



SOFC Under 7 Game Play: Youth Development Program

Category: Technical: Ball Control
Difficulty: Beginner

Monday, February 10, 2014, Omaha, United States of America
Individual-Young Member

U7 Game

Game Play: 4v4 to four goals. Teams score at opposite ends.
Team shape: diamond
Time: four, 12 minute quarters
No goalkeepers; everyone defends and attacks
Equal playing time
New ball method if ball goes over touch line or end line.
Kick off at center after a score and to start each quarter. Cushion on kick off = 4 yards from opposition.
No throw ins, goal kicks or corner kicks. No offsides position or infraction.
Handballs: freeze play to explain they are not allowed, play continues with new ball to opposition
No slide tackles. Players should stay on their feet at all times.

