



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

TWICE/WEEK: ACTIVITY – ACTIVITY – GAME

- Meridian programming has U7/8 in its own group this season.
- On field support offered by Club Coach Zach Wagner.
- 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 upstairs.
- Coaches organize their players. Each day will be structured as ACTIVITY, ACTIVITY, ACTIVITY and finishing with a GAME vs another team. Check website for scheduled dressing room, field.
- 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 25 minutes.

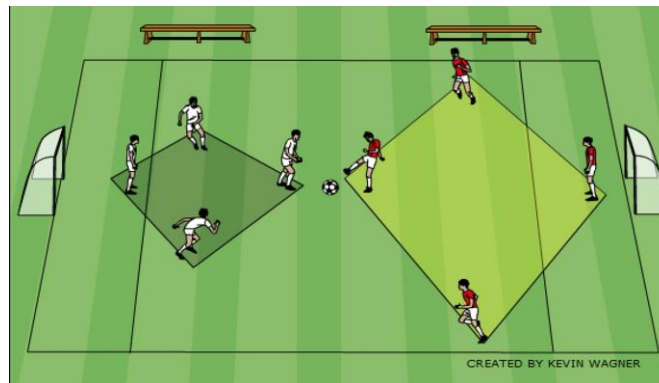
Activity 1- 10 mins

Activity 2-10 mins

Activity 3 – 10 mins

Game vs opposition – 25 mins

4V4 GAME STRUCTURE – Diamonds and Triangles



MERIDIAN SOCCER CLUB U7/8 MINI SOCCER GUIDELINES

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 dribbling the ball back into the field. There is no throw-ins. When the ball hits the ends of the field, opposition restarts with a Goal kick. **RETREAT RULE: The opposition has to back up 3 meters 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. 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, ACTIVITY, 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 practice ideas for 30 minutes and then playing a game against another team for 25 mins.

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

MERIDIAN SOCCER CLUB U7/8 RULES OF PLAY

LAW # 1 – FIELD OF PLAY

FACILITIES: Servus Sports Center

FIELD:

- Half field Servus Sports Center
- Goal keepers are used.
- Hockey nets for goals
- Back wall is out. Side wall is out.

THE GOALS:

We will be using hockey nets for 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. HOWEVER, remember the RETREAT RULE.

LAW # 2 – THE BALL

- Size 4 soccer ball

LAW # 3 – THE NUMBER OF PLAYERS

- Format of play: 4 v 4 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.



LAW # 5 – THE REFEREES – There is no referee at U5/6. Coaches 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 U7/8 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 in U7/8 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 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.

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

Goal kick-opposition retreats 3 meters.