

U7/8 – 4v4 Soccer

### **INTRODUCTION**

Small sided games have a universal appeal as each player is totally involved in the game and develops skills at an accelerated pace. The U7/8 program encourages movement through soccer related children’s games. A young player’s soccer experience should be a positive and fun one. Competitive pressures should be discouraged, and players should be focused on the “everyone wins” theory.

While participating with Salvo Soccer Club, children will be taught the basics of dribbling, passing, and trapping. U6, U8, and U10 have developmental priorities assigned by the Grassroots Director. U7/8 players will be expected to be able to dribble and develop a soft first touch. More importantly, they will have fun and develop a love for the game.

### **TRAINING PROGRAM**

Our players will meet twice a week. One session will consist of 60 minutes of training using the Play-Practice-Play methodology. Session 2 will be a game.

### **SEASON SCHEDULE**

Spring season will begin in May and continues through the end of June. Summer season begins near the 4<sup>th</sup> of July and ends in early August. Fall season begins in mid August and ends in October. Winter season begins in November and ends in February.

# Salvo Soccer Club

## 7U/8U

## 4v4 Program



Salvo community Soccer



# SALVO SOCCER CLUB

## Salvo Community Soccer

### 4V4 OFFICIAL LAWS – U7/8

#### Law I - The Field:

##### A. Dimensions:

1. The field shall be approximately 30 yards long and 25 yards wide.

##### B. Markings:

1. Distinctive lines not more than five (5) inches wide.

2. A halfway line shall be marked out across the field.

3. Four corner arcs with a two (2) foot radius.

##### C. Goals: 6ft. Pugg Goals

#### Law II - The Ball: Size three (3).

#### Law III – Number of Players:

A. The Number of Players: A match is played by two teams, each consisting of not more than four players. There are NO goalkeepers.

B. Maximum number of players on the roster should not exceed fourteen (14).

C: If either team has less than 4 players to begin the game, coaches should mix teams as needed to allow the game to be played for the enjoyment of the players.

D. Substitutions: Unlimited substitutions on any stoppage of play (such as throw -in, kickoff, free kick, goal kick, corner kick, injury). Recommend subbing midway through each period.

E. Playing Time: Each player SHALL play a minimum of 50% of the total playing time

#### Law IV – Players' Equipment: Conform to FIFA with the following exceptions:

A. Footwear: Tennis shoes or soft -cleated soccer shoes.

B. Shin Guards: MANDATORY.

C: Jewelry: Players are not permitted to wear any kind of jewelry (including pierced earrings) Tape over earrings is not acceptable. Law V - Referee :

A. Parent/Coach or Assistant

B. When referee not available coach will have to step in.

C. All rule infractions shall be briefly explained to the offending player. No cards are to be shown for misconduct.

#### Law VI – Assistant Referee: A. None

#### Law V II - Duration of the Game:

A. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each

B. There shall be a 5 minute halftime break

Only 17 Laws to play the great game of soccer

#### Law VI II – Start of Play: Conform to FIFA with the following exception:

A. Opponents must be four (4) yards from the ball while kick -offs are in progress.

B. A goal may NOT be scored directly from the kickoff.

#### Law IX - Ball In and Out of Play: Conform to FIFA.

#### Law X - Method of Scoring: Conform to FIFA.

#### Law X I - Off-Sides: There will be no off-sides.

#### Law XI I - Fouls and Misconduct:

A. All fouls shall result a direct free kick with the opponents four (4) yards away.

B. The coach/parent must explain ALL infractions to the offending player.

A. Kick -in or Dribble -in is used in place of a throw - in

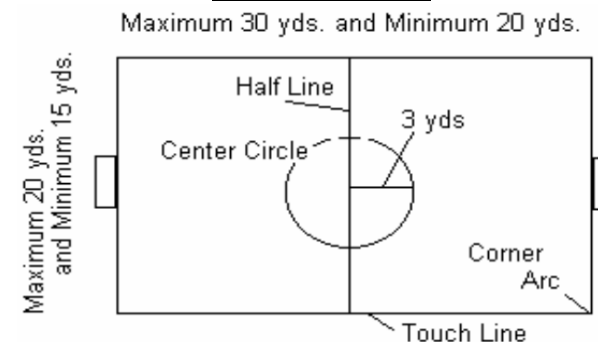
B. Opponents should be at least four (4) yards away until ball is in play

**Law XVI - Goal Kick:** Conform to FIFA with this exception: Defending team (team not taking goal kick) will back up to the halfway line. Once ball is touched for goal kick defending team can come out of their half.

#### Law XVII – Corner Kick:

A. There will be no corner kicks goal kick will be taken instead see Law XVI

### FIELD LAYOUT



### BENEFITS OF 4V4 PLAY

A. More time with the coach.

B. More practical space to operate in.

C. Increased contact with the ball.

D. More actual playing time.

E. Energetic workouts due to playing both offense and defense.

F. Required to make more decisions.

G. Experience repeating game situations more frequently.

H. While learning both offense and defense, a player will become more complete and will more readily understand the roles of teammates.

I. The work rate and involvement of the player stays consistent.