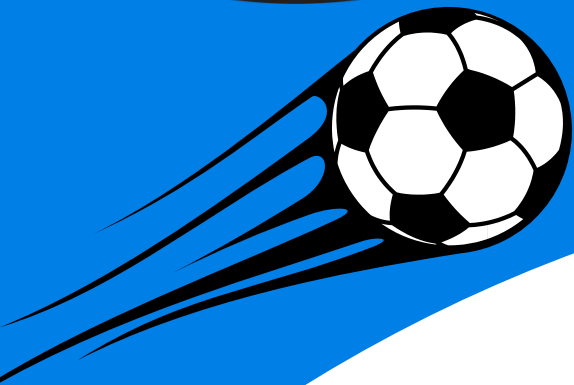




FALL SCRIMMAGES

U6 & U8



Key Points

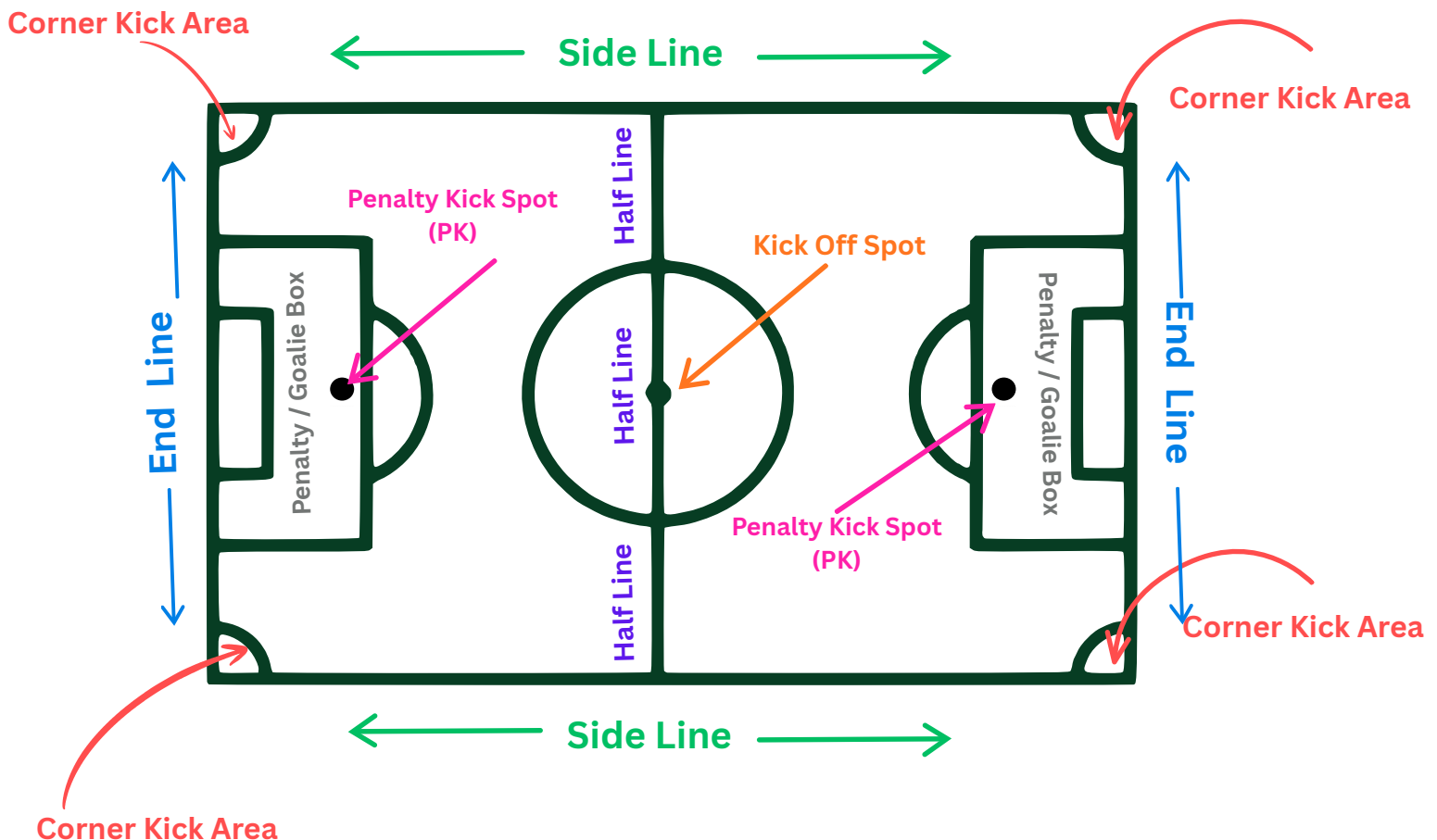
- Lines and markings on the field are strongly enforced.
 - The Help Line
 - The Build out Line
- Offense and Defense are NOT positions.
 - Offense and Defense are HALVES of the field.
 - Offense and Defense are possession based.
- Shapes/Formats
 - Triangles (1-2 or 2-1)
 - Diamonds (1-2-1)
 - Squares (2-2)
- Restarts (Laws of the Game)
 - Kick Off
 - Corner Kick
 - Goal Kick
 - Pass-In / Throw-In
 - Drop Ball
 - Direct vs Indirect Free Kick
- Positions emphasized at u6 and u8:
 - Right Wing
 - Left Wing
 - Sweeper
 - Striker
 - Goalie

LINES OF THE FIELD

U6 & U8

Lines and Markings on the Field

All players must know the names of the lines and spots on the field to continue development of positional movement. Lines are emphasized at the beginning of Skills Training, as well as games. Lines are introduced as young as Pre-School in Mighty Tykes soccer.

