



# Information from the Director of Coaching

## 8U Soccer Guidelines

|   |   |
|---|---|
| <b>Ages:</b> 6 and 7 Year Olds<br><b>Teams:</b> Boys and Girls Separate Divisions<br><b>Fields:</b> 5, 5A, 9A, 9B, 9C – 5 & 5A<br>5 & 5A are by the parking lot next to concession area<br>9A-9C are in between the two large fields in the center of the complex | <b>Basics:</b> 15-20 Minute Practice<br>10 Min Quarters<br>4 Quarters<br>Throw Ins<br>Size 3 Ball<br>Shin Guards<br>4 on Field<br>No Goalie |
|---|---|

**Number 1 Rule as we introduce soccer to players and their families.**

**We are here to have soccer fun!!!!**

| Before the game:         |   |
|--------------------------|---|
| <input type="checkbox"/> | First Game of the day? Grab two corner flags from equipment room.                             |
| <input type="checkbox"/> | Pickup game card from porch.  |
| <input type="checkbox"/> | Inspect the field for defects, ants, trash, etc.  |
| <input type="checkbox"/> | PARENTS ON SPECTATOR SIDE..... PLAYERS W/ COACH ON OPPOSITE SIDE.                             |
| <input type="checkbox"/> | Line the kids up and introduce everyone.  |
| <input type="checkbox"/> | Inspect players for shin guards, no jewelry, no splints, nothing dangerous to self or others. |
| <input type="checkbox"/> | Mini Practice Session for 15-20 minutes   |
| <input type="checkbox"/> | Toss a coin.... winner picks end to defend .... the other kicks off.                          |

| During the game:         |   |
|--------------------------|---|
| <input type="checkbox"/> | The maximum number of players on the field at any time will be four (4) per team. <ul style="list-style-type: none"> <li>We play even sided always.</li> <li>1 coach per team on the field.</li> <li>No parents or extra coaches behind the goal.</li> <li>Substitutions at the quarter or injury.</li> </ul> |
| <input type="checkbox"/> | No goalkeepers. (no offense or defense inside the goal area or arc in front of goal)  |
| <input type="checkbox"/> | Games will consist of four 5-minute quarters with a 5-minute halftime. Running clock ONLY.  |
| <input type="checkbox"/> | No change in regular start of play (kickoff) rules, other than opposing players will be at least five yards away from the spot of the free kick.  |
| <input type="checkbox"/> | Sideline - ball out, be generous with the out of bounds line, and when you call it out, please use a <b>quick throw in</b> to restart.  |
| <input type="checkbox"/> | Balls kicked out over the goal line (not into the goal) will be KICKED back into play from where they crossed the goal line by a player of the opposing team.   |
| <input type="checkbox"/> | No change in regular scoring rules. We don't keep score. We don't keep standing. DISCOURAGE RUNAWAY SCORES!!! (substitute positions on the field)   |
| <input type="checkbox"/> | Direct free kicks will be awarded for all fouls, with the opponents five yards away.  |

| After the game:          |  |
|--------------------------|--|
| <input type="checkbox"/> | This is the part they will remember the most!!!                                |
| <input type="checkbox"/> | Get a Tunnel setup with parents and spectators.                                |
| <input type="checkbox"/> | Clap, Holler, and Encourage as they all run through it in the same direction!! |
| <input type="checkbox"/> | Popsicle at the Concession Stand.  |
| <input type="checkbox"/> | Turn in Game Card.   |
| <input type="checkbox"/> | Last game of the day? Grab corner flags and turn them in.                      |

**PIE: Positive Instruction and Encouragement**

**Soccer: SAFE FAIR FUN !!!!!**