

# U7 Rules of Soccer

(Sept 2018)

At U7, all play times will consist of:

0 - 10 Warm up ball Manipulation

10 - 20 ABC's

20 - 30 Fun Games

30 - 60 Game time!

For field set up please refer to the website, [www.fortsasksoccer.ca](http://www.fortsasksoccer.ca)

U7's will play **5 v 5**. The game will be played with a sweeper/keeper, which is a player who will play defence and goal if the ball reaches the goal. The player should be encouraged to move up with the play, fall back to defence if they lose the ball. The sweeper/keeper will be allowed to use hands only to stop the ball. The player **MUST** place the ball back on the ground to restart the play.

If a ball goes out of bounds, the coaches will give the ball to the opposite team to continue play. The ball will not be thrown in, but rather kicked in by the team that did not cause the ball to go out of play. Goal kicks and corner kicks will be enforced in this game. On a goal kick its very important the opposing team retreats to the half way line. As soon as the ball is passed from the goal keeper the opposing team can go for the ball.

If a player touches the ball with their hands just remind them "there's no hands in soccer". The objective is to keep the ball moving.

Discourage any overly aggressive play. Please ensure a safe and positive environment and encourage fair play and sportsmanship. Scores will not be kept.

All players are to wear cleats (outdoor) or soccer shoes (indoor), shin pads covered by socks, and their coloured Timbit jersey.

**Remember the most important skill: HAVE FUN!!!**