



Adult Soccer



Adult Soccer Fast Facts and Reminders:

- Often adult league games are treated as a more casual style of play given the players' ages. However, it's important to recognize that tempers can still flair.
- Referee adult games the same as you would referee a youth game with a focused mind while paying attention to player safety and attitude.

Challenges and Solutions:

Adult soccer is often refereed by experienced young adults. However, this can still lead to challenges such as:

- Difficulty managing player's tempers
- Trouble asserting power and confidence on the field among players who are older than the official
- Inability to anticipate the game and where the ball may end up as to not fall behind
- Lack of focus throughout the duration of the match

To combat these challenges, referees must understand the game is in their control, and THEY run the show! After all, there would be no game without them. Keeping a level head and staying mentally in the match are qualities which grow the more a referee officiates games.