
Super 8 Soccer

Information for
U11 & U12 Coaches and Managers

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Super 8 Information

What is Super 8?

Super 8 is the new Mini Soccer development model mandated by the British Columbia Soccer Association (BCSA) & the Canadian Soccer Association (CSA) for both boys and girls.

The "8" refers to the number of players per side at the U11 & U12 levels (effective 2007/2008 season).

Key elements of the new development model:

- Fewer players per team, playing on a smaller playing surface - for more touches on the ball, to develop ball control skills
- Smaller goals (18 feet wide for Super 8) to help develop goalkeepers
- Reduced emphasis on offside calls, to promote attacking play (no offside, but no "goal sitting"; offside only in attacking third at U12).

Small-sided games have been established by the CSA and other National Associations as the key to effective player development. This model provides the right environment and fun, developmentally-appropriate activities, for young players to develop the appropriate skills at the appropriate age.

Who is affected by Super 8?

All players at U11 and U12 will play Super 8s effective as of the 2007/2008 season.

Advantages of Playing Super 8 Soccer

- More touches of the ball.
- Experience both technical and tactical situations.
- Constant transition from defending to attacking.
- The opportunity to be in goal scoring positions more often. The more goals scored the more exciting it becomes for a player.
- More fun

11 a-side games routinely play structured formations - defence, midfield and forward. Playing Super 8 games on a smaller field the players are able to move from position to position, from defence to offence making the game exciting for them. The smaller field and smaller number of players on the field will help the players to develop their technique because they will have more touches of the ball. Because there are fewer players on the field there will be extra space, which will give the player more time to make decisions, this will help develop the tactical side of the game. In Super 8 games rules such as throw-ins, free kicks, corner kicks and goal kicks still apply.

Frequently Asked Questions about Super 8 Soccer

- Why 8 a-side?
- It makes the game a better experience for children. More touches on the ball, the more a player will develop his/ her skills, having more opportunity to be actively involved in the game. Energetic workouts due to playing both defensive and offensive roles.
- Why shouldn't they play 11 vs. 11 like 'real' soccer?
- The 11 vs. 11 format is the adult version of the game. It makes little sense for Under 12 players to play on a full size field with full size goals, as they do not have the strength and size to play such a game. The players at this age have difficulty taking a goal kick that will reach out side of the goal area or a corner kick that reach the opponents goal mouth. The game will be played in a small area of the field for long periods of time as players do not have the strength to get the ball up the field. This would not help them develop their soccer skills.
- I did not grow up playing this way.
- True. Whether you grew up playing here or elsewhere, soccer was traditionally played 11 vs. 11 for all age groups. This is no longer true; players under the age of twelve are now playing small-sided games all over the world.

- How will they learn to play 11 vs. 11?
- Progressing from 3 vs. 3, 4 vs. 4, 5 vs. 5, to 8 vs. 8 before 11 vs. 11 games is a sound educational method. The problem is that young players were forced to play 11 a-sides before their bodies were physically developed to play the adult version of the game. Any notion that players will be less prepared to play 11 vs. 11 is not justified.

Official Playing Rules for U11 & U12 Super 8 Soccer

The BCSA recommended modifications to the FIFA Laws of the Game.

Law 1 – The Field of Play

Length: 60 (Min) 75 (Max) Meters

Width: 42 (Min) 55 (Max) Meters

Field Markings:

Distinctive lines not more than fifteen (15) centimetres wide. The field of play is divided into thirds and by a centre spot that indicates a centre spot that is located at the midpoint. A circle with a radius of nine (9) meters may, but not mandatory be marked around it. An offside line parallel to the centre line should be marked from touch line to touch line at the attacking third mark.

NB: All field markings may be marked by the means of cones (flat cone makers)

Goal Area

None

The Penalty Area:

A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, eleven (11) meters from the inside of each goalpost. These lines extend into the field of play for a distance of eleven (11) meters and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made nine (9) meters from the midpoint between the goalposts and equidistant to them.

Flag posts:

Conform to FIFA if used, they however are not mandatory)

The Corner Arc:

Conform to FIFA if marked, they however are not mandatory)

Goals Posts:

Goals must be placed on the center of each goal line and measure 5.486 x 1.981 Meters, 18 feet wide and 6.5 feet high.

