

Mendon-Upton Youth Soccer Association

U08 Game Format

Game: Either 4v4 (3+GK) or 5v5 (4 Field Players + Keeper)

Game Format:

- Either 4v4 (3+GK) or 5v5 (4+GK) – **NO MORE THAN 5v5!!!**
- **Ball Size** – 4
- **Duration:** Four 12-minute quarters (total of 48 minutes)
- Do not keep score!
- FUN!!

Coaches Role:

- Put players on the field
- Coach from the players sideline **ONLY**. **Do not coach** from the parent's side or from behind the goals. **Do NOT** go on to the field to coach the kids.
- Manage subbing the kids in and out to get as equal time as possible
- **De-emphasize** winning and losing – **Emphasize** effort and achievement of skill
- Offer words of encouragement (“nice try!”, “great pass!”, etc.) and directional comments (positional aids – where to be) to kids on the field.
- **Refrain** from orchestration-type comments (“Now pass it to Johnny”...”Shoot it now!”...”Throw it to Suzy”). The kids will learn better and become more self-dependent in their decision-making if they are not “micro-managed”. *Coaching comments should be given to the kids after they come off the field from their shift.*
- Let the refs manage the game on the field – Coaches **should not** be “reffing” from the sidelines!
- Support the ref!! – The refs are kids and should be supported, not over-ridden, complained to, etc. They are intimidated as it is...Respect their decisions, even if they are not always correct!
- If the referee does not show up, coaches may ref, but have an assistant coach on the sidelines provide coaching. Please don't coach on the field. Follow the ref's rules below.
- Help clean-up afterwards!

Coaches interaction with the Referees

- Referees have been assigned to run the “game” on the fields.
- These refs will be generally kids between 10 and 14 in age. Many of them are just starting out their referee careers. They will not get everything correct. Accept their calls regardless.
- Introduce yourself to the referee at the beginning of the game
- They may not be overly assertive in calling things, blowing their whistle, etc. Encourage them, if necessary to be more assertive. If they know they have your support, their confidence will grow!

Mendon-Upton Youth Soccer Association

- **Please respect their judgment.** If questions arise, please work with them in a constructive, calm manner, either at half-time or after the game. Exercising your “superiority” over them in an intimidating fashion will not be tolerated!
- Have the players “thank” the ref after the game is over (good sportsmanship)

General “Rules” which will be enforced and managed by the referee

- **Restarts:** (when game starts, at the beginning of a new period, or after an opponents score)
 - Ball is placed on center line in middle of field.
 - Opposing team must back off the ball 3-4 yards
 - Ball must be passed or kicked ahead and a different player must touch it (*means the player who initiates the “kick-off” cannot touch it ahead to themselves and proceed to dribble in and score a goal*)
- All “free kicks” are **indirect** (must touch someone else before going into the goal)
- **No** penalty kicks awarded
- **No** off-sides
- If the ball goes out of bounds on the sidelines, the team who didn’t make the ball go out of bounds is awarded a throw-in.
 - In the spirit of teaching correct technique, if an incorrect throw-in is performed, the referee offers an instructional explanation to the player.
 - The player then gets up to 2 more tries before another player from the same team gets a chance. (This is done to keep the game moving).
- **Goal Kicks:** If the ball goes over a team’s defensive end-line and it was last touched by the attacking team, a goal kick is awarded to the team defending that end. The goal kick is taken 2-3 yards in front of their end-line.
- **Corner Kicks:** If the ball goes over a team’s defensive end-line and it was last touched by the defending team, a corner kick is awarded to the team attacking that end. The corner kick is taken at the corner where the sideline and end-line meet (not sitting on top of a cone)
- **Substitutions:** All substitutions are done **with the approval of the referee**. Players may be substituted during the following situations:
 - After a goal is scored
 - Prior to a throw-in
 - Prior to a goal-kick
 - After an injury

Parents Role:

- Support their kids play on the field in a positive manner
- Don’t criticize the players before, during or after the game
- Encourage them to cheer on all the players, not just their own child.
- Recognize effort and fun over results
- Let the coach do the coaching!!

Mendon-Upton Youth Soccer Association

Parents Interaction with the Referees: *NONE. PERIOD.* Any uncomplimentary remarks toward an official will result in immediate dismissal from the field. A referee has the option to suspend a game if a parent refuses to leave. The referees are children trying to learn another facet of the game. They will make mistakes. If they don't make mistakes, they are not learning. Same as any other endeavor they choose...sports, music, art, dance, etc...

Parents Seating: Parents are to sit and view the games from one side of the field,. Please do not have parents sit behind the goals, as it is distracting to the players.

Players/Coaches Seating: Players and coaches should be situated in a separate area away from the parents.