



Game Day Structure:

- Each team will have a 50-minute game.
- The game will consist of 4 quarters, each lasting 12 minutes.
- Substitutions will be done on the fly to ensure that every player gets ample playing time.
- NO THROW INS- Players will be kicked in so they can work on passing.
- Head coaches will also serve as referees, promoting fairness and sportsmanship.

Team Composition:

- Teams will play 4v4 with no goalkeepers.
- In the spirit of fairness, we encourage coaches to share players if team sizes are not even or if there is a skill gap.

Post-Game Ritual:

- After the game, players from both teams will line up and shake hands. This tradition promotes good sportsmanship

Guidelines for Coaches and Parents:

- Emphasize the importance of positive encouragement and good sportsmanship.
- All players should receive equal playing time, regardless of skill level.
- Coaches should maintain a fair and balanced approach, focusing on the developmental aspects of the game.
- DO NOT YELL “ Kick it, clear it , kick it out, etc. We want to encourage all players to stay on the ball and make good decisions.
- MAKE IT FUN!

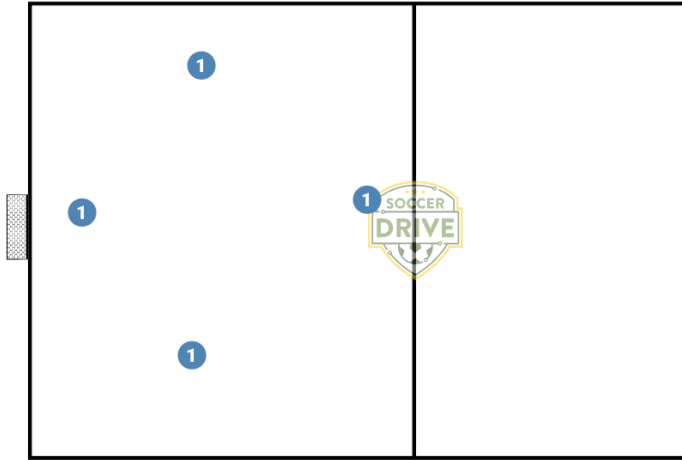
U8 Principles

In possession- we want to encourage the kids to be in a diamond shape. It will not always look like this but their initial set up should be like this.

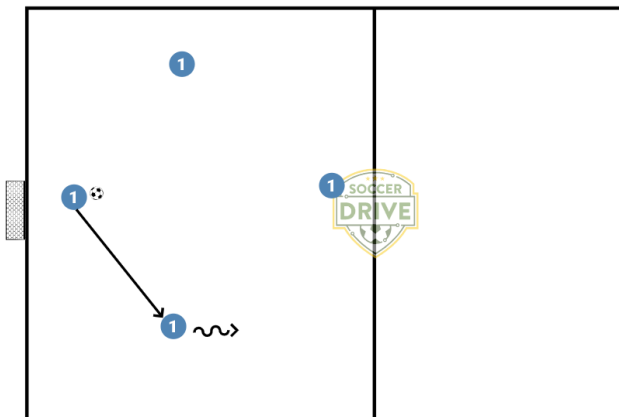
Forwards (Attackers):

- Top of the Diamond (Forward): This player is positioned at the top of the diamond, playing as the primary forward or striker.
- Midfielders:

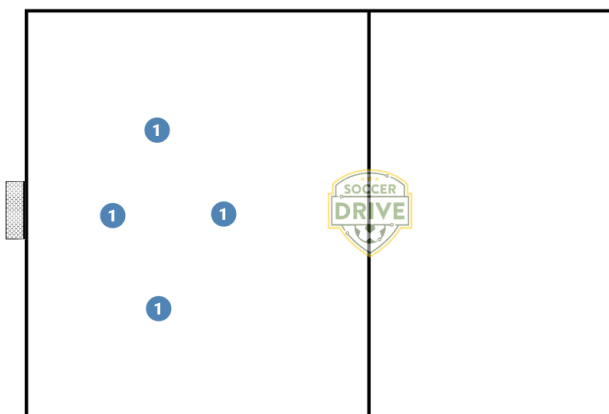
- Middle of the Diamond (Midfielders): Two players are positioned in the middle of the diamond. These midfielders play a key role in both attacking and defending. They link up play between defense and attack, providing support to both ends of the field.
- Defenders:
 - Base of the Diamond (Defender): The player at the base of the diamond is positioned deeper on the field, often in a defensive midfield role. This player helps support the defense and initiates attacks from a deeper position.



On Buildup (Goal kicks) - we want to encourage our players to be in a shape to build up. We encourage all players to be in a 1-2-1 on the initial build up. Two players wide and a forward going high but encouraged to come back and receive. We are encouraged to play wide and open up. The player then has to make a decision to dribble, to play off the striker or pass backwards to switch the point of attack.



Out of possession- we want all players to defend! Get behind the ball and defend in your half. The striker should drop in to help. We want to see all players with the urge to get the ball back at a high intensity.



On Kick Off- We want this routine to be established and not just to kick the ball forward as there is no development in that. Once the ball is played, the wingers must get open and the person who passes the ball must also get open. We encourage the 1st decision of all players to be important. We do not promote just whacking the ball forward.