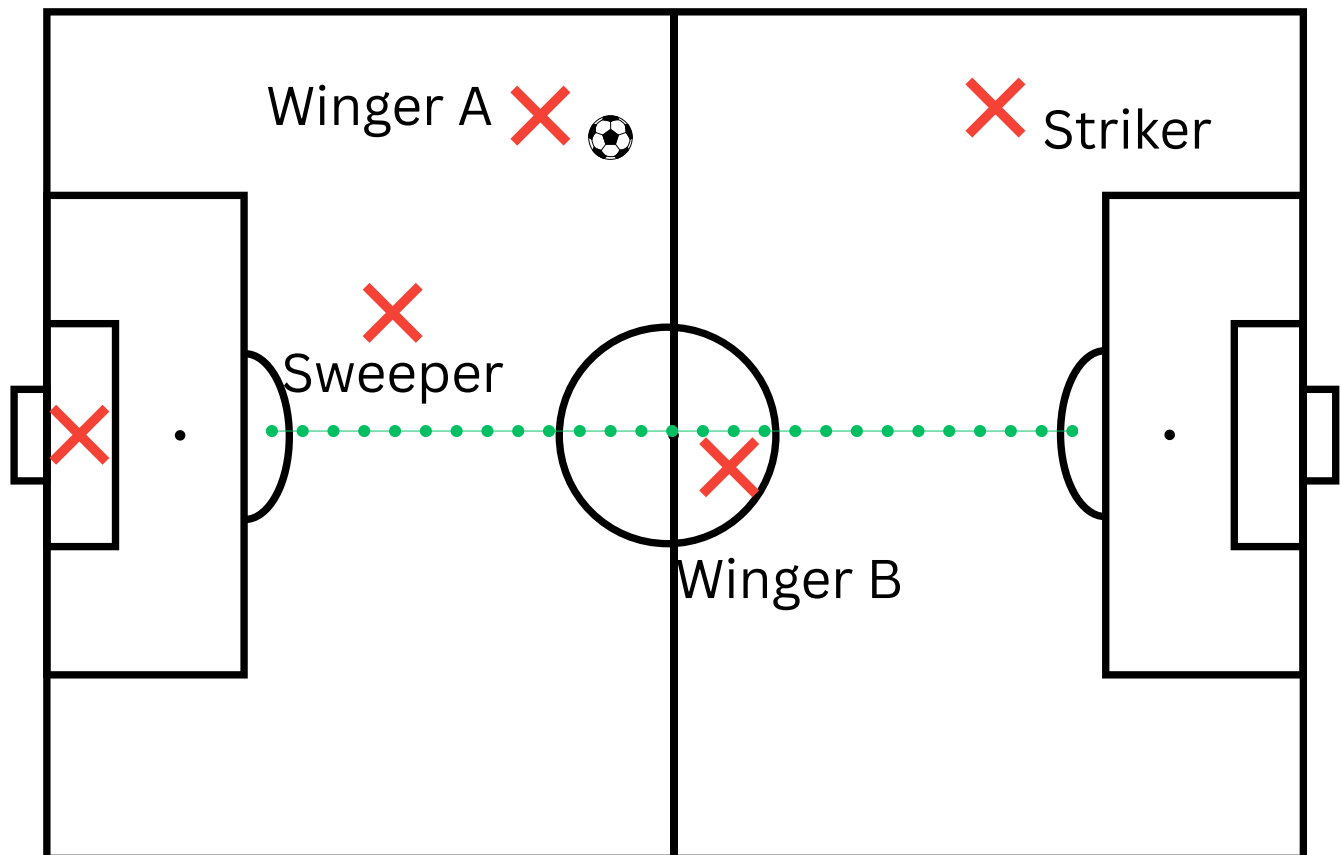


The Help Line

The Help Line is an imaginary line in the center of the field connect by the penalty kick spots (PK Spot) and kick off spot. In the image below, the Help Line is green.

Winger A has possession of the ball and is dribbling towards their attacking half.

Winger B moves forward up the Help Line to assist (help) with the attack. They are providing a passing option for Winger A.

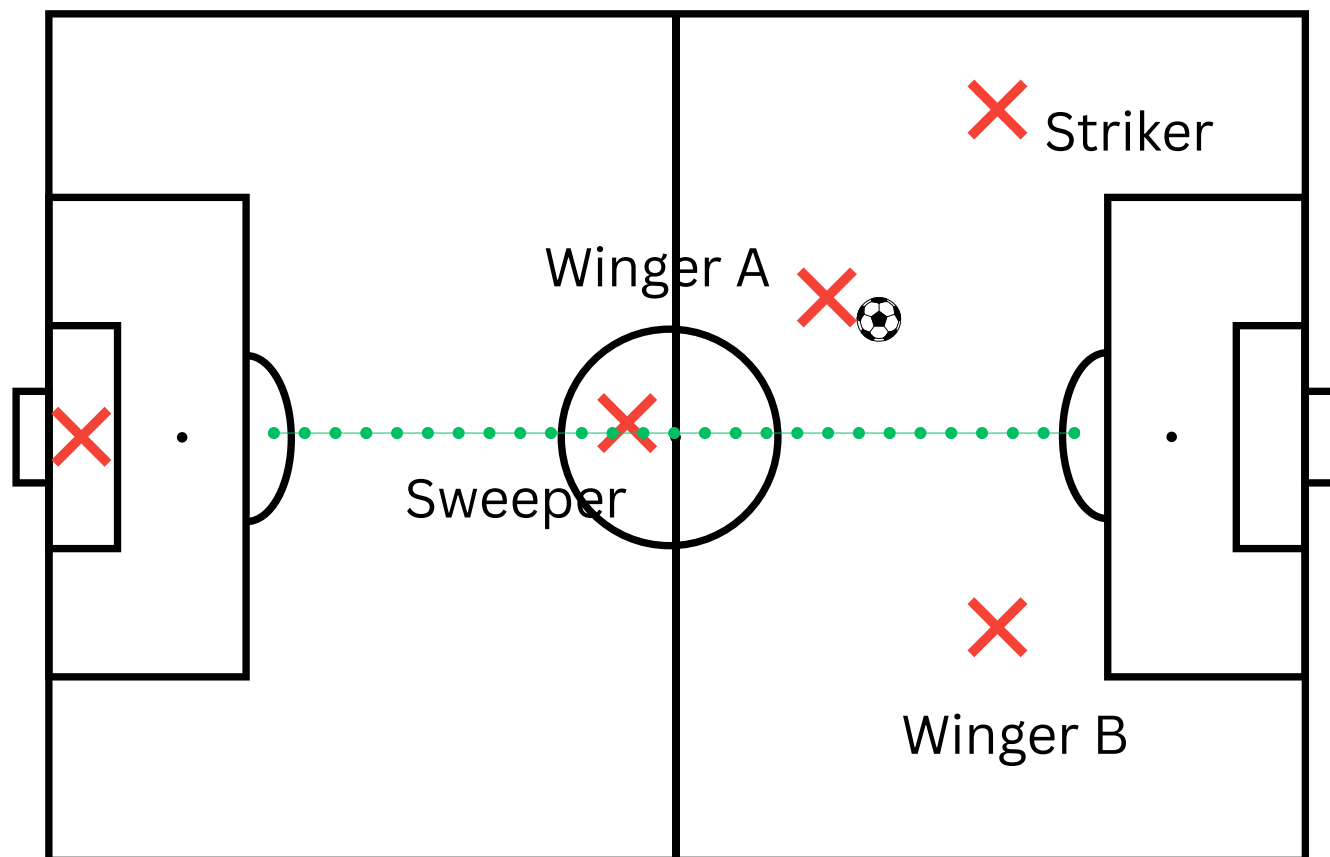


HELP LINE

U6 & U8

The Help Line

As Winger A dribbles closer to the Help Line, Winger B moves away from the Help Line to provide open dribbling space for their teammate, while also maintaining a passing option.