Law 2 – The Ball:

The ball must conform to FIFA standards and must conform to FIFA inflation specifications for **size four (4)**.

Law 3 – The Number of Players:

A match is played by two teams, each consisting of not more than eight (8) players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players one of whom is the goalkeeper. All players shall play equal playing time.

Substitutions: At any stoppage, substitutions are unlimited and must be done with the officials' permission.

Law 4 – The Players Equipment:

Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. The goalkeeper should wear a colour that distinguishes him/her from both teams. Shin guards are mandatory and must be worn under the socks. Jewellery is not permitted.

Official Playing Rules for U11 & U12 Super 8 Soccer (Continued)

The BCSA recommended modifications to the FIFA Laws of the Game.

Law 5 – The Referee:

A Class 5 or higher official must be used. The referee's role is to keep players safe and ensure that the game is played under the "fair play" code. A Class 5 or higher official can send a team official from the field if they fail to conduct themselves in a responsible manner.

Law 6 – The Assistant Referee:

A nominated person shall act as an assistant referee.

Law 7 – The Duration of the Match:

The match will be divided into two (2) halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.

Law 8 – The Start and Restart of Play:

Conform to FIFA with the exception that opponents of the team taking the kick-off are at least nine (9) meters from the ball until it is in play.

Law 9 – The Ball In and Out of Play:

Conform to FIFA.

Law 10 – The Method of Scoring:

Conform to FIFA.

Law 11 – Offside:

Conform to FIFA with the exception of only occurring in the attacking third.

Law 12 – Fouls and Misconduct:

Conform to FIFA with the exception that 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. Cautionary and expulsion cards are used.

Law 13 – Free Kicks:

Conform to FIFA with the exception that opponents are at least nine (9) meters from the ball. An indirect kick awarded to the attacking team that occurs inside the penalty area, shall be taken from the outside edge of the penalty area in line where the offense took place.

Law 14 – The Penalty Kick:

Conform to FIFA with the exceptions that the penalty mark is marked at nine (9) meters from the goal line. All players except the player taking the kick must be nine (9) meters from the ball.

Law 15 – The Throw-In:

Conform to FIFA.

Law 16 – The Goal Kick:

Conform to FIFA except that it shall be taken from anywhere within the penalty area. Opponents must remain at least nine (9) meters away from the ball until it is in play.

Law 17 – The Corner Kick:

Conform to FIFA with the exception that opponents remain at least nine (9) meters away from the ball until it is in play.

Super 8 Rules - Quick Hits

Number of Players on the Field & Length of Game

Age Group	Number on the Field	Game Duration
U11 – U12	8 v 8 (7 players, 1 goalkeeper)	2-30 min halves, 5 minute half-time

Field Size

Age Group	Min. Width	Max. Width	Min. Length	Max. Length
U11 – U12	42 Meters	55 Meters	60 Meters	75 Meters

Goal Size

Age Group	Width	Height
U11 – U12	18 feet / 5.486	6 feet / 1.83

Squad Size

Age Group	Boys Min.	Boys Max.	Girls Min.	Girls Max.
U11 – U12	12	12	12	14

Club and Associations

Royal City Youth Soccer is a member club of the North District, which plays within the 5 District League for Girls.

5 District League for Girls

The 5 District League for Girls accepts affiliation of competitive girls' divisional teams from the following Coastal Districts:

- Center Fraser Valley Girls District
- South District Girls
- Vancouver / Richmond Girls District
- North Shore District
- North District Girls

