



## **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.