



Information for U4

Basic Information for Parents and Coaches

Rules

Soccer rules are published annually by FIFA, the world soccer governing body, but we do have a few exceptions, so read on.

Player Equipment

- All players must wear shin guards to every practice and every game. Hard surfaces of shin guards must be covered with socks (referees will check)
- Running shoes are acceptable at this young age
- No shoes with front cleats may be worn (ie. No baseball or football shoes if they have the front cleat, unless you have cut it off). Only rubber cleats are allowed, no metal cleats.
- No jewelry, metal devices, or hazardous equipment may be worn. No casts.
- Each player should bring a plastic water bottle to games and practices. Coaches should allow adequate water breaks during practice and bring extra water as some players will forget to bring their own.
- Soccer balls come in three sizes, U4s play with a size 3 ball.

Timing

- Arrive at 6pm, game kicks off at 6:30pm
 - KUSC recommends that parent(s) is/are on the field with their child for the first 25 minutes for support
- 2 x 15 minute halves = 30 minute game
- In extreme heat, please have additional water breaks
- Healthy snack policy is in effect – plan for snacks as a group to wrap up the session

New Ball Method

In this format, coaches keep a bunch of balls with them during the game. Every time the ball goes out of bounds, one of the coaches shouts “New Ball!” and throws a new ball into the field. The players respond by chasing the new ball so the game never stops. Actual playing time is almost 100% of the game. This eliminates the endless stoppages. The only restart stoppages are for kick-offs after a goal. This allows less assertive players to be involved when the ball is thrown towards them.

Loose Boundaries Method

In this format, the field boundaries are not adhered to very strictly and the ball is still in play even if it goes outside the sidelines and end lines. Only when the ball is kicked far away from the field will play be stopped to retrieve it. This method produces almost non-stop action with actual playing time being close to 100% of game time.

Team Equipment

You should have:

- Complete uniform for each player

- Ball bag
- 10 balls
- 6 cones
- 1 ball pump
- 1 basic First Aid Kit including cold pack

Playing time

Make every attempt to ensure that each child plays at least 50% of every session they attend.

Injuries

Go immediately to any child injured on the field. A basic First Aid Kit is supplied for minor cuts, scrapes, and bruises. Encourage parents to attend to their child.

Be a Good Role Model

To a large degree, your players and parents will follow your lead. Be a good sport. After the game, seek out the other coaches and refs to shake their hands and thank them.

Things you Should do

Make the game fun and try to have fun yourself! Whether your players continue to play soccer will depend on whether it's fun.

Keeping Children and Parents under Control

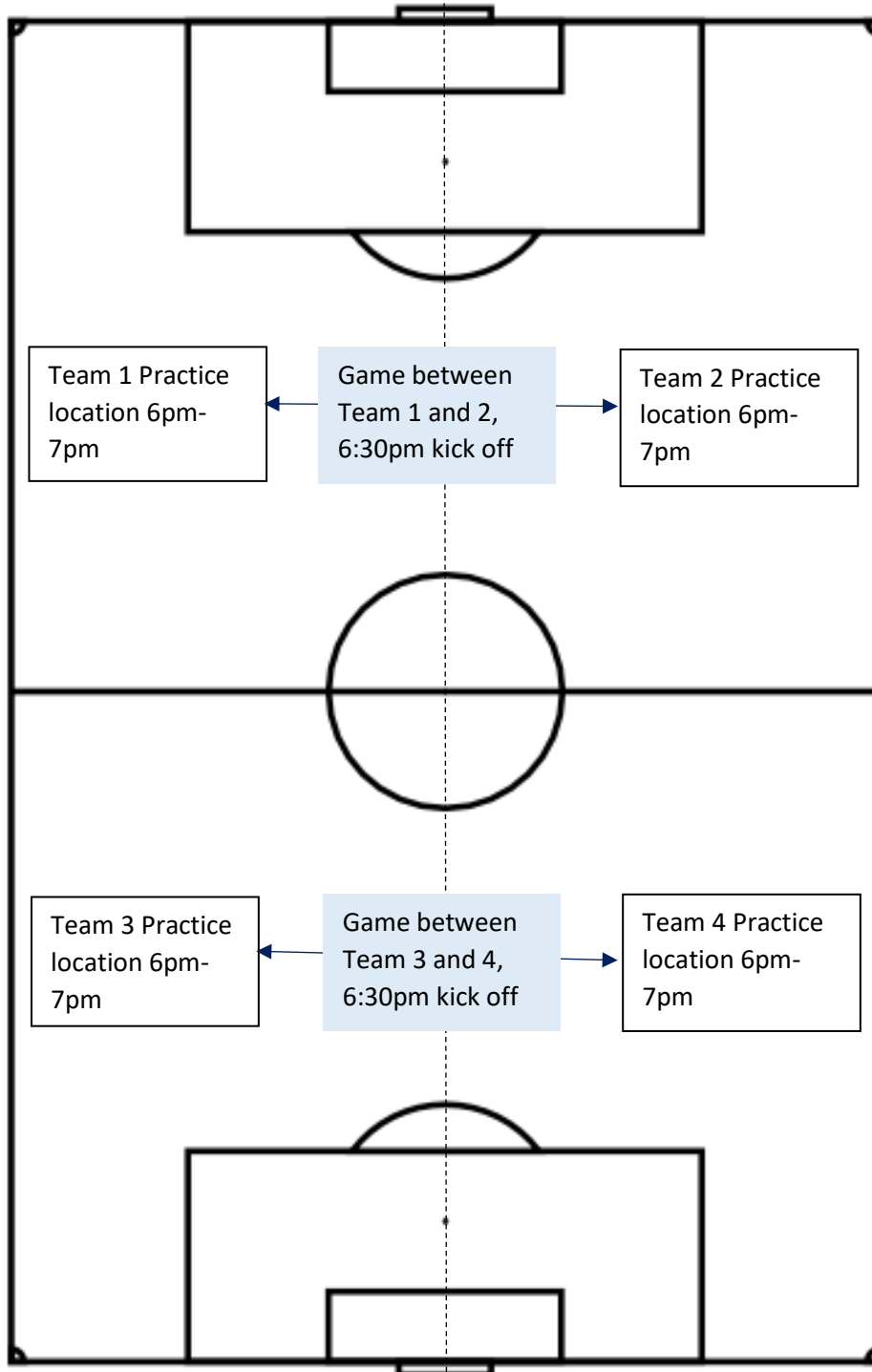
1. Everyone must follow all directions given by the coaches and assistant coaches.
2. "When I talk you must sit still and listen"
3. Expect everyone to be a good sport whether they win or lose – this includes parents
4. No cursing or name calling
5. Disruptive or disrespectful behaviour will not be tolerated.

Note: Parents are asked to sit a few yards away from the sidelines during games around the exterior full field parameters. The objective is to give the players a sense of freedom, encourage the players to think for themselves, and minimize the effect that we adults have on the children's play. Let them play!

In addition, we ask that parents:

1. Refrain from coaching. Leave that to the coach.
2. Do not tell players to "kick it" during the games or practices
3. Avoid encroaching beyond the parent's designated area for viewing.
4. Feel free to cheer and applaud! This is positive soccer! Refrain from offering negative comments and please applaud good plays made by both teams.
5. Exhibit good sportsmanship and make the other team feel welcome.

Field Lay out



This is the layout for four U4 teams sharing a field – note: no nets are used at this age, use cones or pylons. Players should arrive for 6pm for skill development and fun games!

6:30pm kick off; 2x 15 minute halves – recommended that parents are on the field for first 25 minutes