

	U7/U8	U9/U10	U11/U12	COACHING POINTS:
Field Size	L: 25-35 W: 15-25	L: 55-67 W: 35-45	L: 70-80 W: 45-55	A. Coaches are responsible for their own behavior as well as that of their players and spectators. Discuss what you expect of parents during games. Remember we are supposed to be having fun.
Goal Size Max (H x W)	4' x 6'	6.5' x 18.5'	7' x 21'	
Ball Size	3	4		
Players	4 (No GK)	7 (6 + GK)	9 (8 + GK)	C. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.
Game Time	2 x 20' or 4 x 10'	2 x 25'	2 x 30'	D. Contact the visiting coach at least 3 days before the scheduled game to reaffirm the time, directions to the field, and team colors (home team changes if necessary). If the visiting coach is not contacted the visiting coach should contact the home team coach.
Offside	No	Yes		E. Home team is responsible for providing the game ball, make sure that you have a game ball properly inflated before the game starts.
Direct Free Kicks	No	Yes, including PKs		
Throw in retakes	Yes	No, but discuss <i>Also discuss how closely to call</i>		F. Make sure that all of your players are properly equipped and ready to play.
Other	No Heading No GK Punts/Drop Kicks No Slide Tackling			G. In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up that evening.
Build out line (Retention Line)	Rules to support the build-out line: * Goal Kick: As soon as the ball is in play (ball is kicked and moves), the opposition can enter the build-out area. * GK has ball: Once the ball is in play (passed, thrown, rolled, placed on ground), the opposition can enter the build-out area.			H. In the event an injured player requires medical attention, he/she must have a written release from the doctor before returning.
No Goalkeeper <i>What does this mean?</i>	U7 and U8 age groups play 4v4 with no GK. This means: * Parking a player in front of the goal is not allowed. * If the ball is in the team's offensive half, players should be encouraged to move up and not hang back. * When defending, players should be defending a player vs defending the goal.			I. Proper warm up of all players should take place for approximately 20-30 minutes prior to the start of the game. J. At home games, your club is responsible for field preparation: * Pick up garbage (before and after the game) * Walk the field and look for hazards * Ensure goals are secure and placed correctly.
Mercy Rule	5 goals, losing team can add a player. This is up to the coaches to enforce, not the referee.			K. Prior to the start of the game, meet and greet the opposing coach. After the game, exchange with them some friendly, positive comments. Be sure to thank the referees and shake their hands. Have the player's line up at the center of the field to shake hands with the opposing players and referees. +++ Have a certified assistant coach or parent who can referee the game if necessary, or help on the sideline if you need to officiate the game.