

## ***U-7 Mini Indoor Laws***

*If teams aren't even, players can be borrowed from one team to another so they are even and everyone get's equal playing time. 5v5 with a keeper is the usual but can play 4v4 or 3v3 etc. if short players.*

### **The Ball**

U-7 Size 3 (Roster size 12)



### **The Time**

- 15-20 minutes pre-game practice
- 2 to 3 Activities
- 2 equal halves of 15 minutes
- 5 minutes change over between the next game



### **The Field**

Half of the indoor field U-7



### **Players Benches**

Both teams will share the same bench and dressing room.



### **Player Changes**

Player changes should be every 3 minutes (goalies can be changed at this time)

## Number of Players on the Field

U-7 Each team will have 4 players and 1 goalkeeper on the field at any one time. (In order to reduce the number of players on the field and to get closer to outdoor numbers)

## Ball in and out of Play

U-7

- At the Indoor Centre: If the ball goes out the side or hits the net then the ball will be placed where it exited the field. It will be placed on the ground and kicked into play by the team that did not put the ball out of play. All opposing players must be at least 5 yards away.
- If the ball exits the touchlines (goal keepers ends) then it will be a goal kick. Regardless of who touched it last.
- The goalie or defender must kick the ball outside the crease and the opposing players must be on their half until the kick is made.

## Scoring

Goals can be scored from anywhere on the field including the crease.

## Goal Crease

- The goalie is only allowed to use his/her hands inside the crease. If they wander out of the crease they are to be warned.
- All goal kicks will be kicked from within the goal crease (at the top of the crease would be recommended).

## Free Kicks

For the mini program all kicks will be Indirect. Indirect kicks means that the ball must be passed or touched by another player before a goal can be scored.

## Hand-balls

All intentional hand-balls will result in the coach awarding an in-direct free kick to the non-offending team. Players must be 5 yards away. Except for infractions within the goal crease. The whistle will blow and the ball will be placed at the top of the crease for an In-Direct free kick. Players can make a "wall" on the goal line.

### Aggressive behavior

Including - pushing, kicking, punching, hitting will result in an In-Direct free kick to the non-offending team, as well as the player sitting for a minimum of 1 full shift (coach's responsibility).

### Rotation of Players

Coaches are encouraged to rotate the players on their team so that every player has an opportunity at each position.

### The Coaches

- There will be one coach from each team on the field to help with the flow of the game. Each coach will take one side.
- One coach or parent from each team will be on the bench to direct the players on to the field.
- On a single gender team there must be a coach the same gender as the players (bench mom or dad).
- There are no referees at this age. Coaches are encouraged to share the job of being the "ref" for their team.

### Fair Play

U-7 Due to the creases in the indoor game not being of equal size (on some fields) as well as the boards being only on one side teams will switch sides at half, to give each team an opportunity to have the boards and a smaller crease.

### Retreat Line (indoor U7)

The Retreat Line will come into effect in three situations during the game:

- A Goal Kick
- A Free Kick to the defending team within its own goal area
- The Goalie has the ball in their hands

At these three restarts, the opposing team is required to move beyond the Retreat Line. The player taking the kick can then pass the ball to one of his/her team-mates without the pressure of an opposing player nearby. When the ball has left the goal area, the play will resume as normal and the "opposing" team can move inside the Retreat Line.

The Retreat Line in Mini Soccer will be the Halfway Line.

If a member of the opposing team comes inside the Retreat Line before the ball has left the goal area and interferes with play, the Coach will stop play and the restart will be retaken.

During the Indoor Soccer Game U7 play on half of the indoor field. The Retreat line is at Half of the field. There are no Clear Markings at this time so please do your best to have your players at half or use disc cones.



### Mini Soccer – FAQ's

#### **What is Mini Soccer?**

Mini Soccer is a game designed to improve our young players appreciation for the game of soccer. We want them to have fun!! By providing an environment in which they get "more touches on the ball" mini soccer allows these youngsters to do just that while at the same time giving them the opportunity to improve their ball skills within the game of soccer (touching the ball more often is always more fun – right?). Teams at this age play only 1 game per week. Usually no regular practices. There are no refs at this age. Coaches are encouraged to share the job of being the ref. Each coach will be the ref for ½ the game. Unfortunately, the maximum time you are allowed to be on the field is 55 minutes. If for some reason the pre-game practice goes more than 20 minutes coaches will be required to cut down the time in the game.

