



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

TWICE/WEEK: ACTIVITY – ACTIVITY – GAME

Meridian programming has 2 age years within U7. We have done our best to make the teams with everyone's requests.

Each team will arrive at the field as scheduled, organize their players. Each day will be structured as : ACTIVITY, ACTIVITY and finishing with a GAME vs another team. The players should arrive on time. 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 you are scheduled for. The players will work together and practice within their team for 30 minutes, then get organized to play the team who is also on the same field as them. Each game should last 20-25 minutes. With communication between Coaches, the teams can determine if 20 or 25 minutes of play is the right fit for their team.

Time: 545-645pm

Activity 1 550-600pm

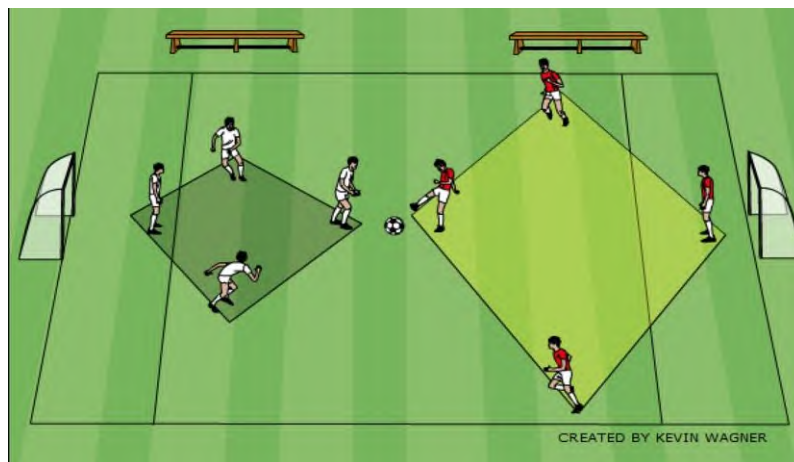
Activity 2 600-610pm

Activity 3 610-620pm

Game vs opposition

615-640pm

4V4 GAME STRUCTURE – Diamonds and Triangles



GAME STRUCTURE: 4 vs 4 A Goalie is used.
BALL SIZE: SIZE 3

LOCATION : VLA West as scheduled

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 dribbling it into the field of play. 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 dribble or 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.



4 V 4 GAME PART

As a developmental model 4 V 4 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 or dribbling it into play. There is no 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. **RETREAT RULE:** The opposition has to back up to half field to give space. This is to allow for time for each player to actually dribble the ball without having the opposition immediately steal it and score in the goal. Players need to play on average 4 minutes prior to being substituted. These young players do get tired quickly but also recover quickly. Playing the 4 V 4 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.

PRACTICE STRUCTURE: Each team will arrive at the field, organize their players. Each session will be structured as ACTIVITY, then another ACTIVITY and finishing with a GAME. Allow activities and games to be the teacher. 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 for 20 minutes and then playing a game against another team.

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

MERIDIAN SOCCER CLUB U7 RULES OF PLAY

LAW # 1 – FIELD OF PLAY

FACILITIES: VLA WEST

FIELD MARKINGS:

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

THE GOALS:

We will be using small sided goals for each game. A coach is required to put 1 together for each game, and ask the team after you if they are using your goal or not. If not, then picked up after 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 3 soccer ball

LAW # 3 – THE NUMBER OF PLAYERS

- Format of play: 4 v 4 on the field at a time.



- 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 play on the field.(safety issue).

Player Equipment and Jerseys

- 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 – There is no referee at U7. Coaches are to teach and manage the Laws of the game.

- At this age players should never slide tackle in indoor soccer (safety issue).
- Make sure that these rules are followed and that the 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.
- At the kick-off to start the game and after a goal is scored the opposing team will retreat to their own goal.

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.

- The ball is considered out of play if the ball goes over the sideline or end line (touch line). Field marked by lines and or cones. The team who didn't kick the ball out then gets to restart play.
- Throw in: There are no throw-ins in U7 soccer. Use your feet and dribble the ball in when it goes out of play.
- When the ball goes over the sideline (side of the field) it is restarted quickly with the opposite team dribbling it in.
- "Out-of-Play" the game is restarted by the opposite team dribbling the ball back into play from the point the ball went out of play. Again, the opposition must RETREAT and back up 3 meters to allow time for the team to dribble it in.

SIDELINE: When the ball goes outside the lines, stop playing. Opposition dribbles ball in.

LAW # 8 – SCORING AND OFFSIDE

- There is no offside in U7 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 NOT ALLOWED** in U7 soccer. Players are not allowed to leave their feet or "go to ground" to win the ball from the opponent.



LAW # 10 – DRIBBLE-IN, GOAL KICK AND CORNER KICK:

THROW-INS -There are no throw -ins (using hands) in U7 soccer

- A DRIBBLE IN is given to the opposing team when the opposition plays the ball out of play on either SIDELINE of the field.
- CORNER KICKS: When a player last touches the ball out of play and then rolls out their own end line, the opposition is awarded a corner kick. Restart by dribbling in from the corner.
- GOAL KICKS: A goal kick can be awarded when the opposition misses your goal and the ball goes past the end line. Gk should start the restart by dribbling it and passing to teammate.

RETREAT RULE: Goal kicks – Opposition retreats to half field
Kick offs – Opposition should retreat to their own goal.
Dribble Ins from side – Opposition should retreat at least 3 meters away from place of restart.

