



U7 Recreational Soccer

At this age OYAA wishes to encourage, reinforce and promote player's success in using their technical/foot skills in practice and games. Coaches help refine the kids' ability to dribble, pass and shoot the ball using all surfaces of the foot through repetitions.

The concepts of referees, team formation/position play, throw-ins, goal kicks, indirect/direct kicks and offside are introduced. Talk with players about roles... "When your teammates have the ball..." and "when the other team has the ball."

Throw-ins: The referee will allow a player one "do-over" after an incorrect throw-in.

Offside: obvious off-sides (cherry picking) violations are enforced.

Playing within the rules is a focus, and the balance between individual and team play is to be encouraged.

Players should have the opportunity to play all positions. No one player should play goalkeeper for more than half a game. Score will be kept. Won/loss record may be kept for pairing teams in the spring, but will not be published. THE EMPHASIS IS STILL ON FUN!!!

Coaching Goals

Coaches....talk to the players in a positive, caring and supporting manner. Make soccer Fun! Yelling at a player/team/referee/opposing team is not tolerated. Teach them to play as a team...their relationship to other players on the field. By the end of the season players should know:

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- Each quarter begins with a kick-off ; kick-off or Indirect free kick should be passed to another player
- The use of hands is forbidden (except for the goalkeeper inside the penalty area)
- Side-line out of bounds require a Throw-in; end-line out of bounds require a goal kick or corner kick
- After score, a kick-off occurs from mid-field
- A ball must completely cross the sideline or goal line before it is out of play
- That a ball out of bounds over the goal line is put back in play with either (a) a corner kick by the offensive team, or (b) a goal kick by the defensive team.
- 1v1 moves...get behind the defender...change of speed and change of direction
- Be aware of their surroundings (i.e. teammates). Can I dribble? Should I pass? Play Defense!!!
- that a kick off or indirect free kick should be passed to another player
- That the ball must clear the penalty box before it can be played on a goal kick.
- Players should be conscious of the need to pass and play in their Area of the Field



The Basics

The Roster

- **Players born:** see OYAA website for Age Group Chart **Roster Size:** 12-14 players

Player Equipment Recommendations

- **Soccer Ball size:** 3 Parents should invest in a soccer ball the child brings to soccer practice/games
- **Shin guards** are required.
- **Soccer shoes** are optional but recommended
- **Jewelry and Watches....** Players are not permitted to wear jewelry/ watches on the field.

The Field

- **Game Format:** 7v7 (each team has 6 field players + 1 goalkeeper)
- **Goal Size:** Goal is 6.5' x 18'
- **Field Set-up/ Dimensions:** 1 field (40 yards wide, 60 yards long)
- **Field Markings:** side-line, end-line, mid-field line. Goal area and Penalty area

The Game

- **Each team places 7** players on each field. 5 field players and 1 goalkeeper
- **Player Rotations:** Recommend to rotate players at either 6 minute mark or at quarters ...UNLESS... there is an injury, the team has extra player, or the score is lopsided.
- **Pre-Game of Game:** a short 10-15 practice immediately before all games. Games start at the time posted on your team's schedule.
- **Game Length:** 12 minute quarters; 2 minute breaks between quarters. Halftime = 5 minutes.
- **Change Direction:** players change sides at halftime
- **The Clock:** only stops for serious injury
- **Coaches:** are not permitted on the field during the game.

Substitutions

- Substitutions are allowed at any stoppage, quarters, halftime, kick-off or injury. Substitutions are made at mid-field when the referee's signals them to enter the field; player should be ready.

Referees

- Referees are assigned to each game by OYAA. They manage the game clock.

Playing Time

- Every attempt must be made to play each child a minimum of 2 quarters per game

Practices

- One practice per week expected; more are allowed if able. Practices should last 60 to 75 minutes. Players should do their best to attend 1 practice per week.

Goal Kick Restart

- Goal kicks may be taken from top of goal box OR top of the penalty box
- Defending team should line-up at bottom of center circle and then move when kick is taken.

Rules for U-7 Game play

- (1) Referees and coaches can help explain each call to the offending player(s) during the game.
- (2) While offside will not be called; it will be discouraged. Offensive players are not allowed to station themselves in front of the goal. A coach shall not direct a player to play in an offside position. No "cherry picking."
- (3) Players may not handle the ball intentionally. Unintentional or protective hand ball is permitted.
- (4) Defensive players must be at least 8 yards from the ball on any indirect free kick
- (5) Proper Throw-ins are allowed. Referees may demonstrate to help the players execute properly. The referee should allow play to continue after the second throw even if it's incorrect.
- (6) There will be a Goalie; must wear unique color. Can only handle ball inside the penalty area. A ball purposely kicked back to the goalkeeper by his teammate may not be played by the keeper with the hands. If the goalkeeper picks up the ball, the call is an indirect free kick for opposing team.
- (7) There are Direct and Indirect Free kicks: Direct Free kicks can go directly into the goal for a score. Indirect free kick should be touched/played by a second player (offensive or defensive) prior to a second touch by the kicker or a goal being scored.
- (8) All infractions for hand balls, tripping, kicking, pushing, holding will result in the stoppage of play and explanation of the offense. Play resumes with a Direct free kick at the point of the infraction.
- (9) All infractions for dangerous play and poor sportsmanship will result in the stoppage of play and an explanation of the offense. High kicks, playing the ball while the player is on the ground, slide tackles and violently charging are dangerous play. Play resumes with an indirect free kick at the point of infraction. A
- (10) A drop ball will be used at the point of infraction whenever a call is uncertain of for dual penalties. If close to the goal, move back 8 yards from goal-line
- (11) After an injury, play resumes with a drop ball.
- (12) Unsportsmanlike conduct, offensive language or gestures result in a warning. A second offense results in the player's removal from the game. The ball is put back in play with a drop ball where the play stopped. Repeated offenses (multiple times per game or multiple games should be reported to the OYAA Director of Soccer).
- (13) If a ball crosses the sideline, play resumes with a Throw-in at the point where the ball crossed the line and left the field of play.
- (14) If a ball crosses the End-line in its entirety, it is put back in play with a kick by the opposing team. The kick shall be taken from the corner if it was last played by the defending team and from a spot 6 feet in front of the goal if last played by the attacking team.
- (15) All free kicks (i.e. goal kick) must leave the penalty area.
- (16) The spectators must sit on opposite side of the field across from the players/coaches