



# We're registered for soccer.... now what?

Here's a few tips to make your soccer season successful!

## General:

- Playground plays on Monday nights 6-7
- 5U plays on Tuesday nights 6-7
- 6U plays on Saturdays (time varies)
- 7U, 8U, 9U, 10U, 12U, and 14U have an evening practice determined by their coach and games on Saturday (time varies)

## Equipment:

- Shin guards - every player needs shin guards that go under their socks
- Shoes - cleats are recommended but not required. (No metal cleats)
- Shorts/pants - any comfortable bottoms with no buttons or zippers
- A jersey and matching socks [will be provided](#)
- A water bottle for every practice/game
- Soccer ball (recommended) -
  - 5U,6U,7U,8U uses a size 3 ball
  - 9U,10U,12U uses a size 4 ball
  - 14U uses a size 5 ball

## Things to know:

1. Layers such as long sleeves or jackets need to be worn **UNDER** the jersey with all hoods tucked in.
2. No jewelry - **including earrings**. Earrings must be removed, they can not be taped.
3. No metal barrettes or hair ties or any other hard material in hair, such as beads.
4. No casts or splints may be worn.
5. No pets are allowed at the fields during any practices or games.

In AYSO, parents and spectators are asked to be cheerleaders, not critics. This means cheering for all players (even on the other team), giving positive reinforcement and no coaching from the sidelines.