

PRYSA U-8 Addendums - PRYSA rules supercede USYS rules.

Ball size 4

7 v 7

Goalie is one of the players**

Substitutions

- are made at any stoppage of play (throw-in, goal kick, corner kick, kick off) or when there is an injury.

Game Length:

- 4 quarters 10 minutes each with 2 minute breaks and 5 minute half time.

Kick Off

- The game shall start with one team “kicking off” from the center line.
- Who kicks off in the first quarter is determined by the coaches typically with a coin toss before the game.
- A goal cannot be scored directly from a kick off. You may kick or pass it.
- The opposing team must stand outside the circle (on their defensive side) until the ball is kicked. After the ball is passed or kicked the opposing team may enter the circle and attack.
- The ball must go forward over the half line.
- After each goal the opposing team will kick off.
- The teams will take turns at each start of each half.
- Teams will change sides at HALF time.

No offsides in U-8.

Fouls/Misconduct

- All fouls will be assessed with an indirect free kick. An indirect free kick means that you cannot score directly from it. A minimum of 2 players must touch the ball.
- All fouls will be explained to the child.

Free Kicks:

- Will be given for fouls, hand balls, dangerous plays, slide tackling, etc.
- Opponents will stand no closer than 4 yards
- Usually a free kick is given at the point of the foul, but use your common sense if the infraction should happen too close to the goal.

Goal Kicks

- Should be taken at one of the top corners of the “goal” box
- Opponents can stand no closer than 4 yards (either a larger box or just a line should be painted)

- Anyone on the team may take a goal kick
- Is taken when the opposing team kicks the ball out of bounds over the end line (behind the goal)

Corner

- Is taken when the defending team kicks the ball over the end line
- Is taken from the corner closest to where the ball went out.
- Opponents cannot stand closer than 4 yards
- Anyone on the team may take a corner kick

Throw Ins

- Are given to the opposing team when your team kicks the ball out of bounds on the sideline.
- Both hands are placed on the ball
- The ball must go behind the head
- Both feet must stay on the ground
- U8 players are given a second chance to try a “good” throw (after explaining how it should be done). If it is not done correctly, the ball is given to the other team for a throw in from the same spot
- All players must be about 3 yards away from the thrower.

Goals

- Goals are awarded when the ball wholly crosses over the end line in between the goal posts.
- Goalies are the only players allowed to use their hands on the field
- Goalies may only use their hands inside the “goal” box. Remember this is their first experience, so give some leeway!
- Goalies may punt or throw the ball after they make a save.
- Goalies are allowed out of the goal box, but once they leave the box they cannot use their hands.
- No players except the goalkeeper are allowed in the goal box. This is to prevent injury to the goalies.

Out of Bounds

- The ball must completely and wholly cross over the line for it to be out of bounds.

Remember:

- A game during the season may end in a tie
- Keep the play positive for both teams
- Encourage all players to do their best on both teams
- This is a learning experience for all players
- All players should play 50% of the time unless injured, sick, etc
- The goalie and 3 defensive players will stay on the defensive side of the field once there is a kick off. The 3 other offensive players will stay on the offensive

- side of the field. This will help with everyone just running after the ball. It creates a 3v3 on each side of the field.
- A player may take a step or 2 over the half line to either kick it or retrieve it.

In a tournament:

If a tie, an extra quarter will be played in full. If still a tie, tournament rules will apply:

?? points for each win, points for goals for – goals against

?? or go to a shoot out

Main Goals for Coaching U8

- Teach offense and defense
- Teach “team” play
- Terms of soccer: kick, goal kick, corner kick, throw in, shoot, passing, dribbling
- Teach about goalies
- Teach correct throw ins
- Continue to develop passing, dribbling, and shooting
- Teach how to pass: use the inside of your foot
- Never use your toe
- Introduce heading
- Have FUN!!!

No slide tackling in U8