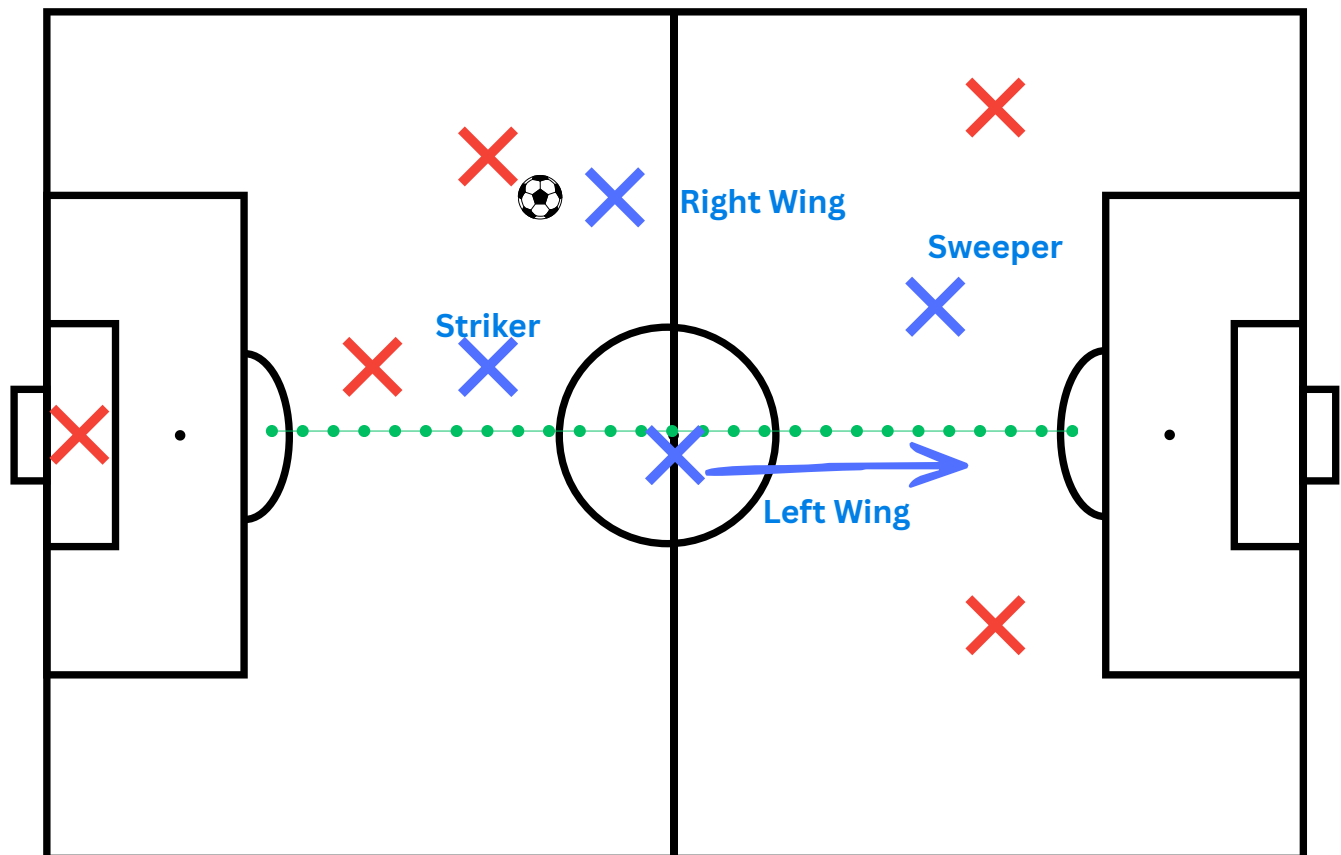


HELP LINE

U6 & U8

The Help Line: Defense

In the image below, Blue is on defense. Blue's right wing is pressuring the ball. Blue's sweeper is behind the winger to provide immediate support. Blue's left wing is running on the help line for balanced support. They'll continue to move down the help line towards their goal to prevent a pass from going to the far Red winger.

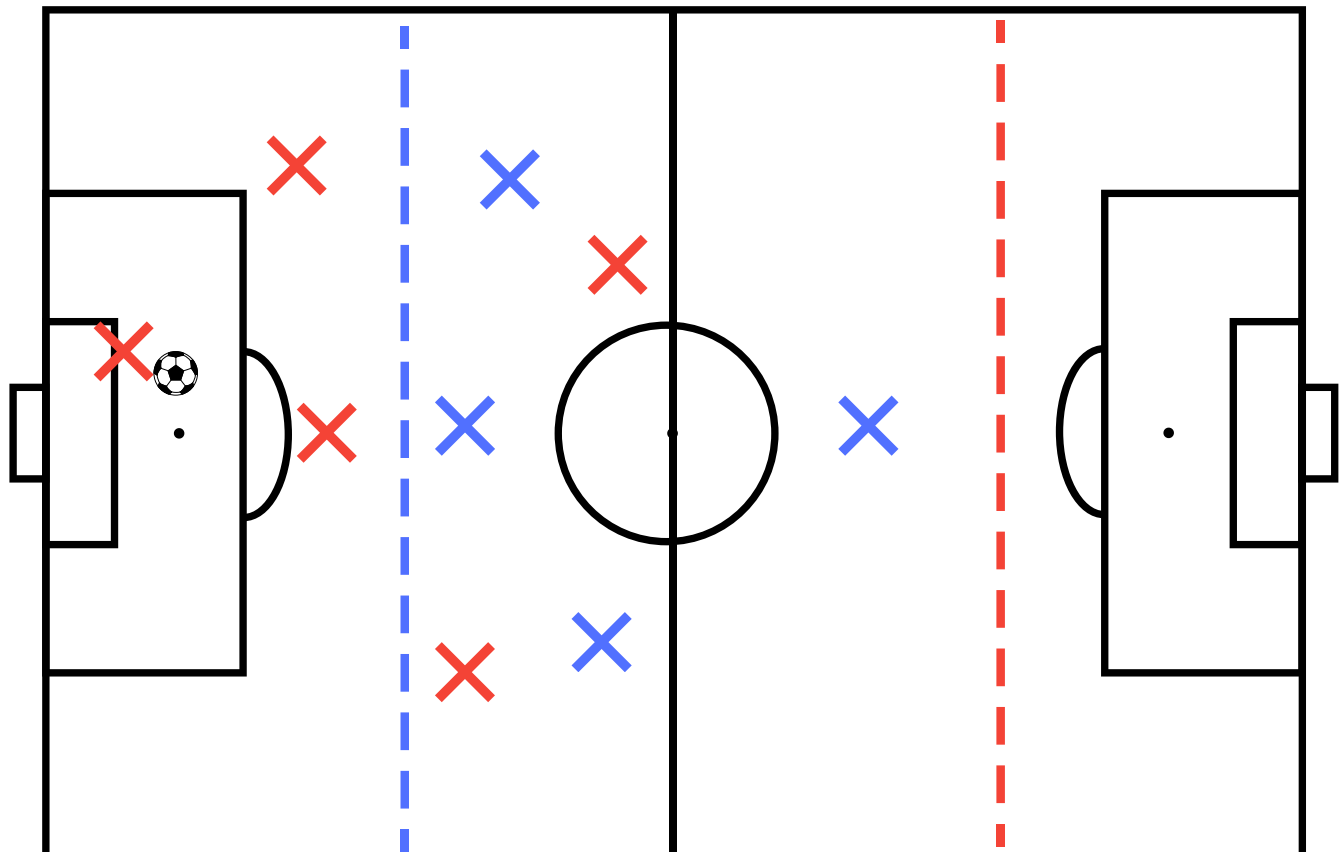


The Build Out Line / Retreat Line

The Build Out Line is halfway between the top of the penalty box (goalie box) and the half-line.

When the goalie distributes the ball, either during play or from a goal kick, the defensive team must move behind this line until the ball is put into play.

During the fall season, Naperville Yard coaches will push defensive players all the way back to the half-line. During the winter, defensive players will push further to the actual build out line. Coaches will emphasize offensive wingers to move out wide to help spread out the field.



