

4V4

GAME FACILITATOR INSTRUCTIONS

GAME TIMELINE



RULES

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

Each game has four 8-minute quarters with 2-minutes between quarters and a 5-minute halftime.

KICK-OFFS

- Kickoff from midfield;
- The attacking team may either dribble or pass to start the game;
- Opponents must be 3 yards away until the player with the ball takes his/her 1st touch;
- The attacking team may either dribble or pass to start the game;

OUT-OF BOUNDS: GOAL KICKS & CORNER 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 1 of these 4 restart dots;
- Once the first attacker puts the ball into play by dribbling or passing to a teammate AND the receiving player takes his/her 1st touch, the opposing team may leave the restart dots and resume normal play;

OUT-OF-BOUNDS: SIDELINES

- No throw-ins
- Players may either dribble the ball in OR pass it in to a teammate;
- Opponents must be 3 yards away until the player takes a 1st touch;

