U7 Indoor Rules & Session Format

THESE RULES MAY BE SLIGHLTY ALTERED DUE TO FIELD AVALAIBLILTY & ROSTER SIZES

The Ball:

- U7 Size 3

The Time:

- 30-35 Minute Activity Stations (AS)
- 20 Minute Small Sided Game (SSG)
- 5 Minute Changeover of the Field to the next allotted time slot.

The Field of Play

- AS's should be pre-determined by the Coaches, should include 3-4 activities
- SSG Field of Play should be approx. 35x25 yards.
- Bownets should be used as goals (1 per team, coach to be provided with bownet by community league)
- In the absence of a bownets, cones may be used to create a rectangular box that is 2x4 yards. If either team does not have their bownet, this format with cones should be used.
- A Penalty area shall be constructed in front of the goal with cones, the penalty area should measure 4x6 yards in front of each goal

Player Changes

- Player changes should be on the fly, anywhere from 45 seconds to 1 minute, unless directed otherwise by a coach.

Number of Players on Field:

- Each Team should have 5 players on the field at one time.
- A Sweeper Keeper is suggested in being used, meaning the player closest to the net can use their hands. It is strongly recommended that Coaches do not assign a goalie at this age group.
- Substitutions: May be done on the fly, or at the discretion of the coach.
- Playing time: Each player shall play equal time as all other players on the team

- Players should have the opportunity to play, encouraging them to play on different parts of the pitch.

Mandatory Player Equipment:

- Footwear: Clean non-marking indoor running shoes or indoor soccer shoes
- Shin pad and socks, socks **MUST** covering shin pads
- Jersey as supplied by community league
- No jewelry or hard casts are permitted

Stats & Scores:

- No Stats or scores are kept at this age level

Referee & Linesman:

- There are no referees or linesman at this age group, coaches are permitted to be on the field of play to actively instruct players, stop play, restart play etc.

The Start of play:

- The start of play shall consist of the visiting team starting with the ball at center.
- The defending team shall be 6 yards away from the center at any start from center.
- The ball may be played in any direction but cannot be touched by the same player twice or before another player has touched it. If this occurs the ball must be restarted.

Ball in and out of play:

- Any ball played out of bounds shall be awarded to the opposite team that put it out of the field of play. A kick-in is awarded, there are no throw-ins for U5 teams.
- Opposing players are to be moved back at least 6 yards from the player taking the kick-in.

Method of Scoring:

- Goals will be awarded when the ball is kicked into the net, or between cones.
- Goals may be scored inside of the penalty area.
- A goal can be scored from anywhere on the field except inside the goal area or directly from a kick-off, goal-kick, free-kick or restart of play. All kicks are indirect meaning another player, from either team, must touch the ball before a goal is counted.
- Goals must be scored no higher than 4 feet. (If there are no nets)

Off-Side:

- There are no off-sides.

Fouls and misconduct:

- All fouls are IN-DIRECT: this means the ball must be first passed to another player before a goal can be scored. Most fouls are not intentional, but rather are due to lack of coordination.
- No pushing, hitting, kicking or holding an opponent and no intentional hand balls.
- All fouls or free kicks will result in an indirect free kick with the opponents 6 yards away. Indirect means it must touch another player from any team before a goal can be scored.

Free Kick:

- All free kicks are Indirect and the ball must clearly move before it is considered in play. If the ball does not move the player retakes the kick.
- A goal shall not be scored until the ball has been played or touched by a second player of either team. (Indirect)
- No free kicks shall be taken by the attacking team within the defending teams' goal area.
- Coaches should whistle any attacking play that moves inside the defending team goal area to protect the keeper. Play is restarted with a goal kick.
- Restarts by a goal kick require moving opposing players back 6 yards to create playing space.
- The ball must touch a team mate of the keeper before the opposing team can attack the ball.

Penalty Kicks:

- No penalty kicks

Throw-in:

- At this stage of player development, there are no throw-ins
- When a player kicks the ball beyond the sidelines, a kick-in is awarded to the opposing team.

Kick-in:

- Ball is placed on side line
- Opposing players are moved back 6 meters from the ball.
- The ball is active once the sideline kick is taken.
- If any of the above are not followed the kick-in is retaken.

Goal Kick:

When a player on the attacking side of the ball is the last person to touch the ball causing it to go over the opposing team's goal line and not between the goal posts, a goal kick is awarded.

- Goal kicks will occur when the attacking team puts the ball across their opponents' goal line.
- This will result in the goalkeeper kicking the ball from anywhere in the goal area.
- All opposing players must be 6 yards back from the top of the goal area.
- The ball must move outside the goal area and be touched by a teammate of the goalie before the opposing team can challenge the ball.

Corner Kick:

When a player on the defensive side of the ball is the last person to touch the ball causing it to go over their own goal line and not between the goal posts, a corner kick is awarded to the attacking team.

- A corner kick will be awarded when the opposing team.
- The corner kick is taken at the corner closest to where the ball exited the playing area.
- All corner kicks are indirect; a goal may not be scored directly from a corner kick without the ball touching any other player

Recommendations:

- Both teams shake hands after the game, subject to any additional health restrictions imposed by local, provincial or federal government.
- Do not leave any child unattended after the game; ensure all players have a ride home.
- Having fun is more important that goal scoring. Use this opportunity to teach players good sportsmanship, safe play and respect for each other, their opponents and the coaches.

- Respect the other coaches, players, spectators, and anyone who many be present; all of you are involved because you care and want your respective teams to experience maximum enjoyment from the game.
- Plan and Write out your practice plan and use AS activities. Using longer, complex, and repetitive exercises defeats the purpose for this age group, keep activities short, with no more than 10 minutes per activity to keep interest up.
- If an activity fails, the use of positive encouragement will allow for growth and results from it will come.
- Use simple language. Explain the activity, but keep it simple. Have fun, remember that you are an ambassador that leads by example