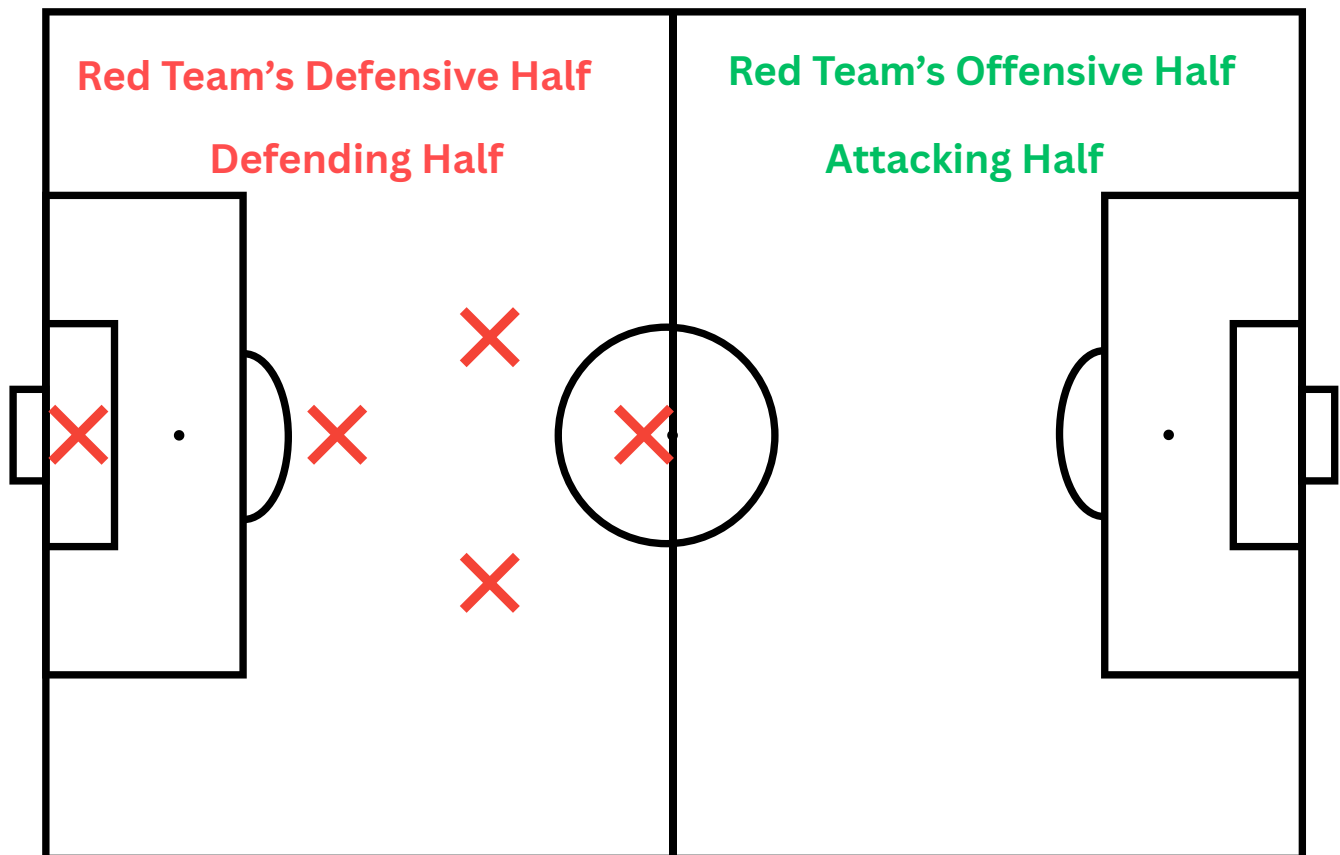
HALVES

U6 & U8

Offensive & Defensive HALVES of the field

In u6 and u8, offense and defense are NOT position names. They are halves of the field, and they help determine possession. There are two halves: defensive (defending) and offensive (attacking).

In the example below, the red players are on their defensive half of the field. The defensive half has the red team's goalie and the goal they are protecting. Red's offensive half has the goal they are attacking.



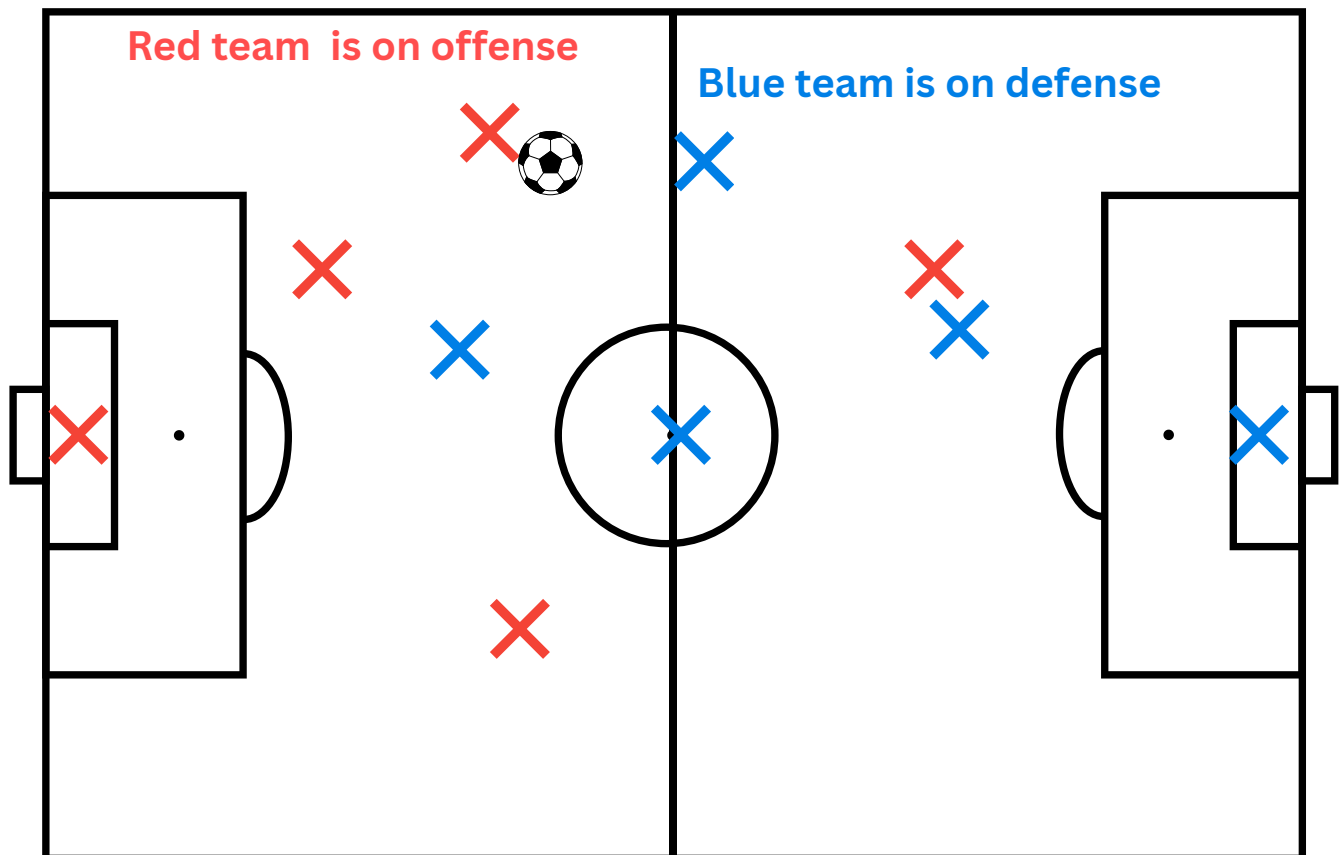
POSSESSION

U6 & U8

Is my team on Offense or Defense?

A team is on **offense** when they **have possession** of the ball. When they have possession of the ball, they attempt to move the ball up the field into their ATTACKING HALF in an attempt to ATTACK their opponents goal.

