## **U7 and U8 Dual-Field Format**

- Weekly 90-minute U8 Practice/Scrimmage Sessions are split evenly into 45-minutes of practice activities (first segment) and 45-minutes of 4 v 4 scrimmages (second segment). Ideally you want to offer your players an opportunity to learn and develop technical skills and then have the opportunity to use what they've learned in a scrimmage ("real game") situation.
- Scrimmages are played on two fields at the same time with 4 players from one team competing against 4 players from the other team. No Goalkeepers...let them enjoy scoring goals. Players and coaches stand in the middle area between the two fields. It is recommended that parents sit on the 'outside end lines' so that there is no need for them to move to watch their kids play on both fields. No score is kept.
- Player groups play for ideally 3-minute periods and are then rotated either to the next field, for a second 3-minute play period, or off the field for a 3-minute break.
- Before the scrimmage portion of the session begins, coaches agree on who will keep the time, how often subs will be made, and can be flexible in allowing break periods where there is no play on either field and all players rest and hydrate. Based upon numbers of available players on any particular week, the 3-minutes play periods can be adjusted and, if absolutely necessary (only 8-9 players present), play can be limited to 1 field. Use good judgment. We are trying to offer the kids the most playtime possible.
- It is important that <u>coaches stay off the field of play</u> and stand in the area between the 2 fields with the resting players. Use the practice session portion of the 90-Minute period to teach and then let the kids play with minimal interference during "their" scrimmages...
- Ideally the head coach observes/supervises one field and the assistant coach observes/supervises the other field. Should a coach decide to point something out to a player, they should wait until that player comes off the field. Coaching points or suggestions should be delivered in a positive, constructive, and respectful manner...if necessary outside the earshot of others.
- There is little to no focus on the rules other than kick-in restarts when the ball goes out of play. Obviously, if a player is running down the field carrying the ball in their hands, or a player is pushing or tripping other players, a coach should verbally intervene to make a correction.
- Our HYS principal philosophy lies in the idea that "The Game is the Greatest Teacher". Let's "Let the Kids Play" and "Have Fun" with as little interference as possible.

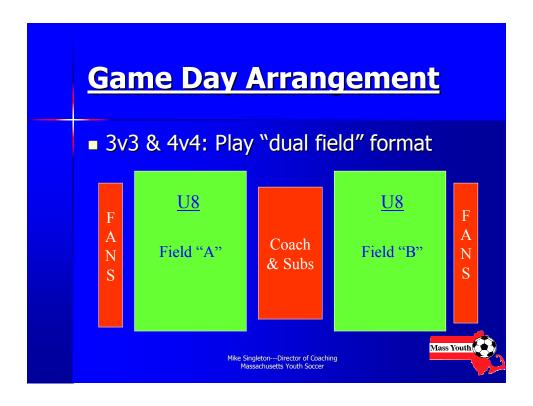
## New U8 Dual-Field Arrangement

**Under 8's play 4v4** (with rotating sweeper/keepers)

**Field Size**: 25-35 yards long x 20-30 yards wide

Ball Size: #4

➤ Teams consist of 8-12 players. For game segments, coaches stand in middle of two small fields and have players playing on both fields. This dual-field set up will allow the children to play more, allow the coach to place players into competitive situations that are fair to them, and prevent programs from having to recruit twice as many coaches.



More players can play in the same amount of space previously used for games, including teams of larger numbers!