



**ENCOURAGE PHYSICAL LITERACY, EVERY PLAYER TO KEEP THE BALL CLOSE TO THEM**

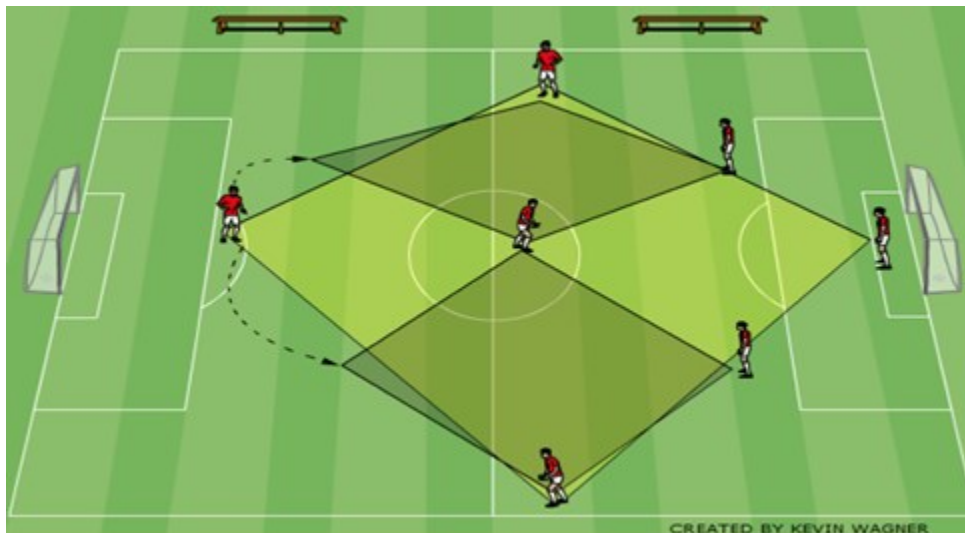
**First session of the week – Practice, Second Session of the week - Game**

Meridian programming: We have done our best to put teams together with everyone's requests.

Each team will arrive at the field as scheduled, organize their players. Each team should have a 10 minute warm up activity then followed by a game of 2x 22minute halves.

All players should play equally. GOAL KEEPERS (or a player who stands in front of the goal) can use their hands during play. Check our website to confirm what field and time you are scheduled for.

**7 V 7 LEAGUE GAME STRUCTURE**



**GAME STRUCTURE:** 7 vs 7 A Goalie is used.

**LOCATION :** VLA Center as scheduled

**BALL SIZE:** SIZE 4

**SPECTATORS:** Spectators sit in spectator area unless helping their child. This does allow the practices, learning, organization to work better then Parents on the player side. At the beginning if a player needs help then a Parent should be on the field with their player.

**RESTARTS:** After a goal is scored or to start the game. A team will kick off from about half field. When a team kicks the ball out of play, the opposition restarts the game by putting ball on the line and passing it to a teammate. A goal kick occurs for the team of which a ball was kicked but missed the net and went past the boundaries. The GK can kick it in to his teammates. The opposition should retreat to half field

**SCORING GOALS:** Encourage all players to score.

**SUBSTITUTIONS:** Players should play for at least 4-minute increments prior to being substituted.



## MERIDIAN SOCCER CLUB U11/13 SOCCER GUIDELINES AND RULES

### 7 v 7 GAME PART

As a developmental model 7v7 is the best option for our players to play the game at. There is a keeper used. When the ball goes out of play on the sides of the field, the game is stopped by a coach. It is restarted by passing the ball back into the field of play. There is throw-ins. When the ball goes out of play at the ends of the field it is then a goal kick. The GK gets the ball and passes the ball back into play to their teammates. Playing the 7 V 7 game will allow for more opportunity for players to dribble and more touches on the ball. The goal is to keep each player involved and have an opportunity to be successful and enjoy the game.

**STRUCTURE:** Each team will arrive at the field, organize their players. Each session will be structured as a warm up activity then game to follow. Meridian Soccer does provide practice ideas for each coach.

**COACHING:** In efforts of making things more economical for our Coaches. The expectations is for players to show up. The Coaches expectations is to simply make sure that all players are being respectful, trying to practice ideas and providing a fun healthy environment.

**REFEREE:** Meridian Soccer is trying to have a referee present for each game.

**THINGS TO CONSIDER: QUALITIES OF A COACH FOR THIS AGE GROUP:** Patience, Personality; animated.

- Some competition will begin. Adults must remember competition is a healthy part of an individual's development as long as players experience both success as well as failure. This must be monitored however. We must be careful that our young players have opportunity to experience both and not be experiencing only failure or only success.
- Goal by the end of the season should be for every player on each team to want the ball, and want to keep it and dribble, turn with it. If we can accomplish this, the season will be deemed a success.

