

Spring Creek FC U6 and U8 Guidelines

U6

- This program is for our youngest players aged 4 & 5. This is a basic introduction to soccer with the emphasis on having fun and scoring lots of goals.
- There are 7 weeks of games, played on Sunday afternoons between 1:00 and 4:00.
- Teams should have a maximum roster of 6 players, all Coed.
- Coaches should have players play as close to equal time as possible. Games are 3 vs 3 and will be played in 4 x 8-minute quarters.
- There are no goalkeepers. Do not leave a player in back near the goal, all players should be running the length of the field.
- Coaches will usually be the referees; however, a young referee may be assigned to the game. Like the players you are coaching, these kids are learning. Please be kind.
- No throw ins, if the ball goes out of bounds a player from the team that did not touch it last will kick it in from the spot that it went out at.
- ABSOLUTELY NO HEADING THE BALL!
- Ball size 3.

U8

- This program is for our next level players aged 6 & 7. This level is designed to begin improving their footwork and passing skills. The main goal is still to score lots of goals and have fun.
- There are 7 weeks of games – GIRLS on Saturday mornings from 9:00-11:00, and COED Sunday afternoons between 1:00 and 4:00.
- Coaches should have players play as close to equal time as possible.
- Games are 4 vs 4 and will be played in 4 x 10-minute quarters.
- There are no goalkeepers. Do not leave a player in back near the goal, all players should be running the length of the field.
- Coaches will usually be the referees; however, a young referee may be assigned to the game. Like the players you are coaching, these kids are learning. Please be kind.
- Goal kicks are added at this age group. All players on the opposing team will retreat to the half line to allow the kicking team to put the ball in play.
- Throw ins are also added at this age group. If the ball goes out of bounds along the sides of the field, a player of the team that did not touch it last will throw the ball in. The ball shall be thrown over the head with both hands, and both feet must be touching the ground.
- ABSOLUTELY NO HEADING THE BALL!
- Ball size 3.