

## **GREEN HORNETS – CLUB U7 SOCCER SUGGESTED GUIDELINES**

The following guidelines are to assist coaches in directing play at the U7 level.

**Kick Offs:** Taken from center circle, offensive team must move the ball forward one revolution before the ball can be passed back over the line. Other team must remain outside the circle until ball is kicked. Goals can be scored on a kickoff.

**Throw Ins:** To be introduced and a part of game play. If it is done incorrectly, have the same player retake it. Players shouldn't be penalized and asked to turn over the ball to the other team. Remember both feet on the ground, feet cannot cross the sideline, two hands on ball, and ball straight over the head.

**Corner Kicks:** To be introduced and a part of game play. Only one attempt and should be considered a live ball, so if the corner taker kicks it out of bounds, it's a goal kick just like usual. Defending players must stand at least four yards away from the ball until it is in play.

**Goal Kicks:** To be introduced and a part of game play. The goal kick should be taken anywhere within the goal area. Opposing players must be outside the goal area AND at least four (4) yards away from the ball until it is in play. It is suggested that if necessary that opponents are in their own half of the field until the ball is in play.

**Off Sides:** Given the small field size, off sides should not be called. However, please do not allow a player to be at an opponent's goal waiting for a loose ball. This should be called.

**Free (Direct/Indirect) Kicks:** To be introduced and part of game play as appropriate. All kicks will be direct and all opponents must be at least four (4) yards from the ball until it is in play.

**Penalty Kicks:** No penalty shots should be made on a goalie. That said, call a blatant hand ball or push inside the box. Simply move the ball a fair space outside the box closest to the infraction and play it as a direct kick.

**Slide Tackling:** Prohibited at this level, always call the penalty and give a free kick.

**Dangerous Kicks:** Please call them and let the player know why. Players must learn to always play in control.

**Goalies:** As always, goalies can only touch the ball with their hands inside the penalty box. You most likely will have a goalie who steps outside the box by accident with the ball in hand. Use your judgment on a call – remind them first, call it the next time. Then just place the ball outside the box ten feet or so and have a direct kick. This gets tricky since most of us will circulate in different goalies and they all simply forget about the boundary at first.

Goalies are allowed to throw or roll the ball in and should be encouraged to release the ball within a 6 count or so. No punting is allowed.

**Game Time:** Four (4) twelve (12) minute quarters with a halftime. There shall be a two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four. There shall be a half-time interval of five (5) minutes. Anyone you designate can keep time.

**Formation:** 5v5 and there must be a goalie. Goalies should wear a shirt of a different color.

**Substitutions:** It is recommended to make most substitutions during the quarter change, but allowed at coach's discretion throughout the game. If not at the quarter change, then it is recommended during throw-ins and free kicks.

**Player Equipment:** Size 3 ball. Players must refrain from altering their uniforms in any way that poses a danger to themselves, or other players. Shin-guards must be worn completely under the sock, not with the top of the sock flipped over.

Shoes must be appropriate for the game of soccer. Toe cleats, as well as baseball and lacrosse cleats, are also strictly prohibited.

Hair control devices must not be hard, such as a clip, pin, or bead. Hats of any kind are not permitted, except for religious purposes. Additional equipment designed to protect the individual is acceptable as long as it poses no danger. Additional clothing such as leg extensions should match the overall uniform color scheme as best as possible.

FIFA and US Soccer give very clear guidance on jewelry: All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands etc.) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable, except for medical bracelets.

**Referees:** One coach from each team needs to referee the game. Use a whistle if you want, or just holler FREEZE. Those two coaches should be the only coaches/parents/volunteers on the field during the game (one from each team). Coaches refereeing the game are also free to coach from the field, but please keep it within reason. This is a game, not a practice scrimmage, so if you want to teach from the field, keep the play moving. Do not overcoach – the game teaches itself; let the kids discover much of it on their own.

The other coach/volunteer should be coaching from the sidelines while hanging with the rest of the team, helping with substitutions, and not running around the perimeter of the field. Please avoid having parents “help” in the coaching from the sidelines, especially those parents who choose to sit behind the goal to instruct their child while they try the goalie position.

**Spectators:** It is recommended at this age to separate the team from spectators, parents should be encouraged to sit on the opposite side of the field from the teams. When players are sitting out, they should be sitting with the team and not with parents across the field having a snack.

**Scorekeeping:** We don't officially keep scores at this level. So play to have fun and treat every game as a learning experience. Our main goal is to introduce more concepts of the game, improve their foot and playing skills, and keep them wanting to come back for more next year.

If the score is getting lop-sided, the dominant team's coach should direct his team that a shot cannot be taken until an X number of successful passes have been completed. Or the coaches should agree to allow the non-dominant team to field an extra player.

For additional information, please go the US Youth Soccer Resource Center:

<http://www.usyouthsoccer.org/USYouthSoccerResourceCenter/>