

4v4 Game Format Grade 1 Soccer Program

OVERALL OBJECTIVES

- **FOCUS ON SKILLS - NOT TACTICS**
- **EVERYONE TOUCHES THE BALL – A LOT!!**
 - **KEEP THE GAME MOVING**
 - **HAVE FUN**

1. **Field Size: Approximately 25 yards x 35 yards, pop up goals.**
2. **Players: 4 vs. 4 - play a “diamond formation”; sweeper may not act as a goal-keeper (i.e. hands are NOT allowed)**
3. Referees: The Coaches (The coach who is referee should not be coaching while on the field. Have one team supply a ref for each half, use other team coach to do coaching while one coach is acting as referee)
4. Playing Time: Four Quarters of 8 minutes each - running time
5. Off-side: None
6. Start of Each Quarter: Team with ball starts half-way between mid-field and their own goal; defensive team starts at mid-field. Center forward must pass the ball to a teammate to start play. Each team starts with the ball twice during a game.
7. After a Goal: Team scored upon starts with the ball in same position as at the beginning of a quarter.
8. Out of Bounds: **CALL THIS CLOSELY - WE’RE TRYING TO ENCOURAGE CONTROL** (whole ball must be over the whole line.)
 - On the side: Team who did not touch ball last gains possession; ball placed on side-line and kicked in to team-mate. Defensive team must be 3yds from kicker. **NO THROW-INS,**
 - **At Goal-Line: Last touched by the offensive team results in a goal kick; last touched by the defensive team results in a corner kick.**
9. **Intentional** Hand Ball: Team who did not touch ball takes possession; kicker must pass to team-mate (cannot score.) Defense must be 3 yards away.
10. Substitutions: At beginning or middle of quarter (Injuries excepted.)
11. Coaches should focus on development of foot skills; heading should not be practiced.

*****Changes from 3 vs. 3 rules are in bold type.**