



CWVSA U4–U8 Game Day Coach Cheat Sheet

GAME SETUP

- Size 3 ball (Home team provides)
- 4 players per team
- **No goalkeepers**
- 4x 8-minute quarters OR 2x 15-minute halves (coaches decide at beginning of game)
- 5-minute halftime

FIELD & SIDELINES

- Players sit on one side of the field
- **Parents and spectators on the opposite side**
- Stay at least 3 yards off sidelines
- No spectators behind goals

EQUIPMENT

- Shin guards **REQUIRED**
- Socks must cover shin guards
- Soccer cleats only
- No jewelry (medical bracelet allowed if taped)

KICKOFF

- All players start on their own half
- Defenders stay 5 yards away
- Teams alternate kickoff each quarter/half
- Team scored on restarts play

THROW-INS

- Ball thrown over head with both hands
- Both feet must stay on the ground
- At this age they can retry if incorrect (U4 & U6) U8 gets one extra try
- Players may kick ball in instead (U4 & U6)

🏠 GOAL / CORNER

- Goal kick when attacking team touches last
- Corner when defensive team touches last
- Kicker cannot touch the ball twice

📏 RULE REMINDERS

- No offsides
- No penalty kicks
- Fouls result in indirect free kick
- Ball out when fully across sideline or goal line

🕒 PLAYING TIME

- Each player gets equal playing time
- Coaches must give the opportunity to play at least 50% of the game

🤝 SPORTSMANSHIP

- No yelling at opposing teams (parents and coaches)
- No running the sidelines (parents)
- Teams shake hands after the game
- Scores are NOT recorded

Focus on teaching the game, encouraging players, and having FUN!

Players sit together with coaches vs parents sit in the red area to keep the ball from going in the road.



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