Mini soccer requires 5 players on the field at a time – 4 players plus a goalie, however... mini soccer is played on ½ a regulation size field. Player changes on the field are a little different than older age groups. Coaches are asked to bring a timer with them – one of the "field coaches" should volunteer to look after time changes – every 3 minutes the coach should blow the whistle to stop the play (try to do this when the ball is in neutral territory). When the whistle blows players on the field should change with the players on the bench. At this age players are usually asked to take turns in all the different positions – including goalie. In mini-soccer the coaches are expected to "coax" the players on the field – that's right – a coach from each team should be on the field assisting their team. The other coach should be on the player bench looking after player changes within the game. We also recommend one of the parents from the crowd assist you with keeping order on the bench & looking after "boo boo's" – freeing up the bench coach to assign positions for players going on to the field of play.

#### **How can they play a game on only ½ the field?**

Edmonton Soccer Facilities will erect a temporary wall through the middle of the regulation field during all mini soccer games – they will also take it down after the final game for the "mini's". This means 2 games go on at a time. Teams are asked to switch sides at ½ time so that both teams have an equal opportunity to use the built in goal on one side of the field and the temporary goal on the other side. Four teams will play a game on any one large field at any given time. Some adjustments are required. For this reason, we ask that 2 teams share a bench. Two teams must also share a dressing room as assigned by the facility.

#### **Do we keep stats?**

No. There is no need to fill out game sheets nor is there a need to record the scores in any games played at this level. This is a fun recreational league only.

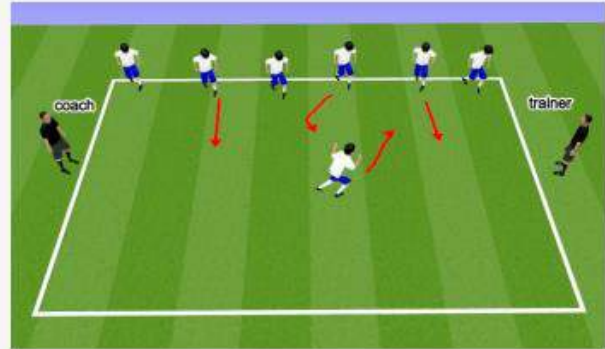
**STATION - A "Bulldog" (10 mins)**

**Set-Up:** All the players are lined up at one end of the area, with one defender to start.

**Organization:** Players attempt to run to the opposite side of the grid without being tagged. If they get tagged, they join the tagger in the middle.

**Coaching Points:** Head up, look for space, quick changes of direction/speed

**Progressions:** Have to run backward over the end line, add a ball (if you have the ball, you can't be tagged, only have it 3 seconds then pass it on). You can also do this exercise with each player having a ball and the defender has to kick the ball out.



**STATION - B "Ball Familiarisation" (10 mins)**

**Set up:** Each player with a ball in their own space

**Organization:**

**Part 1:** Each player holds the ball in their hands and throws the ball up in the air to try and catch it.

**Part 2:** When the ball is in the air, can the player clap their hands before they catch it?

**Part 3:** When the ball is in the air, instead of catching the ball, can they control the ball with their feet.

**Coaching Points:** Eyes on the ball, watch it into hands/onto the foot, body inline with the ball, move the foot away on contact with the ball



**STATION - C "Dribble Tag" (10 mins)**

**Set Up:** Players on the outside of square with a ball, 1 or two defenders in the middle without.

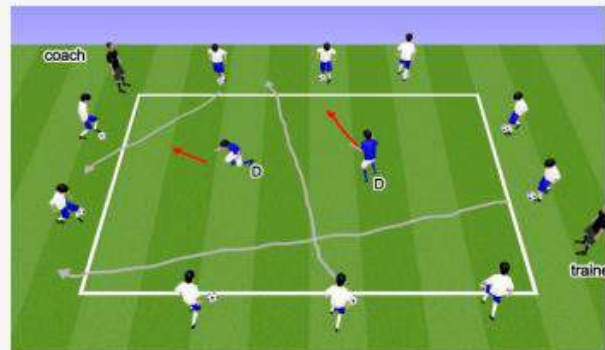
**Organisation:** Players on the outside of square look to dribble across the square without being tagged by defender.