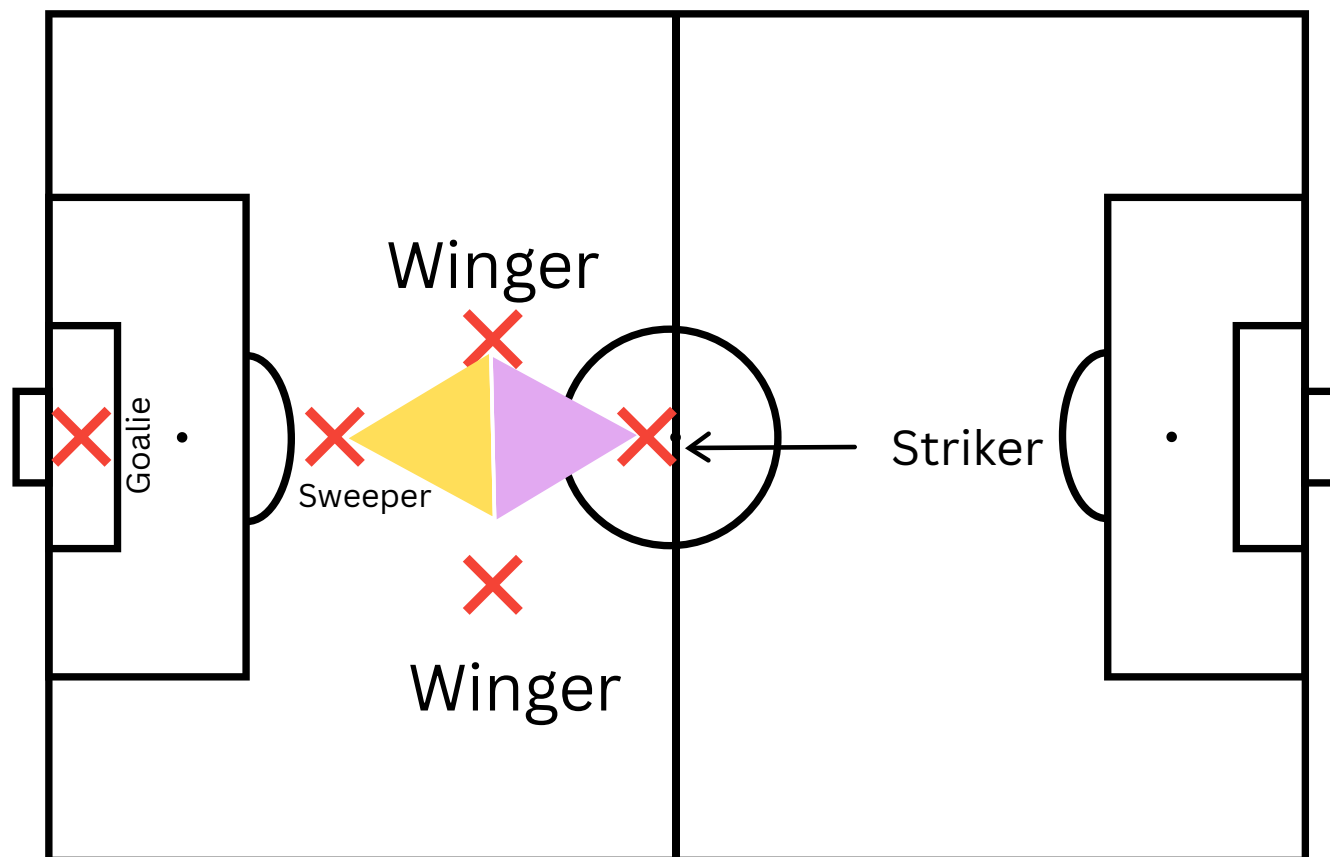
A team is on **defense** when they **DO NOT have possession** of the ball. When a team does not have the ball, they switch to defensive positioning in an attempt to **STEAL** the ball back and attack.

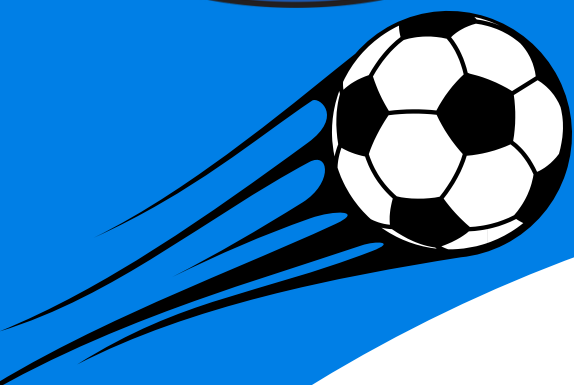


Shapes: Diamond (1-2-1)

We start teaching players to form triangles as young as u5. Look at the example below: the striker and wingers make a pink triangle, while the wingers and sweeper make a yellow triangle. Challenge your player to spot two more triangles in the picture!

Together, all four red players are forming a diamond. This is a 1-2-1 format. Formats always start in the back and do not include the goalie.



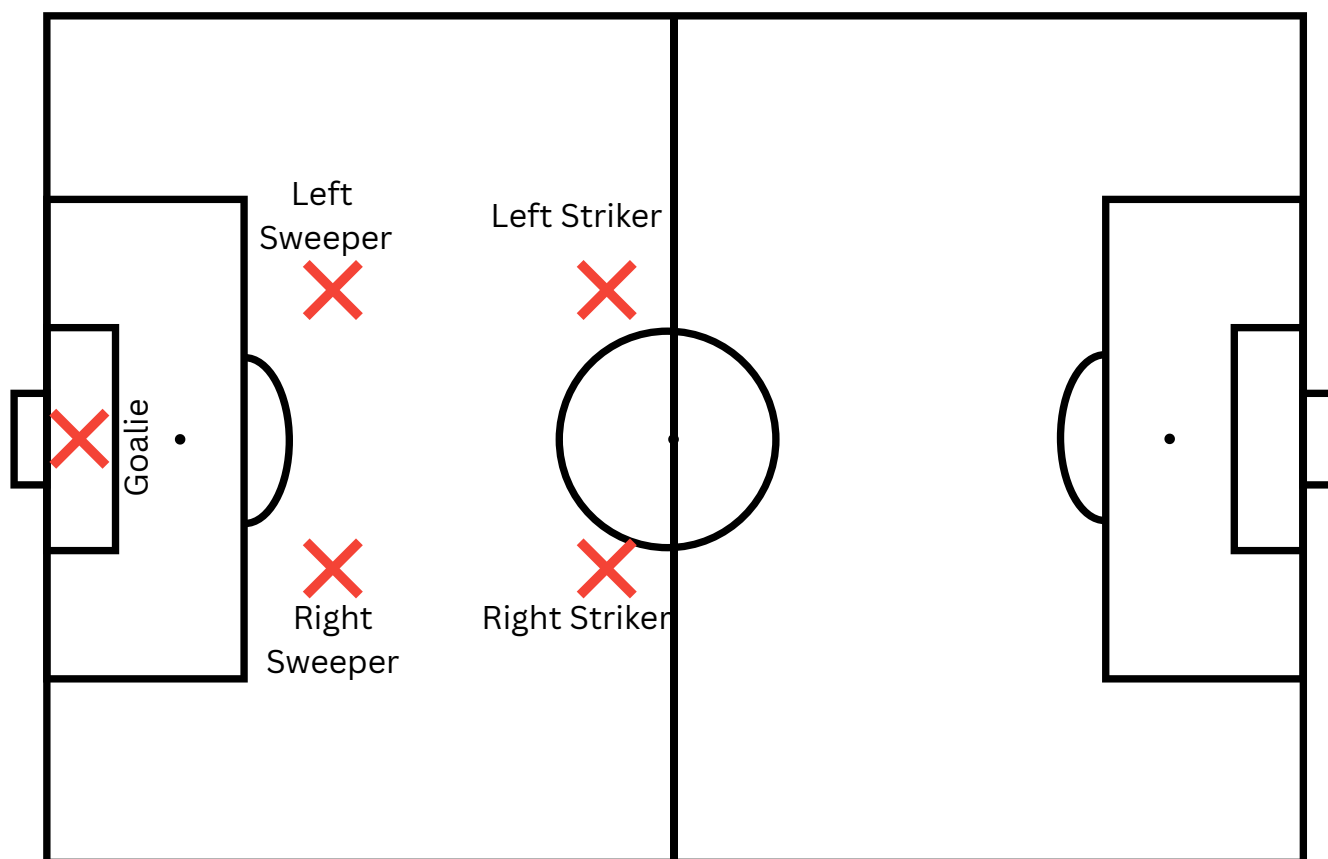


Shapes: Square (2-2)

In the image below, the Red team is in a 2-2 format, forming a square.

