

MYSA 4v4 Small Sided Program Under 6 and Under 8 (1st & 2nd Grade)

Law 1—The Field:

- A. **Dimensions:** The field of play shall be rectangular, its length being not more than 40 yards nor less than 20 yards and its width not more than 25 yards nor less than 20 yards. The length in all cases shall exceed the width. Recommendation: 25 x 40 yards
- B. **Markings:** Goal area: Three (3) yard arc (exclusion zone)
- C. **Goals:** the size of hockey goals or 4x6 feet marked with cones/flags or pop up goals.

Law II—The Ball:

Size three (3)

Law III.—Number of Players:

- A. Maximum number of players on the field at any one time is four (4). Game played without goalkeeper.
- B. Maximum number of players on the roster 12 with two field system.
- C. Substitutions: During stoppages in play.
- D. Playing time: Each player SHALL play a minimum of 50% of the total playing time.
- E. Teams and games may be coed.

Law IV—Players Equipment:

Athletic shoes, shin guards covered by a pair of high socks, clothing that is not restrictive and a soccer ball.

Law V—The Referee:

Parent/Coach or assistant that monitors play. All rule infractions shall be briefly explained to the offending player.

Law VII—Duration of the Game:

The game shall be divided into four equal, twelve (12) minute quarters. There shall be a 2-3 minute break between periods.

Law VIII—The Start of Play:

Opponents must be six (6) yards from the ball while kick-offs are in progress.

Law IX—Ball In and Out of Play:

Dribble in or kick-in

Law XII—Fouls and Misconduct:

- A. Shall be classified under one heading: INDIRECT
- B. Opponents must be six (6) yards away before kick is allowed.

Law XIV—Penalty Kicks:

None

Law XV—Throw—In/Kick-In:

Throw-ins are not utilized. Kick-in is considered as an indirect free kick.

Law XVI—Goal Kick:

The ball is kicked from any point within the goal area.

Law XVII—Corner Kick:

No corner kicks. Kick-ins will be taken in place of corner kicks.

U6/U8 MYSA 4v4 Small Sided Program Are You My Teammate?

Entry-level soccer programs should focus on broad motor skills, general sports skills, and informal soccer games. Players at this age are too young for formal league play and structured teams. Group training and competition provides for motor skill development, soccer training, and non-threatening competition in small numbers.

Starting out with a 55x90 yard field. Divide that into four (4) smaller 25x40 yard fields with a five (5) yard space in between.

The players and coaches are in between the fields while the spectators/parents are on the outside.

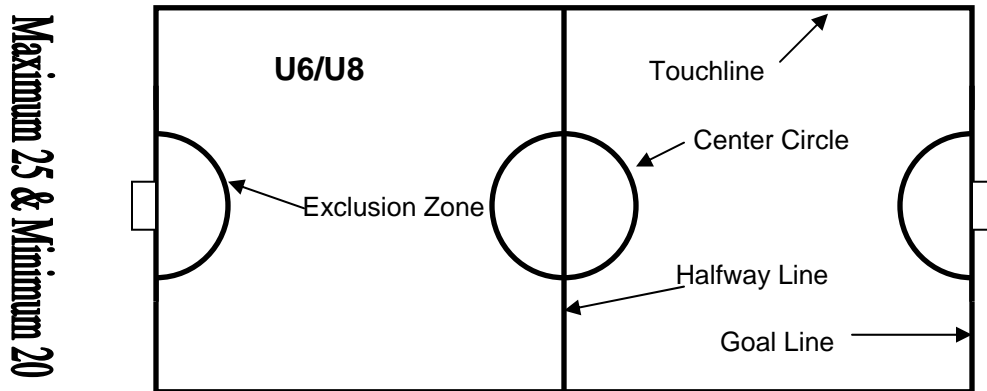
This will accommodate four teams for a total of 48 players with 32 of them playing and 16 resting.

