

AYSO 183 U8 Guidelines for Coaches and Officials

Recommendation for Coaches:

- ❖ U08 Coach Course and Certification
- ❖ U08 Coach Online Training Course
- ❖ Basic Referee Online Training Course
- ❖ AYSO's Safe Haven Online or In-Person Course
- ❖ AYSO / CDC Concussion Awareness Course

FIFA Laws & AYSO U08 Guidelines

Follow the FIFA Laws of the Game except as noted below for U8 games at Hollywood Park.

Ball

Size 3

Players

- Five per team on field, no goalkeepers.
- Substitutions: Only at the quarter points and halftime – and for an injury.
- Playing time: Minimum of two periods per game and no player should play four periods until everyone has played three.
- If one team is short players, either play short on both sides (4 v 4, 3 v 3) or have one or more players wear pinnies to switch teams. You'll find, though, that at this age some players won't play effectively for the opposing team.

Positive Coaching Point / Good Sportsmanship

- ❖ Try to match up your players when they are on opposing teams. Give them challenges such as shooting with weak foot, increase number of touches, or passing the ball to others.

Length of Game

Two 20-minute halves with a quick stoppage at 10-minute quarters for a water break and substitutions. 5 minutes for halftime. All games must end 5 minutes before the hour followed by the end of game handshake, then get the players off the field for next game to start. The start of the next game cannot under any circumstances be delayed. If your game started late for any reason, then shorten it to make sure the next game isn't affected.

Players' Equipment

- Footwear: Soccer shoes, tennis shoes or similar athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. Baseball cleats with a center front cleat are not permitted; and football cleats are not permitted.
- Shinguards: MANDATORY for both practices and games, and must be covered entirely by socks.
- On cold weather days players should wear long sleeves under the jersey and leggings or form-fitting sweatpants. No baggy sweatpants, which can cause a tripping hazard.
- Hoods must be tucked under the jersey – uniform is the topmost layer (shirt and shorts). No zippers, buttons, or other metal (hard plastic – Referees decision) can be exposed.
- Knit hats are allowed as well as gloves (knit preferred – nothing hanging from them).
- Hands cannot be in the sleeves.
- No jewelry allowed – cloth or otherwise.
- Medical items MUST have the info visible (band taped).

- Hair beads are considered not safe – therefore they not allowed.
- Players cannot have a cast – or play even if they “take it off – see I don’t need it” before they want to play.
- Make sure players remove earrings. (To understand why, please read pages 3-4 at this link: <http://www.coppellyouthsoccer.com/pdf/jewelry.pdf>.)

Players and Coaches on One Side, Parents on the Other

- Before the game make sure the players and coaches are on the correct side and that the players have their water bottles with them. No more than 2 coaches per team on coach side.
- No spectators may be on the coach/player side. Early in the season spectators won't know this because they just came up from U6. Ask them nicely to move to the other side of the field. If they refuse to move, have their child's coach explain to them where they need to sit.
- No one should be behind the goals. Try not to even have any teams playing (warming up) directly behind the goals.
- No coaching from the parents' side. No parent coaching from the goals.
- If there is no official ref, coaches from both teams should trade off reffing the game, one per half. If one team has 2 coaches, one of the coaches can ref the whole game. If you are reffing a game and not sure of the rules, do not be afraid to ask other coaches for their opinion.
- As a ref, you are not to coach your team. That is, you may not position your players or organize players when the ball is in-play or setup for a free kick. By doing this, you are indicating to everyone that you are coaching and not refereeing the game. If this is the case, you'll have to take a moment with the other opposing coach to work with both teams on positioning. This has occurred on restarts such as on a throw-ins direct free kick, corner kick or goal kick situation.

