



SOFC Under 8 Game Play: Youth Development Program

Category: Technical: Ball Control
Difficulty: Beginner

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U8 Game

Game Play: 5v5 to two goals. Teams score at opposite ends. {Add GK week 3 if both coaches agree}

Team shape: "five on a dice" (2-1-2)

One coach from each team may be on the field to direct and act as a referee.

Time: two, 20 minute halves

No camping defenders- everyone defends and attacks. Team connectivity is key.

Equal playing time

Kick off at center after a score and to start each half. Cushion on kick off = center circle.

Throw ins, goal kicks & corner kicks are implemented. Build out line used on goal kicks and after GK possession.

Taking advantage of an offside position is not taught. Offside infraction called if obvious and past blue build out line. Indirect free kick for defending team is given.

Handballs: freeze play to explain they are not allowed, play continues with indirect free kick.

No slide tackles. Players should stay on their feet at all times.

All other FIFA laws of the game apply.

