

U7 Soccer Standards

Taken from the Canada Soccer Grassroots Standards and adopted by SSDSA with some modifications for local context. <https://www.canadasoccer.com/play-landing/canada-soccer-grassroots-standards/>

CRITERIA	STANDARD	RATIONALE
Restarts from the sidelines	Pass in	One of the greatest challenges that young players face as they are learning to control the ball is keeping the ball in play. When the ball goes out of play along the sidelines, it is required to be played back into play by the team who did not touch the ball last. The traditional method of returning the ball into play is via a throw-in. However, for young players (U7-9), this can be a challenging skill to learn and often results in the ball going back out of play. To facilitate more contact time with the ball at their feet and more time for the ball to be in play, players up to and including U11 will pass ball back into play when a restart from the sidelines is required.
Offside	No	Offside is Law 11 of the International Football Association Board (IFAB) Laws of the Game, and is recommended to be implemented for young players at the U12 level, (for Nova Scotia we implement at U13).
Playing Time	Fair playing time for all	Substitutions are used to ensure that players have an opportunity to play different positions and to get some rest, when required. While ensuring that all players get exactly the same playing time is a challenge, it is important for players to have an opportunity to play as much soccer as possible.
Substitutions	Unlimited at any stoppage	
Retreat Line	At the Half line	The retreat line has been introduced in grassroots soccer in recent years to help develop young players' ability to play out from the goalkeeper and to keep possession of the ball as they build an attack. This teaching tool has also been used to help build confidence in players as they retain possession of the ball. While only used on goal kicks and if the keeper picks up the ball, it still provides a realistic standard of retreating to organize for defenders as well as time for offensive team to organize to play out. This helps all players to understand the transition phase of the game. The defending team can cross the retreat line once the keeper distributes the ball
Game duration	30 minutes	

Other requirements:

Game Sheets – a game sheet is required for each team at each game at the link below. Each team can use the game sheet to record issues that occur during your game. <http://www.sssoccer.ca/files/game-schedules/South%20Shore%20District%20Soccer%20Association%20Game%20Sheet.pdf>

Power Play Initiative – We encourage teams who are trailing by 4 or more goals to use the Power Play initiative outlined here <https://www.soccerns.ca/wp-content/uploads/2018/12/Power-Play-Initiative.pdf>