

# ISL House League Competition Rules

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## 2 ISL U6/U8 HOUSE LEAGUE RULES

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As this is a development-oriented format, winning the scrimmage is not the prime objective. Coaches should de-emphasize winning and losing and focus on good play and applying what has been taught. Positive feedback when a skill has been applied should be the prime focus.

No standings (formal or informal) for games won or lost or goals scored shall be kept. Coaches may wish however, to (confidentially) keep ratings of individual players and track progress against these.

**This format is used for players in the U6 and U8 age groups. It is a non-competitive format and thus there are no formal playing rules. The following are the guidelines used in scrimmages (scheduled games):**

- a) Games are 2 halves of 25min with a 5min break
- b) The maximum number of players for U6 on the field is **5 (five)** with no goalie.  
The maximum for U8 is 8 (eight) per team including a goalie). One player is designated as the keeper at any given time. This player may handle the ball in the goal box.
- c) A number 4 ball is used.
- d) Retreat line as the half-way line
- e) Headers are discouraged and must not be used in drills.
- f) Offside rule does not officially apply. For U8, it is at the discretion of the coach referees if a player is purposely not tracking back while his team is defending.
- g) Kick-ins are used for all instances where a ball is out of play (no throw-ins).
  - a. When the whole of the ball has crossed the touch line, either on the ground or in the air, the ball shall be kicked in from the point where it left the field of play by a member of the team opposing that of the player who last played or touched it.
  - b. The player taking the kick-in shall:
    - i. Face the field of play and
    - ii. Kick the ball from on, or behind, the touch line.
  - c. The ball will be in play immediately after it enters the field of play directly from the kick.
  - d. If the player taking the kick-in plays, or touches, the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
  - e. At the taking of a kick-in, all opponents must be at least 4.6 metres (5 yards) from the ball.
- h) A goal cannot be scored directly from a kick-off or kick-in.
- i) Players will be substituted in and out together as a complete unit if there are sufficient substitutes. If there are no dedicated goalkeepers, the players will rotate through the keeper position with each round of substitutions.
- j) Substitutions shall be done regularly with a maximum delay of 5 minutes.
- k) For U6 and U8, one coach from each team is allowed on the field with the players during the games. The coaches will act as referees in addition to coaching their players. Coaches may not interfere in the play in any way nor stand within the goal area.
- l) All players are to be encouraged to play equally. That is: coaches should discourage strong players from hogging the ball or being on the field more than others.

### 3 ISL U10 HOUSE LEAGUE RULES

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As this is a development-oriented format, winning the scrimmage is not the prime objective. Coaches should de-emphasize winning and losing and focus on good play and applying what has been taught. Positive feedback when a skill has been applied should be the prime focus.

U10 introduces competitiveness to the games. While doing so they must ensure all players in their team have as much equal play time as possible using lines.

**The following are the rules used in scheduled games:**

- a) Games are 2 halves of 25min with a 5min break
- b) The maximum for U10 is 8 (eight) per team including a goalie). One player is designated as the keeper at any given time. This player may handle the ball in the goal box.
- c) A number 4 ball is used.
- d) Retreat line as the half-way line
- e) Offside rule does not officially apply. It is at the discretion of the coach referees if a player is purposely not tracking back to award an offside.
- f) Headers are discouraged and must not be used in drills.
- g) Kick-ins are used for all instances where a ball is out of play (no throw-ins).
  - a. When the whole of the ball has crossed the touch line, either on the ground or in the air, the ball shall be kicked in from the point where it left the field of play by a member of the team opposing that of the player who last played or touched it.
  - b. The player taking the kick-in shall:
    - i. Face the field of play and
    - ii. Kick the ball from on, or behind, the touch line.
  - c. The ball will be in play immediately after it enters the field of play directly from the kick.
  - d. If the player taking the kick-in plays, or touches, the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
  - e. At the taking of a kick-in, all opponents must be at least 4.6 metres (5 yards) from the ball.
- h) A goal cannot be scored directly from a kick-off or kick-in.
- i) Players will be substituted in and out together as a complete unit if there are sufficient substitutes. If there are no dedicated goalkeepers, the players will rotate through the keeper position with each round of substitutions.
- j) Substitutions shall be done regularly with a maximum delay of 5 minutes.
- k) All players are to be encouraged to play equally. That is: coaches should discourage strong players from hogging the ball or being on the field more than others.

## 4 FAIR PLAY TIME

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ISL strives to ensure all players benefit equally from playing time.

The referee shall set a timer every 5min and have an entire line substitution. The referee shall enforce that all players are substituting and rotating.

Violations are to be reported to the Ameer of the field for discipline.

**1st Offence** - A discussion with the Ameer. If there is a violation of equal play across the season, the coach may be asked to rectify the imbalance in upcoming games as much as possible.

**2nd Offence** – For divisions older than U12, a reversal of the game result for the game in question if the team in question won or tied and if this has not already been done as a result of the protest. The result will be shown as a 1-0 win for the other team. For all divisions, the offending coach will be asked to present him/herself at a review with the Ameer and League Director.

