



Micro Guidelines **U4-U6**

General:

- U4, U5, U6 players.
- Field of play is half or less than half the size of a 7-a-side field. This year micro pods have been made, with specially made permanent micro nets (Allancroft and St Edmunds).
- Players use size 3 balls.
- U4, U5 and U6 play 4 vs. 4 without goalies. There are no set positions. Coaches are allowed on the field to guide and encourage players.
- U7 play 5 vs. 5, which includes a goalie. Again there are no set positions, and coaches are allowed on the field.

Information given to HL micro coaches at the coach's clinic:

- Make it FUN!
- Have a few extra balls available, as well as cones.
- Allow players opportunities to problem- solve
- Allow players to be creative
- Don't talk too much, let them play
- Be organized, patient, positive!
- 1 ball per player, or 1 ball between 2 to maximize touches

Practice session guidelines:

- 1hr practice sessions
- 25mins warm up/fun games
- 30mins small sided games 1v1, 2v2 or a 4v4 game (this year there was a lot of emphasis put on 1v1 and 2v2 games at the coaches clinic)
- 5mins cool down



Micro Guidelines

U7

General:

- Field of play is half the size of a 7-a-side field. This year micro pods have been made, with specially made permanent micro nets (Allancroft and St Edmunds).
- Players use size 3 balls.
- U7 play 5 vs. 5, which includes a goalie. Again there are no set positions, and coaches are allowed on the field, avoid being in the middle
- No referees in micro soccer.
- U7 Festival August 11th and 12th (teams will play 7 a side for the first time to prepare for U8- also technical will be there scouting for U8 PDP).

Rules of Play:

- Start of the game, or any re-start thereafter (following a goal or starting the second half) will be at the halfway line. To start play the team in possession of the ball must pass the ball forward over the centre line for play to commence. Opposition players are required to stand a minimum of 5yds back of the centre line and are only able to defend after the team in possession of the ball has started the play (as mentioned in the previous sentence).
- If the ball leaves the field of play on either sideline the ball should be passed back into play. **Note:** At the U8 level players will start taking throw-in; therefore starting the 1st of July throw-ins are to be implemented i.e. no more kick-ins.
- If the ball leaves the field of play on either end line (goal line) the ball should be passed back into play by the goalkeeper, regardless of which team kicked the ball out. **Note:** At the U8 level players will start taking corner kicks; therefore starting the 1st of July corner kicks are to be implemented.
- When a goalkeeper saves the ball he/she restarts the play by throwing or passing the ball back into the field to a teammate.
- Substitutions can be made at any time.

Information given to HL micro coaches at the coach's clinic:

- Make it FUN!
- Have a few extra balls available, as well as cones.
- Allow players opportunities to problem- solve

- Allow players to be creative
- Don't talk too much, let them play
- Be organized, patient, positive!
- 1 ball per player, or 1 ball between 2 to maximize touches

Practice session guidelines:

- 1hr practice sessions
- 25mins warm up/fun games
- 30mins small sided games 1v1, 2v2 or a 4v4 game (this year there was a lot of emphasis put on 1v1 and 2v2 games at the coaches clinic)
- 5mins cool down
- U7 -coaches are encouraged to start touching on individual techniques, defensive and offensive principals (outlined in 7-aside guidelines) to begin to prepare them for 7-aside.

