

**U** 10/U11 (4/5) 7V7  
SMALL SIDED GAMES  
FORMAT

Using a 90 x 55 yard field play 7 v 7 including a goal-keeper.

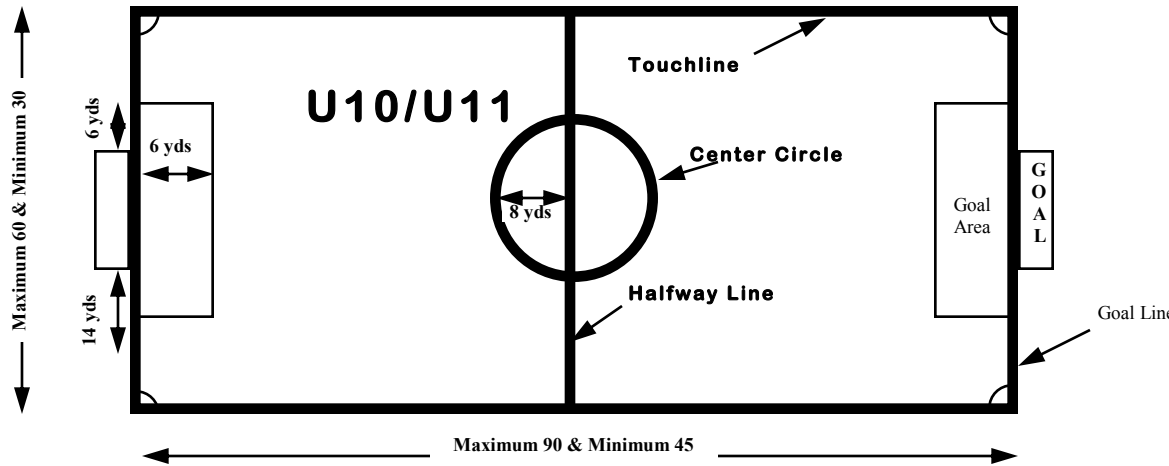
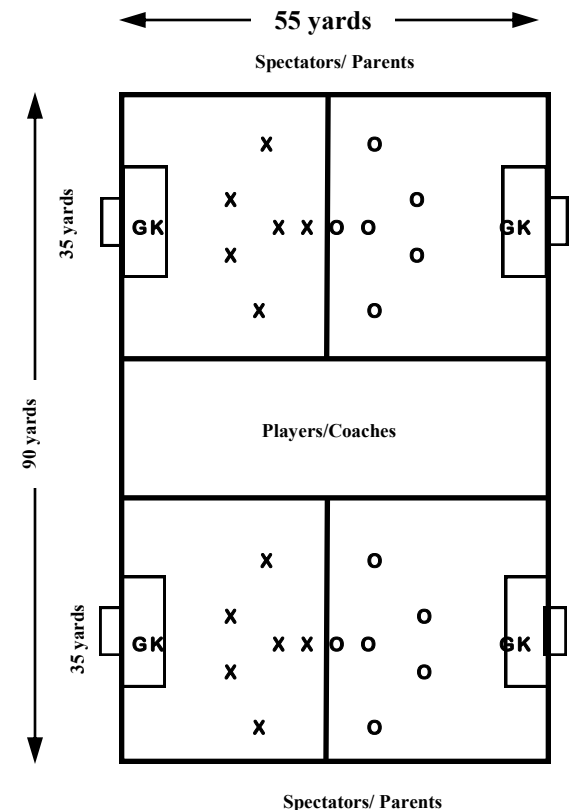
The players and coaches are on one side of the field and spectators/parents on the other side.

This setup will accommodate 4 teams for a total of 48 players with 28 of them playing and 20 resting.

2 coach/parent volunteers per team are necessary

\*Opposing team must back up to the half line when the goalkeeper has the ball and on goal kicks allowing the team to build out of the back with a first pass is free rule.

\*No punting allowed



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SMALL SIDED  
PROGRAM

**Law 1—The Field:**

- A. **Dimensions:** The field of play shall be rectangular, its length being not more than 90 yards nor less than 45 yards and its width not more than 60 yards nor less than 30 yards. The length in all cases shall exceed the width. Recommendation: 50x30 yards.
- B. **Markings:**
  1. A center circle with a eight (8) yard radius
  2. Four corner arcs each with a two (2) foot radius.
  3. Goal area: six (6) yards from each goal post and six (6) yards into the field of play, joined by a line parallel with the goal line.
- C. **Goals:** 6'x12'

**Law II—The Ball:** Size four (4)

**Law III.—Number of Players:**

- A. Maximum number of players on the field at any one time is seven (7) including the goalkeeper.
- B. Maximum number of players on the roster should not exceed twelve (12).
- C. Substitutions:  
Any stoppage of play.

