



## Welcome families to the 2010 Outdoor Soccer Season!

**Why 4 v 4?** It provides the opportunity to have; smaller team rosters, more touches on the ball, lots of opportunities to score, and most importantly - all children are more active. Coach – depending on your team size, you may agree with the other coach to play 5 v 5 or 6 v 6 to offer more play time for all.

**Success in 4 v 4 or 5 v 5 or 6 v 6 soccer is:  
having each player on Both teams score at least once in every game.**

Each player is supplied with their own personal soccer ball. **This ball is to be brought to each game to use during warm-up and skill development time.** Please write your player's name on their ball.

### Basic rules for the 4 V 4 Game

- **Please do NOT keep Scores or Stats**
- Players – two forwards, two defense and no keeper
- When ball goes out of bounds over the sidelines (touchline), it is put back into play by a kick-in from the spot it went out of bounds. The kick-in **cannot** be shot directly into the goal.
- When the ball goes over the end line, it is put back into play either by dribbling or a kick-in from the spot it went over the end line. **No corner kicks.**
- After a goal has been scored, play shall begin by a restart at centre-field.
- The coaches act as field supervisors or managers instead of referees.
- Players can score from anywhere on the field.
- All fouls are penalized by an indirect (must be touched before it goes in goal) free kick. The opponents must be 3 yards away from the ball at the time of the kick.
- No Off sides, slide tackles or penalty kicks allowed.
- Coaches agree to - substitutions on the fly **OR** to timed substitutions.
- Equal time shall be allowed for all players.
- **No parents on the playing field.**

<b><u>Field size</u></b>	U4 - Age 3	20 x 30 yards	U5 - Age 4	20 x 30 yards
Step out distance	U6 – Kindergarten	25 x 40 yards	U8 – Grades 1/2	25 x 40 yards

**S**port programs that minimize competition, de-emphasize winning, and emphasize motor skill development are the most appropriate for children under 12 years of age.

(Nelson, M.A. (1991). "development Skills and Children Sports". The Physicians and Sports Medicine 19(2):67-79)

Use pylons to indicate corners and centre line of field, approximately

**Procedures for each game.** Start season with longer skill development time / shorter games, and switch to longer games by mid season. Coaches' discretion!

Short warm up

Practice a few skills

Organize lines or player rotations.

Play 2 halves with an approx. 3 - 5 minutes half time break

Shake hands

**Roster Rotation – An example**

Player	1st	2nd	3rd	4th	5th	6th	7th	ETC...
A	Forward		D			F		
B	F		D			F		
C	Defense			F		D		
D	D			F		D		
E		F		D			F	
F		F		D			F	
G		D			F		D	
H		D			F		D	
I			F		D			
J			F		D			
ETC..								

Drills and skills development for Coaches – Google 4v4 soccer drills and a ton of sites come up.

[www.soccerxpert.com/soccer\\_drills](http://www.soccerxpert.com/soccer_drills) has some great videos to watch – Coach Doug. They say for sale, but you can view without purchasing. Themes like: Keep your head up, Hit the coach (be ready to sound and act like many animals), Puppy on a leash, etc.

**South Regina Community Soccer Website** is <http://nonprofits.accesscomm.ca/srcs>  
Schedules and links to City of Regina field closures will be posted on this site as well as watch for next years program information and registration.

**Fair Play Code for Parents**  
(From Fair Play – It's your call)

- I will not force my child to participate in sports
- I will remember that my child participates for his/her enjoyment, not for mine
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility and violence
- I will teach my child that doing one’s best is as important as winning, so that my child will never feel defeated by the outcome of a game/event
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard
- I will never ridicule or yell at my child for making a mistake or losing a competition
- I will remember that children learn best by example. I will applaud good plays/performances by both my child’s team and their opponents
- I will never question the officials’ judgment or honesty in public
- I will support all efforts to remove verbal and physical abuse from children’s sport events
- I will respect and show appreciation for the coaches who give their time so my child can play



**HAVE FUN AND**



**ENJOY SOCCER!**