If they get tagged, switch roles.

**Progress:** defender has to win ball instead of tagging

**Coaching points:**

head up - look for space, quick changes of direction/speed, keep the ball close



## STATION - D :Small-Sided-Game" (10 mins)

### RETREAT LINE U7

As the game leader (coaches), it is your job to implement the retreat line. Here are details on how to implement it. Options for Goalkeepers – 5v5.

When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would retreat to the predetermined area of the field.

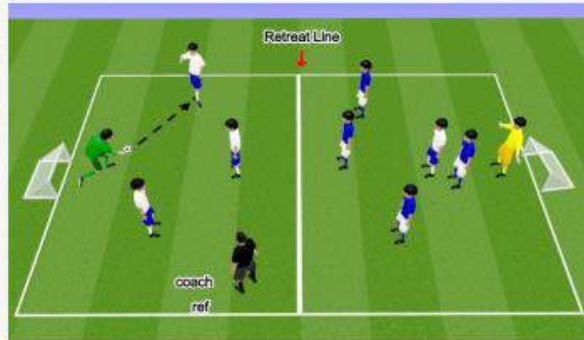
The predetermined areas are as follows:

□ 5v5 - Halfway line. It is recommended the goalkeeper does not drop kick the ball

With the opposition retreating to the correct part of the field the goalkeeper can now successfully throw or pass the ball to a teammate. Once the player receiving the ball from the goalkeeper receives the ball, the ball is in play and the opposition players can pressure and attempt to win the ball. If the goalkeeper chooses not to wait for the opposing players to retreat and throws or passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick OR,
- Leaves the field of play OR
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line before the opposition crossing the retreat line)
- Remember the game can be played in 3v3, 4v4, 5v5



## Coaching Practice Review and Reflection

Games can be played in 3v3, 4v4, 5v5

## U7 FUNDAMENTALS GRASSROOTS – WEEK 2

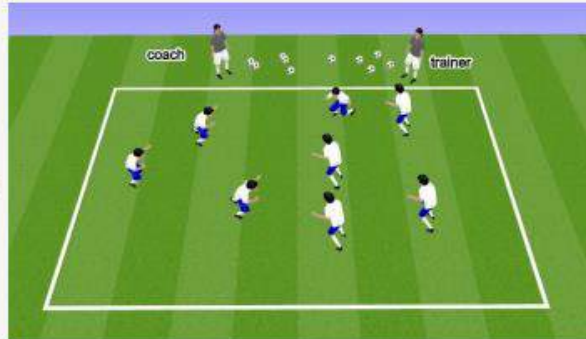
### STATION - A - Everyone's it Tag (10 mins)

**Set-Up:** Each player finds their own space in the area (your half of the pitch)

**Organization:** Every player is a tagger and they look to tag as many players as possible in 45 seconds (the tag must be on the back to count).

**Coaching Points:** Head up, change of direction, speed

**Progressions:** Play multiple times, can they beat their score? Play a new game add soccer ball players without the ball they look to tag as many players as possible in one minute after a one-minute switch the team



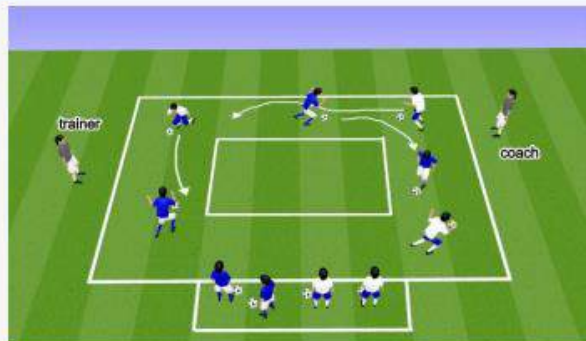
### STATION - B - Indy 500 (10 mins)

**Set up:** Set up a small racetrack as shown with a ball each in the cockpit.

**Organisation:** Players start their engines in the pit and must drive around the track. If they crash (leave area), players must fall to ground and complete 5 toe taps to fix themselves.

