

U4, U5, & U6 Program

Description

Players on the field: 4v4 with NO goalies

Roster Size: 6-8

Ball size: 3

Practices: no longer than 30 minutes per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Both Teams substitute at stoppage of play. Player should leave the field of play before other enters.

*This is a Recreational and Developmental league. The goal is to have fun and introduce them to soccer.

WE DO NOT KEEP SCORE AT THIS AGE.

Game and field size

Duration of Game: 1-minute-per-age-group quarters

Breaks: 2 minutes between quarters; 5 minutes at half time

U4 = 4 minute quarters U5 = 5 minute quarters U6 = 6 minute quarters

20 x 30 yards recommended (Ours will be slightly smaller); 6' wide x 4' high goal

3-yard radius center circle; Goal kicks are taken inside the arc and players must be 5 yds from the ball

Laws: FIFA except

- No tripping, pushing, or slide tackling. There will be some physical play; as long as they are playing the ball first it is ok, but if they are playing the player first it is a foul.
- Pass-in or Dribble-in, NO throw-in
- No direct kicks – no penalty kicks – no goals from kick-off
- No offside calls
- No Goal Keeper. No “camping-out” a player in front of the goal; player should stay out of arc in front of the goal.
- Opposing players must be 5 yards from the ball on goal kicks, corner kicks and free kicks.
- Teams do not switch sides.

Sidelines: Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline. Players are easily distracted by their parents.

Referees: Each team will provide a volunteer referee/coach on the field. One coach, assistant coach or parent is allowed on the field to referee the game per team. One coach/referee should keep track of the clock. Referees explain various calls/rules to players during game play as a teaching aid. This is a great opportunity to reinforce the rules of the game for both teams.

Concept: The approach in development for this age group is building on basic motor skills such as walking, running, and changing direction. A smaller space will help them to develop those skills while providing more interaction with the ball.

Coaches: The only focus is making sure the players have fun.

U7 & U8 Program

Description

Players on the field: 5v5; 4 on the field and 1 goalie

Roster Size: 7-9

Ball size: 3

Min # players on field: 4

Referees: 1 center referee assigned to game

Practices: no longer than 2 hours per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

Game and field size

Duration of Game: Three (3) 15 minute PERIODS

Breaks: 5 minutes between periods

60 minutes total time

25 x 40 yards; 12' wide x 6' high goal

6-yard radius center circle; 2-foot radius corner arcs

Goal kicks are taken inside the goal area arc and players must be 5 yds from the ball

Build-Out Lines:

- When the goalkeeper has the ball, the opposing team must move behind the build out line (12 yards from the touch line).
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball to a teammate. (No punting. Penalty is indirect kick for the opposing team from the center line.)
- After the ball is put into play, the opposing team can then cross the build out line and play can resume.

Laws: FIFA except

- No heading the ball or slide tackling. There will be some physical play; as long as they are playing the ball first it is ok, but if they are playing the player first it is a foul. Please explain calls to players.
- No goals from kick-off; penalty kicks will be taken from the top of the goal arc if a foul is incurred by the defensive team inside the goal arc.
- A play is **offside** if a player on the attacking team receives a ball passed by their teammate from the neutral zone across the build out line and enters the offensive zone before the ball (offside begins at the attacking build-out-line and not midfield like older teams).
- Opposing players must be 5 yards from the ball on goal kicks, corner kicks and free kicks.
- Teams switch sides at each break.

Sidelines: Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals.**

Referees: There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

Injuries: If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

Concept: The approach in development for this age group is building on basic motor skills such as walking, running, and changing direction. A smaller space will help them to develop those skills while providing more interaction with the ball. This is also a transition year incorporating goal keepers, throw-ins, and the use of build-out lines. The focus first is on the player's individual skills, and secondly, on the team play or tactics.

Description

Players on the field: 7v7; 6 on the field and 1 goalie

Roster size: 9-11

Ball size: 4

Min # on field: 5 (to prevent forfeit)

Referees: 1 center referee assigned to game

Practices: no longer than 3 hours per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

Game and field size

Duration of Game: 25 minute halves

Breaks: 10 minutes at half time

60 minutes total time

30 x 47 yards recommended; 12' wide x 6' high goal; 6-yard radius center circle; 2-foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into field of play joined by a line parallel to the goal line.

