



Loudoun Soccer Game Day Tips - Line-ups and Substitutions (4v4)

Game Day Line-Up:

When arranging your line-up, it is recommended that you organize your players in a fashion so your level of play is balanced for much of the game. In other words, avoid starting the players who are more developed, and having those less developed sit out to start the game.

This will prevent a drop-off in the level of play when you begin substituting players later in the match. The alternative (start all of your stronger players) may result in a surge to start the game, but your team on its heels once those players are subbed.

Additionally: encourage or require players to arrive at a certain time before kickoff. In addition to providing them adequate warm-up time, it will allow the coach to better plan their line-up knowing who is present and who is absent.

Please remember to rotate players into different positions, whether it's a different position each quarter, or rotated on a game-by-game basis.

Substitutions:

Loudoun Soccer playing time policies require the following:

- All players who attend at least one of the two team practices that week receives 50 percent playing time in that weekend's game.
- No player may play three quarters on the field unless all other eligible players play at least two, and no player may play all four quarters on the field unless all other eligible players play at least three.

Games organized as four quarters makes it easy to manage substitutions and track playing time for coaches, as these will occur at the end of each quarter.

Most 1st and 2nd grade teams have rosters of eight. Since the playing format is 4v4, organize two "squads" of four, with Squad A playing the 1st and 3rd quarter, and Squad B plays the 2nd and 4th quarters.

A Lineup Matrix is available to help provide balanced playing time when fewer than eight players are present.

Competitive Balance (Managing Lopsided Matchups):

Loudoun Soccer rules for small-sided matches (4v4, 7v7, and 9v9) permits a team to add an extra player on the field once that team is losing by four (4) goals. The additional player is to be removed from the field when/if the margin is reduced to three (3) goals; the specific player who entered the field as an extra player should be the player to be removed in this circumstance.



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Although this competitive balance rule exists and usually works in making the matches more level, coaches of advanced teams should also consider implementing the following:

- Direct players to use their “weaker foot” for passing, ball control, and shooting;
- Designate players who have not yet scored goals as the only ones who are allowed to shoot (results in other players have to pass them the ball);
- Place stronger players in primarily defensive positions and encourage them to pass to the weaker players playing primarily attacking positions;
- Award less-developed players more playing time in this particular match (e.g. your better players who may play more often in other matches have reduced playing time in this match);
- Set special conditions for their players before they are allowed to score (e.g. complete five consecutive passes before shooting, or everyone on the field must touch the ball before scoring, or only score off of crosses);
- Limit the number of players in your offensive half of the field;
- Remove a player from your team from the field and play down (e.g. play 8v9), as long as minimum playing time standards are maintained.

Given the nature of the program (it is Rec soccer, and it's meant to be fun), coaches of more advanced players and teams are expected to manage lopsided match-ups by adding conditions. No teams benefit from having the score run up (either winning or losing by a large margin). In addition to challenging these players further, it represents sportsmanship by avoiding a large score line.