

Continuous Play Guidelines

Applies to Pre-K, Kindergarten & 1st grade play

Adapted from the US Soccer Foundation (2016)



OVERALL: During games, players should be allowed to play and enjoy themselves, and coach-mentors should spend very little time making coaching points that stop the flow of the game. Where possible, coaching points should be made in the background while play continues to flow. Use the game to teach soccer rules and regulations and to occasionally highlight moments where the soccer topic of the day is executed by a player (or players) during the flow of the game.

GOAL: Using the Continuous Play Model, it is important to maintain flow in the game and increase physical activity via the relative lack of stoppages in play.

Continuous Play Model

Utilize the Continuous Play Model on Game Day. Using all available soccer balls, keep several volunteers stationed around the field(s) with extra balls in hand. Of course, team coaches are encouraged to serve as these volunteers.

Ideally, have one volunteer along each line of the field, so four in total (two on endlines and two on sidelines). **When the ball goes out of bounds, the closest volunteer announces “New ball!” and rolls (not throws or bounces) a new ball onto the field, ideally into a spot that does not provide an advantage to either team*.** At the same time, someone else (another team parent) may chase down the ball that went out of bounds if that ball is not the one put back into play.

Using the Continuous Play Model will keep players moving and engaged in the activity because it will minimize stoppages in the game, thus increasing the physical activity level of and opportunities for development for all players.

* An exception might be when one team is clearly dominating. In that case, the roll-in of the ball can be done to provide a moderate advantage for the weaker team.