



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 INDOOR SOCCER LEAGUE

OCTOBER 12 TO DECEMBER 12

Overview

The YMCA's Indoor Soccer program introduces children ages 3 to 12 to the fundamentals of soccer. Using a boundary system, Indoor Soccer is played with little to no interruptions. Indoor Soccer is a fast paced game that teaches players great ball control and footwork.

Divisions

Age 3 - 4 Age 5 - 6 Age 6 - 7 Age 7 - 9 Age 9 - 12

Practice

- ◆ Practices will begin the week of October 12th.
- ◆ Children will practice once per week M-F.
- ◆ There won't be any practices or games the week of November 22 to 28. (Thanksgiving week)

Games

- ◆ Games will be played on Saturday mornings beginning as early as 8:00am.
- ◆ Games will be held at the Valparaiso Family YMCA on the following dates:
10/31, 11/7, 11/14, 11/21, 12/5, & 12/12

VALPARAISO FAMILY YMCA

1201 Cumberland Crossing Drive, Valparaiso Indiana 46383

P 219 462 4185 F 219 477 4720 www.valpoyymca.org



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Equipment

- ◆ Players will use the YMCA reversible all-sport jersey. Jerseys purchased at the time of registration will be distributed at your second practice.
- ◆ Although not required, the use of shin guards are allowed and encouraged.
- ◆ Players must wear gym shoes, no open toed sandals or shoes are allowed for practices or games. No cleats.

Pictures

- ◆ Picture week is TBD.

Coaches

Like almost all youth sports organizations, the YMCA depends on volunteer coaches to lead our teams. We believe strongly in the impact a volunteer can have on a child and encourage all parents who are able, to volunteer.

Volunteer Coach Meeting

Tuesday, October 6th, 2026, 5:30pm

If you have any questions about volunteer coaching or our indoor soccer program, please contact the Sports Director, Kevin Freyenberger, at (219) 462-4185 extension 239 or kfreyenberger@valpoyymca.org

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Division Overview

Age 3 - 4 & Age 5 - 6

- ◆ Ball size – 3
- ◆ Area of play - Half court with 3' x 5' orange rectangle goals (fold out)
- ◆ Players on the court - 5 or 6 (no goalie or no hands at least)
- ◆ Defense – 3 & 4: 2 kids (no goalie), 5 & 6: 2 kids (“1 goalie” but no hands, 1 defense)
- ◆ Practice - 30 minutes
- ◆ Games-Four 6 minute periods

Age 6 - 7

- ◆ Ball size – 4
- ◆ Area of play – Full court with 4' x 8' orange rectangle goals (fold out)
- ◆ Players on the court – 6 (one will be the goalie)
- ◆ Defense - 2 or 3 kids (goalie + 1 or 2 defense behind half court)
- ◆ Practice - 45 minutes
- ◆ Games-Four 7 minute periods

Age 7 - 12

- ◆ Ball size - 4
- ◆ Area of play – Full court with 4' x 8' orange rectangle goals (fold out)
- ◆ Players on the court – 5 or 6 (one will be the goalie)
- ◆ Defense - 3 kids (Goalie + 2 defense inside 3 pt arc)
- ◆ Practice - 45—60 minutes
- ◆ Games - Four 8 minute periods

All divisions - fouls

- ◆ Free kick from spot of the foul. Ball can be kicked straight in the goal.

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