Coaches may refer to the top players as two wings or two strikers, and the bottom players as two sweepers.

Challenge your player: Do any of the players form triangles?



KICK OFF

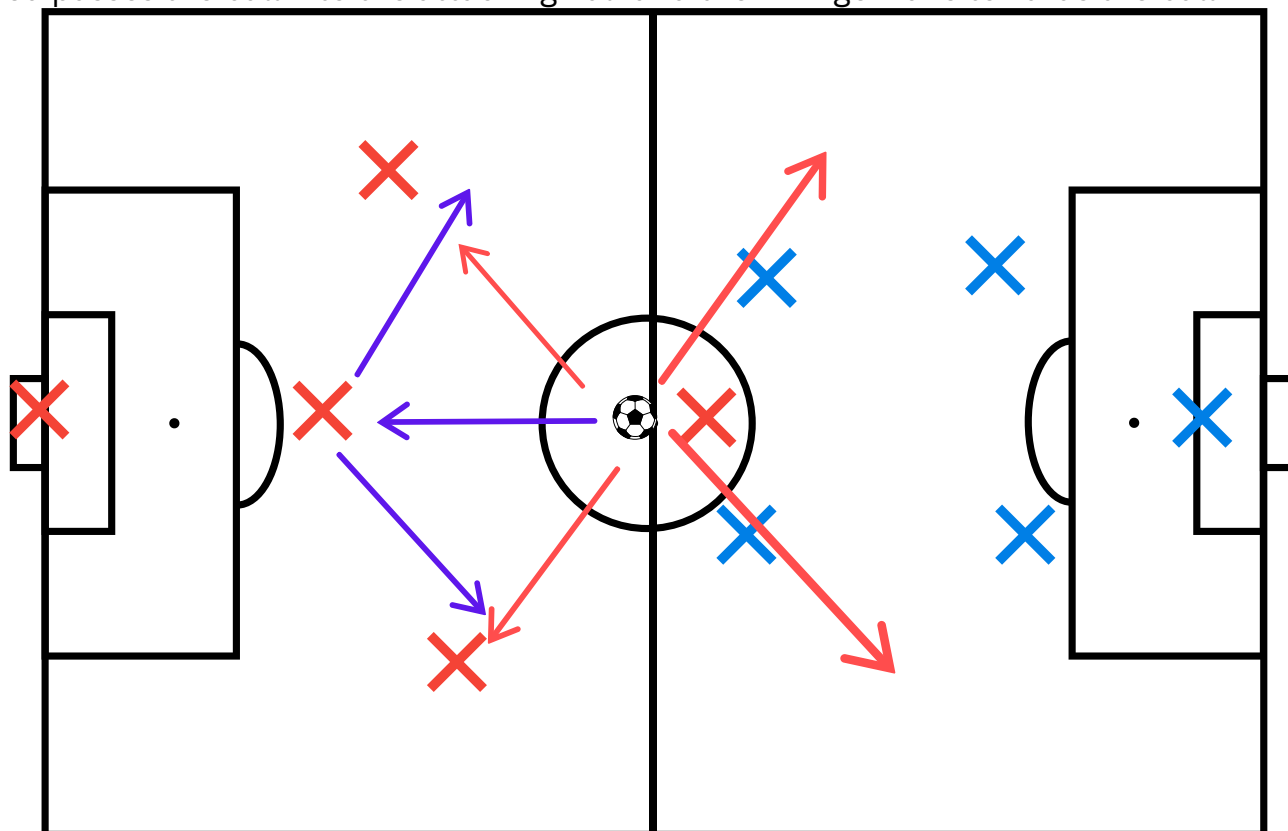
U6 & U8

Restarts: Kick Off (Law 8)

All players must be on their defensive half to start the game. The game begins with a kick off. A kick off also takes place after a goal is scored. A kick off is DIRECT. A goal can be scored directly from a kick off. However, in most indoor leagues, a kick off is indirect, meaning it must touch another player before going into the goal. *****The ball is in play when it is kicked and clearly moves.*****

Options for taking a kick off:

- Red passes the ball to their winger.
- Red pass the ball to their sweeper.
- Red passes the ball into the attacking half and their winger runs towards the ball.

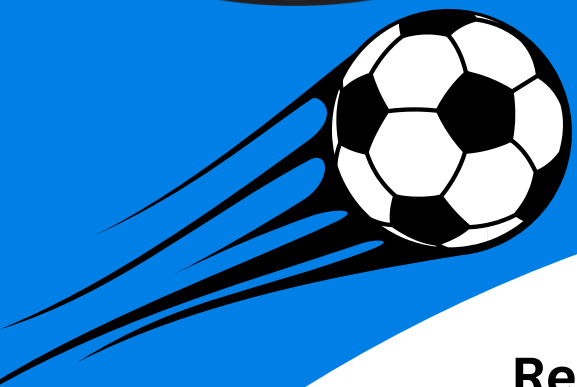


U6 & U8

A schematic diagram of a soccer field. The field is rectangular with a central vertical line (the center line) and two goal areas at the ends. The goal areas are marked with a semi-circle. A soccer ball is located in the bottom left corner. The diagram shows the positions of players from two teams, represented by red 'X' marks and blue 'X' marks, and the referee, represented by green dots along the center line. The red team has 10 players, and the blue team has 10 players. The referee is positioned along the center line, starting from the center circle and extending towards the right goal.

