

## **GREENBUSH YOUTH SOCCER, INC.**

### **4V4 MICRO SOCCER RULES AND REGULATIONS**

The Greenbush Youth Micro soccer program is a developmental soccer league where the kids learn by playing small-sided games of 4 players per side. The emphasis of the program is on FUN and learning the basic skills (dribbling, passing and shooting) for soccer.

When the players are introduced to micro soccer for the first time, you cannot expect everything to go perfectly. The teaching of the game and the organization of the practice will require time for everyone to familiarize themselves with the requirements. After a few weeks, however, there should be few difficulties, if any at all.

NO SCORES OR TEAM STANDINGS ARE KEPT to promote the joy of sport without worry about winning or losing. We encourage the coaches to respond to the question "What is the score?" with the answer " I don't know- we are not keeping score, we are just trying to do our best and have fun." or "Are you doing your best?...Then you are winning". We hope that coaches will mainly teach the kids how to score goals as opposed to emphasize how to prevent goals. The entire reason we do not keep score is so that it doesn't matter if the team gives up a goal. To develop confident players, let them play without fear of failure.

#### **Play:**

- 1) There are eight 3-minute rotations per half.
- 2) You need not stop play every time the ball is slightly out of play. You want to keep the game going, but also keep in mind the rules of play (i.e., if the ball is totally out of play, play should stop).
- 3) Clock runs continuously unless the ball is so far out that it will take time to retrieve it.
- 4) Coaches are asked to use a whistle so the kids can learn to respond to it. It is often difficult to get the attention of the players by voice only.

**The Field:** The field is approximately 30 yards x 50 yards. The only line on the field is the center line.

There are no referees: A coach/assistant coach from each team is present on the field to call the following:

- 1) Kick-Off: Takes place in the center of the field at the beginning of each half, after every goal and at the beginning of every rotation. The team that is not kicking-off will stay back 5 feet when the kick-off is happening until the ball has been kicked. The kick-off is a pass to a teammate and should be made backward. It is not a direct shot on the other team's goal.

- 2) Throw-In: Takes place when the ball passes all the way over the side-line of the field. A ball only partially over the line is still in play. The ball is thrown back into play by a member of the team which did not touch the ball last before it went out of play. The throw-in is taken behind the side-line, both hands holding the ball behind the head and keeping both feet on the ground. If a player performs this throw-in incorrectly, a coach asks that the same player take the throw-in again in the correct manner and tells the player what was wrong with the throw-in. If the ball goes slightly out of bounds and is still playable, feel free to let the play continue keeping in mind that continuous play is going to keep the kids involved.
- 3) Goal Kick: Takes place when the ball passes all the way over the end-line of the field and was last touched by the team attacking that goal. The ball is placed 5 steps from the net and kicked up the field. The opposing team must stand behind midfield while a goal kick is taking place. Tactically, it is generally better to kick toward the sides of the field to your midfielders than straight up the center because if possession is lost in the center of the field, there is a good chance that a direct shot against your goal will result.
- 4) Corner-Kick: Takes place when the ball passes all the way over the end-line of the field and was last touched by the team defending that goal. The ball is placed at the corner of the field and kicked by a member of the attacking team toward the goal they are attacking. The opposing team must stand back about five steps.
- 5) Free-Kick: Most games are played without the use of the free-kick. We want to keep this simple. In general, if one player uses the hands to stop the ball, you can tell them it is not allowed (against the rules) and let play continue. The **same** response should be used for blatant pushing or intentional tripping. However, if your cautionary remarks do not seem to be sufficient **and there is intent by the child again**, you can allow for a direct kick. The opposing team must stand back 5 steps and should mark up. The kick is indirect, which means it cannot be shot directly into the goal. THERE IS NO OFFSIDES so don't worry about that.
- 6) After a goal is scored: Each team runs together as fast as possible, placing their hands in the middle and shouts "TEAM". This 1- takes everyone's mind off the goal that was just scored. 2 – Allows for the non-scoring team to "win" by shouting "TEAM" first. 3 – Emphasizes teamwork. 4 – IS FUN!!!!

Find something positive to say to every child on your team. It means a lot to their self-esteem when you say "Boy, you sure ran hard today!" or "I'm proud of the way you're improving."

ALWAYS line up to "high-five" and say "good game" to the other team after the match. We want to show that sportsmanship and respect for your opponent is important. Without the opponent, there would be nobody to play against. Have an assistant or a parent walk along side of your team to listen and correct the kids that are not showing good sportsmanship. It happens more than you think. Coaches should follow the team down the line and shake the opponent's coach/coaches hands as well.

Players shall not wear anything that will endanger themselves or others (i.e.: rings, watches, chains, earrings). Players must wear shin guards and sneakers or turf shoes, NO

CLEATS. Casts may be worn if they are safely padded, the player has a licensed physician's approval to play with a cast, **and** it's not dangerous to him/herself or anyone else.

### **Instructions for coaching micro soccer**

**REMEMBER:** When your team has the ball, everyone on the team is on offense. When your team doesn't have the ball, everyone is on defense. Children need to understand this concept in order to improve as players.

#### **ATTACKING:**

-Try to keep your "shape"... a diamond on the field while attacking. (one forward, two middies and one defender). Each position has a job:

Forward – your job is to shoot.

Midfielders: your job is to pass it to the forward. (your job isn't to shoot)

Defender – your job is to pass it to the midfielders. (your job isn't to shoot or just kick the ball up the field). **DO NOT ALLOW THIS PLAYER TO STAND IN THE CREASE!!!**

With jobs, the kids have an understanding about what they are supposed to be doing, instead of running blindly at the ball and kicking it or having a strong defender on the field dribbling by everyone and scoring. They will make tons of errors and some kids will never get it, but consistency is the key. When they do not do their "job", however make a nice play (example: defender gets the ball and kicks it to the forward who then scores), commend the defender and say "Great ball, but what was your job?" They will tell you that it was to kick it to the midfielders. Say "You are really starting to understand the game. Let's try that next time".

\*With your stronger players, emphasize their jobs with them and that you do not want them running up the field and scoring if they are not a forward, or stealing the ball away from their own team because they can. (this is not as big an issue for U6 division)

#### **DEFENDING:**

-While on defense, advise the players to "mark up" (stand in between the player and your goal [but not in the crease].) This will be very difficult at the onset as the kids love to chase the ball around, but with repetition, they will come to understand the game. As in attacking, each position has a job:

-Forward – mark their defender. When you get it, dribble at your goal.

-Midfielders – mark their midfielders. When you get it, pass it to your forward.

-Defenders – mark their forward. When you get it, pass it to the outside of the field, hopefully to the midfielders. If the midfielder isn't there, remind him/her to be there the next time.