

Mendon-Upton Youth Soccer Association

U07 Practice/Game Format

30 minute practice followed by a 40 minute game

Practice: Spend 10 mins each in 3 different areas (footskills, themed activities, etc)

Game: 3v3 – No keepers w/ Pugg Nets

Game Format:

- 3v3 **No Keepers**
 - The format is 3v3 with **no** keepers, it is strongly suggested that coaches **do not** place kids in front of the goal to prevent a goal while the play is down at the other end of the field. The point at this age is to score goals and work together...up and down the field!
- One team wears pinneys, one does not.
- **Ball Size** – 3
- **Duration:** Four 10-minute quarters (total of 40 minutes)
- Do not keep score!
- FUN!!

Coaches Role:

- Put players on the field
- Manage subbing the kids in and out to get as equal time as possible
- **De-emphasize** winning and losing – **Emphasize** effort and achievement of skill
- Offer words of encouragement (“nice try!”, “great pass!”, etc.) and directional comments (positional aids – where to be) to kids on the field.
- **Refrain** from orchestrational comments (“Now pass it to Johnny”...”Shoot it now!”...”Throw it to Suzy”). The kids will learn better and become more self-dependent in their decision-making if they are not “micro-managed”. *Coaching comments should be given to the kids after they come off the field from their shift.*
- Let the refs manage the game on the field – Coaches should not be “refing” from the sidelines!
- Support the ref!! – The refs are kids and should be supported, not over-ridden, complained to, etc. They are intimidated as it is...Respect their decisions, even if they are not always correct!
- If the referee does not show up, coaches may ref, but have an assistant coach on the sidelines provide coaching. Please don’t coach on the field. Follow the ref’s rules below.
- Help clean-up afterwards!

Coaches interaction with the Referees

- Referees have been assigned to run the “game” on the fields.
- These refs will be generally kids between 10 and 14 in age. Many of them are just starting out their referee careers. They will not get everything correct.
- Introduce yourself to the referee at the beginning of the game

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Coaches interaction with the Referees – Cont'd

- They may not be overly assertive in calling things, blowing their whistle, etc.
- **Please respect their judgment.** If questions arise, please work with them in a constructive, calm manner, either at half-time or after the game. Exercising your “superiority” over them in an intimidating fashion will not be tolerated!
- Have the players “thank” the ref after the game is over (good sportsmanship)

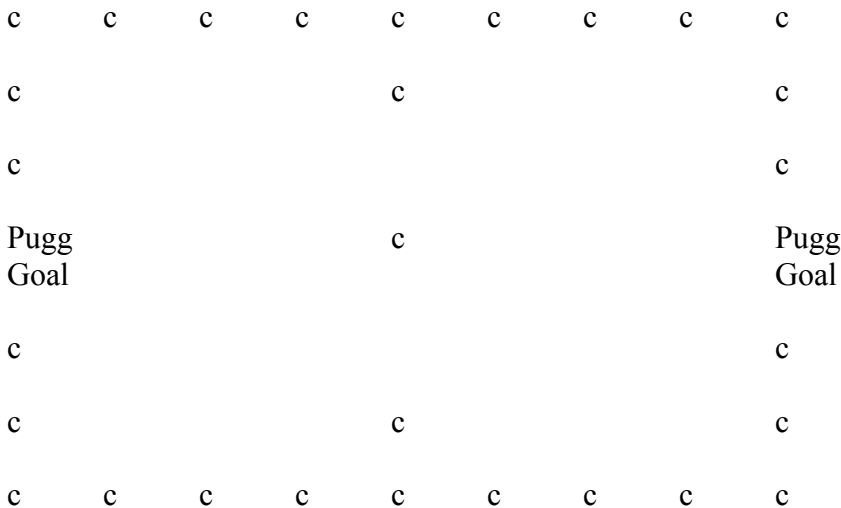
General “Rules” which will be enforced and managed by the referee

- **Restarts:** (when game starts, at the beginning of a new period, or after an opponents score)
 - Ball is placed on center line in middle of field.
 - Opposing team must back off the ball 3-4 yards
 - Ball must be passed or kicked ahead and a different player must touch it (*means the player who initiates the “kick-off” cannot touch it ahead to themselves and proceed to dribble in and score a goal*)
- All “free kicks” are **indirect** (must touch someone else before going into the goal)
- **No** penalty kicks awarded
- **No** off-sides
- If the ball goes out of bounds on the sidelines, the team who didn’t make the ball go out of bounds is awarded a throw-in.
 - In the spirit of teaching correct technique, if an incorrect throw-in is performed, the referee offers an instructional explanation to the player.
 - The player then gets up to 2 more tries before another player from the same team gets a chance. (This is done to keep the game moving).
- **Goal Kicks:**
 - **Fall Season:** If the ball goes over a team’s defensive end-line and it was last touched by the attacking team, a throw-in will be awarded for the attacking team from the sideline near the corner. The throw-in cannot go directly into the goal without touching another player first.
 - **Spring Season:** Goal kicks will be incorporated in lieu of the “throw-in”. The goal kick is awarded to the team defending that end. The goal kick is taken 2-3 yards in front of their end-line (generally not in front of their goal).
- **Corner Kicks:** [**Introduced in the Spring season**] If the ball goes over a team’s defensive end-line and it was last touched by the defending team, a corner kick is awarded to the team attacking that end. The corner kick is taken at the corner where the sideline and end-line meet (not sitting on top of a cone)
- **Substitutions:** All substitutions are done with the approval of the referee. Players may be substituted during the following situations:
 - After a goal is scored
 - Prior to a throw-in
 - Prior to a goal-kick
 - Prior to a corner kick
 - After an injury

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Field Guidelines:

- Fields marked off by cones: (cone = c)
- Field Dimensions are approx: 15 yards wide by 25 yards long (adjust based on available space)



Parents Role:

- Support their kids play on the field in a positive manner
- Don't criticize the players before, during or after the game
- Encourage them to cheer on all the players, not just their own child.
- Recognize effort and fun over results
- Let the coach do the coaching!!

Parents Seating: Parents are to sit and view the games from behind the end-lines of the fields. This is because the fields are laid parallel to each other with only a little space between them.

Players/Coaches Seating: Players and coaches should be situated in a separate area away from the parents. It is understood at this age that the kids may want to go back and forth from the parents, but it should be kept at a minimum. Starting in U08s, the teams will be separated from the parents even more.