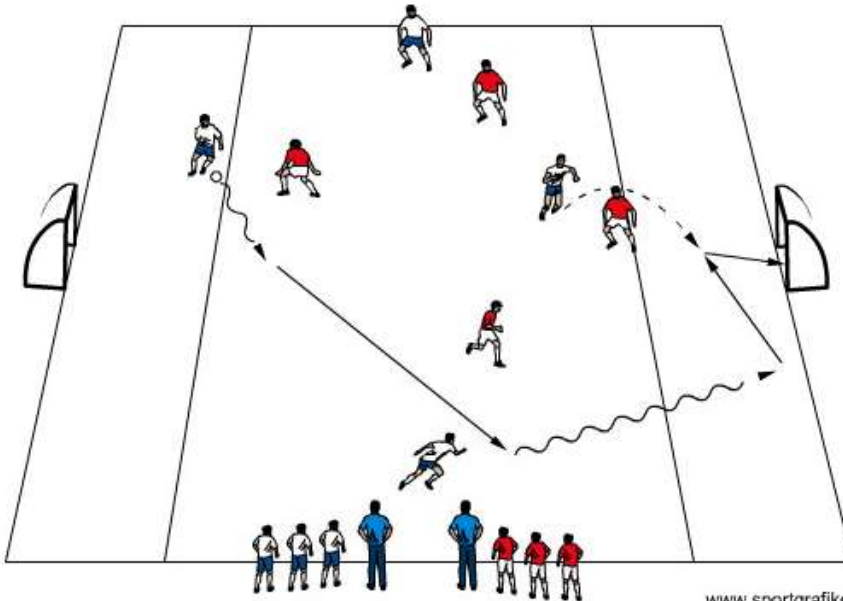




## Shenandoah Valley United (SVU) Match Format & Rules – u7u8 - 4v4 updated 8/1/16

### 4v4 Mini-Soccer – SHOOTING ZONE Format – NO GOALKEEPERS



- **Field Size:** 25 x 30 yds
- **Goals:** 2 central goals (5x10) (attack 1, defend 1).
- **Ball Size:** size 3 soccer ball
- **Shooting Zone:** goals must be scored from within 8 yd shooting zone.
- **Duration:** 4 x 12min
- **Teams:** players and coaches for both teams on 1 side of the field.
- **Parents:** all parents on opposite side of field. Players should have water bottle and any other needed items with them on the sideline by the coaches.
- **Field Players:** 4 players for each team.
- **Goalkeepers:** none.

- **Substitutions:** unlimited, on the fly (no more than 4 players per team on the field at a time).
- **Coaches:** no coaches on the field during play. Coaching instructions can be done verbally from the sideline. Another effective coaching methodology is to take a player off the field to provide instruction, then return them as soon as possible to attempt to act on the insight provided.
- **Referees:** there will be no formal referee. Coaches will work together amicably to make calls from the sideline.
- **NO Heading:** players 10 and under are not permitted to head the ball, indirect free kick results

- **Pass/Dribble Restarts:** all restarts are player's choice of pass or dribble. No permission is required to restart play except to start match and start 2nd half. Coaches should allow players to make the decision as to whether to dribble or pass the ball to restart play.
  - Ball out-of-bounds on sides: Pass/dribble from sideline.
  - Goal Kicks: Pass/dribble from anywhere within shooting zone. All opposing players must be outside of shooting zone.
  - Corner Kicks: Pass/dribble from anywhere along the sideline between shooting line and end line.
  - Start of Match, Start of 2nd Half, Restart after goals: Pass/dribble from shooting line
  - Free-kicks: Pass/dribble from point of infraction.
  - For all restarts: Opposing players must be a minimum of 4 yds back.
  - Offside: Offside is NOT in effect.

- **System of Play (0-2-2):** (pictured right) this system of play provides some basic role definition which can be helpful as a starting point for transitioning back and forth between attacking shape (0-1-3) (picture top of page) and defensive shape (0-2-1-1) (not pictured)

