

## 4v4 u8 Soccer League CAPS Fieldhouse

### Priorities

- Long-term development of technical skills and ability
- Individual development and a fun soccer experience

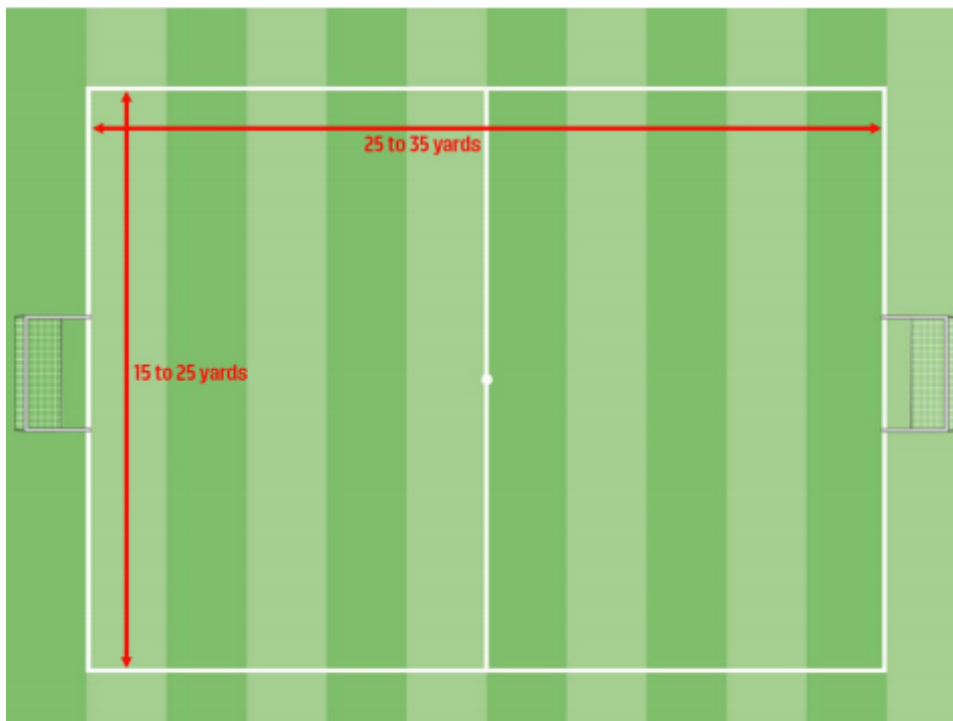
### Objectives

- Improve confidence, comfort, and skills with the ball
- Develop intelligence with and without the ball by promoting faster decisions and better awareness
- Develop partnerships within the team

### STANDARDS OF PLAY

#### Field

- 25-35 yards (length)
- 15-25 yards (width)
- Goal size is 4 feet (height) x 6 feet (width)
- Corner flags are not needed



**Game format**

- Size 3 ball
- 4v4 (no goalkeepers)
- Shin guards are required
- Substitutions are unlimited and made on the fly
- Two games are played each matchday
- Games are 24 minutes long, composed of two 12-minute halves
- Session is 8-weeks long, 16 games per session

**Standards of Play**

- Kick offs, free kicks, throw-ins, and goal kicks, are used to restart the play
- Goal kicks can be dribbled in
- No corner kicks
- Goal kicks should be taken in the general vicinity of the respective goal
- Kick-ins and/or throw-ins are accepted; no dribble-ins
- All free kicks are indirect
- Opponent should be ten feet away from the ball on all restarts
- No penalty kicks
- No offside
- Goals cannot be scored from behind the midfield line