**Add in pot holes.** Turns etc to make the game fun.

**Progression:** Split into two teams, one team drives one direction, the other drives the opposite.

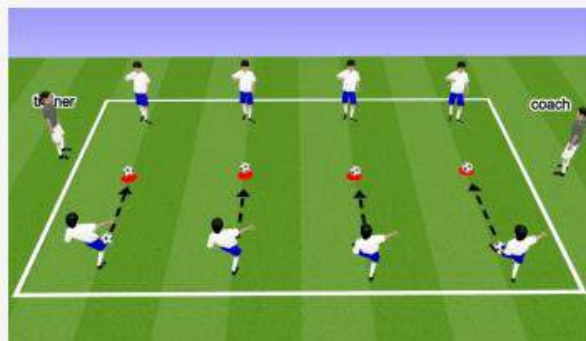


### STATION - C - Topple me coconuts (10 mins)

**Set up:** Each player with a partner, a ball each and two discs. Place cones 5-10 yards apart.

**Organisation:** One player at a time looks to pass the ball and hit their partners ball off the cone to "topple the coconut"

**Coaching Points:** Side of foot, NO TOES, use both feet, keep eyes on the ball when kicking



## STATION - D :Small-Sided-Game" (10 mins)

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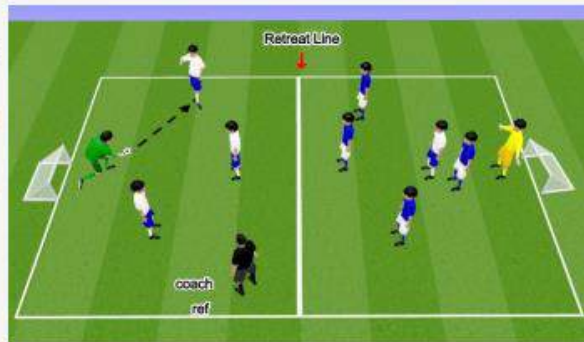
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## Coaching Practice Review and Reflection

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## U7 FUNDAMENTALS GRASSROOTS – WEEK 3

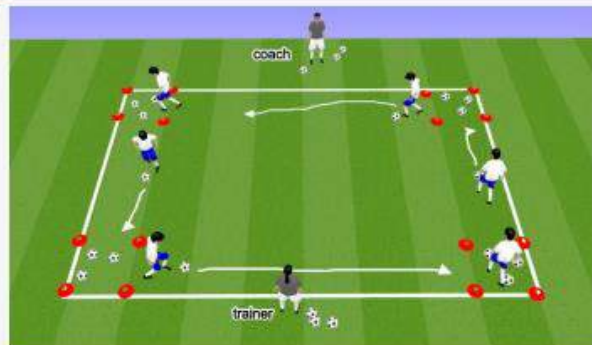
### STATION - A - "Special Delivery" (10 mins)

All players are delivery drivers and they have to ensure safe delivery of their package (the ball) to the next square.

Have at least 2 or 3 spare balls in each square.

Players must dribble their ball to the next square, drop it off and pick up a new package to deliver to the next square. Players try to make as many deliveries as possible in allotted time. Stay away from the dogs who are trying to steal the package.

Turn-players turn and go the other way. Add in pot holes etc that the driver has avoid



### STATION - B - "Truck and Trailer" (10 mins)

One player is the truck, the other is the trailer. Where ever the truck goes, the trailer must follow!

