



Lakewood Soccer Association

U07-U14 Goal Set Up and Tear Down

Each pitch consists of 4 corner flags, 2 goals and 1 net bag which contains two nets. Fields are:

- 2 U7 Fields - 2 Green Spike Goals and 1 Green Net Bag per field
- 1 U8 Field - 2 Green Spike Goals per field and 1 Green
- 1 U9 Field - 2 Green Spike Goals and 1 Green Net Bag
- 1 U11 Field - 2 Red Spike Goals and 1 Red Net Bag
- 1 U14 Field - 2 Red Spike Goals and 1 Red Net Bag

U7-U12 Goal Set Up:

- Unwrap the goal from the bungees and separate the pieces
- Lay the uprights (legs) parallel on the ground
- Connect the two crossbar sections together (3 crossbar sections for U11 and U14 goals)
- Connect crossbar section to the two uprights
- Stand goal up and set into the ground (front of goal needs to be on white goal line)
- Remove net from the net bag and place on goal. The tags on the net go at the top corners of the goal. Leave the net bag behind one of the goals
- Use Velcro to attach the black border and 1st orange row of the net to the crossbar and upright posts. If Velcro is needed go to the concession stand.
- For a tighter net fit, I suggest that the net be wrapped around the four bottom corner posts that are above the spikes being inserted into the ground
- Please double check the front goal posts are straight and vertical. The adjustment can be made by moving the back of the goal forward or backward, then inserting the spike into the ground.

U7-U12 Goal Tear Down:

- Remove net from Goal. Keep Velcro with the Net. Place both nets and Velcro in the net bag (found behind one of the goals)
- Raise goal out of ground and lean forward to lay flat on the ground
- Only remove the Crossbar from the uprights; **Do NOT remove spikes from bottom of goal posts**
- Take the crossbars apart
- Align the bottom of the goals (spiked ends) together and use bungees on one of the uprights to bungee two uprights and two or three crossbar pieces together
- Carry goals and Net Bags to the Equipment Trailer located behind the Concession Stand
- **Please remove the corner flags by pulling on the metal spring so the spike is not left behind.**