



U8 (not co-ed)

6 v 6

Valley Stream Soccer Club Guidelines

Benefits of 6v6 Play

- A. More time with the coach.
- B. More practical space to operate in.
- C. Increased contact with the ball.
- D. More actual playing time.
- E. Energetic workouts due to playing both offense and defense.
- F. Required to make more decisions.
- G. Experience repeating game situations more frequently.
- H. While learning both offense and defense, a player will become more complete and will more readily understand the roles of teammates.
- I. It takes less time to score a goal or advance to the goal.
- J. The work rate and involvement of the player stays consistent.

Under eight Teaching Program

Encourage movement by playing children's games using a soccer ball (e.g. playing tag passing with a soccer ball, play ultimate Frisbee with a soccer ball). A young player's soccer experience should be positive. Having FUN should be emphasized. Competitive pressures should be discouraged.

Play Schedule

Playing times are usually between 9AM and 1PM. The Fall season begins in September and continues through November. The Spring season play begins at the end of March and continues through June. This play schedule is subject to change based on the availability of fields to the club for that season. The Division Commissioner will inform the coaches of any changes to the play schedule and reasons for change so that coaches can inform the parents.

What to teach

Technical Development:

- 1) Dribbling and Shooting
- 2) Passing: Accuracy across various distances using different surfaces of the foot.
- 3) Receiving/Control: Development of first touch into space.
- 4) Develop Moves: scissors, step-overs, feints, rollovers, pullbacks, Cryuff-turns, etc...
- 5) Throw Ins: proper form and technique
- 6) Dribble with your head up.

- 7) Develop Goalkeeping: basic position, handling, balance, catches, basic dives, basic shot stopping
- 8) Corner Kicks: Basic positioning, Short corners

Tactical Development:

- 1) 6v6 (5 field, 1 goalie): Everyone attacks and everyone defends.
- 2) Recommended formation 2-1-2 (LB+RB, CM, and 2CF). The reason: The LB and RB can get experience as wingers and wide defenders. The CM will get experience as a defender, defensive midfielder, and even attacking midfielder trying to connect with the forwards. CF will get experience as forwards and attacking midfielders.
- 3) Players should start learning about team shape and their responsibilities.

Psychological Development:

- 1) Emphasis on creating a fun environment where the development of proper technique is paramount.
- 2) A challenging environment where players can be creative and are free to think for themselves so they can recognize game problems and work to resolve them.
- 3) Social skills- discipline, focus, teamwork, friendships, and communication during game play.
- 4) Begin teaching 1v1, 2v1
 - a. Introduce wall passes and overlapping runs to beat defenders in 2v1.

Valley Stream Soccer Club
6v6 Official Laws
U8

Law I - The Field:

- A. Dimensions:
The field of play shall be 60 x 40 yards.
- B. Markings:
 - 1. Distinctive lines not more than 5 inches wide.
 - 2. A halfway line shall be marked out across the field.
 - 3. A center circle with an six (6) yard radius.
 - 4. Four corner arcs with a three (3) foot radius.
 - 5. Goal area: six (6) yards from each goal post and six (6) yards into the field of play, joined by a line drawn parallel with the goal line.
 - 6. Penalty area: ten (10) yards from each goal post and ten (10) yards into the field of play. A penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of six (6) yards from each penalty mark is drawn outside the penalty area.
- C. Goals:
Six (6) feet high and twelve (12) feet wide.

Law II - The Ball: Size four (4).

Law III – Number of Players:

- A. Maximum number of players on the field at any one time is six (6) including the goalkeeper.
- B. Maximum number of players on the roster should not exceed: twelve (12).

- C. The minimum number of players required to begin and keep playing the match is 5 players one of which must be the goalkeeper.
- D. Substitutions: On any stoppage such as throw-in, free kick, goal kick, kick-off, corner kick, or injury; unlimited substitutions.
- E. Playing Time: Each player SHALL play a minimum of 50% of the total playing time. No player shall play more than 50% of the game as goalkeeper.
- F. Players with visible blood on their uniforms or body must be substituted.

Law IV – Players’ Equipment:

Conform to FIFA with the following exceptions:

- A. Footwear: soft-cleated soccer shoes.
- B. Shin Guards: MANDATORY.
- C. Eye-ware: Must wear sports goggles or contacts. No glasses!
- D. Jewelry: Players are not permitted to wear any kind of jewelry (including pierced earrings) Tape over earrings is not acceptable.

Law V - Referee:

- A. Registered referee/new referee program.
- B. Parent/coach or assistant.
- C. All rule infractions shall be briefly explained to the offending player.

Law VI - Linesmen: Not necessary.