### MERIDIAN SOCCER CLUB U11 RULES OF PLAY & GUIDLINES

#### LAW # 1 – FIELD OF PLAY

**FACILITIES:** VLA CENTER

#### FIELD MARKINGS:

- All fields are marked.
- Goal keepers are used.
- Goal kicks will be taken any where inside the Goal lined area.
- Games are 2x22 minutes

#### THE GOALS:



## MERIDIAN SOCCER CLUB U11/13 SOCCER GUIDELINES AND RULES

We will be using small sided goals for each game.

We want to offer the kids the experience of scoring a goal which is one of the most rewarding experiences in soccer. The more goals the better. There is no goal limit for a player. Goals can be scored from anywhere on the field. HOWEVER, remember the RETREAT RULE.

### **LAW # 2 – THE BALL**

- Size 4 soccer ball when possible.

### **LAW # 3 – THE NUMBER OF PLAYERS**

- Format of play: 7 v 7 on the field at a time including GK's.
- Substitutions should be made every 4-5 minutes. Have the players on the bench ready to go on. This should be a quick process, so it doesn't bring the game to a halt.

### **LAW # 4 – THE PLAYERS EQUIPMENT**

- Players wear equipment that is safe to both themselves and others. This includes shin pads that are **covered by soccer socks**. This is done in case the shin-guards have edges to them that may hurt their fellow players.
- Each team will wear colors that are different from each other's team. If both teams are the same color than the coach can put the team into bibs for that game.
- Players are not allowed to wear hats during practice or games on the field.(safety issue).
- Meridian Soccer will provide scheduling of games and jersey tops to be worn for games.
- Players are responsible for purchase shoes, shin pads.

### **LAW # 5 – THE REFEREES – Meridian is trying to schedule referees for these games.**

- At this age players should never slide tackle in soccer (safety issue).
- Both coaches should consult with each other if a player's behaviour becomes dangerous.
- Coaches are encouraged before each game to talk with their counterpart concerning any issues or concerns. Be pro -active.
- Make sure that these rules and Fair Play nature of the game is followed.

### **LAW # 6 – KICK-OFF AND RESTARTS OF THE GAME**

- To start the game or after a goal is scored, a kickoff for one team always takes place from the center point (not marked) of the halfway line of the playing area.

### **LAW # 7 – THE BALL IN AND OUT OF PLAY- If the players are trying to keep ball in play and it barely goes out, it is fine to allow the players to play.**

- Always takes place from the center point (marked or not marked) of the halfway line of the playing area. Opposition retreats to their own goal.
- After a goal is scored the opposing team will retreat to their own goal. The team scored against will then kick off.
- When a team kicks off, they are at half and pass the ball to a teammate to begin play. Opposition retreats to their own goal area.

**SIDELINE:** When the ball goes outside the lines, stop playing. Opposition passes the ball in. Opposition should retreat at least 3 meters.

### **LAW # 8 – SCORING AND OFFSIDE**

- There is no offside in U11/13 soccer. Goals can be scored from anywhere on the field.



**LAW # 9 – FOULS AND MISCONDUCT**

- Coaches should be conscious of this and provide clear communication to your players, coaches, if a player's behaviour doesn't change. Use common sense.
- **SLIDE TACKLES ARE ALLOWED** in U11 soccer.
- Both coaches should consult with each other if a player's behaviour becomes dangerous.
- Coaches are encouraged before each game to talk with their counterpart concerning any issues or concerns. Be pro -active.
- Make sure that these rules are followed and that the Fair Play nature of the game is followed.

**LAW # 10 – THROW IN/KICK IN, GOAL KICK AND CORNER KICK:**

- **Throw in** – When the ball goes over the side line (side of the field) it is restarted quickly with the opposite team restarting play . The opposition must back up 3 meters to allow time for the team to pass the ball in. The ball is thrown with two hands. The ball must be thrown over the players head with 2 hands and not spiking the ball on the ground.
- **Free kick /restart:** When a Foul is committed and called by the referee the opposite team will get a free kick where the fouled occurred. If the foul is in the large crease area a penalty shot is awarded.

**RESTART :** If the ball goes over the end line anywhere outside the goals area, depending on which team has touched the ball last, the game will be restarted with one of the following two scenarios:

- **Goal Kick:** if the attacking team was the last team to touch the ball, taken anywhere on the small crease area. The ball is required to be passed in to begin play. The opposition should retreat to their own half.
- **Corner Kick:** if the defending team was the last one to touch the ball, taken by opposition from the corner of the field on the side the ball went out of play. The ball will be dribbled or passed in using their feet.

There are four types of restarts when the ball goes out of play or after a goal is scored:

The kick off, throw-in/dribble in , goal kick and corner kick. Remember that the purpose for our players is to try and keep the ball close and on the ground. Not to give it away.

- Opponents are required to be 3 yards away until the ball is in play on corner kicks and kick-ins. Opposition is to be at half field on goal kicks and back to their own goal after they have scored. This will encourage more success and flow to the game

**RETREAT RULE:** Goal kicks – Opposition retreats outside the penalty area

Kick offs – Opposition should retreat 3 meters.

Throw Ins from side – Opposition should retreat at least 3 meters away from place of restart.