

Dublin Soccer League

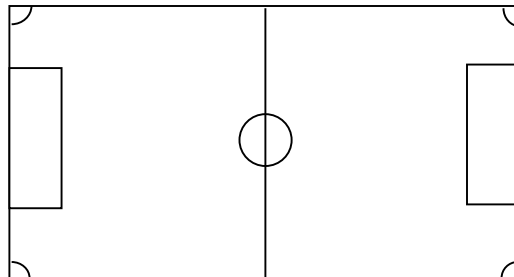
U-7 Program



U-7 Age Group Description

TO BE USED IN CONJUNCTION WITH THE PROGRAM HANDBOOK

Players on field:	6 including goalkeeper
Minimum # on field:	4
Total Players on Team:	9 – 10
Referees:	1
Ball Size:	3
Minimum playing time:	50% of each game (minimum), except when injured
Substitutions:	At mid-quarter (15 seconds) At quarter and half-time and in cases of injury (On injuries, when a player is replaced, the DSL permits all subs to substitute from either team.)
Duration of game:	10 minute quarters 2 minutes between quarters <u>5 minutes half-time</u> 49 minutes total time



25 x 45 yards
Goals up to 12 ft. wide x 6 ft. high
5 yard radius center circle, 2 foot radius corner arcs
Penalty area: 16 x 6 yds.

- Rules: No penalty kicks
 Goal kicks taken from anywhere within penalty area, no goal area
 Kick-ins, no throw-ins
 No goals may be scored from kick-offs
Only indirect kicks – No direct kicks – No penalty kicks
 Indirect kicks are not to be taken inside the penalty area
 No offside calls
 Referee explains calls/rules to players
 Switch sides at half-time
 No scores kept
- Deliberate heading the ball in U-12 and younger recreation programs is prohibited by the DSL, in accordance with US Youth Soccer recommendations.
- Special Rules: - Opposing players must be 5 yards from the ball on goal kicks, kick-ins, corner kicks and free kicks.
- Injuries: In cases where a game is stopped for an injury and coaches are permitted (by the referee) to enter the field, the injured player is expected to leave the field (Referee discretion). Coaches should try to re-enter the player, if possible, to maximize playing time for each player.
- Concept: Small sided games allow each player with as many opportunities to "touch" the ball as possible and minimize the "swarm" effect where several players hover around the ball as it moves around the field, giving only a few the opportunity to touch the ball.
- Coaches: Again, the focus first is on the players' individual skills, and secondly, on "team" play or tactics. Tactical skills should be developed, but not at the expense of individual skills. Players will learn tactics through the playing of the game as they learn to "create space" in order to receive passes, or pass to space to efficiently develop an attack, etc. The beauty of the game is that the players have numerous opportunities to get involved in play with realistic challenges to accommodate the age/ability levels of the players.
- No one may enter the field of play without permission of the referee.
- Do not argue with the referee. You may talk to the referee at half-time or after the game.
- Problems: Contact Avery concession stand or call the office.
- No win-loss record or game score is recorded by the DSL.

U-7