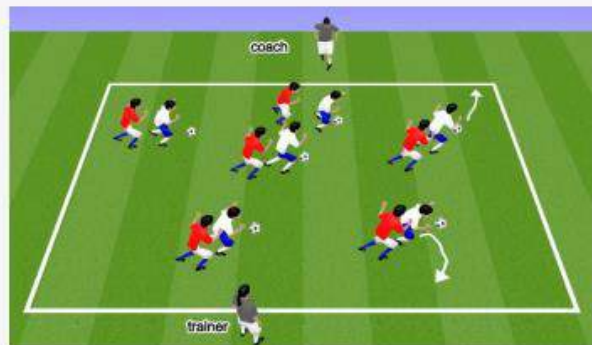
Head-up, keep the ball close. Use different parts to move the ball in different directions

Speed Up - trucks start moving faster

Turn - Trucks change direction

Park - Use the bottom of your foot to stop the ball

Switch - truck and trailer swap roles



### STATION - C - "Making friends with the ball" (10 mins)

Set up: Each player with a ball in their own space

Organisation: Part 1: Each player places one foot on top of the ball. On the coaches shout of switch, players then switch which foot is on top of the ball. This is called a toe tap. Players can either step down or jump from foot to foot.

Part 2: Players have the ball between their feet and pass it from one foot to the other using the inside of their foot.

Coaching Points: Hands out for balance, try to keep the head up, occasionally looking down, light touches



## STATION - D :Small-Sided-Game" (10 mins)

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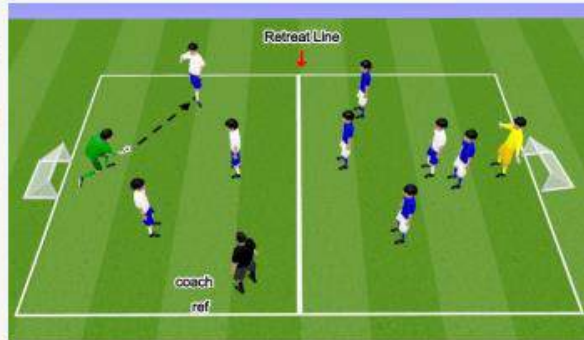
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## Coaching Practice Review and Reflection

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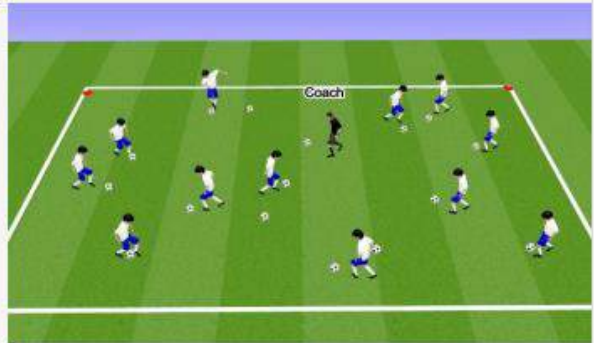
## U7 FUNDAMENTALS GRASSROOTS – WEEK 4

### STATION - A "Copy the Coach" (10 mins)

**Set Up** -Each player has a soccer ball in 60x40 area. Coach call out instructions and players copy the coach, but only when instructions include the phrase coach says. Example coach says dribble with your right foot, dribble with out side of your left foot..

**Instructions**

**Coaching Points:**Keep ball close and nose in front of the ball to see what is front of you.Helps improve both co-ordination and listening skills in young player



### STATION - B "Sharks and Minnows" (10 mins)

**Set-Up**

**Instructions:** Players line up in a line with the ball. A player or coach stands in the middle as the 'Shark'. At the coach's command, players attempt to dribble across the area to the opposite line. If the player's soccer balls are touched, they become a shark.

**Coaching Points:** Keep the ball close in between touches of the ball, and look up to see where the sharks are. When getting by, look to change speed and direction.



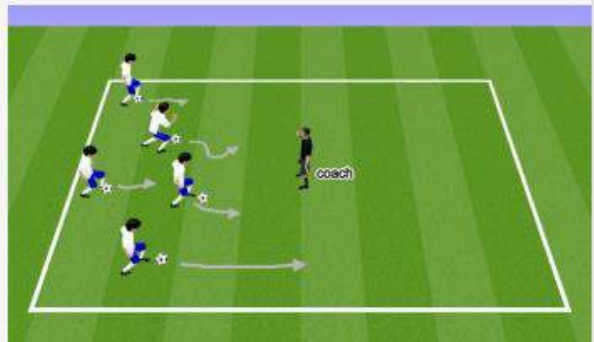
### STATION - C "Red light, Green light" (10 mins)

**Set up:** Each player with a ball, lined up on one side of the field

**Organization:** The coach has a red and green cone, on the coach's shout of green light hold up a green cone, players dribble out onto the road looking to make it to the other end. When the coach says red light, players stop and put their foot on top of the ball. Once all the players have made it to the other side, they turn around and come back.

