



U8 Soccer Essentials

Teams: 12 players per team; 4 vs 4 including a rush goalkeeper.

Games: One game per week with 2 simultaneous games at one time on Saturday mornings or afternoons. Pop up nets are required at games and coaches referee the games. Coaches are required to trade cones at the end of the game. Each week scores are submitted to <http://nvfc.ca/coaches>. Games are two 2 x 25 minutes halves with a 5 minute half time break.

Practices: One session per week outside on a lit gravel field or inside a school gym. Pop up nets are required.

Development: Club Technical staff coaches provide team development via FUTSAL (indoor soccer) every 2 - 3 weeks. A schedule is issued for each session. Team uniforms are worn at FUTSAL with none marking running shoes in the gym. Teams are strongly encouraged to attend these sessions.

Field Closures: Field status can be checked at <http://nvfc.ca/fieldstat>.

Uniforms: Players receive a complete uniform of a jersey, shorts and socks to keep and are required to wear the uniform at every game. The uniform must be returned if a player withdraws.

Equipment: Each team is provided with size 3 balls, cones and pinnies during the Club wide Uniform & Equipment Distribution Day in August TBA. The Head Coach is responsible for the equipment. Equipment is kept by team officials (head coach, assistant manager or team manager). At the end of the season, size 3 balls and pinnies are returned as teams will go up a ball size to size 4 and larger sized pinnies in U9. Players require a water bottle, shin guards and cleats for outside games. No cleats in the gym.