

Guide to U6/8



**EAGLE MOUNTAIN
YOUTH SOCCER**



Rules of Play

We are thrilled to have you join us this soccer season! Please remember that this is recreation, not competition. The goal is to have fun, learn the game of soccer and develop soccer skills!

The focus should be on developing skills to help them be successful in games. An example is dribbling – “inside, outside, laces” with lots of repetition to see improvement. You may also begin teaching pull backs and hook turns! The score is irrelevant. Encourage correct development of skills not “winning.”

We play a “Dual Field” system. Below explains how this is set up and run.

- Home Team Coach – supervises one field (both teams)
- Visiting Team Coach – supervises the other field (both teams).
- Assistants – stand on the sidelines at mid-field (not on the field).

Each field has only one adult who keeps the game flowing. Use the whistle to get players' attention if needed, but let the kids play. No mistakes are made at this age.

Home team players will be assigned a field by the coach and stay on that field for the entire game. Visiting Team players will also be assigned a field to begin and at half-time, the two visiting teams will switch fields. Spectators will turn the chair around to continue cheering.

Game Play

- Game Ball
 - size 3
- Number of Players
 - 4v4 players on the field
 - There are no goalkeepers in these age groups
- Duration of the Match: The match is divided into:
 - Four (4) equal, ten (10) minute quarters
 - Five (5) minute break between quarters (including half-time)
- Substitution
 - Substitutions are unlimited and can occur at any time
- Refereeing
 - Home team head coach supervises/referees one field for safety sake
 - Visiting team head coach supervises/referees the second field for safety sake
 - All rule infringements shall be briefly explained to the offending player
 - Do-overs' should be a regular occurrence allowed by the coach supervising the game
- Fouls and Misconduct
 - No caution or send off shall be issued to players
 - If a child is acting out of control, the coach will make a substitution of that player to give the child a chance to calm down before returning to play

- Starting and Restarting Game Play
 - Kickoffs, free kicks, kick-in, goal kicks, and corner kicks are used to start or restart play
 - Kick-ins and/or dribble-ins are also acceptable
 - No throw ins
 - If used, all free kicks are indirect
 - Opponents should be 10 feet away from the ball on all restarts
 - No penalty kicks
 - No offside

- Goal Kicks
 - The ball is placed in the goal box. The defending players must stand at least four yards away from the ball until it is in play

- Corner Kicks
 - The defending players must stand at least four yards away from the ball until it is in play.

- Goalies
 - U8 will have goalies, goalies will restart by throwing or rolling the ball. There will be No drop kicks allowed to prevent the possibility of headers.
 - U6 will NOT have goalies. The purpose of this is to allow the players to learn other positioning and to score goals.

- Scoring
 - No score or standings should be kept. Coaches should remind parents that the primary objective is fun, skill development, and improvement with each game

- Weather
 - Games are not canceled for any reason except lightning. That decision is only made at game time on the field by administrators at the complex. Plan to play in all kinds of exciting weather