Law VII - Duration of the Game:

- A. The game shall be divided into two (2) equal halves of 25 minutes.
- B. Half-time break of five (5) minutes.

Law VIII – Start of Play:

Conform to FIFA with the following exception:

- A. Opponent must be six (6) yards from the center mark while kick-off is in progress.

Law IX - Ball In and Out of Play: Conform to FIFA.

Law X - Method of Scoring: Conform to FIFA.

Law XI - Off-Side: No offside in compliance with USYS guidelines. Blatant offside or goal hanging is not allowed and coaches should inhibit this.

Law XII - Fouls and Misconduct:

- A. Conform to FIFA except an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent’s penalty area.
- B. Coaches are not to teach or encourage slide tackles. While slide tackles are legal, basic defending skills are to be developed prior to teaching leaving one’s feet to tackle the ball from an opponent. Referees will apply standard rules regarding slide tackles.

Law XIII - Free Kick:

Conform to FIFA with the following exception:

- A. Opponents must be six (6) yards away before kick is allowed.

Law XIV - Penalty Kick:

Conform to FIFA with the following exceptions:

- A. Opponents must be six (6) yards away before kick is allowed.
- B. Ball is placed and kick is taken six (6) yards from the goal line.

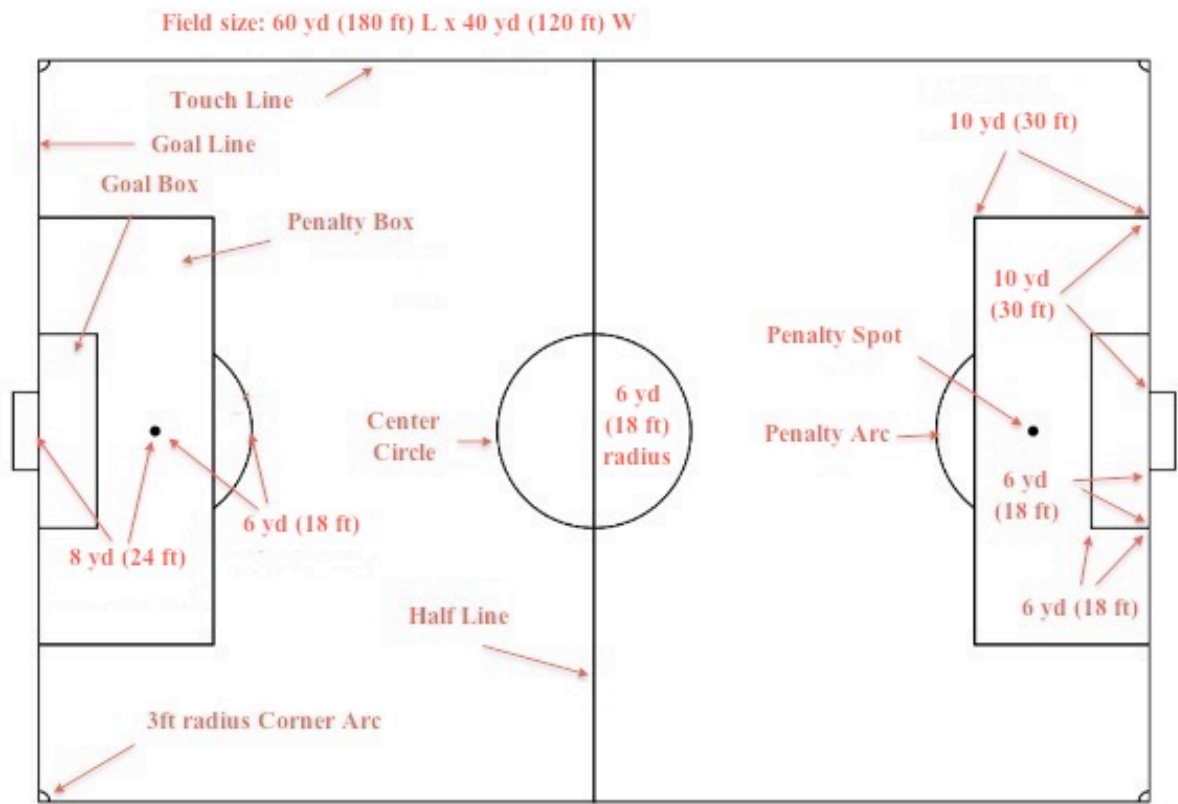
Law XV - Throw-In: Conform to FIFA.

Law XVI - Goal Kick: Conform to FIFA.

Law XVII - Corner Kick:

Conform to FIFA with the following exception:

- A. Opponents must be six (6) yards away from the ball.



Guidelines developed in accordance with NY Red Bull trainers