GOAL KICK

U6 & U8



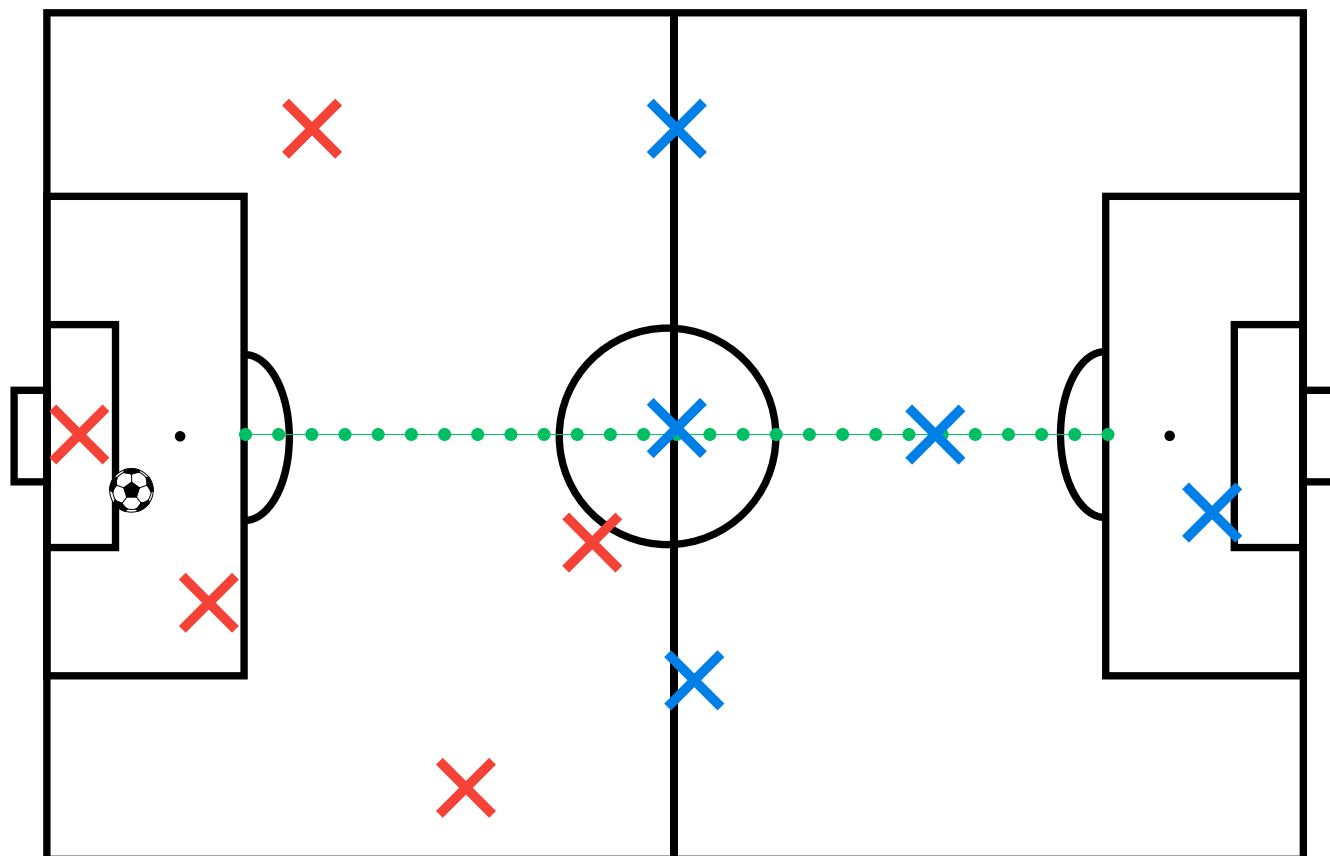
Restarts: Goal Kick (Law 16)

A goal kick happens when the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking (offensive) team, and a goal is not scored.

A goal may be scored directly from a goal kick, but only against the opposing team. If the ball directly enters the kicking team's goal, a corner kick is awarded to the opposing team.

The goalie does not have to be the player taking the goal kick.

Challenge: Can your player identify why the Blue team is pushed back to the half-line?

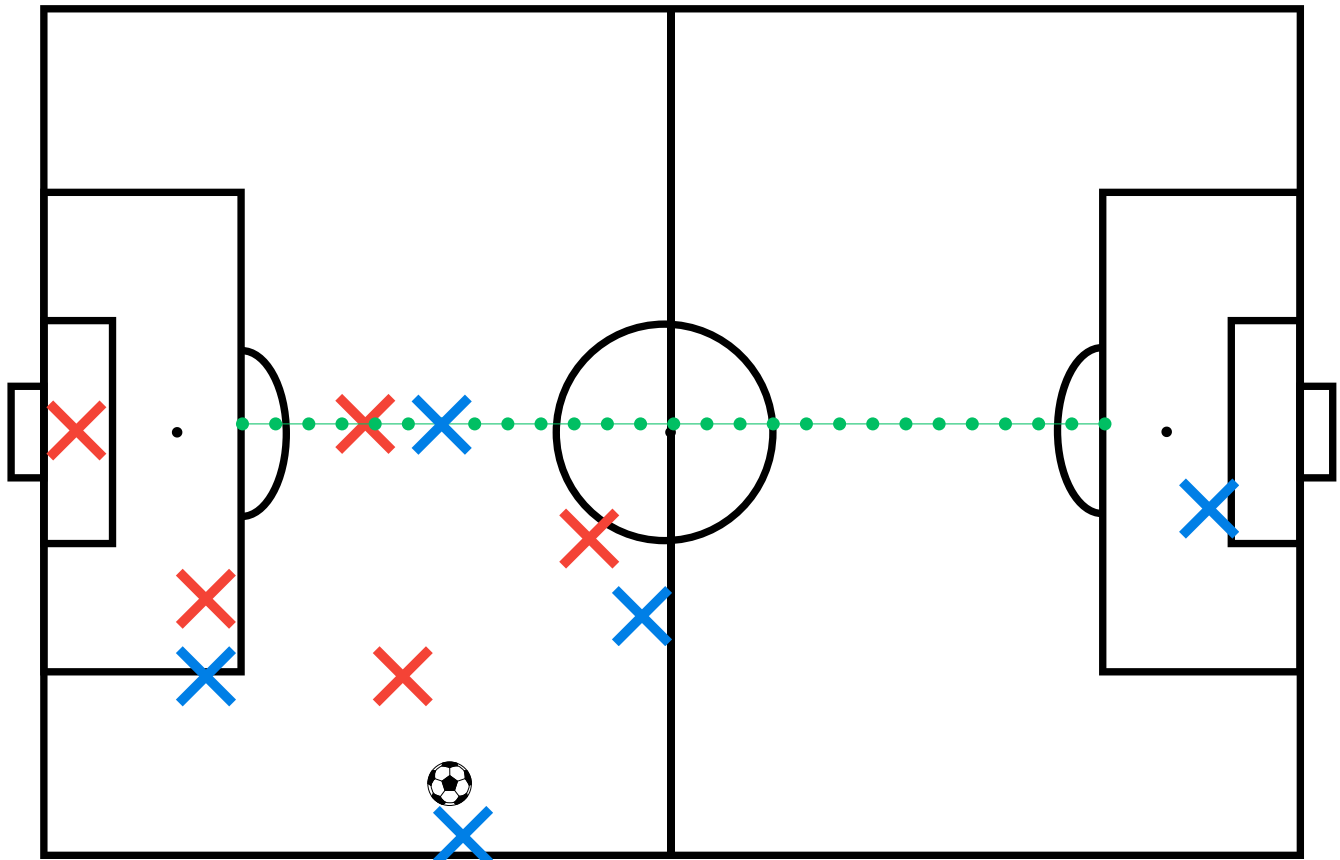


Restarts: Pass-Ins / Throw-Ins (Law 15)

Some leagues will allow young players to pass the ball in with their foot as opposed to throwing it in with their hands. Naperville Yard will use both options, except for winter when all restarts along the side line are pass-ins. A goal cannot be scored directly from a pass-in/throw-in.

A pass-in occurs because one team kicked the ball out of bounds over the side line.

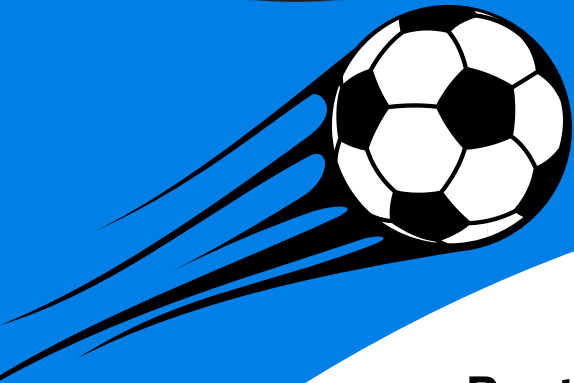
In the image below, Blue is restarting the ball with a pass-in. The Red team is on defense (they do NOT have possession of the ball) and they are marking players on their defensive half.





