

Benefits of 8 v 8 Play

- A. More time with the coach.
- B. More practical space to operate in.
- C. Increased contact with the ball.
- D. More actual playing time.
- E. Energetic workouts due to playing both offense and defense.
- F. Required to make more decisions.
- G. Experience repeating game situations more frequently.
- H. While learning both offense and defense, a player will become more complete and will more readily understand the roles of teammates.
- I. Total running distance is basically the same for large and small fields.
- J. The work rate and involvement of the player stays consistent.

Under 11/12 & YTS Teaching Program

Encourage movement through soccer related children's games (e.g. playing tag passing with a soccer ball). A young player's soccer experience should be positive. Having FUN should be emphasized. Competitive pressures should be discouraged.

Teaching Emphasis

Focus on increasing the feeling and experience of movement and challenging players' eagerness to learn. The use of smaller sided games is recommended (1v1, 2v2, etc.) in introducing basic soccer techniques. Coaches' emphasis should be on increasing enjoyment through improved play.

Coaches at these age groups need to provide their players with a productive and fun environment through age appropriate activities. This will help to ensure that each player develops his/her technical skills.

Suggested Books and Videos

(Available at the CASL office)

Videos

- *Success in Soccer, Basic Training*
Volumes 1 & 2
- *Success in Soccer, Advanced Training*
Volumes 3 & 4

Books

- *Developing Youth Soccer Players*
By Horst Wein
- *Success in Soccer, Basic Training*
- *Soccer, How to Play the Game*
By U.S. Soccer Federation
- *Soccer Practice Games*
By Joe Luxbacher

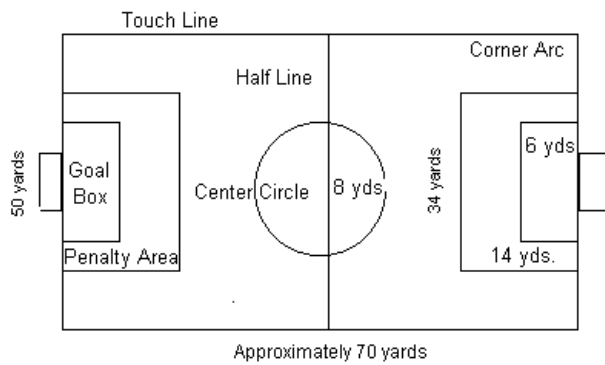
Note: Coaches must leave a \$25 deposit for books and a \$50 deposit for tapes. All books and tapes must returned to the office within two weeks of check out.

CASL's OFFICIAL Youth Soccer 8 v 8 Program for Under 11/12 Recreation and Challenge

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CASL Youth Soccer 8 v 8 Official Laws for Recreation and Challenge Under 11 & 12

Law I - The Field:

- A. Dimensions:
The field of play shall be rectangular, 70 x 50 yards.
- B. Markings:
1. Distinctive lines not more than 5 inches wide.
 2. A halfway line shall be marked out across the field.
 3. A center circle with an eight (8) yard radius.
 4. Corner arcs conform to FIFA (1yd radius).
 5. Goal area: six (6) yards from each goal post and six (6) yards into the field of play, joined by a line drawn parallel with the goal line.
 6. Penalty area: fourteen (14) yards from each goal post and fourteen (14) yards into the field of play. A penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.
- C. Goals:
Approximately seven (7) feet high and eighteen (18) feet wide.

Law II - The Ball: Size four (4).

Law III – Number of Players:

- A. Maximum number of players on the field at any one time is eight (8) including the goal keeper.

- B. Maximum number of players on the roster should not exceed: fourteen (14).
- C: The minimum number of players required to begin the match and keep playing is 6 players one of which must be the goal keeper.
- D. Substitutions:
Recreation teams may sub on any stoppage such as a throw-in, goal kick, corner kick, kick-off, free kick, and injury with unlimited substitutions. Challenge teams on own team throw-in, goal kicks and kickoffs, injury and blood on uniform.
- E. Playing Time: Each player SHALL play a minimum of 50% of the total playing time. Recreation players shall not play more than 50% of the game as goalkeeper. While not encouraged on a continuing basis, Challenge keepers may play in the goal the entire game.
- F. Teams and games may be co-ed.
- G. Players with visible blood on their uniforms or body must be substituted.

Law IV – Players' Equipment:

Conform to FIFA with the following exceptions:

- A. Footwear: Tennis shoes or soft-cleated soccer shoes.
- B. Shin Guards: MANDATORY.
- C: All field players (not keeper) must have numbers on their jersey backs beginning at U-11.
- D: Jewelry: Players are not permitted to wear any kind of jewelry (including pierced earrings). Tape over earrings is not acceptable. More detail can be found on the Referee Page at www.caslnc.com.

Law V - Referee:

- A. Registered referee/new referee program.
- B. Parent/coach or assistant.
- C. All rule infractions shall be briefly explained to the offending player.

Law VI - Linesmen: Recreation teams use club linesmen. Challenge teams will be assigned two neutral assistant referees.

Law VII - Duration of the Game:

- A. The game shall be divided into two (2) equal halves of 30 minutes each.
- B. Half-time break of five (5) minutes.

Law VIII – Start of Play:

Conform to FIFA with the following exception:

- A. Opponent must be eight (8) yards from the center mark while kick-off is in progress.

Law IX - Ball In and Out of Play: Conform to FIFA.

Law X - Method of Scoring: Conform to FIFA.

Law XI - Off-Sides: Conform to FIFA.

Law XII - Fouls and Misconduct:

Conform to FIFA except an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

Law XIII - Free Kick:

Conform to FIFA with the following exception:

- A. Opponents must be eight (8) yards away before kick is allowed.

Law XIV - Penalty Kick:

Conform to FIFA with the following exceptions:

- A. Opponents must be eight (8) yards away before kick is allowed.
- B. Ball is placed and kick is taken ten (10) yards from the goal line.

Law XV - Throw-In: Conform to FIFA.

Law XVI - Goal Kick: Conform to FIFA.

Law XVII - Corner Kick:

Conform to FIFA with the following exception:

- A. Opponents must be eight (8) yards away from the ball.

Special Note to Coaches/Parents:

CASL wants coaches to teach and encourage players to be aggressive to the ball. However, CASL instructs the referees to call fouls when players are aggressive to the ball in an unsafe or out of control manner. Furthermore, CASL instructs referees to call fouls when players are aggressive to their opponent.

Coaches must read the full CASL Rule Book posted on the website to insure they know CASL rules that apply to all teams such as water breaks, lightning, etc.