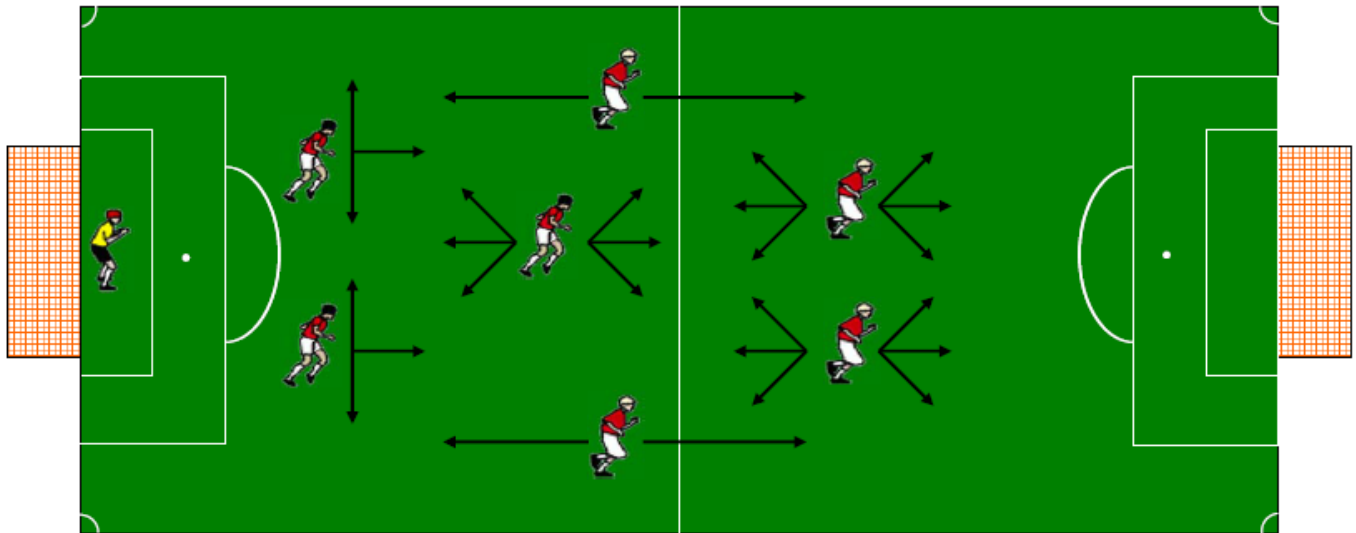
Associations under the North District umbrella (as of 2006-08-30):

- Burnaby Girls Soccer Club
- Cliff Avenue Football Club
- Coquitlam City Soccer Club
- Golden Ears United Soccer Club
- North Coquitlam Soccer Club
- Pitt Meadows Soccer Club
- Port Coquitlam Football Club
- Port Moody Soccer Club
- Royal City Youth Soccer Club

Systems of Play

Here are four formations for consideration along with the obvious strengths and weaknesses of each:

2-3-2



2-3-2 (1- Goalkeeper, 2 Defenders, 3 Midfielders, 2 Strikers)

STRENGTHS

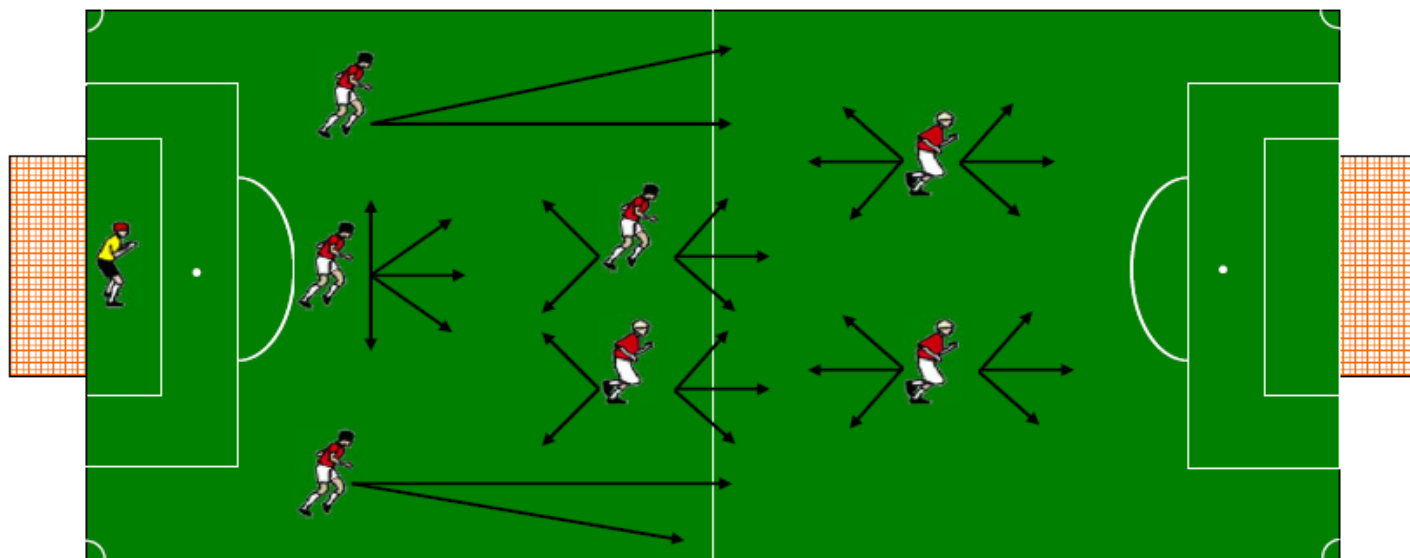
- * Greater attacking options for teams with players who possess good long passing ability
- * Increased ability to apply high pressure in the offensive third
- * Two mobile attackers can be taught to easily unbalance a zonal defense
- * Requires the Goal-Keeper to move up with the play and act as a sweeper-keeper

