



## **U5 Co-ed Soccer**

At this level of play, OYAA is attempting to teach the kids the fundamentals of soccer play. These concepts include dribbling and kicking of the ball with feet, avoiding the use of hands and throwing or kicking of the ball as appropriate. The concepts of rules and penalties are introduced to the players.

In this environment, there should not be instruction or definition of positions. It is far more important that the children get an idea of the fundamentals of the game and the concept of team play.

To further this practice, no score or win/loss recordkeeping is done. OYAA believes that kids at this level of play have enough stress upon them, learning soccer and team play, to have the added burden of a win/loss situation thrust upon them. Just let the children play the game. Please keep in mind that regardless of talent or physical ability the game needs to be fun.

### **Coaching Goals**

Coaches....talk to the players in a positive, caring and supporting manner. Make soccer Fun! Help the players understand the basic rules of the game. Yelling at a player/team is not tolerated. Attempt to keep them focused. Let the kids play!

By the end of the season, players should know:

- Play stops when whistle blows
- Each quarter begins with a kick-off
- The use of hands is forbidden
- Side line out of bounds require a kick-in
- End line out of bounds require the ball to be kicked into play near the point it left the field
- After score kick-offs occur from mid-field



## ***The Basics***

### **The Roster**

- **Players born:** see OYAA Age Group Chart    **Roster Size Ranges:** 10-12 players

### **Player Equipment Recommendations**

- **Soccer Ball size:** 3; Parents should invest in a soccer ball so child brings to soccer practice/ games
- **Shin guards** are required.
- **Soccer shoes** are optional.
- **Jewelry and Watches....** Players are not permitted to wear jewelry/ watches on the field.

### **The Field**

- **Game Format:** 3v3
- **Goal Size:** Goal is 4' x 6'
- **Field Set-up/ Dimensions:** 2 side-by-side, micro fields (each 15yds wide, 20yds long)
- **Field Markings:** side line, end line, mid-field line. center circle. No Goal box

### **The Game**

- **Each team places 3** players on each field. There is a game of 3v3 on each field
- **Player Rotations:** Recommend keeping players on same field for the full game....UNLESS.... there is an injury, one team is short players (need to give a rest), or to create a more evenly matched game.
- **Pre-Game of Game:** 15-20 minutes of practice immediately before all games. Practice start at the Game Time posted on your team's schedule.
- **Game Length:** 8 minute quarters; 2 minute breaks between quarters. Halftime = 5 minutes.
- **Change Direction:** players change sides at halftime
- **The Clock:** only stops for injury

### **Substitutions**

- Substitutions are allowed at any stoppage, quarters, halftime, kick-off or injury (injured player must be replaced). Substitutions are made mid-field; player must be ready to enter field.

### **Referees**

- One coach per team acts as Referee on each field.

### **Playing Time**

- Every attempt must be made to play each child a minimum of 2 quarters per game

### **Practices**

- Practice is generally limited to the 15-20 minutes prior to each game. Before the season begins, coaches should arrange 2-3 practices so the players can meet their teammates and coaches.

## **Rules for U-5 Game play**

- (1) Coaches, please explain each call to the offending player(s) during the game.
- (2) No offside will be called. Offensive players are not allowed to station themselves in front of the goal. A coach shall not direct a player to play in an offside position. No "cherry picking."
- (3) Players may not handle the ball intentionally. Unintentional or protective hand ball is permitted.
- (4) Defensive players must be at least 5 yards from the ball on any indirect free kick
- (5) No Goalies; Coaches should not place a player directly in-front of the goal as a "position."
- (6) All free kicks are indirect = cannot score from a free kick. An indirect free kick should be touched/played by a second player (offensive or defensive) prior to a second touch by the kicker or a goal being scored.
- (7) All infractions for hand balls, tripping, kicking, pushing, holding will result in the stoppage of play and explanation of the offense. Play resumes with an indirect free kick at the point of the infraction.
- (8) All infractions for dangerous play will result in the stoppage of play and an explanation of the offense. High kicks, playing the ball while the player is on the ground, slide tackles and violently charging are dangerous play. Play resumes with an indirect free kick at the point of infraction. A
- (9) A drop ball will be used at the point of infraction whenever a call is uncertain of for dual penalties. If close to the goal, move back 5 yards from goalline
- (10) After an injury, play resumes with a drop ball
- (11) Unsportsmanlike conduct, offensive language or gestures result in a warning. A second offense results in the player's removal from the game. The ball is put back in play with a drop ball where the play stopped. Repeated offenses (multiple times per game or multiple games should be reported to the OYAA Director of Soccer).
- (12) If a ball crosses the sideline, play resumes with an indirect free-kick by the opposing team at the point where the ball crossed the line and left the field of play.
- (13) If a ball crosses the Endline in its entirety, it is put back in play with a kick by the opposing team. The kick shall be taken from the corner if it was last played by the defending team and from a spot 6 feet in front of the goal if last played by the attacking team.
- (14) Players, coaches and parents from each team may be located on the same side of the field.