**Coaching Points:** Head up, keep the ball close, small, quick touches with the pinky toe.

**Progressions:** The coach does not say anything, players have to keep their heads up.



## STATION - D :Small-Sided-Game" (10 mins)

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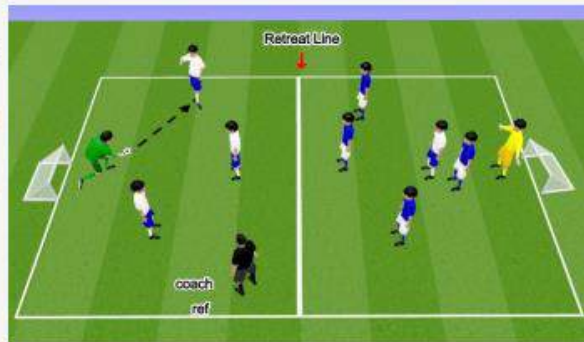
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## Coaching Practice Review and Reflection

Games can be played in 3v3, 4v4, 5v5

# U7 FUNDAMENTALS GRASSROOTS – WEEK 5

## Description

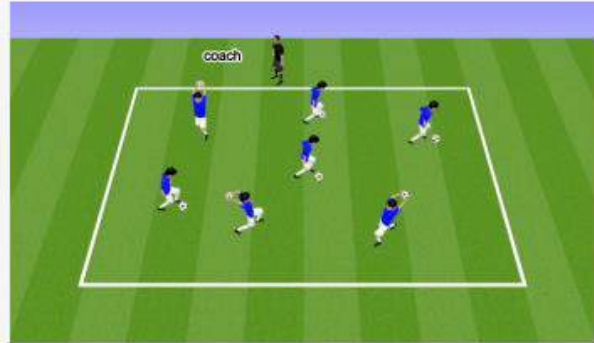
Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

### STATION - A "Body Parts Game" (10 mins)

Set up: Each player with a ball in the area.

Organization: The ball can start with hands or on the floor. On go players run around holding/dribbling the ball, when a coach shouts a body part, players stop putting the ball on the ground, and place that body part on the ball.

Coaching Points: Pinky toe to dribble, keep the ball close, head up

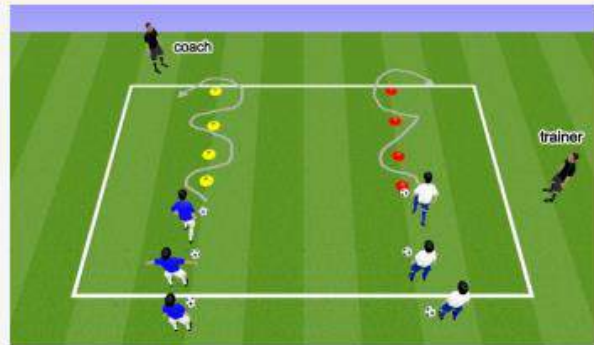


### STATION - B "Relay Race" (10 mins)

Set-Up: Set up two relay courses as shown above and split the players into two groups with a ball each.

Organization: On the coach's shout of go, the first player in line completes the course and returns to the start.

Coaching Points: All parts of the foot to dribble, small touches, keep the ball close.



### STATION C - "Numbers Game" (10 mins)

#### Organization

Create two mini fields of 15 m x20 m. 4 teams of 2. Balls are placed in the outside center of both playing fields for the Coach to distribute.

#### Procedure

Each team player will number themselves 1 or 2. The coach will say number 1, and the players that are number 1 will play each other 1v1.

#### Emphasis

Creating a safe environment with positive reinforcement allows players to be creative allow players to make decision

#### Progression

2v2. When a player scores, that player must run around the goal and return to play. This will allow the opposing team to quickly play 2v1

#### Objective

Players will be able to beat a player in a 1v1 situation.

