



Guideline for the game play on Saturdays

Regulations

| Age | Players | Team shape | Duration | Field size |
|-----|------------|-------------|-----------|-------------|
| U6s | 3v3 | Triangle | 10 min | 20 m x 25 m |
| U7s | 4v4 | Diamond | 10-15 min | 25 m x 30 m |
| U8s | 4v4 or 5v5 | Diamond +GK | 10-15 min | 25m x 30 m |

1. The term of the game in the First kicks program refers to the scrimmage. There will be no official games for any age at First kicks.
2. The game starts with GK, or the closest player to the net. No throw ins! for the restarts players must dribble/pass (for u6s) or kick in for the u7/8s.
3. No corner kicks! The GK or the closest player to the net will start if the ball passes through the end lines.
4. Fouls could be awarded. In case of any fouls, you can give the possession to the other group, but please avoid unnecessary calls and stoppages. As long as it is safe, let the players continue the game. Coaches can talk with the player who made the foul during the restarts or breaks to avoid the reoccurring of any misbehaviour.
5. No hands! Please remind players that they can use their hands only if they are goalkeepers. Players should avoid using hands to touch the ball or push/pull other players. The rule of thumb is No Extended Arms (two hand shoved or straight arms), and nothing from behind.
6. The physical contacts are the nature of the soccer. Shoulder to shoulder or some level of clutching/grabbing is a part of the game and should not be coached out of it.
7. These games are an opportunity to introduce sportsmanship to the players. Coaches could reinforce good sportsmanship and guide the players on how to treat opponents, teammates, and others.

Set up

1. Spend the first 10 minutes of the practice for welcome activities (warm-up)
2. Then, divide your players into two groups: pinnies and no pinnies (If you have more than eight players for u6s or 11 players for u7/8s, please let the technical staff know and divide players into three groups).
3. The first scrimmage is between your groups (pinnies vs no pinnies), and its duration is about 10 minutes.
4. Then, there is a 2-minute water break, and coaches will prepare teams for a scrimmage against neighbouring teams. Please assign one coach for each group. If there is only one coach, please let the technical staff know.
5. For rotations, we always keep the no pinnies at their home field and rotate the pinnies. The rotations are clockwise. There is a 2-minute water break between each rotation.
6. Each game will be 10 minutes for u6s and 10 to 15 minutes for u7/8s based on the number of groups.
7. All the technical staff are on the field to support you. Please do not hesitate to share your concerns with the staff and you can always ask for more support.