

3rd and 4th Grade

GENERAL RULES/ GUIDELINES:

A judgment call of an official is not subject to appeal or protest. Arguing with or talking back to officials will not be tolerated in BCRD Youth Sports.

- 7 v 7 Including Goalies
- Team size: 12
- 2, 25-minute halves, 5-minute halftime
- Referee: 1 Covers the whole field
- Field:
 - Dimensions: 150' X 75'
 - Lines: Centerline, center circle 25", Center Dot, Corner Arcs 3' Radius, Penalty Box 50' x 30', penalty spot 20' from goal line, goal kick box 10' x 15'
- Ball Size: 4
- Goal: 6 x 18.5

Rules:

BCRD will provide 1 referee. Please remind your players to always be respectful.

Kickoff: Occurs to start off and at the beginning of each half (alternating teams) and after a goal. The initial kick-off is determined by a coin toss. Kick is taken from the center of the field. Two players from the possessing team are allowed in the circle, all others must stay outside. Players must stay on their half until the ball is kicked.

Throw-Ins: A throw in is awarded when the ball completely crosses the sideline and is awarded to the opposing team of the player that last touched it. Players will get one redo attempt to get the proper technique correct, called by the referee. After 2 attempts, if proper technique is not used, then the incorrect throw results in a loss of possession and the opposing team will throw in.

Goal Kicks: A goal kick is awarded when the ball is last touched by an offensive player and goes over the end line by the goal. The kick is taken from the corner of the inner goal box and the opposing team must be on the other side of the centerline when the kick is taken. Encourage the player taking the kick to never play the ball up the middle. Always kick to the outside. The ball is in play as soon as it is kicked and does not have to leave the goal box.

Corner Kicks: A corner kick is awarded when the defending team last touches the ball before it goes out of bounds over the goal line. The ball is placed in the closest corner and opposing players should be at least five yards away when the corner kick is taken.

Substitutions: Substitutions may be made on any dead ball such as a throw-in, goal kick, kick off, or injury. Always get the ref's attention prior to the sub-in.

Goalkeeper: A goalkeeper may punt or throw the ball from anywhere within the penalty box. Encourage them to distribute to the outside, not up the middle. A GK is not allowed to touch the ball with their hands if it is intentionally passed back by a team member. This will result in an indirect kick for the opposing team from the spot of the infraction.

Fouls:

- **INDIRECT FOULS – taken at the location of infraction: Someone else must touch the ball before it can be taken as a goal**
 - **Handball**
 - “Hands” is defined as any part of the arm from above the elbow to the fingertips.
 - Handling the ball intentionally is illegal.
 - A ball that is kicked into a player’s hand that is within the frame of the body is incidental.
 - Handling the ball in “self-defense” will be considered incidental.
 - The goalkeeper may handle the ball within the penalty area; outside the penalty area he/she must use his/her feet as a regular player.
 - **Offside**
 - Because there are no lines to strictly enforce the traditional offside rule, the rule will be enforced on a “cherry picking” basis.
 - An offensive player staying ahead of the ball (and behind the defense) without trying to get back on defense (or into the defensive half of the field) will be called offside should the ball be played to him/her
 - **Offensive Goalkeeper Interference**
 - Contact by an offensive player with the goalkeeper is an infraction.
 - **Heading the ball**
 - Heading the ball is not allowed under any circumstances. An indirect free kick will be awarded to the other team from the spot of the infraction.
- **DIRECT FOULS – taken at the location of infraction: Can be taken as a direct shot at the goal.**
 - **Tripping**
 - Kicking at the ball, but missing, and contacting the opposing player, can be called tripping, even if the other player does not fall to the ground.
 - The emphasis is on whether the player with the ball is impeded or not.
 - The emphasis is also on controlling wind, uncontrolled “swing & miss” kicks that can cause injury.
 - **Pushing**
 - Shoulder to shoulder contact between one defender and an offensive player in possession of the ball is legitimate.
 - Any contact with a raised or extended elbow is pushing.
 - Any contact with a hand or forearm is pushing.

- Pushing can be called whether the player with the ball falls to the ground or not.
 - The emphasis is on whether the player with the ball is impeded or not.
- **Slide Tackling**
 - Slide tackling is not allowed.
- **Defensive Goalkeeper Interference**
 - If the goalkeeper makes a play on the ball and misses the ball but brings down the offensive player.
 - If the infraction is within the penalty box, the result is a penalty kick.
 - If the infraction is outside of the box, it is a direct free kick.
- **Penalty Kicks**
 - Any infraction by the defense inside the penalty box will result in a penalty kick.
 - The goalkeeper must be stationed on the goal line.
 - All players (offense & defense) must be outside the penalty box until the ball is kicked.
 - A ball saved and rebounds into the field of play is live.

Focuses:

Positions: At this level, players should be introduced to the different positions on the field and be given the opportunity to play all the positions at least once.

Passing: Choose game activities that limit waiting round and have the players passing using the inside of foot technique with both feet,

Receiving (or trapping) the ball: Choose activities that emphasize the players technique when receiving the ball. Players should use the inside of the foot to absorb the ball as it hits their foot with their first touch, then set up their next touch. Use both feet.

Shooting: The easiest way to remember this technique is "toe down" and "hit with the laces". The opposite foot (to the one you are kicking with) is the plant foot and determines where the ball will go. Players should focus on where (accuracy) and how they kick it, not how hard. The power will come as they get older and stronger. Use both feet. NO Toe Pokes!

Dribbling: Players should practice dribbling with the inside and outside of both feet. Encourage little kicks, small touches and control of the ball. Use fun games with competition to practice the technique where players have a ball at their feet at all times when working on dribbling.

Tactics:

Tactics are decisions made by players that can be introduced with this age. Keep it simple.

1. Kick the ball wide (towards the sideline) when on defense
2. Kick the ball across the front of the goal (center) when attacking
3. When your teammate has the ball, don't run at them. Instead go to an area where your teammate can kick you the ball

Practice Breakdown:**Play - Warm Up (10 Minutes)**

Each practice should begin with an engaging warmup. A warmup should consist of a fun game or small team scrimmages of 1v1, 2v2 or 3v3. Divide your field into small grids with goals made with cones and get players playing soccer as soon as they arrive to practice. Get their feet on a ball and playing right away!

Practice - Focused Skill Games (20 Minutes)

Practices should have a clear focus. Pick one skill at a time as the focus. Pick fun game activities that allow players to focus on the technique of your choice and help develop the basic skill but also let the kids have a lot of fun. Add competition to your activities when you can add more fun!

Play - Scrimmage (20 Minutes)

Treat these scrimmages like a real game (subs, breaks, etc.) but do take the time to address rules or technique with your players. Stop the game and go over a rule if, for example, players keep playing the ball after it goes out of bounds. During the scrimmage, evaluate your coaching to see if the technique you practiced is being used in the scrimmage.