduced to balance the game in any one of four ways:

* Ball is rolled to neutral space
* Ball is rolled toward the disadvantaged team
* Ball is rolled to favor the team on the wrong end of a one sided game
* Ball is rolled to favor individual players who are not becoming involved in the game

-Goalkeeper. The Goalkeeper can use their hands. With a ball in their hands, the keeper can distribute the ball by throwing, dribbling or kicking the ball (from the ground). There is NO PUNTING.

The advantages of the New Ball Method:

* More touches on the ball - This method doubles or triples the number of touches by each player. There is a saying: ‘The ball is the best teacher’, so with more touches they are increasing their skills. This will also lead to more enjoyment of the game.
* More time playing the game as there is less time chasing a ball that has gone out of bounds, or waiting to re-start the game from a dead ball situation.
* Because with the New Ball Method, the coach can influence the direction of the game, less assertive players can get more involved by rolling the ball out to those players.
* This method can also be used to help even out a lop-sided game making it a more enjoyable experience for everyone. The emphasis is on having fun, learning and sportsmanship.