Fouls and Misconduct

- No offside is called.
- Call only obvious fouls. At this age kids will not tend to foul each other on purpose. Often kids will forget they can't use their hands. If it's quick and doesn't make a difference, just say "keep your hands down please" and let them play on.
 - ❖ If while the ball is in play they use their hands obviously and to great advantage or if they kick, strike, trip, tackle, push, jump at, or charge an opponent carelessly or recklessly to gain advantage, call the foul and award a direct kick.
 - ❖ If the foul occurred so close to the attacker's goal that there is no space for the defenders to build a wall and it would be dangerous because the attacking player has a big kick, award a penalty kick (see below).
 - ❖ But if the foul was unintentional and doesn't affect play (the other player doesn't seem to mind and they just keep playing), let them play on. Go easy on the whistle.
- Players will fall down a lot and try to kick at the ball. Tell them to get up right away. If they stay on the ground near the ball with other players nearby, immediately call a dangerous play penalty and award an indirect free kick to the opposing team. Explain that it's very important to get back on their feet because they could get hurt if someone else kicks them while they're on the ground.
- Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Do not show yellow or red cards. If a player is consistently too rough, tell the player calmly that they need to settle down, and quietly ask their coach to work with the player to teach the correct level of aggressiveness.

Throw-ins

From the Laws of the Game, Law 14:

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

A goal cannot be scored directly from a throw-in. [Award a goal kick to the defending team if an attacker throws the ball directly into the goal.]

At the moment of delivering the ball, the thrower:

- faces the field of play
- has part of each foot either on the touch line or on the ground outside the touch line
- holds the ball with both hands
- delivers the ball from behind and over his head
- delivers the ball from the point where it left the field of play

All opponents must stand no less than 2 m (2 yds) from the point at which the throw-in is taken.

The ball is in play when it enters the field of play.

After delivering the ball, the thrower must not touch the ball again until it has touched another player.

We need to teach proper throw-ins. To that end, have a player retake the first throw with an obvious lifting of the foot or if they just chuck the ball with one hand onto the field. If on the next try the player lifts the foot a little, let it go as long as it didn't confer an advantage.

But if the player is winding up like a baseball player and throws the ball halfway down the field, make them retake it every time. Ask them to cross their legs if need be on the 3rd try. It's essential to keep the game moving but it is not fair to the opponent to allow a player to gain advantage from an illegal throw in.

Goal Area and Restarts within the Goal Area

Semicircle Goal Area

No player can touch a ball that has traveled completely over the line and is still within the semicircle. They may move through the semicircle at any time but cannot touch a moving ball within it. If the ball comes to a stop within the semicircle, it is a dead ball. Award a goal kick or corner kick depending on who last touched it before it stopped moving regardless of whether a player touches it again.

- ❖ If the ball is only partially over the boundary of the semicircle, they may play it; that is, they can kick a ball that is on the line. The ball must completely enter the circle to be unplayable.
- ❖ If a defender plays a moving ball within the semicircle that was NOT in the opinion of the referee traveling into the goal, award a corner kick to the opposing team. This will happen a lot especially early in the season.
- ❖ If the ball last touched by the attacking player had already stopped before being touched by a defender, award a goal kick.
- ❖ If a defender plays a moving ball within the semicircle that was with great likelihood traveling into the goal, award a penalty kick to the opposing team. Place the ball a few yards outside the semicircle

on the penalty spot (about $\frac{3}{4}$ of the way between the center line and the goal if there is no spot visible) and have everyone on both teams stand well back from the player taking the penalty shot.

- ❖ If an attacker plays a moving ball within the circle, award a goal kick to the defending team no matter what happened—whether the attacker attempted to score a goal, pulled the ball back out of the circle, or passed the ball across the circle.
- ❖ If a ball comes to rest within the circle, award a corner kick if a defender last touched it and a goal kick if an attacker last touched it. That is, treat it as a ball that went over the goal line.

Sportsmanship

Some players at this age may taunt their opponents after they score a goal, or "remind" the other team that the score is 4-0. Intervene gently but firmly every time you hear these comments. Explain that it's important to be a good sport. If this was going on a lot during a game, be proactive at the end when they line up to shake hands. "Okay guys, we're going to say, "good game" as we give high fives." And keep a close eye on what's happening. If you hear things getting out of hand, talk to the coach. Our job is to create a fun and fair environment for all players.

MOST IMPORTANTLY, respect the uniformed referee no matter the age or sex—even on any calls which may seem "off." And please feel free to ask and become a certified referee so all games can be covered.

Additional Coaching Points for Reference

AYSO 183 Coaches Blog

<http://ayso183coaches.blogspot.com/2014/09/u08-game-guidelines-and-coaching-points.html>