



U8 QUICK COACHES GUIDE

- We strive to HAVE FUN while learning the game of Soccer.
- At this age you have a wide range of experience. Some players have played soccer or other organized team sports and some have not.
- No Laps, No Lines, No Lectures. If a child is being disruptive to the point of you being unable to run the practice, ask his/her parent to be involved.
- Players come in all shapes, sizes and abilities please be inclusive.
- Remember that players look up to you. Choose your words carefully.
- Your goal is to have the players want to come back and play again.
- We appreciate your time, effort, commitment, great attitude and your smile.
- We focus on dribbling to encourage aggressive attacking players as they grow and develop. Let the kids dribble and work on this skill now. Let them make mistakes. Most simple childhood games can be modified to add dribbling. Further expand on passing that is introduced in U6 age group.
- We play small-sided games to help players learn the game at a faster pace. This also helps kids improve because they have more opportunities on the ball. This builds confidence over time. REFEREES INTRODUCED IN U8.

U8 LAWS OF THE GAME

- U8 is playing 4 v 4 with a size three ball
- U8 plays four 10-minute quarters with 3-minute breaks with a continuously running clock.
- U10 SWITCHES SIDES at the halftime (after 2nd quarter)
- Introduce throw ins. Players can kick in or throw in (whichever they prefer).
- Introduce corner kicks
- Opposing team should back up to the half line for goal kicks. The opposing team should be 4 giant steps back on kick offs and re-starts.
- A ball is out of bounds when the entire ball is over line. Players should have more control and this will be called out by referee.
- All fouls are indirect kicks.
- The flow of the game is more important than calling every foul. Focus on intentional fouls only and player safety.
- Team that is fouled takes the kick from the spot of the foul. No penalty kicks.
- NO HEADING, NO SLIDE TACKLING
- **ARS official U8 rules in detail are on the ARS website.**