

## Appendix A

# NEW BALL METHOD For U5 and U6

### The Process

- When the ball goes out of bounds or a goal is scored, a coach calls “new ball” and rolls a new ball into play
  - New Ball should be rolled into neutral space, to the disadvantaged team
  - No kick offs after a goal, No corner kicks, No goalkicks, No kick-ins
- Substitutions are done “on the fly” like hockey. When a player is tired or a coach is ready to make a substitution, the player runs off the field and the new player runs on. No stoppage of play!

### Tips for Success

- Several balls are required for this method. Use a regular kick off to start each half
- The 2 coaches should assign themselves to a half and carry 1 or 2 balls in each arm
- If the ball goes slightly out of bounds but the player dribbles back in, that’s ok! Let them play on
- Favor the team on the wrong side of a one-sided game
- Favor individuals who are not becoming involved in the game
- Have parents help retrieve balls and bring back to the coach

### Why use the New Ball Method?

- More touches on the ball: This method doubled or tripled the number of touches by a player in peer reviewed scientific studies (Richmond Hill SA 2001/20002). More touches means faster skill development and increased enjoyment of the game
- More playing time. Indiana Youth Soccer studied the effect of the New Ball Method and found that in a 7 minute quarter, the ball was in play for 4 minutes using traditional rules, and about 6 minutes and 30 seconds using the New Ball Method
- This method will speed the game up, produce more goals and more excitement
- Unlike at the higher levels, at this age goal kicks, corner kicks, and kick ins do not provide the tactical advantage for the kicking team, and can often be a disadvantage. Consequently, re-starts substantially slow the game with no benefit to the player or spectator
- The New Ball Method has proven to be a great success with clubs around the country that have adopted it!

### Since there is no referee who calls the fouls?

- Fouls at this age are almost always innocent, and result from a lack of coordination rather than malicious intent, so fouls should almost never be called- a player can be substituted and instructed on the rules of play when that player comes off the field
- Players are rarely hurt (other than hurt feelings) by a foul at this age, and since score is not kept and records are not important, any tactical advantage obtained by a foul is meaningless, and can be corrected with the next “new ball”
- If necessary, one coach from a team may be assigned each half to call the most blatant fouls