



U4 QUICK COACHES GUIDE

- We strive to HAVE FUN while learning the game of Soccer.
- This is likely a first soccer experience and may be first experience with organized sports.
- 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 players 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.
- 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.

U4 LAWS OF THE GAME

- U4 is playing 3 v 3 with a size three ball
- U4 plays four 6-minute quarters with 2-minute breaks with a continuously running clock. NO SWITCHING SIDES.
- No throw-ins (pass in)
- No corner kicks (goal kick) - Any ball over the line goal side is a goal kick.
- 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. If it is close continue play. We don't need to stress over this.
- 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 U4 rules in detail are on the ARS website.**