

U7/U8

TOPIC	MODIFIED RULES FOR THE FUTURE LEGENDS U7/U8 DIVISION
LENGTH OF GAME	Four 10-minute quarters with a 2-minute break between each. 5-minutes for half time.
PLAYERS	4v4.... Four players per team.... 1 Forward, 2 Midfeilders, 1 Defender NO Goalkeepers. Players can defend but are not allowed to stand in front of the goal regardless of where the ball is in the field. Players are encouraged to attack and defend as a team.
FOULS	Only on referees discretion No penalty kicks - ball is awarded to the other team via indirect (free) kick.
SET PLAYS	Yes, Corner kicks Yes, Goal kicks Yes, Throw-ins Yes, Kick-offs All re-starts are 'in-direct' including kick-offs, goal kicks, plenalty kicks, corner kicks, etc..
GOAL BOX	No player may touch the ball within the goal box; however, any player may move through the goal box. Any part of the ball or player's body on the line is considered in the goal box; the player is an extension of the box. An INFRACTION occurs if a defender touches the ball in the goal box, a penalty kick is awarded to the offensive team. If an offensive player touches the ball within the goal box, a goal kick is awarded to the defensive team. If the ball comes to a complete stop in the goal box, regardless of which team touched it last, a goal kick is awarded to the defensive team.
GOAL KICKS	Being encouraged to play out of the back, goal kicks can be played vertically without encrouchment until the second touch (see build out line).
BUILD OUT LINE	Edge of the center circle extended to the sidelines. The build out line promotes playing the ball out of the back in a less pressured setting. The opposing team must move behind the build out line during a goal kick until the ball is put into play (when played VERTICALLY).
SPORTSMANSHIP	Good sportsmanship is to prevail at all times. Coaches will be held responsible for the conduct of themselves, their players, players' parents and guests.
THROW-INS	Proper form must be used... both feet must stay on the ground, ball is held with both hands, and thrown with a continuous motion starting behind the head. Throw-ins should be taken by the last defender, to keep him/ her involved in the game.
OTHER	NO slide tackling NO scores are kept All players play a minimum of 50% . Player's time is connected to practice and participation, if a player regularly misses practice, it will affect playtime. Share players if neccsary.

	Goal differential: Differentials of 3-4 goals, teams should start getting creative by limit touches, ten passes before shooting, shoot outside of the box only, moving players positions or playing a player or two down to challenge the winning team. Coaches may come on field during restarts for positioning, but must exit field before play resumes.
SPORTSMANSHIP	Good sportsmanship is to prevail at all times. Coaches will be held responsible for the conduct of themselves, their players, players' parents and guests. NO results are being recorded, NO league standings, or win/loss/tie records. Please do NOT relate success of your team to how many games they win.
SAFETY	All items of jewelry (necklaces, rings, bracelets, watches, earrings, leather bands, rubber bands, large hair bows etc.) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable. NO heading. (US Soccer does NOT recommend heading until a player reaches the U12 age group.)

Players, especially at this age, should be encouraged to **dribble, dribble, dribble**,.....

Just kicking the ball to escape pressure should NEVER be encouraged at this age.

How many times a game do your young players attempt to **dribble into space**, away from pressure? ...versus just kicking the ball (to the other team).

Instead of suggesting a 'kick', why not attempt a soccer skill or move,..... Pull-back, V, Scissors, Cryuff, Step-over, Simple fake, etc.