WEAKNESSES

- * Lack of numbers at the back may require the team to play man-to-man defense
- * Can easily be beaten with a long ball over the top into the corners behind the defensive line
- * Requires a lot of work and a high fitness level from the outside midfielders
- * This system is very prone to counter attacks

Systems of Play (continued)

3-2-2



3-2-2 (1- Goalkeeper, 3 Defenders, 2 Midfielders, 2 Strikers)

STRENGTHS

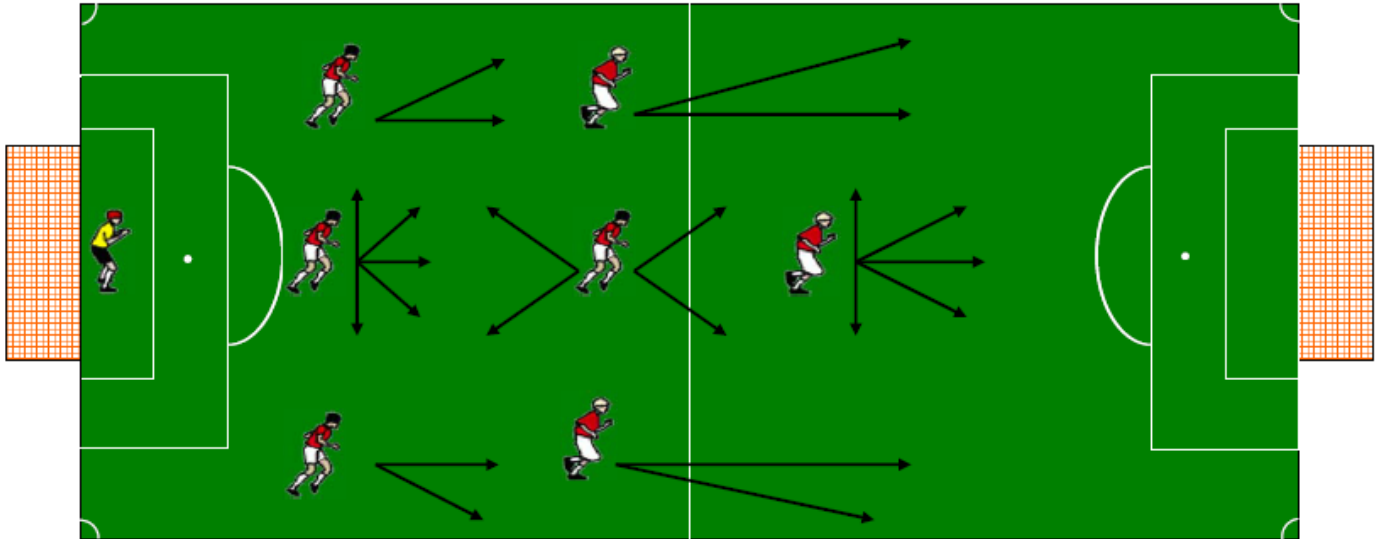
- * Greater attacking options for teams with players who possess good long passing ability
- * Increased ability to apply high pressure defense on teams
- * Two mobile attackers can be taught to easily unbalance a zonal defense
- * Allows fullbacks to overlap into the attack

