

Pacifica AYSO U-8 Coach's Cheat Sheet

<p><b>AYSO Philosophies:</b></p> <ul style="list-style-type: none"> <li>• Everyone Plays</li> <li>• Balanced Teams</li> <li>• Open Registration</li> <li>• Positive Coaching</li> <li>• Good Sportsmanship</li> <li>• Player Development</li> </ul> <p>AYSO emphasizes <b>DEVELOPMENT</b> over <b>WINNING!</b></p>	<p><b>U-8 Match Guidelines</b></p> <ul style="list-style-type: none"> <li>• 4 v 4 (6 players total per team)</li> <li>• Game consists of four 10-minute quarters, with a 5-minute break at half-time</li> <li>• Ball size 3</li> </ul>	<p><b>U-8 Practice Guidelines</b></p> <ul style="list-style-type: none"> <li>• Technical warm-up</li> <li>• Activity I</li> <li>• Activity II (expanded)</li> <li>• Small-sided match</li> <li>• Cool-down</li> <li>• NO Laps/Lines/Lectures</li> </ul> <p>Start simple, gradually make more complicated</p>
<p><b>DON'TS:</b> NO heading NO sliding tackles NO Goal Keepers NO jewelry, barrettes, etc. NO toe cleats (Check for the last two before EVERY game)</p> <p><b>REMEMBER:</b> Every player plays AT LEAST HALF of every game. No one plays 4 quarters until every player has played 3. Have a plan in case the teams are very lopsided. When in doubt, DO NOT interrupt the play. NEVER question the calls of the game officials.</p>	<p><b>U-8 Match Rules</b></p> <ul style="list-style-type: none"> <li>• Kick-off at the beginning of each half and after a goal</li> <li>• When the ball is kicked over the sideline (out of bounds) the OTHER team gets a dribble or kick-in. NO THROW-INS</li> <li>• When a player handles the ball (deliberately) or plays dangerously (including kicking or tripping another player), the other team gets a DIRECT FREE KICK.</li> <li>• If the ball goes over the goal line (but not into the goal): Defender touched last = Corner Kick Attacker touched last = Goal Kick</li> </ul>	<p><b>U-8 Coach's Equipment List</b></p> <ul style="list-style-type: none"> <li>• AYSO Player Registration Forms – which include the Emergency Authorization</li> <li>• Basic first-aid kit (be familiar with contents)</li> <li>• Extra water (Players should bring water to every activity)</li> <li>• 12 cones (preferably multi-colored)</li> <li>• 7 scrimmage vests (preferably 2 sets of different colors)</li> <li>• Extra soccer balls (players should bring a ball to every activity)</li> <li>• Pump</li> <li>• Extra pair of shin guards (players must wear shin guards at every activity)</li> <li>• Pop-up goals</li> <li>• Whistle</li> <li>• Charged cell phone (in case of emergency)</li> <li>• Training Plan</li> </ul>