



MERIDIAN SOCCER CLUB U11-U14 INDOOR SOCCER GUIDELINES AND RULES

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

TWICE/WEEK: MONDAY: PRACTICE DAY – SUNDAY: GAMES DAY

- We have a Coach to help organize each team.
- We have program Leads to oversee U11 and U14 programming.
- Ben and Orrin will be at all practice and game days. They will oversee the U11 and U14 program as program Leads. Coaches and Program

Practice Day:

Activity 1- 15 mins

Activity 2-15 mins

Activity 3 – 15 mins

Activity 4 – 15 mins

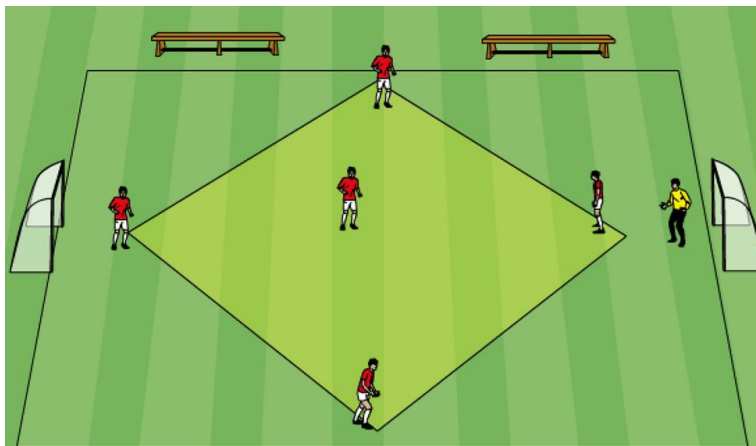
Games Day: 2 x 22 min halves

Leads will work together. Ben and Orrin will plan and run practices with the Coaches support.

Review schedule for game day. Practice day will have teams 1 & 2, and 3& 4 train together splitting Servus Sports Center Mikes field. Games are at Lakeland.

- We have done our best to make the teams with everyone's requests.
- Each team will arrive at the scheduled dressing room and field.
- Parents should sit at the bleachers.

6v6 GAME STRUCTURE – Diamonds and Triangles



MERIDIAN SOCCER CLUB U11-12 SOCCER GUIDELINES

6 V 6 GAME PART

As a developmental model 6v6 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 a pass into the field. There is no throw-ins. When the ball hits the ends of the field, opposition restarts with a Goal kick steal it and score in the goal. These young players do get tired



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quickly but also recover quickly. Playing the 6v6 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: 1 practice day per week on Mondays. With space and facility time, we will have two teams train together for each Monday practice. Lead by Orrin, Ben and Coaches. See schedule.

COACHING: In efforts of making things more economical for our Coaches. The expectations is for players to show up. The Program Leads are to plan properly, using skill and small related games in practice. Examples have been provided of activities.

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

MERIDIAN SOCCER CLUB **U11-U14 INDOOR SOCCER RULES OF PLAY**

LAW # 1 – FIELD OF PLAY

FACILITIES: Servus Sports Center & Games at Lakeland College. NO CLEATRS ALLOWED

FIELD:

- Half field Servus Sports Center for practice time.
- Goal keepers are used.
- Goals in boards and futsal nets used.
- Back wall is out. Side wall is out.

THE GOALS:

- 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.

LAW # 2 – THE BALL

- Size 4 soccer-futsal ball

LAW # 3 – THE NUMBER OF PLAYERS

- Format of play: 6v6 on the field at a time.
- Substitutions: 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.
- Players are not allowed to wear hats during practice or play 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.



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LAW # 5 – THE REFEREES – There is no referee. Coaches, program organizers are to teach and manage these brief rules.

- 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

- The ball is considered out of play if the ball hits a side wall. The team who didn't kick the ball out then gets to restart play.
- When the ball hits the back wall. It stops play and a goal kick is awarded. The opposition needs to retreat.
- Side wall: When the ball hits the side wall, play is stopped. Throw in: There are no throw-ins in indoor soccer. Use your feet and dribble the ball in when it goes out of play. The opposition, RETREAT and back up 3 meters to allow time for the team to dribble it in.

LAW # 8 – SCORING AND OFFSIDE

- There is no offside. 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 U5 soccer. Players are not allowed to leave their feet or "go to ground" to win the ball from the opponent.

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

THROW-INS -There are no throw -ins (using hands) in U5/6 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.
- KICK OFF: A kick off at half field happens when the opposition scores. Remember to retreat.
- GOAL KICK: awarded when opposition kicks ball against the back wall/curtain.

RETREAT RULE: Kick offs – Opposition should retreat to their own goal.

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

Goal kick-opposition retreats 3 meters.