

WYSA Soccer Coaches Guidelines – U7

Westford Youth Soccer ,WYSA, is a community organization created for the purpose of the promotion and enhancement of the game of soccer for the youth of Westford and to foster and promote the qualities of physical fitness, competitive spirit, team play loyalty and good sportsmanship by providing soccer instruction and the opportunity to participate in team competition.

WYSA is a teaching and participation organization run by community members on a volunteer basis. To start each season, we set two goals for coaches to achieve during the season. The first and most important is for the children to have FUN. The second is for the players to learn the game of soccer. We expect that players should develop in several areas, including:

- Individual basic soccer skills
- Team play concepts and cooperation
- Overall sportsmanship, as shown through respect and appreciation for teammates, opponents, referees and coaches

The Micro soccer program provides each player with frequent ball touches and minimizes the confusion of dealing with difficult rules and strategies required on a larger field. Emphasis should be placed on teaching and having fun, with **NO** emphasis on winning. The dedication and example set by you, the coach, is extremely important in achieving our goals. Your time as a volunteer is our greatest asset and it should not be wasted. You should structure and run your practice sessions so that each child is involved and “doing” regardless of ability. Develop and follow a realistic practice format and schedule with repetitive drills so your team knows what to expect. The kids will work to the standards you set.

If practice is where your dedication is most demonstrated, it is during the games that your example means everything. It does little to preach the worthy goal of sportsmanship only to blow it all during the game. Sadly, we occasionally experience the ridiculous display of an otherwise reasonable adult loudly berating opposing players or coaches, or worse, his own players. Please don't let this be you this season. Please try to:

- ✓ Be enthusiastic and consistent in your praise
- ✓ Be encouraging and constructive in your criticism
- ✓ Be appreciative of the opponents efforts

Equipment

Each player shall have a shirt of the same color as the players on the same team. The league provides team shirts. Shin guards are mandatory and must be worn by all players on the field. The size 3 soccer ball will be used in U7 soccer. No jewelry or hats shall be worn. Soft hair restraints may be worn.

Each team plays with two forwards and one sweeper (defender). There are no goalkeepers and all three players are encouraged to attack and defend as a unit.

Format

The U7 age plays on a 25 yd x 25 yd field containing a centerline marked. The goals will be 4' high and 6' wide. To score the ball must entirely cross the goal line. After a goal, the game will be re-started at the center of the field with the defensive players outside the center circle.

Each team will be engaged in two games simultaneously, ½ of the team playing on one of two adjacent fields.

When the ball goes out of play, either out of the end line or sidelines, the game is re-started by:

Sideline: A kick-in is awarded. The ball must entered the field of play or a re-kick is awarded.

End line: A corner kick or a goal kick will be awarded depending on which player last touched the ball. On goal kicks, the defending team must retreat to the centerline.

Playing Time

The game is played in 4 twelve minute quarters. Playing time should be equally distributed among the players. All players must play ½ of the game minimum.

Substitutions

Substitutions are allowed at goal kicks, corner kicks, goals and kick-ins. Substitutions are allowed at goal kicks, corner kicks, goals and kick-ins. Substitutions are recommended every five or six minutes. The coach should use players in all positions on the field.

Goalkeeper

No goalkeeper at this age group.

Referees

There are no referees at this age group. The U7 age group plays with a coach on the field, preferably on one of the sidelines. Coaches can alternate being on the field, but are expected to help and teach both teams.

Fouls

Coaches will call only flagrant fouls. No penalty kicks will be awarded in the U7 age level. If there is an infraction near the goal mouth, an indirect kick is awarded.

Offsides: The offsides rule shall not be in effect. However, players may not “hang” in the empty goal area goal.

Score: NO SCORE IS KEPT.

Schedule and Format

U7 3v3 games, weekday practice, Saturday game