4 up 1 up

4 Up- 1 Up is an Ontario Soccer program that Southwest Soccer has been implementing in Grassroots (U9-U12) SWDSL Divisions since the 2017 season.

When a team is leading by 4 goals the opposing team will have the option of adding a player to make the game more competitive and a better learning environment for all involved.

What it is

- When a club is losing by 4 goals, a player can be added
- It is a simple conversation between the two coaching staff- identifying they are adding the extra player because the squad is losing by 4 goals.
- When the goal difference becomes 3 goals a player is removed
- If the goal difference goes to 8 goals a second player is added

Why?

- Creates better competition... for all children
- Provides an opportunity for challenge
- Keeps players encouraged and motivated
- It is player centered

4 Up 1 Up Procedure

What is the Coaches Responsibility?

The responsibility of the coach is to communicate with the Match Official to advise of the additional player entering the playing field when a four goal differential exists. It is also the coaches responsibility to advise the Match Official of a player removal when the goal differential is decreased.

What is the Match Officials Responsibility?

The responsibility of the Match Official is to communicate with the coaches to ensure proper implementation. When a player is to be added the coach is to notify the Match Official. When a deficit is decreased and a player is to be removed the Match Official is to ensure this occurs.