#### Outcome

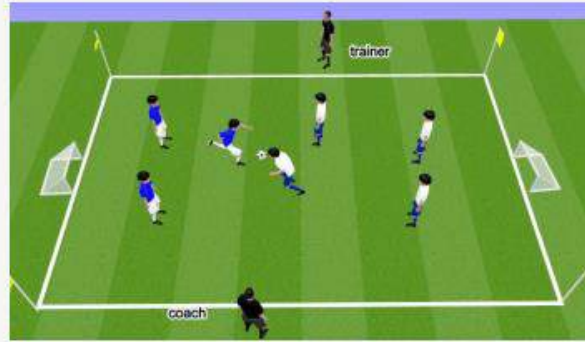
All players: can beat a player by changing their speed most players: can beat a player by changing their speed and direction

Some players: Can beat a player left and right by changing their speed and direction



**STATION - D - "Game 3v3" (10 mins)**

The game can be played with or without a goalie 3v3,4v4,5v5.



# U7 FUNDAMENTALS GRASSROOTS – WEEK 6

## STATION - A - Simon Says (10 mins)

### Dribbling

#### Organization:

Players spread out inside a 22 X 16 yard area.

#### Procedure:

Players follow the coach with his/her movements when they say Coach says so for example the coach may say, Coach says throw your ball up and catch it Players have to follow the coaches' command. If the coach says, Throw your ball up and catch it and any players do this they do 2 jumping jacks. Coaches can take this game in many different directions - Be creative.

Emphasis: FUN and listening

Additional Notes: Encourage the volunteer coaches to participate with the players. This will be helpful to players so they can see what to do. Another possibility would be to have the coach be Simon.



## STATION - B - Robin Hood (10 mins)

### Organization:

-Large grid 30x30 yard

-Small boxes in each corner 5x5 yards

-2-3 players per square

-All the balls in the middle

### Instructions:

-On go one player from each corner will leave their square to get a ball from the middle, turn and carry back to their corner. Have a few goes have the dribble.

-When player gets back to the corner, the next teammate may leave and get another ball.

-Once balls are gone from the middle, the players may steal balls from other team's corner.

-Players may only take one ball at a time

-Players cannot block another team from getting a ball.

-First team to 6-7 balls in their corner wins.

### Progression

Allow stealing balls from others.

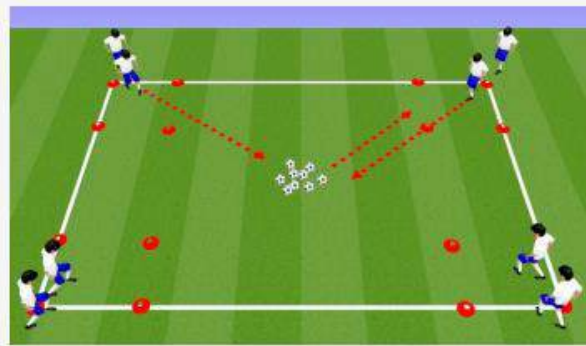
Leave odd number of balls like 13 balls each team could get 3, the one that gets the 4th wins

### Coaching Points:

-Proper technique on turn

-Protect the ball when turning

-Accelerate away after turning



## STATION - C - Lights (10 mins)

### Physical Literacy

#### Organization:

Set up a 20 x 16 yard area.

#### Procedure:

Players move from one end of the field to the other. When coach calls a colour, players respond. If a player does a movement that the coach has not called they must take 5 steps back. First player to the opposite line gets a point.

Red: Stop

Green: Go (Dribble)

Yellow: Slow

Purple: Toe Taps

Blue: Bells

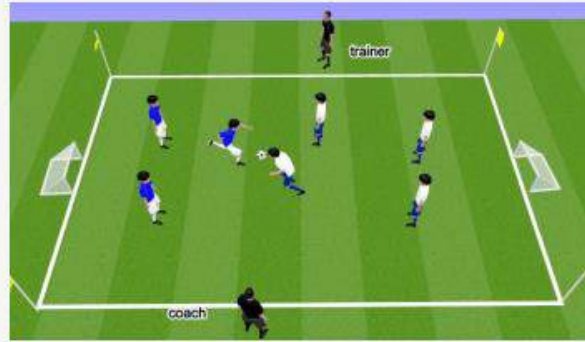
Crash: Fall down

Emphasis: Listening, following instruction, physical literacy, having fun, and being positive!



