



U7 COACH CARD

DIVISION OVERALL

- PLEASE ARRIVE 15 MINS BEFORE GAMES
- FIELD: 24 x 32 paces (approx. 60 ft x 80 ft)
(1 pace = approx. 2.5ft)
- BALL SIZE: 3
- PLEASE BRING CORNER FLAGS TO EVERY GAME
- PLAYERS: 3 v 3 or 4 v 4 (NO goalie)

GAME TIME

- GAME LENGTH: 2 x 15 MINS HALVES (5 min halftime)
- PLEASE START ON TIME AND END ON TIME (No overtime, must end on schedule)
- TARGET REST PERIOD BETWEEN GAMES = 15 MINUTES

RESTART RULES

- LAST TOUCH DECIDES POSSESSION
- CORNER KICKS
- KICKOFF CENTER START
- KICK-INS ONLY (NO THROW-INS)
(Ball must be placed on the line before kicking in)

FOULS / WHAT TO CALL

- TRIPPING / PUSHING
- HANDBALL
- DANGEROUS PLAY

GOALIE RULES

- NONE (NO GOALIE AT THIS LEVEL)

RULES TO KNOW

- OFFSIDE: NO
- HEADING: NOT ALLOWED
- NO HARD OR UNSAFE ITEMS
(no jewelry, sunglasses, or hats)
- SHIN GUARDS, SOCKS AND CLEATS ARE REQUIRED
- KEEP GAMES FUN & RESPECTFUL
- ROTATE PLAYERS FAIRLY

DEVELOPMENT FOCUS

- DRIBBLING & BALL CONTROL
- PASSING TO TEAMMATES
- HAVING FUN

