

## Benefits of 5 v 5 Play

- A. More time with the coach.
- B. More practical space to operate in.
- C. Increased contact with the ball.
- D. More actual playing time.
- E. Energetic workouts due to playing both offense and defense.
- F. Required to make more decisions.
- G. Experience repeating game situations more frequently.
- H. While learning both offense and defense, a player will become more complete and will more readily understand the roles of teammates.
- I. Total running distance is basically the same for large and small fields.
- J. The work rate and involvement of the player stays consistent.

## Under Seven & Eight Teaching Program

Encourage movement through soccer related children's games (e.g. playing tag passing with a soccer ball). A young player's soccer experience should be positive. Having FUN should be emphasized. Competitive pressures should be discouraged.

## Teaching Emphasis

Focus on increasing feeling and experience of movement and challenging players' eagerness to learn. The use of smaller sided games is recommended (1v1, 2v2, etc.) in introducing basic soccer techniques. Coaches' emphasis should be on increasing enjoyment through improved play.

Coaches at these age groups need to provide their players with a productive and fun environment through age appropriate activities. This will help to ensure that each player develops his/her technical skills.

## Suggested Books and Videos

*(Available at the Gamewood office at 1012 Main St)*

### Videos

- *Soccer Rules: A guide to the laws of the game*

### Books

- *So Now You are a Goalkeeper*  
By Machnik and Hoek
- *Coaching Youth Soccer*  
By N. Ingels
- *The Arco Book of Soccer Techniques and Tactics*  
By R. Widdows
- *The Official Soccer Book of the U.S.S.F.*  
By W. Chyzowych
- *Good 'N Fun Soccer Stuff*  
By M. Catlin
- *Understanding Soccer*  
By M. Catlin
- *Understanding Soccer*  
By K. Niltac
- *The Soccer Book*  
By Kowet
- *Soccer Practice Games*  
By Joe Luxbacher

Lots of great websites at

[www.danvillesoccer.com](http://www.danvillesoccer.com) under Links!!

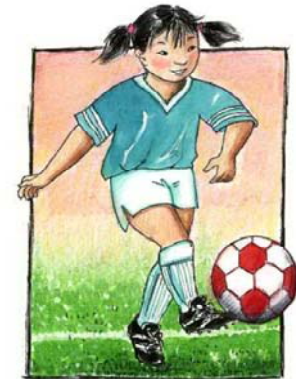
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# DANVILLE SOCCER CLUB Youth Soccer

# 5 v 5

## Program for Under Eight



**DANVILLE SOCCER CLUB**

**P.O. Box 2549**

**Danville, VA 24541**

**Web Site: [www.danvillesoccer.com](http://www.danvillesoccer.com)**

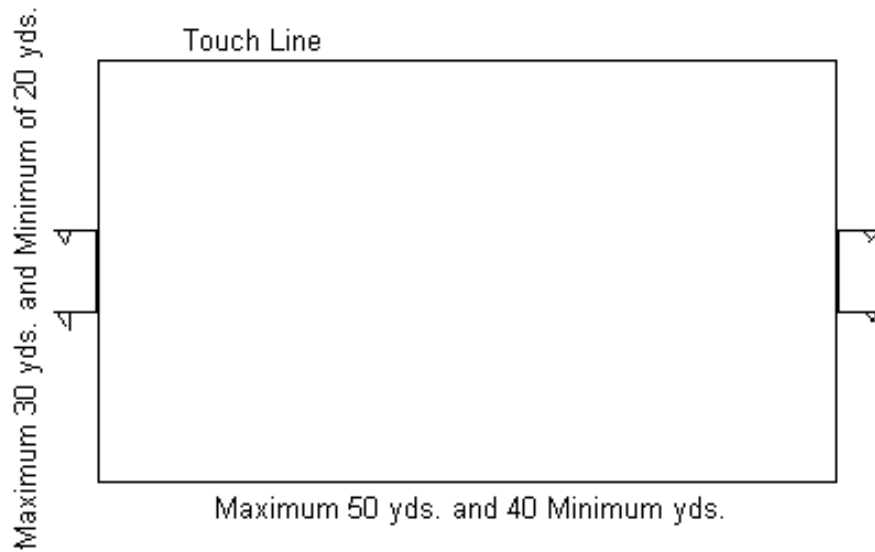
With

**DANVILLE PARKS AND  
RECREATION**

**125 Floyd St.**

**Danville, VA 24541**

**(434) 799-5200**



**Danville Soccer Club  
5 v 5 Official Laws  
Under 8**

**Law I - The Field:**

- A. Dimensions:  
The field of play shall be rectangular, its length not more than 50 yards nor less than 40 yards and its width not more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width.
- B. Coaches will set up two fields with a 5-yard zone in between for coaches and subs ONLY.

**DANVILLE YOUTH SOCCER RECOMMENDATION:**

**Length: 40 yards    Width: 30 yards**

- B. Markings: Use cones to mark the corners and touch lines.
- C. Goals:
  - 1. Marked by flags that are four (4) yards wide.

**Law II - The Ball:** Size three (3).

**Law III - Number of Players:**

- A. Maximum number of players on the field at any one time are five (5)
- B. Maximum number of players on the roster should not exceed fourteen (14).
- C. There will be no goalkeeper.

- C. Substitutions:
  - 1. For Injuries.
  - 2. On the fly.
- D. Teams and games are co-ed.
- E. There are no goalkeepers

**Law IV - Players' Equipment:**

- Conform to FIFA with the following exceptions:
- A. Footwear: Tennis shoes *or* soft-cleated soccer shoes.
  - B. Shin Guards: MANDATORY.

**Law V - Referee:**

- A. Parent/coach or assistant. (Logical choice)
- B. All rule infractions shall be briefly explained to the offending player.

**Law VI - Linesmen:** Not necessary.

**Law VII - Duration of the Game:**

- A. The game shall be divided into four (4) equal quarters of twelve (12) minutes each.
- B. There shall be a two (2) minute break between quarter one (1) and quarter two (2), and another two-minute break between quarters three (3) and four (4).
- C. There shall be a half-time of five (5) minutes between quarters two (2) and three (3).

**Law VIII - Start of Play:**

- Conform to FIFA with the following exceptions:
- A. Opponent must be six (6) yards from the center mark while kick-offs are in progress.
  - B. A goal may **NOT** be scored directly from the kickoff.

**Law IX - Ball In and Out of Play:**

Conform to FIFA.

**Law X - Method of Scoring:**

Conform to FIFA.

**Law XI - Offsides:**

There are no offsides.

**Law XII - Fouls and Misconduct:**

- Conform to FIFA with the following exceptions:
- A. All fouls shall result in an indirect free kick with the opponents six (6) yards away.
  - B. The coach/parent must explain ALL infractions to the offending player.

**Law XIII - Free Kick:**

- Conform to FIFA with the following exceptions:
- A. Shall be classified under one heading - INDIRECT.
  - B. A goal may not be scored until a second player of either team has played the ball.

**Law XIV - Penalty Kick:**

No penalty kicks during these games.

**Law XIV - Throw-in/Kick-in:**

- A. A kick-in is considered as an indirect free kick with the opponent three (3) yards away from the ball.

**Law XVI - Goal Kick:**

- Conform to FIFA with the following exceptions:
- A. Opponents must stand at least six (6) yards away.
  - B. A goal may **NOT** be scored directly from a goal kick.

**Law XVII - Corner Kick:**

- Conform to FIFA with the following exception:
- A. Opponents must be six (6) yards away.