

U7-U8 Recreation Game Day

We are now learning how to play a full match with two halves and more rules. The scheduled game time is the time the game should start. Please arrive at the fields early in order to warm up before game time! They will learn the game rules and strategy as they play. Until the program progresses, we will follow the U5-U6 format. *Once players have had 2 or more seasons as U5-U6 we should be able to progress right into matches the first week.* [Printable Lineup](#)

Learn the [1-2-1 Classic diamond](#) and [4v4 attack pattern](#) of play we want to encourage for U7-U8

If they are NOT ready, week one, no matches

30-45 Min Skills Games just like training days.

- Dynamic Warm Ups, Foot Skill Warm Ups
- Red Light Green Light, Yellow Light, White Light Competition to the end line
- Sharks and Minnows Competition Style 4-6 rounds
- Mosquitoes and Campers Competition Style 4 rounds (Week 2)
- Duck Tails Rondo/Diamond Passing 4 rounds (Week 2)
- Shooting Games: Steal the Bacon Back to own goal 2x, bring to opponents goal 2xs

Week Two on

15 min Warmup

- Dynamic Warm ups - 2 min
- Foot Skills - 5min
- Duck Tails Rondo/Diamond Passing - 2min
- Formation [4v4 Pattern Play](#) - 2min

40 Min Matches

- Matches 4x8 min quarters 2 min breaks: 40 min
- **Sub in every 4 min**

After 2 or more seasons:

20 min warm up before game time, off to the side, (Coach run)

- *5 min: Dynamic warm ups*
- *10 min: foot skills and passing games*
- *Two 20 min halves, 5 min half time*

General Rules

Remember, you are coaching 6-8 year olds; set expectations accordingly. Coaching should consist of reinforcing the lessons from the previous week's training. Occasionally remind them of the key concepts and to work together. The goal at the end of the season is for them to learn key phrases and to know how to pass and kick the ball properly at this point. Matches at the end will start to look like they are understanding the rules and following them..

- **Field**
 - **1st Half of season play on roots fields (half 5v5 Peewee Field)**

- **2nd Half season play on 5v5 Peewee fields**
- Field is 25yd x 20yd or Peewee (5v5) field
- 4v4 format (max roster is 7-10)
- Size #3 soccer ball
- NO GOALIES
- Refs in Training
- No scorekeeping, balls kicked in goals are rolled back into play (to an open space). At week 5 restart at mid field.
- Either 4-8 min quarters or Two 20 min halves, 3 min half time
- **Substitutions: Every 4 min**
- **No heading or slide tackling**
- Offsides in affect (loosely enforced)
- Each player must play a minimum of 50% of each half (for which they are present)
- **Kick ins if the ball goes out of bounds on any side.** The opposing team must move back 10 yards
- Introduce goal kicks **halfway** through the season. The opposing team should be at **midfield line**.
- **Build out line for goal kicks and offsides**
- Encourage a diamond shape [1-2-1 Classic diamond](#)
- Both coaches are on the sidelines of the field to assist/direct players typically one on each half. We should be helping both teams out with minimal coaching to simply learn the game.
- Players don't switch sides at halftime (it confuses them)
- If the other team is short players or has no subs and the other coach would like some help, see if you have a player or two who are willing to play with them.
- As a reminder, U7-8 is still developmental. If your team is much stronger than the other team, use the subs or half time to find creative ways to make the match more balanced and ensure that both teams are having fun. Some suggestions include:
 - Make a game of it and have players pass using their left/nondominant foot
 - Play all your weaker players at one time to allow the other team to score
 - Players have to pass at least once or twice before they can shoot
 - Let the other team control the ball all the way to midfield before you contest the ball

Videos For Tactics

- [1-2-1 Classic diamond](#) *Defender should push up during attack*
- [Wide Offence Squeeze Defense](#)
- [4v4 Pattern Play](#)
- [4v4 Concepts](#)