**3rd Offence** - Replacement of the coach.

## 5 U6/U8 TRAINING & DRILLS

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### 5.1 BASIC TEACHING AIM

- Left vs right foot
- Inside of foot vs outside of foot
- Dribble ball close to body (control)
- Shielding (possession)
- Touches of the ball to maximize confidence
- Basic turns
  - o [Turns To5 Improve Ball Control | Turning With The Ball | U7 U8 U9 U10 | Football/Soccer - YouTube](#)
- Passing (side foot) vs shooting technique (laces & power)

### 5.2 BASIC WARMUP

Draw box roughly 10m x 10m

- Jog with the ball around perimeter of box. Mix different foot on whistle.
- While staying in a small spot
  - o Touch the ball with tip of toes and get faster
  - o Touch ball with 1 foot inside/outside
  - o Touch ball with both feet inside/outside
  - o Roll ball up and down against the inside of leg

### 5.3 FUN DRILLS

#### 5.3.1 Red Light/Green Light

- Dribble inside the box (mix which foot they should use) without going out. Dribbling out -> OUT -> do some exercise outside the box such as hop steps with the ball.
- Raise arm or use cone to designate red light. They must stop. If player fails to stop with ball under foot within small grace period -> OUT
- Mix feet and give for few rounds

#### 5.3.2 King of The Hill

- Same as above but objective is to protect your ball but kick other's ball outside the box. Last man is the king
- Can alter it so they do few exercises and get back into the game (example 5 touches of ball between legs or jumping jacks)
- Run few rounds to give chance to everyone.

#### 5.3.3 Duck Tails

[Best Soccer Drills for Kids | Soccer Coaching by MOJO - YouTube](#)

- Same as above but players put penny in the back. Players try to steal as many tails as possible. If you lose your tail you are still in until timer expires.

#### 5.3.4 Shooting the coach (give it some better name!)

- Objective is for them to shoot and hit you **below the knee**. You must avoid being hit.
- If they miss and their ball goes outside the boundary they are out.
- You may expand the box 10m x 20m if 10x10 is too small

### 5.3.5 Snake

- Snake tags players in the box. If player is tagged, they join the snake by grabbing their jersey at the back. Snake must remain connected to tag other players.
- Game ends when all players tagged

## 5.4 BALL TOUCHES

- Run **multiple lines** where players jog back and forth from pylons (~20m apart)
  - o Mix which foot
  - o Inside of foot only/outside of foot only
  - o Both feet with some pattern
  - o Roll the ball sideways
  - o Roll the ball Backwards
  - o Turn on whistle (mix which turn they should do on hearing whistle)
  - o Step overs as they do it
- Gates dribbling
  - o Setup many "gates" cones with small space to pass through. Players dribble and go through as many gates as possible until you call time
  - o Mix feet and which part of foot to use.

## 5.5 FUN GAMES

### 5.5.1 U6

[10 Best U6 Soccer Drills | Fun Soccer Drills by MOJO - YouTube](#)

[U6 Soccer Practice Session | Fun Soccer Drills by MOJO - YouTube](#)

[9 Animal-Themed Soccer Drills for U6 and U8 Kids | Soccer Coaching by MOJO - YouTube](#)

#### **Crocodile crossing**

You are the crocodile and they must dribble across your river to the other side without losing their ball. You can increase difficulty by adding without being tagged.

#### **Island hopping**

1 Kid is the pirate. Kids must cross from 1 island to the next without being tagged. If tagged, join the pirate to tag others until everyone is tagged.

#### **Shielding**

1v1 shielding ball within small square. Teach them proper shielding technique.

### 5.5.2 U8

[10 Best U8 Soccer Drills | Fun Soccer Drills by MOJO - YouTube](#)

#### **Protect Your Base**

Teams compete to bring back as many balls into their "base". Team with most balls at end of countdown wins

#### **Shielding**

1v1 shielding ball within small square. Teach them proper shielding technique.

#### **Handball**

Teams play with hands to score on opposing net. Can use different rules such as Dropped ball = turnover. Or being tagged = turnover.

**1v1 dribble to end lines**

2 teams with 1 player from each team trying to dribble and get across to other side to score point. Every time ball goes out of bounds or player scores, next 2 players go.

**1v1 dribble and score on small net**

Same as above but with small net they need to score in

**Gates passing**

2 players work together. They move around and pass through gate to teammate to score points.

**Practice Scrimmage**

Minimize interruption of the play and let players enjoy.

Approach players individually to give tips.

Summarize at the end what they should improve as a team

# 6 APPENDIX A – COACHING SESSION SHEET

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Date :    /    /

Game Time :

Focus :

Islamic Character Theme :

**Training Activity Breakdown**

Warm-up:

Equipment Needed:

Training Sessions:

Cool down:

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## 7 APPENDIX B – YOUR FIRST SESSION IDEAS

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Come early!

Introduce yourself:

- Name
- Experience
- Why you are coaching

Ask players

- Introduce themselves (memorize their names)
- why they are there
- what do they want the outcome of the season to be

Convey your idea of the season

- goals and expected outcomes for the group

Set ground rules together with the team

- respect for each other
- paying attention to the coach
- time for play and time for training
- what do they do and where do they go when they come

Play a game where they must memorize each others names

- this is first step in building respect and trust amongst the team

Walk through typical warm-up routine

- this will be first thing they know immediately what to do when they come in the following weeks ...
- always make use of the ball even if jogging

Training exercises followed by short water breaks or debrief sessions

Cool down session

- light jog and stretching while recapping what was learned