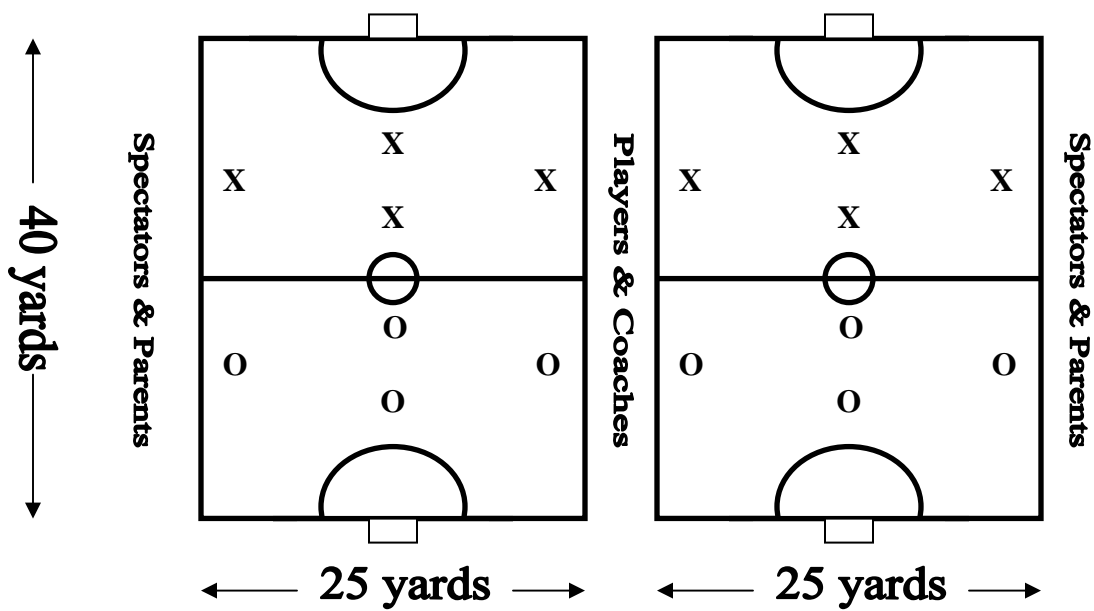
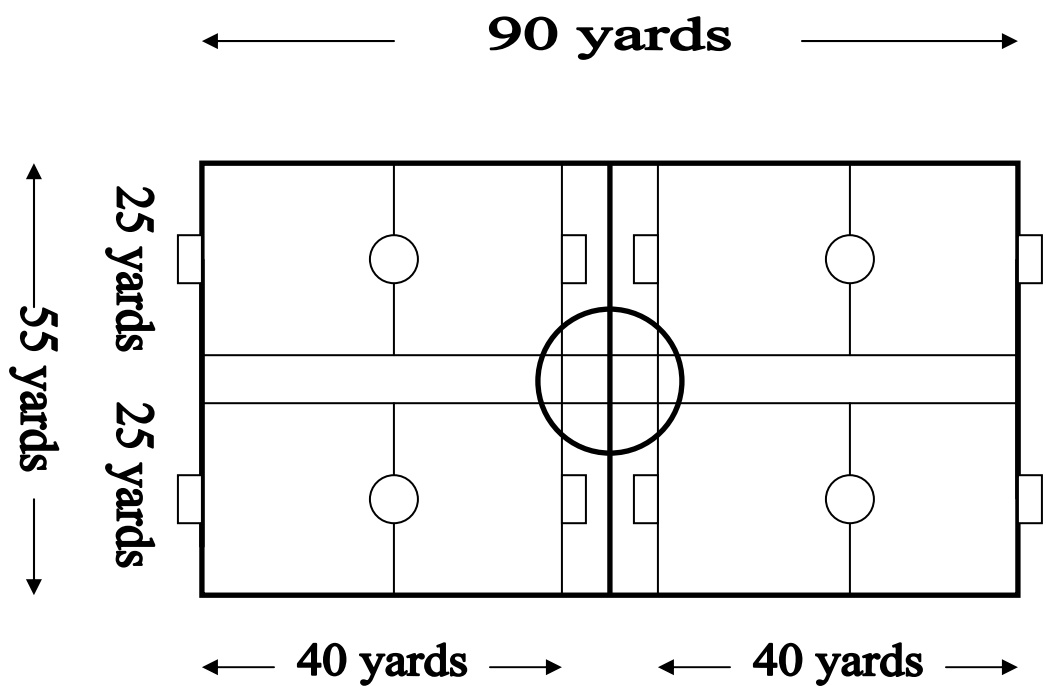
8-12 coach/parent volunteers, 2-3 per team are necessary to provide a safe environment on the field, and communicating with each other to help players switch in and out. One assigned to their defensive halves and one in the middle with the subs. Volunteers step off field once players understand the concept of switching in and out.

Players can come off of one field and sub in on the other field when necessary.

Benefits:

- Keeping track of the score is difficult and stress is lower.
- Adults support all players.
- More activity for the players.
- "Exclusion" zone keeps players more engaged in the field.
- Spectators create a "stadium" and the players are central to the action.
- Players of mixed ability can participate together.
- 4v4 has good "soccer shape" and creates a good learning environment.





U6/U8 Fun Phase

The fascination for the ball, the desire to master it and the thrill of scoring goals provides the launching pad. The joy and pleasure of the game are best nurtured by encouraging freedom of expression.

The **“Six principles”** of U6/U8 player development should be the cornerstone of any program.

1. Are activities developmentally appropriate – fun, agility
2. Give clear instructions – Brevity, Clarity, Relevance provide good pictures
3. Simple to Complex progression
4. Use safe and appropriate spaces
5. Opportunities for decision making – by the players
6. Provide plenty of implications for the game – very wide scope with young kids.

Coach: Facilitator, Friendly Helper; Organizer; Stimulator; Patient; Enthusiastic; Imaginative

Coaching Certificate: U6/U8 Youth Module

Technique/Tactics: Learning through FUN games and age appropriate activities to encourage participation.

Activities checklist:

- Are the activities FUN?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach’s feedback appropriate?
- Are there implications for the game?

Games: Body Awareness => Maze Games=> Target Games

Physical: Physical/Movement Education through Soccer

- Body Awareness
- Balance
- Coordination—Eye Hand and Eye Foot
- Agility—Changing Direction while in Motion

Psychological: Keep it FUN and ENJOYABLE to foster a desire to play (Intrinsic Motivation). Tend to one task at a time—controlling the ball is a complex task by itself. Have realistic expectations. Players struggle to understand group or collective play, encourage individual activities with all players with a ball. Short attention span unless peaked therefore keep interest high. Children like to show what they can do, encourage them to try new things. Develop self esteem encourage activities that foster positive feedback and attainable positive success.

“The Game in the Child”

The youth soccer player is defined as any child from pre-school through adolescence. The GAME WITHIN EACH CHILD is at the center of all decisions and actions taken by the child, coach and organization. It is the ultimate goal of youth soccer development within the United States to unlock the game within each child to reach the child's full soccer potential.

Characteristics of U8 Children

- Attention span beyond U6 but still not extended
- Inclined more toward group activities
- Still in motion
- Still very sensitive. (Dislikes personal criticism in front of peers)
- Beginning to develop physical coordination (Most can ride two wheeler at this point)
- Still into running, jumping, climbing and rolling
- More into the real game through imitation of big guys (Sports heroes becoming important)
- STILL LACK SENSE OF PACE. (GO FLAT OUT)