

# PLAYING RULES FOR U-6'S & U7'S 4 v 4 SOCCER

## Number of Players

The maximum number of players on the field at one time for U-6 and U-7 is 4v4 with no goalkeeper.

## The Referee

A coach or parent shall monitor play. The primary concerns of the adult are safety and enjoyment of the players.

## Start of Play

At the beginning of the game and following each goal, the kick-off can be played backwards from the center spot to ensure possession. Players should remain in their own half of the field until the ball is kicked.

## Substitutions

Substitutions are unlimited for the team in possession prior to a kick in. Both teams may make substitutions after a goal or a prior to a goal kick.

## Offside

The offside rule does not apply, but a team cannot station an attacking player at their opponent's goal.

## Sliding and Slide Tackling

No slide tackling is allowed, but players can legally slide to play the ball if there is no danger of injury to an opponent.

## Corner Kicks

When a ball crosses a goal line and was last touched by a defender, the game is restarted by a corner kick by an attacking team player.

## 4 Goal Rule

If one team is ahead by 4 goals, the other team may add another player to try and make the game closer. The team that is ahead can also remove a player instead.

## The Advantages of Playing Small Sided Games

### **The child has:**

- ◆ More opportunities to experience being in possession of the ball
- ◆ More time and space to make decisions about the game
- ◆ More opportunities to recognize tactical situations
- ◆ More opportunities to develop a range of techniques
- ◆ More actual playing time
- ◆ More energetic workouts
- ◆ More reason to stay involved in the play

### **The small field allows for:**

- ◆ More efficient use of space
- ◆ More games to be played simultaneously
- ◆ Players to immediate transition between attack and defense
- ◆ Children to be actively involved for longer periods of time

## Throw-ins

The ball shall be restarted with a throw-in from the spot where it left the field of play. Two hands on the ball thrown overhead with both feet on the ground.

## Goals

Following a goal, the ball is restarted from the center spot of the field.

## Goal Kicks

When the ball crosses the goal line and is last played by an attacker, any field player from the opposite team can restart the game by passing the ball into play from inside the defensive quarter area.

## Restarts

All restarts are indirect kicks (the ball must be touched by another team member before shooting onto goal) and opponents must be at least 4 yards from the ball.

## Misconduct

A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the coaches.

## Penalty Kicks

None

## Time

20 minute halves with a 5 minute half time.

## Ball

Size 3.



## **Young children are having fun when:**

- ◆ They score goals
- ◆ They dribble the ball
- ◆ They pass the ball
- ◆ They refine existing skills
- ◆ They learn new skills
- ◆ They learn more about the game
- ◆ The experience success
- ◆ They are challenged at their own level
- ◆ They are encouraged to experiment
- ◆ They are not scolded for making mistakes
- ◆ They are given freedom to make decisions
- ◆ They are playing children's games, not competing in adult sports
- ◆ Games are against like-skilled opponents
- ◆ Games are not one-sided
- ◆ Adults are supportive and not critical
- ◆ Adults provide helpful feedback