

5v5

IN-HOUSE MATCH RULES

RULES

- Each team will provide a parent or coach facilitator for 1 half of the game
- Team coaches CAN act as a facilitator

KICK-OFFS

- Kick-off from midfield;
- The attacking team may pass forward or backward to start the game;
- Opponents must be 4 yards away until the kicker strikes the ball;

OUT-OF BOUNDS: GOAL KICKS

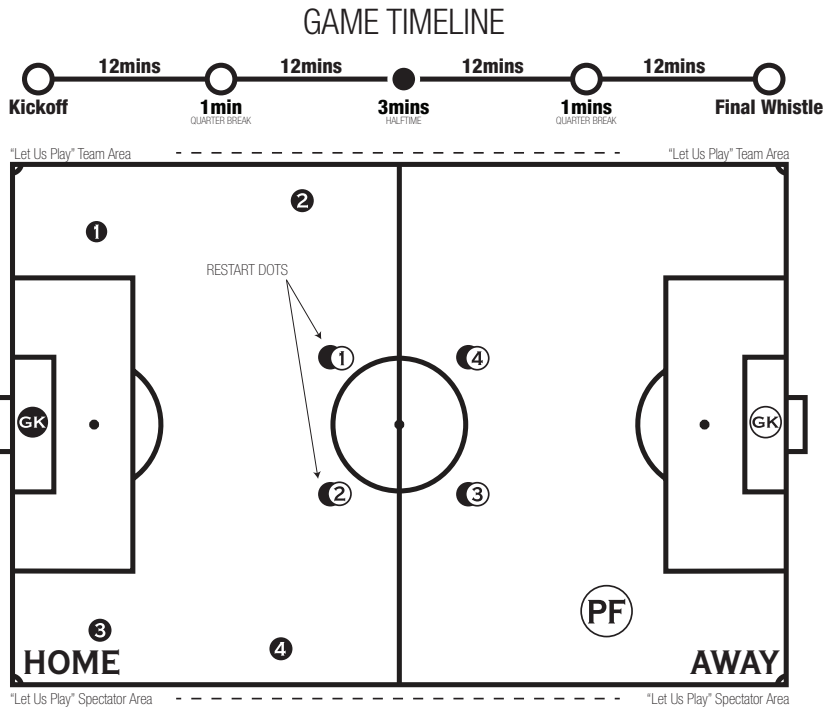
- There will be 4 restart dots painted on the field near the center circle to serve as the starting positions for the outfield players of the defending team;
- Once the ball goes out for a goal kick, all players from the defending team must retreat to one of these 4 restart dots;
- Goalkeepers must take all goalkicks;
- Once the goalkeeper puts the ball into play **by passing to a teammate AND the receiving player takes his/her first touch**, the opposing team may leave the restart dots and resume play;
- When a goalkeeper saves the ball it will have the same procedure as a goalkick. **Once the goalkeeper puts the ball back into play by rolling, throwing or passing the ball to a teammate AND the receiving player takes his/her first touch**, the opposing team may leave the restart dots and resume play. If this pass crosses the half line, it is LIVE;
- The team in possession does not have to wait for the opponent to retreat and has the option to restart the game sooner should they choose;

OUT-OF-BOUNDS: SIDELINES

- In lieu of a throw-in, players will pass it inbounds to a teammate. Opponents must be 5 yards away until the kicker strikes the ball;

OUT-OF-BOUNDS: CORNER KICKS

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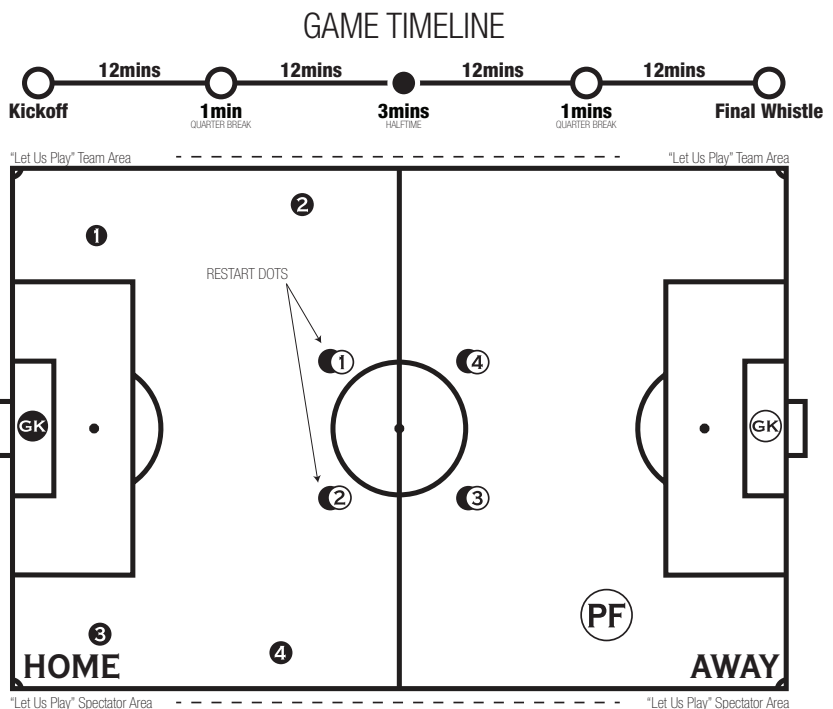
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Power Play: If in any match the goal advantage reaches 4 goals, the losing team will be offered a "Power Play." The losing team will bring on an additional player until the end of the game or until the goal difference is reduced to 3 goals.

Equal Numbers: If a team is missing players, opposing teams are permitted to loan out players for the day's game. This will ensure that the players are getting as much play time as possible. Rather than pulling one more player off, we would like to encourage equal numbers, increase competition, and develop enjoyment of the game.

Behaviors of a 8-10 Year Old

- Developing relationships with other players, how decisions and movements affect others (teammates and opponents)
- Participate enthusiastically in competitive activities
- Practice repeatedly to get better
- Want to know "why"
- Need lots of positive reinforcement
- Seek role models in the game



8U-10U

Behaviors of The Coach

- Use a combination of individual, paired and small group activities (1v1, 2v2, 3v3, 4v4)
- Encourage them to try to win but always be fair
- Recognize their effort, give them things to practice before practice and at home
- Guide them toward finding the answers themselves
- Give plenty of praise
- Encourage players to watch live games or highlights

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