**STATION - D - "Game 3v3" (10 mins)**

The game can be played with or without a goalie 3v3,4v4,5v5.



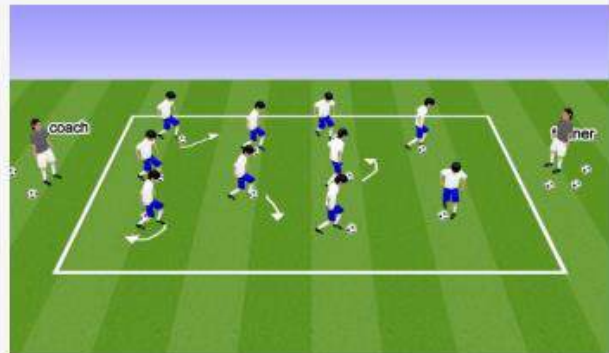
# U7 FUNDAMENTALS GRASSROOTS – WEEK 7

## Station A - "Fundamental movements" (10 mins)

Set-Up: Each player with a ball in the area

Organization: Players are dribbling around the area asked to be creative with the ball. On coaches command, players can perform different tasks. Toe taps, scissors, stepovers, drag backs, etc.

Coaching Points: Be creative, let's see the moves!



## Station B - "1v1 Dual" (10 mins)

Set-Up: One ball between two, players stand 2 steps away from the ball facing each other.

Organization: On the command of a ball from the coach, both players attempt to get the ball and keep it away from their partner. At the end of the set period (30 seconds), the player with the ball gains one point. Best of 3 and then switch partners.

Coaching points: Quick reactions, keep body between ball and player, Creativity to keep the ball away

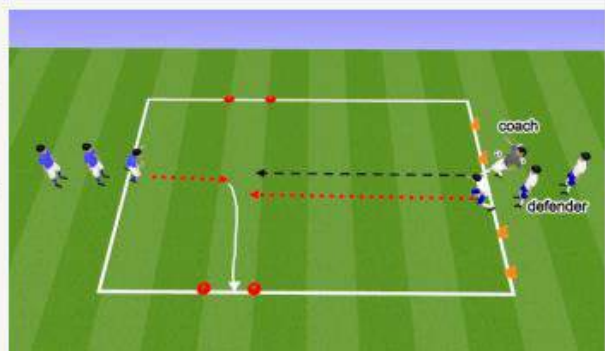


## Station C - "1v1 to goal" (10 mins)

Set up: 20x20 area, players split into two groups on opposite sides of the grid. One group started as defenders, one as attackers. The coach (server) has the balls on the defender's side. Two small gates (red cones) are positioned on the sidelines closer to the attackers, two small gates (yellow cones) are positioned on the end line closest to the defenders (these are used as a progression)

Organization: The server passes the ball to the attacker who attempts to dribble the ball through either red gate. As the ball is passed the first defender moves in to try and stop the attacker from scoring, if they win the ball, they can try to score in either of the goals. Players then switch positions.

Coaching points: Quality of touch (where to take it, a variance of touch), Quick decision of where to go, Change of speed, Which foot to dribble on



## STATION -D "Small-Sided Game" (10 mins)

### Organization

- 9-10 players
- see diagram for set-up and equipment
- an area of approx. 15x20m (adapt for age/ability/numbers)

### Activity

-Small-sided game (adapt for numbers). Play with a retreat line - after a goal, if the ball goes out on the end, the opposition must back-up behind the line. Cannot cross the line until the first touch is taken. If the ball goes out of play, the ball can be passed or dribbled in.

\*If you have an odd number of players, either outbalance the teams (could be a good challenge?) or use a magic player that can help both teams (maybe a player whose confidence seems up to this).

### Progression/Variation

- have to pass to everybody on the team
  - extra points if they use a change of direction move
- The game can be played 3v3, 4v4, 5v5 with or without a keeper

