

Hello U7 Boys Coaches,

Please see below for details on the U7 boys division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap Schedule

Game Day format:

15 minute team warm up followed by game

Game: **3v3 (no goalie)**

2- 20 minute halves (5 minute half time)

Substitutions: unlimited at stoppages

Field: Coned field. Use painted sideline/endline of super 8 pitch for lines when available. Max field size of 22 meters width x 30 meters length. See field set up maps to see allotted space per team.

Retreat line: Halfway line

Net: pug net

Referee: Coaches act as referees

It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.