

# Mendon-Upton Youth Soccer Association

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## U08 Game Format

*Game:* Either 4v4 (3+GK) or 5v5 (4 Field Players + Keeper)

### Game Format:

- Either 4v4 (3+GK) or 5v5 (4+GK) – **NO MORE THAN 5v5!!!**
- **Ball Size** – 4
- **Duration:** Four 12-minute quarters (total of 48 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 orchestration-type 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
- 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)

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## 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:** If the ball goes over a team’s defensive end-line and it was last touched by the attacking team, a goal kick is awarded to the team defending that end. The goal kick is taken 2-3 yards in front of their end-line.
- **Corner Kicks:** 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
  - After an injury

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## **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 one side of the field,. Please do not have parents sit behind the goals, as it is distracting to the players.

**Players/Coaches Seating:** Players and coaches should be situated in a separate area away from the parents.