Build-Out Lines:

- When the goalkeeper has the ball, the opposing team must move behind the build out line (14 yards from the touch line).
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball to a teammate. (No punting. Penalty is indirect kick for the opposing team from the center line.)
- After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.

Laws: All FIFA Rules apply including Offsides except for Heading. No heading the ball is allowed at this age.

Sidelines: Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals.**

Referees: There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

Injuries: If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

Concept: The approach in development for this age group is increasing speed and agility. More space to move in control of the ball and face 1v1 situations.

Team Organization: While the development of the individual player is the priority, an individual plays games as part of a team model. These formations are consistent with, and specific to, the player development objectives at the respective age groups and focused on the attacking elements of the game.

- 2-3-1 formation designed to develop passing and movement of the ball
- 3-2-1 formation designed to promote forward runs and 1v1 situations

U11 & U12 Programs

Description

Players on the field: 9v9; 8 on the field and 1 goalie

Roster size: 11-13

Ball size: 4

Min # on field: 6 (to prevent forfeit)

Referees: 1 center referee assigned to game

Practices: no longer than 3 hours per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

Game and field size

Duration of Game: 30 minute halves

Breaks: 10 minutes at half time

70 minutes total time

47 x 75 yards recommended; 18.5' wide x 6.5' high goal

8-yard radius center circle; 2-foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into field of play joined by a line parallel to the goal line.

Laws: All FIFA Rules apply including Offsides except for Heading. No heading the ball is allowed at this age.

Sidelines: Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals.**

Referees: There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

Injuries: If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

Concept: The approach in development for this age group is increasing coordination, balance, and visual awareness. Increasing the number of players requires faster decision making, aids in developing partnerships, and game intelligence.

Team Organization: Formations should be designed to continuing the attacking elements and introduce basic defensive team concepts

- 3-2-3 formation designed to provide space in midfield area and provide multiple attacking positions up front
- 3-3-2 formation designed to understand basic defensive organization and promote build up play

U13 and Up Boys Program

Description

Players on the field: 11v11; 10 on the field and 1 goalie

Roster size: 13-16

Ball size: 5

Min # on field: 7 (to prevent forfeit)

Referees: 1 center referee assigned to game, 2 linesmen

Practices: no longer than 3 hours per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

Game and field size

Duration of Game: 35 minute halves

Breaks: 15 minutes at half time

85 minutes total time

75 x 112 yards recommended; 24' wide x 8' high goal

10-yard radius center circle; 2-foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into field of play joined by a line parallel to the goal line.

Laws: All FIFA Rules apply

Sidelines: Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals.**

Referees: There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

Injuries: If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.

****Special U14 Girls Program**

Description

Players on the field: 8v8; 7 on the field and 1 goalie

Roster size: 10-12

Ball size: 5

Min # on field: 5 (to prevent forfeit)

Referees: 1 center referee assigned to game

Practices: no longer than 3 hours per week

Minimum playing time: 50% each game upon player arrival, except when injured.

Substitutions: Normal substitutions allowed at goal kicks and at any stoppage of play with permission of the Referee(s).

Both teams may substitute prior to a throw-in if the team in possession is substituting. Player should leave the field of play before other enters.

Game and field size

Duration of Game: 35 minute halves

Breaks: 15 minutes at half time

85 minutes total time

47 x 75 yards recommended; 18.5' wide x 6.5' high goal

8-yard radius center circle; 2-foot radius corner arcs

Goal area 6 yards from each goal post and 6 yards into field of play joined by a line parallel to the goal line.

Laws: All FIFA Rules apply

Sidelines: Coaches and players for both teams are located on the same sideline. Parents should not sit on the on the players' sideline **nor behind the goals.**

Referees: There will be an assigned referee from the club. If a ref is not present, then the two teams will identify an individual from each team to ref a half to complete the contest. All spectators, coaches and players will support the refs' decisions and show professionalism at all times.

Injuries: If a coach enters the field to check an injured player, the player must leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player. Do not abuse. Both teams are allowed to substitute at the stoppage of play with Referee permission.