**Law IV—Players Equipment:**

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

**Law V—The Referee:**

- A. One registered 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:**

- A. The game shall be divided into two (2) equal halves of twenty (20) minutes each. There shall be a half time break of five (5) minutes.

**Law VIII—The Start of Play:**

- A. Kick-offs goes back to insure possession. Refer to XII B.

**Law IX—Ball In and Out of Play:**

- A. Corner kicks, Goal kicks, Throw ins.

**Law X—Offside:**

Is in effect. \*mainly looking for blatant offsides

**Law XII—Fouls and Misconduct:**

- A. Shall be classified under one heading: INDIRECT unless in the penalty area.
- B. Opponents must be eight (8) yards away before kick is allowed.

**Law XIV—Penalty kicks:** Taken from eight (8) yards.

**Law XV—Throw—In: Throw-ins are utilized.**

**Law XVI—Goal Kick:** Refer to Law XII B. Opposing team must back up to the half line.

**Law XVII—Corner Kick:**

- A. Refer to Law XII B.

# THE ADVANTAGES OF PLAYING SMALL SIDED GAMES

## The Child Has:

- More time with the coach
- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more decisions
- Experience repeating game situations more frequently
- The work rate and involvement of a player stays consistent

## The Small Field Allows for:

- More efficient use of space
- Multiple games can be played simultaneously on a full size field
- Children to be physically more efficient in smaller space
- Less time to achieve a goal or advance to goal, successfully
- Children to be actively involved for a longer period of time

# CHILDREN GROWING CHILDREN HAVING FUN

## What is LATE SUMMER SOCCER?

All boys and girls entering grades K-5 are eligible. The New Richmond Community Education program is designed to provide our children and volunteers:

- A program for all "soccer fun for everyone"
- An opportunity to play soccer and develop athletically
- Resources and coaches education
- Opportunity to learn about the game of soccer
- Fun
- Fitness
- Friends
- For life

# AGE GROUP CURRICULUM FOR YOUTH PLAYER DEVELOPMENT

## U10/U11 Foundation Phase

Hero worship, identification with successful teams/players and a hunger for imaginative skills typify the mentality of this age. This is a time of transition from self-centered to self-critical. Players of this age have high arousal level in relation to the training of basic skills. This is the "Golden Age of Learning" and skill development. Demonstration is very important and the players learn best by doing. This is an appropriate time to introduce and teach basic principles of play. The "Six principles" of U11/U12 player development should be the cornerstone of any program.

1. Are activities developmentally appropriate.
2. Provide clear, concise and correct information.
3. Organize activities simple to complex.
4. Provide safe and appropriate training area.
5. Include decision making by the players within activities.
6. Ensure activities have implications for the game.

**Coach:** Sensitive Teacher; Enthusiastic; Possess Soccer Awareness, Ability to Demonstrate; Knowledge of the Factor of the Basic Skills.

**License**—E license and U10/U12 Youth Module

**Technique:** Establish a solid base. Development of individual skills under pressure of time, space and an opponent. Increase technical speed.

**Dribbling:** Encourage risk taking! Moves to beat an opponent; Keep possession—shielding/spin turns; Change of direction and speed.

**Receiving:** All surfaces from partner on the move=> ground, bouncing and air balls.

**Shooting:** Proper striking technique. Partner serve from all angles, turns, cut backs, volleys.

**Passing:** Proper technique for laces, inside, outside—short and long.

**Heading:** Self serve => Partner serve—jumping to head, partner juggling.

**Tactics:** "Dawn of Tactical Awareness" Basic Principles of Play. Play a variety of positions to develop an awareness and become a complete player. Promote attacking soccer.

**Individual** => 1 v 1

**Attacking** Keep possession and encourage risk taking, take players on 1v1 in proper areas of the field.

**Defending** Proper pressure (in front and behind), channeling, immediate chase.

**Small Group** => 2 v 1, 2 v 2, 3 v 1, 3 v 2, 3 v 3

**Attacking** Keep possession => Support; Combination play => Wall pass, Take over, Over lap, Double pass.

**Defending** Pressure. Cover; Marking

**Physical:** All fitness work with the ball

Flexibility—static stretching

Agility—balance, coordination on the ball

Speed

Strength

Endurance

**Psychological:** Keep it FUN and ENJOYABLE to foster a desire to play (intrinsic motivation).

Encourage decision making

Imagination/creativity

Increase demands

Discipline

# New Richmond Community Education Late Summer Soccer

## 7 v 7 Program

## Under 10 & Under 11



## (4th & 5th Grade)

Community Education

Revision (2.3.16)

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