DROPPED BALL

U6 & U8



Restarts: Dropped Ball (Law 8)

A dropped ball is the restart when the referee stops play and there is no other Law of the Game that applies. Generally, the ball goes to the team that either did have possession or would have gained possession had the referee not stopped the game.

*If the referee is unsure which team had possession or would have gained possession, the referee may have one player from each team present for the dropped ball.

Reasons this may occur:

- Injury
- Spectator/Animal runs onto the field
- Ball hit the referee

Placement of the dropped ball:

- If the ball hits the referee, the drop ball restarts from where the ball made contact with the referee. The referee will hold the ball in their hand and drop it in front of one offensive player, who may restart by dribbling the ball.
- If the ball was inside the penalty box (goalie box), the referee will drop the ball in front of the defending team's goalkeeper, so long as the defending team had possession of the ball.

*The ball is dropped a second time if it touches a player before it touches the ground or the ball leaves the field of play after it touches the ground, without touching a player.



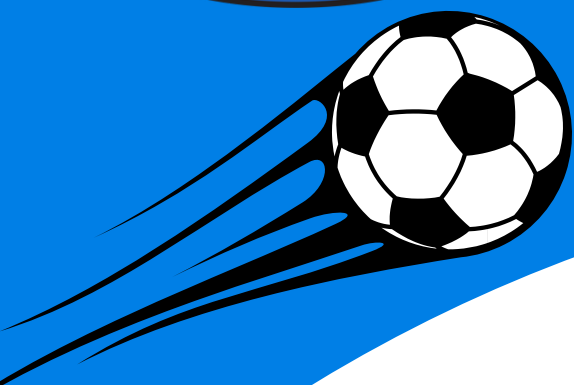
DIRECT FREE KICK

U6 & U8

Restarts: Direct vs Indirect Free Kicks Laws 12 & 13

1) Direct Free Kick

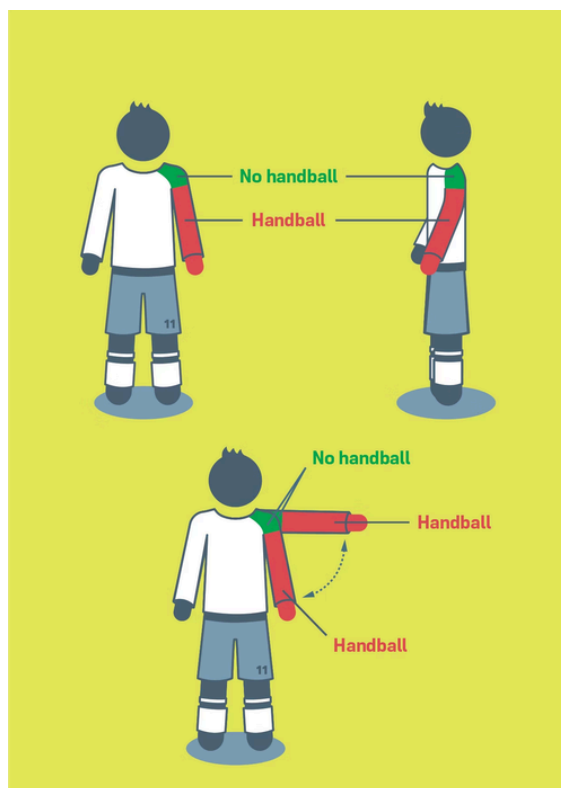
- Awarded if a player commits any of the following actions against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:
 - Charges at
 - Jumps at
 - Kicks or attempts to kick
 - Pushes
 - Strikers or attempts to strike (including head-butt)
 - Tackles or challenges
 - Trips or attempts to trip
 - Naperville Yard: This action happens often at the u6 & u8 levels. Coaches and referees may apply advantage signals if the player is able to maintain possession of the ball.
- Awarded if a player commits any of the following offences:
 - Holds an opponent
 - Impedes an opponent with contact
 - Bites or spits at someone on the team or referee
 - Throws an object at the ball, an opponent, or referee, or makes contact with the ball with a held object.
 - ***Handball**
 - If the goalie handles the ball inside their penalty area (goalie box) when not permitted to do so, an INDIRECT free kick is awarded.
 - Passback rule



Restarts: Handballs

Above arm pit = No handball

Below arm pit = handball



What does the referee consider?

- 1) Did the player deliberately touch the ball with their hand/arm?
- 2) Did the player make their body unnaturally bigger?



Restarts: Direct vs Indirect Free Kicks Laws 12 & 13

2) Indirect Free Kick

- Awarded if a player
 - Plays in a dangerous manner
 - Impedes the progress of an opponent without any contact being made
 - Is guilty of dissent, using offensive, insulting or abusive language and/or action(s) or other verbal offences.
 - Prevents the goalie from releasing the ball from their hands or kicks or attempts to kick the ball when the goalie is in the process of releasing it.
 - Commits any other offence, not mentioned by the Laws of the Game, for which play is stopped to caution or send off a player.
- Goalies
 - An indirect free kick is awarded if a goalie, inside their penalty area (goalie box), commits any of the following offences:
 - Touches the ball with their hand/arm after releasing it and before it has touched another player.
 - *After a save is made, if the goalie puts the ball on the ground they cannot pick it up again.*
 - Touches the ball with their hand/arm after receiving the ball directly from a throw-in taken by a teammate.
 - Touches the ball with their hand/arm if it has been deliberately kicked to the goalie by a teammate.
- Slide Tackling
 - Naperville Yard does not permit slide tackles for any age group.

Direct vs Indirect Free Kicks Hand Signals

Referees use different hand signals for Direct/Indirect free kicks.



Indirect free kick



Direct free kick

Generally, young players will ask the referee if the free kick is Direct or Indirect.

For an Indirect free kick, the referee will keep their arm up until the ball has touched another player.

Some leagues, specifically indoor, may decide to make all free kicks Indirect due to the size of the field. Leagues also consider the age group of the players on the field.

REFeree HAND SIGNALS

U6 & U8

Referee Hand Signals

Center referees use many different hand signals to communicate on the field. Below are a few you may see at the u6 and u8 levels.

Throw-inPenalty kick

Indirect free kick



Direct free kick



Advantage (1)



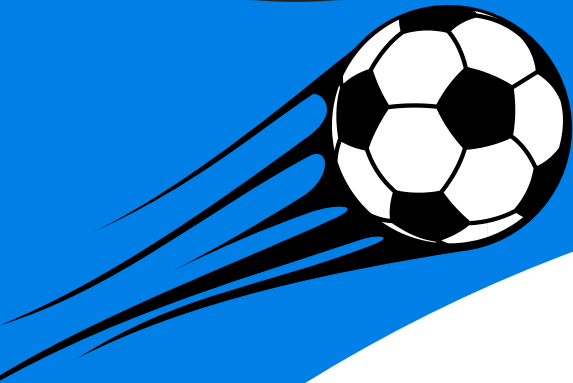
Advantage (2)

Corner kick

Goal kick

OUT OF BOUNDS

U6 & U8



Ball out of Play

New players often mistake when the ball is out of bounds versus in bounds.

The ball is out of bounds when the **whole ball** passes over the end line or side line in the air or on the ground.

A goal is scored when the whole ball passes over the goal line.

