

U7 – 3v3 Soccer INTRODUCTION

Small sided games have a universal appeal as each player is totally involved in the game and develops skills at an accelerated pace. The U7 program encourages movement through soccer related children’s games. A young player’s soccer experience should be a positive and fun one. Competitive pressures should be discouraged and players should be focused on the “everyone wins” theory. Children should be taught the basics of dribbling, passing, and trapping. U7 players will be expected to be able to dribble with both feet, develop a soft first touch, be introduced to shooting, and be introduced to passing. More importantly, they will have fun and develop a love for the game.

3V3 OFFICIAL LAWS – U7

Law I - The Field:

- A. Dimensions:
 - 1. The field shall be approximately 30 yards long and 25 yards wide.
 - 2. Two games shall be played concurrently side-by-side on this field
- B. Markings:
 - 1. Distinctive lines not more than five (5) inches wide.
 - 2. A halfway line shall be marked out across the field.
 - 3. Four corner arcs with a two (2) foot radius.
- C. Goals: 6ft. Pugg Goals

Law II - The Ball: Size three (3).

Law III – Number of Players:

- A. The Number of Players: A match is played by two teams, each consisting of three or four field players – no goalie.
- B. If either team has less than 3 players to begin the game, coaches should mix teams as needed to allow the game to be played for the enjoyment of the players.
- C. Substitutions: Unlimited substitutions on any stoppage of play (such as throw-in, kickoff, free kick, goal kick, corner kick, injury). Recommend subbing midway through each period.
- D. Playing Time: Each player SHALL play a minimum of 50% of the total playing time

Law IV – Players’ Equipment:

Conform to FIFA with the following exceptions:

- A. Footwear: Tennis shoes or soft-cleated soccer shoes.
- B. Shin Guards: MANDATORY.
- C. Jewelry: Players are not permitted to wear any kind of jewelry (including pierced earrings) Tape over earrings is not acceptable.

Law V - Referee:

- A. One Parent/Coach or Assistant Coach from each team shall be on the field
- B. All rule infractions shall be briefly explained to the offending player. No cards are to be shown for misconduct.

Law VI – Assistant Referee:

- A. None

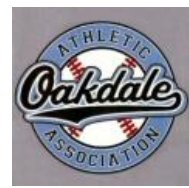
Law VII - Duration of the Game:

- A. The game shall be divided into four (4) equal quarters of ten (10) minutes each
 - B. There shall be a 2 minute break between quarter one (1) and quarter two (2) and quarter three (3) and quarter four (4).
 - C. There shall be a halftime of five (5) minutes between quarters two (2) and three (3).
- Parent/Coaches should substitute between quarters to ensure that all players present play a minimum of 50% of each game.

Law VIII – Start of Play:

Conform to FIFA with the following exception:

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- A. Opponents must be four (4) yards from the ball while kick-offs are in progress.
- B. A goal may NOT be scored directly from the kickoff.

Law IX - Ball In and Out of Play:

Conform to FIFA.

Law X - Method of Scoring:

Conform to FIFA.

Law XI - Off-Sides:

There will be no off-sides.

Law XII - Fouls and Misconduct:

- A. All fouls shall result an indirect free kick with the opponents four (4) yards away.
- B. The coach/parent must explain ALL infractions to the offending player.

Law XIII - Free Kick:

Conform to FIFA with the following exceptions:

- A. All kicks are indirect and opponents must be four (4) yards from the ball until it is played

Law XIV - Penalty Kick:

No penalty kicks are to be taken.

Law XV - Throw-in:

- A. Kick-in or Dribble-in may be used in place of a throw-in
- B. Opponents should be at least four (4) yards away until ball is in play

Law XVI - Goal Kick:

Conform to FIFA with this exception:

Defending team (team not taking goal kick) will back up to the halfway line. Once ball is touched for goal kick defending team can come out of their half.

Law XVII – Corner Kick:

- A. Conform to FIFA
- B. Exception is that opponents must remain four (4) yards away until ball is in play

BENEFITS OF 3V3 PLAY

- A. More time with the coach.
- B. More practical space to operate in.
- C. Increased contact with the ball.
- D. More actual playing time.
- E. Energetic workouts due to playing both offense and defense.
- F. Required to make more decisions.
- G. Experience repeating game situations more frequently.
- H. While learning both offense and defense, a player will become more complete and will more readily understand the roles of teammates.
- I. The work rate and involvement of the player stays consistent.

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