



EYSC U6/U8 4v4 Program

U6-U8 Program Philosophy

Our main goal is to create a safe, fun and positive environment for our young players to learn, develop and enjoy the game of soccer.

We want to encourage and motivate our players to be competitive and to learn the value and importance of team work.

Roster Size:

The ideal number of players for a 4v4 team is 6-8 players, in order to maximize participation and engagement during training sessions and games.

4v4 Standards of Play

Game Scores and Standings:

Our club does not keep scores or standings for our 4v4 games. Our players development and the enjoyment of the game are top priorities at this age group. Coaches are encouraged to make team/players adjustments before or during games by mixing or sharing players in order to create a fun and competitive match. Communication between coaches is key to make this work.

Concussion Initiative:

Follow and review concussion and injury protocol in order to keep our players safe.

At the 4v4 level, deliberate heading of the ball is not allowed. The restart in this case will be an indirect free kick awarded to the opposing team from the spot of the offence.

Field: 25-35 yards (length) 15-25 Yards (width)

Corner flags are not needed.

Goals: Goals should not be larger than 4 feet (height) x 6 feet (width)

U6 and U8 teams will use same size goals during games, pop-up goals maybe used for training sessions.

Ball: Size 3

Players: 4 field players per team, no goalkeepers. Coaches may adjust the number of players on the field based on the number of players available.

U8 Substitutions: Are unlimited and can occur during a stoppage in play, at the halfway line, after receiving a signal from the referee.

U6 Substitutions: Are unlimited and can occur during a stoppage in play. Coaches should work together during substitutions since no referees are assigned for this age group.

Player Equipment: Shirt, shorts, socks, **shin guards and shoes**. No jewelry should be worn during games or practice, unless is medically necessary.

Duration of the Game:

The game will be divided in 4 quarters, and no more than 10 minutes per quarter.

U6: 8-minute quarters, and 2-minute break after each quarter.

U8: 10-minute quarters, and 2-minute break after each quarter.

Coaches should encourage players to work as a unit when defending and attacking.

Players should be instructed to engage during play and support their team during the attacking and defending moments.

Restarts during the game:

During **goal kicks and kick-offs**, all players from the **defending team** (Team with no ball possession) must stand behind the build out line and wait until after the ball is kicked and moves.

All **free kicks** are **indirect**.

Throw-ins U8 only

Kick-ins U6 only

Before a restart, all opponents should be at least 4 yards away from the ball.

No offside.

Referees:

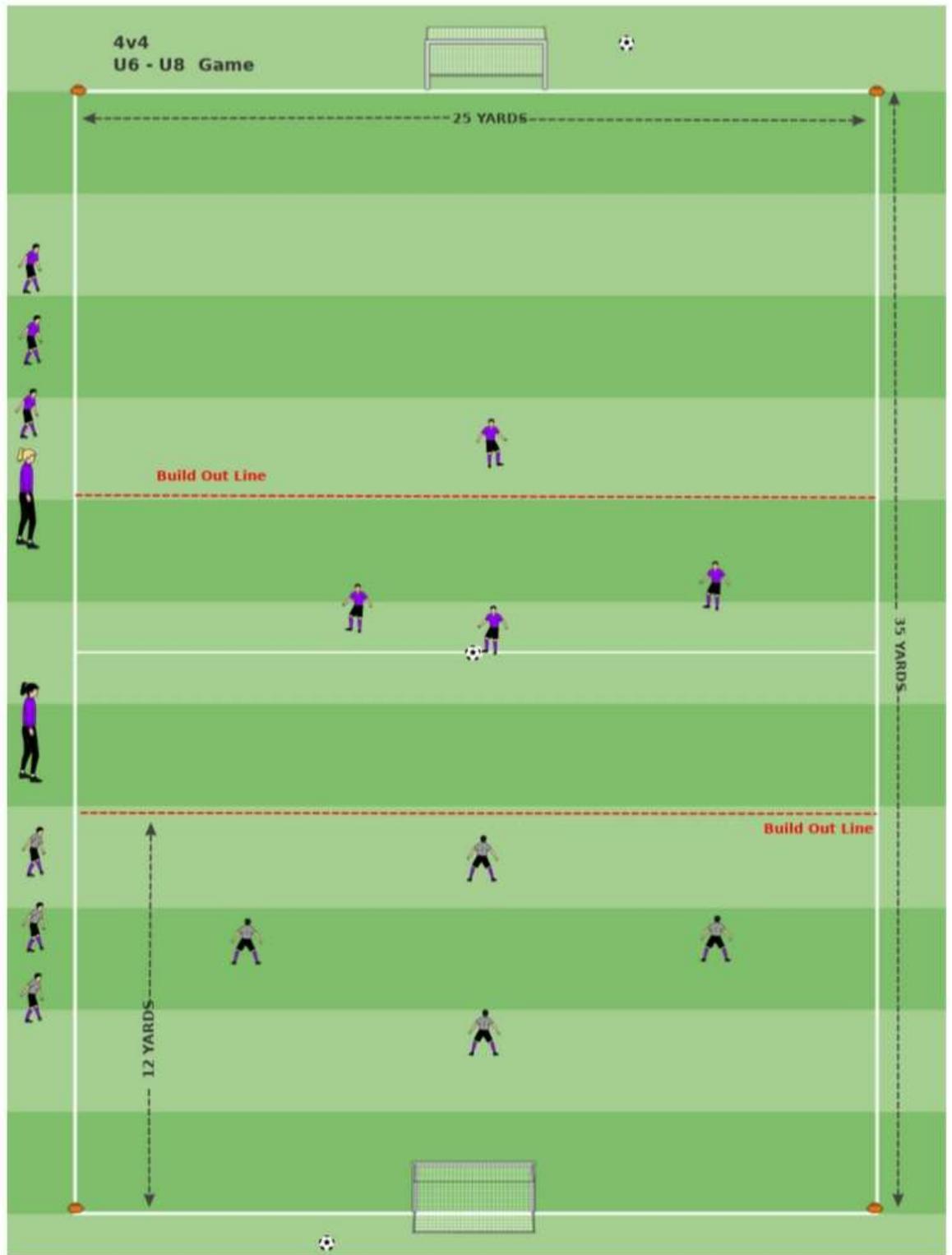
Registered and Certified referees are not used at the 4v4 level.

However, the club may use junior referees for our U8 games.

Coaches and parents should always remember that our junior referees are also learning the game and working on gaining game experience as referees.

Coaches are expected to manage the playing environment, using these standards of play and their best judgement.

Coaches are expected to work together and create and promote a fun and safe environment for all players.



EYSC 4V4 GAME U6-U8