WEAKNESSES

- * Difficult to maintain possession from the defensive third through the middle third of the field
- * Vulnerable to being attacked on the outside in the middle third or even played over.
- * Easy to outnumber or unbalance a marking or zonal back three
- * If team over commits, team can be easily counter attacked

Systems of Play (continued)

3-3-1



3-3-1 (1- Goalkeeper, 3 Defenders, 3 Midfielders, 1 Strikers)

STRENGTHS

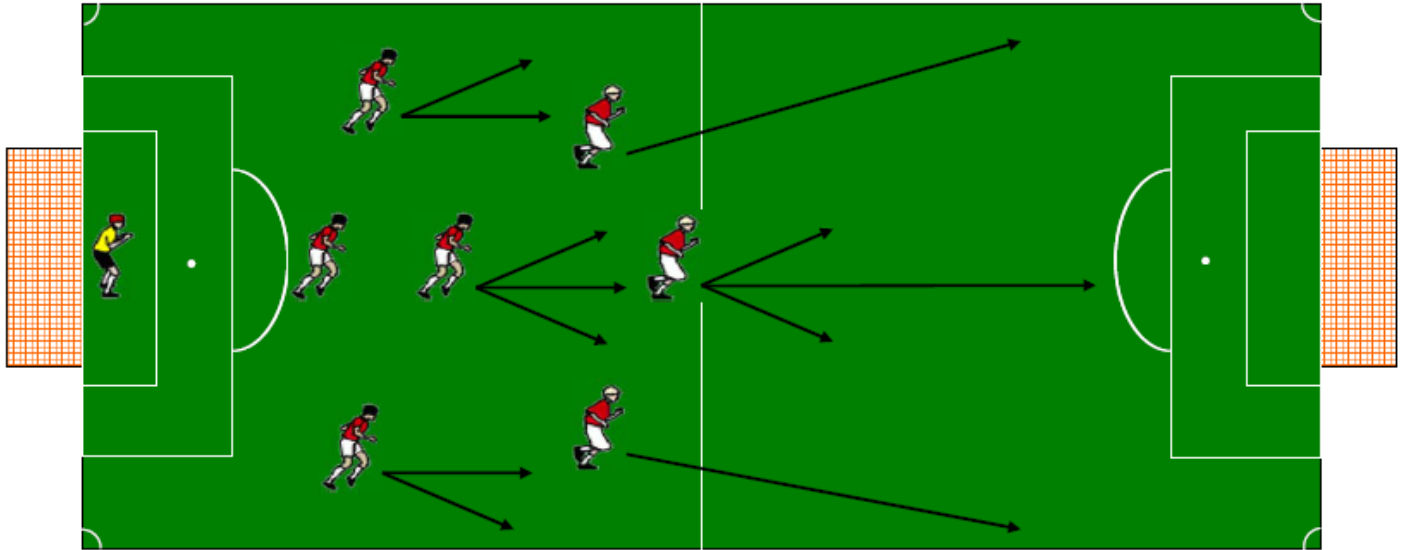
- * Greater ability to play forward to a target player quickly
- * Increased option to pressurize teams in their own half
- * Effective against teams with a slow sweeper or an unskilled zonal system
- * Allows fullbacks to over-lap into the attack, and create width going forward

WEAKNESSES

- * Decreased opportunity to play out from the back
- * Isolated attacker may receive little support and poorer service
- * Flat back three or marking backs with sweeper can easily lose defensive integrity
- * Center midfield may become outnumbered and can be isolated in the middle of the field
- * Allows the opponents to build up out of the back

Systems of Play (continued)

4-3-0



4-3-0 (4 Defenders, 3 Midfielders, 0 Strikers)

STRENGTHS

- * Good options in building from the back
- * Ideal for building possession game with players encouraged to make runs off the ball
- * Difficult for the opponents to break down defensively. When not in possession, the team must drop back behind the ball to make them difficult to beat.
- * Leads to players developing a high level of understanding of the game

WEAKNESSES

- * Difficult to put opponent under pressure in their defensive third
- * High level of fitness and understanding required of all players, especially the midfielders
- * Can lead to attacking players being isolated with no support
- * Defenders can not be over attacking minded otherwise the team is vulnerable to counter attacks