

Soccer Tips:

U8 –

Equipment: The only required equipment is shinguards and long socks. Stirrup style are recommended but not required. Socks must be long enough to completely cover the shinguards, even the stirrup style. Cleated shoes are also recommended but not required. Cleated shoes may not have a toe cleat, which is common on football or baseball/softball cleats. If a ball is purchased for individual practice (recommended), please purchase a size 4 ball. While coaches will many times will bring water to practice or games, players may bring their own water bottle.

Substitutions: Substitutions may occur for either team after a goal, on any goal kick and at the beginning of half-time. Teams may also substitute on their throw-in. Substitutions may not occur within 2 minutes of the end of either half.

Injured Players: Any time a player is injured or appears to be injured, as a courtesy all players are to kneel down and stop play. This is strictly a Paola Club rule and is typically not done in tournament play.

Throw-In: A throw-in occurs when the opposing team causes the ball to leave the field of play on the side lines. The throw-in must be done with both feet touching the ground. The ball must be thrown overhead with both hands on the ball. If the throw-in never enters the field of play (i.e. is thrown down the side line always out of bounds) the ball will be thrown in again from the original point. In U-8, the player is given 2-3 tries to throw the ball in correctly. After 2-3 attempts, a throw-in is awarded to the opposing team. A goal may not be scored directly from a throw in but must be touched once by another player.

Goal Kicks: Goal kicks are awarded when the opposing team causes the ball to leave the field of play at the end line. Goal kicks may be taken anywhere along the goal box but are typically taken at the corner of the goal box closest to the point the ball left the field of play. Any player may kick the goal kick. The defenders should assume a defensive position in and around the goal area. Forwards should be downfield. The ball is not live until it leaves the penalty box area. In U-8 the player is given 2-3 opportunities to kick the ball out of the penalty area. Substitutions may be made by either team on a goal kick.

Penalty Kick: A penalty kick is awarded whenever a foul is committed within the penalty box area. Fouls include hand balls, shoving or tripping. During the penalty kick, only the goalie and the designated kicker are allowed within the penalty area. All other players must remain outside of the penalty area. The goalie must remain on the goal line until the ball is kicked. Once the ball is kicked, all players may advance on the ball. No second chances are awarded on penalty kicks.

Soccer Tips:

U10 –

Substitutions: Substitutions may occur for either team after a goal, on any goal kick and at the beginning of half-time. Teams may also substitute on their throw-in. Substitutions may not occur within 2 minutes of the end of either half. Technically, substitutes entering the game may not enter the field until the player exiting has left the field of play. Referee will stop play until the exiting player has left and the substitute has entered the field of play. Referee does not have to wait until substitute is in position. It is the substituting teams responsibility to wait until player(s) are in position before resuming play.

Injured Players: Any time a player is injured or appears to be injured, as a courtesy all players are to kneel down and stop play. This is strictly a Paola Club rule and is typically not done in tournament play.

Throw In: A throw in occurs when the opposing team causes the ball to leave the field on the side lines. The throw in must be done with both feet touching the ground. The ball must be thrown overhead with both hands on the ball. If the throw in never enters the field of play (i.e. is thrown down the side line always out of bounds) the ball will be thrown in again from the original point. In U-10, the player is given __ tries to throw the ball in correctly. After __ attempts, a throw in is awarded to the opposing team. A goal may not be scored directly from a throw in but must be touched once by another player.

Goal Kicks: Goal kicks are awarded when the opposing team causes the ball to leave the field of play at the end line. Goal kicks may be taken anywhere along or within the goal box but are typically taken at the corner of the goal box closest to the point the ball left the field of play. Any player may kick the goal kick but usually one of the (defenders or forwards??) makes the kick. The defenders should assume a defensive position in and around the goal area. Forwards should be downfield. The ball is not live until it leaves the penalty box area. In U-10 the player is given __ opportunities to kick the ball out of the penalty area. Substitutions may be made by either team on a goal kick.

Penalty Kick: A penalty kick is awarded whenever a foul is committed within the penalty box area. Fouls include hand balls, shoving or tripping. During the penalty kick, only the goalie and the designated kicker are allowed within the penalty area. All other players must remain outside of the penalty area. The goalie must remain on the goal line until the ball is kicked. Once the ball is kicked, all players may advance on the ball. No second chances are awarded on penalty kicks.

