

Danvers Youth Soccer

U7 Micro-Soccer Game Format

The U7 program features a micro-soccer game format. This format includes the following:

- 4 v 4 format.
- A size 3 ball is used.
- Game time is composed of 8, 6 minute periods. 5 minute halftime after 4 periods. Substitutions encouraged between periods, however allowed on kick-ins when absolutely necessary. Ideally, a team will consist of 8 players, two squads of 4 that will be swapped in alternately after each period.
- Goals are PUGG (Pop-Up Goals), small hockey-sized flexible nets. They will be stored at the Plains Park Garage to be picked up by the U7 coaches. After the last games, they should be returned to the Plains Park Garage.
- Players kick the ball in on out of bounds rather than throw-in.
- Goal-kicks are performed on opposing balls that go over the endline. Goalkicks are done on the endline to the side of the goal.
- Corner-kicks are performed when the defensive team kicks the ball over their endline.
- There is a semi-circle in front of the net that the ball should enter before the players. As the season progresses, you will find that players will post themselves in front of the net no matter where the ball is on the field. Encourage your players not to do this.
- Coaches should stay off the field, but may enter to keep play going, for example if players are confused about who will take a goalkick or where the kick should be performed.

The 4v4 format is used at this level to increase the number of touches each player gets on the ball (fewer players means more touches for each player). For those who participated in fundamentals, the U7 games are similar to the scrimmages at the end of the U6 practices but more formalized. The idea at this level is to encourage a lot of touches and a lot of scoring. Game scores of 15-10 should not be uncommon. Bear in mind that it is extremely difficult to balance the teams at this age level and coaches should expect that the teams will not be as competitively balanced as they might be at the older age levels. A team that is clearly overpowering its opponent must make adjustments to maintain a level playing field.