

## U-6

### Rules:

--**Number of Players** – A match is played by two teams , each consisting of not more than three (3) players. There are NO goalkeepers.

--**Ball** – Size 3

--**Equipment** – At a minimum, shin guards are required.

--**Playing Time** – Coaches are expected to try and have each player play a minimum of 50% of the total playing time.

--**Duration of Match** – The match shall be divided into four (4) equal, eight (8)minute quarters.

--**Throw-Ins** – Players will have 3 chances to throw the ball in correctly. After third try, the ball will be thrown in by other team.

--There will be no corner kicks, but rather, a throw in from the corner.

-- **Penalty Kick** - None

--**Fouls** - shall result in a direct free kick. The referee/coach/parent must explain all infringements to the offending player. No cards shown for misconduct.

--**Free kicks** - are direct and opponents shall be at least 4 yards from the ball until it is in play.

--**Score and Standings** – Should not be kept.

--**Substitution** – At any stoppage of play and unlimited.

### Expectation of coaches:

#### Training

--Dribbling should be the technical emphasis in all training, but fun is the main priority.

--Practice one or, at the most, two times per week. Forty five minutes to one hour session maximum.

--Body awareness games (tumbling, catching, hopping, and jumping) should be emphasized. It is not necessary to always use a soccer ball during training.

--Begin session with dynamic, as opposed to static, stretching.

--End session with 3v3 game to small goals.

--The developmental characteristics of the five and six year old player:

--Single-minded, egocentric (my ball – don't expect passing or any sense of team play)

--Limited attention span

--Goes all out – not sense of recovery time

--Balance and coordination are weak.

--Differences between girls and boys is minimal

--Rules should be simple.

--Needs generous praise.

### Games

--Coaches are allowed on the field during games to help direct and guide the players, especially the new and/or younger players.

--Coaches and parents should have a common understanding of all rules and expectations and should always give encouraging comments and recognize the non-competitive environment.

--There may be instances where the score becomes unpleasant for one of the teams. The team scoring the goals is expected to modify lineup, scoring methods, etc to make scoring more challenging. For example, players can only score with weak foot, or 3 kids have to touch the ball before they can attack, etc.

\*\*\*The information above references recommendations from the US Youth Soccer Association as well as The Red Lion Soccer Club.

## **U-8**

### **Rules:**

--**Number of Players** – A match is played by two teams , each consisting of not more than six (6) players. There are goalkeepers.

--**Ball** – Size 3

--**Equipment** – At a minimum, shin guards are required.

--**Playing Time** – Coaches are expected to try and have each player play a minimum of 50% of the total playing time.

--**Duration of Match** – The match shall be divided into four (4) equal, ten (10) minute quarters.

--**Throw-Ins** – Players will have one chance to throw the ball in correctly. After first try, the ball will be thrown in by opposing team.

--Corner kicks will be taken when appropriate.

-- **Penalty Kick** - None

--**Fouls** - shall result in a direct free kick. The referee/coach/parent must explain all infringements to the offending player. No cards shown for misconduct.

--**Free kicks** - are direct and opponents shall be at least 4 yards from the ball until it is in play.

--**Score and Standings** – Should not be kept.

### **Expectation of coaches:**

#### **Training**

--Dribbling should be the technical emphasis in all training, but fun is the main priority. Introduce dribbling moves (both feet) and change of direction.

--Passing and receiving with inside of the foot.

--Movement in and out of space.

--Striking the ball properly, understanding of locking the ankle.

--Playing with head up.

--Defensively pressuring the ball

--Practice at the most, two times per week. Forty five minutes to one hour session maximum.

--Begin session with dynamic, as opposed to static, stretching.

--Exercises can now be with partners to bring in cooperative play and the new passing and receiving skills they are learning.

--The developmental characteristics of the seven and eight year old player:

--Improved pace and coordination compared to U-6's.

--Still limited to one task at a time.

--Desire for social acceptance, sensitive to failure.

--True playmates emerge.

### Games

--Coaches are allowed on the field during games to help direct and guide the players, especially the new and/or younger players. It is imperative that coaches do not "over coach" but rather let the players learn to make decisions.

--Coaches and parents should have a common understanding of all rules and expectations and should always give encouraging comments and recognize the non-competitive environment.

--There may be instances where the score becomes unpleasant for one of the teams. The team scoring the goals is expected to modify lineup, scoring methods, etc to make scoring more challenging. For example, players can only score with weak foot, or 3 kids have to touch the ball before they can attack, etc.

\*\*\*The information above references recommendations from the US Youth Soccer Association as well as The Red Lion Soccer Club.