

Coaching Guidelines for U8 Soccer

The BASL follows the USYS rulebook, and may override items listed in the BASL rules. These rules are to be used as a helpful guideline

Number of players

- The maximum number of players on the field at one time is 5v5. One player shall be designated as the goalkeeper.
- Coaches are allowed on the field at any time.

Time

- 25-minute halves with a 5-minute halftime.
- Sessions vary between 9:00am and 10:30am.
- Each 1.5-hour session begins with a ½ hour practice followed by 1 hour of game play.
- No other practices are permitted unless confirmed with SFP staff.

Ball

- Size 3

Equipment

- Shin guards must be worn when playing.
- Shin guards must be covered either by socks or long pants.
- Soccer cleats or tennis shoes only. No other type of cleat is allowed. Cleats with a toe cleat are considered a safety issue.
- No jewelry (including wristbands). Soft hair ties are acceptable.
- No hooded sweatshirts.
- Team shirt (or similar color) must be worn overtop any shirt.
- Any special equipment must be approved by a BASL staff member.

The Referee

- A coach or parent shall monitor play.
- The primary concerns are safety and enjoyment of the players.

Start of Play

- There is a kick-off at the beginning of the game and following each goal. The ball must go forward at the initial kick.
- Players should remain on their own half of the field until the ball is kicked.

Substitutions

- Substitutions are unlimited.
- Both teams may make substitutions after a goal or prior to a goal kick.
- No substitutions allowed prior to a corner kick.

Corner Kicks

- When the ball crosses an endline and was last touched by a defender, the game is restarted with a corner kick by an attacking team player.

Goal Kicks

- When the ball crosses an endline and was last touched by an attacking player, the game is restarted with a goal kick.
- The ball must be placed within that defensive quarter of the field (smaller box) and kicked past the line designating that defensive quarter area (larger box).
- Once the ball is kicked past that line, it is in play and teammates or opponents may play it.
- If the goalkeeper gains possession of the ball by picking it up within the defensive quarter, they have 10 seconds to put the ball into play or an indirect free kick is awarded at the foul spot.

Penalty Kicks

- None

Throw-Ins

- If the ball leaves the field of play on a sideline, the game shall be restarted with a throw-in from the spot it crossed the sideline.
- Two hands on the ball, thrown overhead, with both feet on the ground. Unlimited re-throws are allowed.

Restarts

- All restarts are direct kicks; the ball may be shot directly onto goal.
- Opponents must be at least 4 yards from the ball.

Goals

- Following a goal, the ball is restarted with a kick-off like Start of Play. Possession goes to the “scored-against” team.

4 Goal Rule

- If one team is ahead by 4 goals, the other team may add another player to try to make the game closer. The team that is ahead may also remove a player instead.

Offside

- The offside rule does not apply, but a team cannot station a player by the opposition's goal.

Sliding and Slide Tackling

- No slide tackling is allowed, but players can legally slide to play the ball if there is no danger to another player.

Heading

- No intentional heading of the ball is allowed.

Misconduct

- A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game.
- The player may be allowed to reenter the game after a cooling off period at the discretion of the coaches.

Young children are having fun when:

- They score goals
- They dribble the ball
- They pass the ball
- They refine existing skills
- They learn new skills
- They learn more about the game
- They experience success
- They are challenged at their own level
- They are encouraged to experiment
- They are given the freedom to make mistakes
- They are not scolded for making mistakes
- Adults are supportive and not critical
- They are playing with and against like-skilled players
- They are playing games designed for children
- Games are not one-sided
- Adults provide helpful feedback

