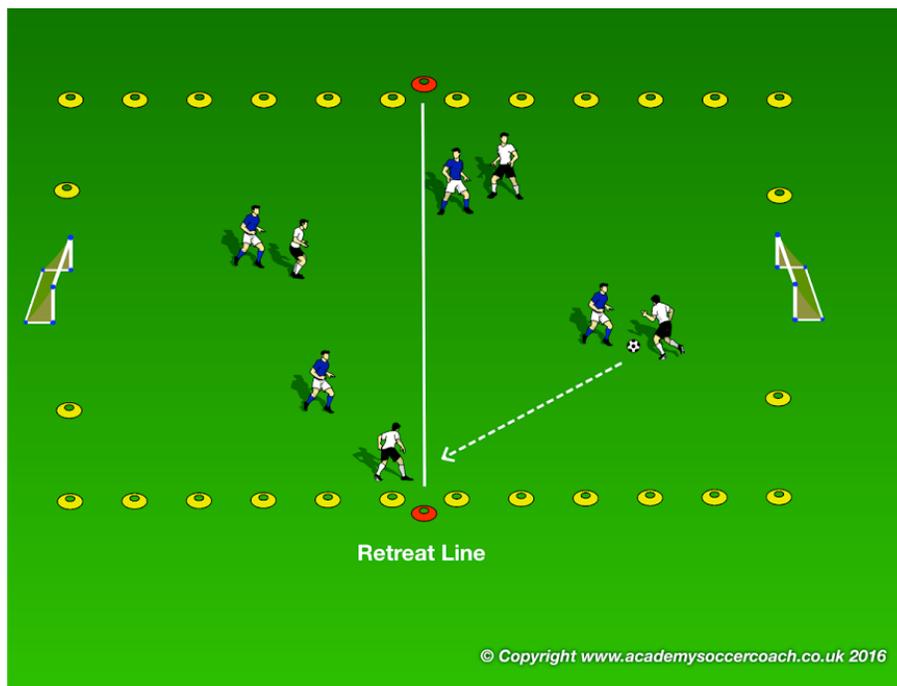


# U7 Formation & Guidelines



U7 4v4 Formation

## Key Coaching Points:

- **Diamond Shape** - all players should know where they should start in the 4v4 Diamond formation. When the ball goes out for a goal kick or kick-in and instructed by the Parent Coaches, players should *quickly* return to the Diamond formation. Please use CUE WORDS - for example "SHAPE" or "Get your Shape" to instruct players to return to their diamond formation.
- **Defender** needs to move with the play. Be sure to remind the defender to move forward with the play of the game. Please watch that the defender does not stand in the goal waiting for the team to come to them, rather they should go to the ball.
- Encourage players to **control the ball** and look to dribble or pass - please avoid long kicks down the field.

## Field and Game Set-up:

- Parent Coaches should introduce themselves to opposing Parent Coach prior to each game so they can work together to keep the game moving quickly.
- Parent Coaches should have 2 extra balls in their hands to keep the game moving quickly upon restarts.

- Retreat Line: The defending team may not pressure the ball until the first pass is complete or it crosses the retreat line.
  
- Sideline Restarts:
  - \* If the ball is close to the sideline, please do your best to keep it in play by gently controlling it so the ball stays on the field.
  - \* If the ball goes off the sideline (and Parent Coaches are unable to keep it in play), please have all players return to their “diamond shape” and a kick-in from the sideline should be taken by the team who did not last touch the ball (please *do not* just throw the ball into play), Please encourage players to make a quick decision by counting down 3-2-1 and by 1, a pass should be made.
  
- Endline/Goal Restarts:
  - \* If a goal is scored or the ball goes off the endline, please have all players return to their “shape” and a kick-in from the goal should taken. Please encourage players to make a quick decision by counting down 3-2-1 and by 1, a pass should be made.