

7v7 Game Format Wellesley In-town Program

OVERALL OBJECTIVES

- FOCUS ON SKILLS - NOT TACTICS
- EVERYONE TOUCHES THE BALL - ALOT!!
- KEEP THE GAME MOVING
- HAVE FUN

1. Field Size: Approximately 36 yds x 60 yds; metal goals 6ft x 12 ft; penalty box extends about 12 yards from the goal line is 24-yard-wide; Inside this area (the "box") the goal-keeper may use her/his hands
2. Players: 7 v 7 – 6 field players and a goalkeeper
3. Referees: young referees in training; coaches are NEVER to contest any call made by the referee and must remain behind the sideline at all times with their team (not on the field and not roaming up and down side-line)
 4. Playing Time: Two Halves of 30 minutes each - running time
 5. Off-side: None
 6. Retreat to half-way line: On goal-kicks the opposition must retreat to their own half until the ball is kicked.
 7. Start of Each Half: Team with ball starts at mid-field; defensive team must be outside of circle on their half. Ball can now be played in any direction to start.
 8. After a Goal: Team scored upon starts with the ball in same position as at the beginning of a quarter.
 9. Out of Bounds: (whole ball must be over the whole line.)
- On the side (touch-line): Team who did not touch ball last gains possession and throws ball into play; both hands must be directly behind the head and both feet must remain on the ground and behind or on the touch-line
 9. Intentional Hand Ball: Inside the defensive "box" results in a penalty kick (unobstructed shot on goal – except for keeper - 8 yards from goal); all other players start at mid-field; after initial strike on goal, kicker may not touch ball again until another player on any team has touched the ball.
10. Substitutions: At beginning of a half, after any goal, on any goal-kick, on an offensive throw-in, on any defensive throw-in IF the offensive team substitutes. Any substitutes must be ready at the mid-field line in order to be subbed in and may ONLY enter the game with the referee's permission. Absent an injury, only substitute for the goal-keeper between quarters.
11. Coaches should focus on development of foot skills
12. Each player should play all positions (including goalie) and should receive equal playing time.