

## U4 Guidelines

This level of play is intended to introduce players to the game of soccer.

### Practice

Practices that are presented in the form of a game work best for this age group and should include:

- Basic rules of soccer.
  - Stay inside the lines, No hands, Stop when the whistle blows, etc.
- Introduce foot skills.
  - Dribbling, passing, and shooting.
- Encourage teamwork and good sportsmanship.
- Basic player conditioning
  - Pre-practice, Pre-game stretching and warm-up

### Games

- Games will consist of (4) four (6) minute quarters with a short water break at the end of each quarter.
- Goalies are not utilized in the U4 Division.
- Heading of the ball is not permitted in the U4 Division.
- Only (4) four players per team may be on the field at the same time.
- (2) Coaches per team are permitted on the field to assist players.
  - (1) Coach per team on either side of the field as divided by the centerline.

### Please remember:

- The Coach is also the Ref in U4, Check your players for proper uniforms and safety equipment ( shin guards and cleats ).
- Frequent water breaks during practices and games are important.
- Parents and spectators should remain off the field during game play.
- HAVE FUN!!!