

COACH'S GUIDELINES FOR U-6

Number of Players

The maximum number of players on the field at one time for U-6 is 4v4 with no goalkeeper.
Coaches are allowed on the field any time.

Time

20 minute halves with a 5 minute half time.
Sessions vary between 9:00am and 10:30am.
Each 1.5 hour session begins with 1/2 hour practice and concludes with 1 hour of game play according to rules posted on the website.
No other practices are permitted.

Ball Size 3

Equipment

Shin guards must be worn when playing.
Shin guards must be covered either by socks or long pants.
Soccer cleats or tennis shoes only. No other type of cleat is allowed. Any cleats that have a toe cleat are considered a safety issue.
No jewelry (including wristbands). Soft hair ties are acceptable.
No hooded sweatshirts.
Team shirt (or similar color) must be worn overtop any shirt.
Any special equipment must be approved by the referee/official.

The Referee

A coach or parent shall monitor play.
The primary concerns are safety and enjoyment of the players.

Start of Play

There is a Kick-off at the beginning of the game and following each goal
The kick-off can be played backwards from the center spot to ensure possession.
Players should remain in their own half of the field until the ball is kicked.

Substitutions

Substitutions are unlimited.

Corner Kicks

When a ball crosses a goal line and was last touched by a defender, the game is restarted by a corner kick by an attacking team player.

Goal Kicks

When the ball crosses the goal line and is last played by an attacker, any field player from the opposite team can restart the game by passing the ball into play from inside the defensive quarter area.

Penalty Kicks

None

Throw-ins

The ball shall be restarted with a throw-in from the spot where it left the field of play.
Two hands on the ball thrown overhead with both feet on the ground. Unlimited re-throws are allowed.

Restarts

All restarts are indirect kicks - the ball must be touched by another team member before shooting onto goal.
Opponents must be at least 4 yards from the ball.

Goals

Following a goal, the ball is restarted with a kick-off similar to Start of Play. Possession goes to the "scored-against" team.

4 Goal Rule

If one team is ahead by 4 goals, the other team may add another player to try and make the game closer.
The team that is ahead can also remove a player instead.

Offside

The offside rule does not apply, but a team cannot station an attacking player at their opponent's goal.

Sliding and Slide Tackling

No slide tackling is allowed, but players can legally slide to play the ball if there is no danger to an opponent.

Heading

No intentional heading of the ball is allowed.

Misconduct

A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game.

The player may be allowed to reenter the game after a cooling off period at the discretion of the coaches.

The Advantages of Playing Small Sided Games

The child has:

- * More opportunities to experience possession of the ball
- * More time and space to make decisions about the game
- * More opportunities to recognize tactical situations
- * More opportunities to develop a range of techniques
- * More actual playing time
- * More energetic workouts
- * More reason to stay involved in the play

The small field allows for:

- * More efficient use of space
- * More games to be played simultaneously
- * Players to immediate transition between attack and defense
- * Children to be actively involved for longer periods of time

Young children are having fun when:

- * They score goals
- * They dribble the ball
- * They pass the ball
- * They refine existing skills
- * They learn new skills
- * They learn more about the game
- * The experience success
- * They are challenged at their own level
- * They are encouraged to experiment
- * They are not scolded for making mistakes
- * They are given freedom to make decisions
- * They are playing children's games, not competing in adult sports
- * Games are against like-skilled opponents
- * Games are not one-sided
- * Adults are supportive and not critical
- * Adults provide helpful feedback

