

Earlham / WCV / Van Meter U6 Partnership

U6 Soccer Quick Facts

U6 Coaching Considerations

The qualities of a good coach in the U6 age group are patience, good humor, and the willingness to see the world through a child's eyes. Make sure you are dressed like a coach (no jeans, no suits) and be prepared to play with the children, demonstrate activities, act silly and become an active part of their game and learning!

U6 Rules Summary

- **Game Form:** 4 players per team on the field
- **Ball Size:** Size #3
- **No Goalies:** A Defensive Player is not to be held back. No defending player should loiter in the back quarter of the field while the ball is in the offensive half.
- **General**
 - The home team is responsible for deciding whether to cancel a game due to weather as well as working with the other coach to reschedule.
 - Unlimited substitutions during any stop in game
 - Players should participate a minimum of 50% of the time.
 - Switch sides of the field after half-time
 - Do not allow players to slide tackle.
- **Field Markings:**
 - Include markings for the goal box and center circle and corner arcs.
 - Goal box markings as follows:
 - 5 feet off/out from each post
 - 10 foot out from end line
 - Overall field dimensions would remain at club level discretion based on available space
Note: Earlham will likely continue to use the same field size for U8/U6
- **Build out line:** The center line will be the build out line during goal kicks. Players will remain behind the build out line during goal kicks. This will allow the team bringing the ball into play an opportunity to add some controlled touches and to safely bring the ball into play. All players from the opposing team shall stand a minimum of 15 feet away during goal kicks.
- **Restart Methods:**
 - Throw-In: Players are expected to execute proper throw ins. Members of the opposing team should be 15 feet away. If a player does not do it right the first time, they will be allowed one attempt to retry.
 - Corner Kicks- Members of the opposing team should be a minimum of 15 feet away
 - Goal kicks- Members of the opposing team should be behind the build out line (half line) until the ball is brought into play.
 - All kicks are Indirect. A team may not score directly from any restart kick.

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- **Kicks:**
 - All kicks are indirect.
 - Players Cannot score directly from throw in or a kick off, the ball must be touched by another player for goal to score)
- **Timing:**
 - Teams should arrive 10-15 minutes prior to game start.
 - The game consists of four, 8-minute with 2-minute breaks between quarters and a 5-minute half time break. The quarter length is at the discretion of the coaches. The referees will be prepared for either timing.

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Game Day Responsibilities

- Arrive at the field at least 15 minutes prior to the time you told the players to arrive.
- Check the playing surface and equipment for safety e.g. objects on the field, goals are secured.
- Make sure you have a game ball that is properly inflated.
- Confirm the number of players available.
- Organize a warm up for your players – lots of movement – not just kicking on goal.
- Coordinate your player rotation to make sure all players receive equal playing time.
- Make sure all your comments are very positive.
- Make sure each player drinks water and stays hydrated.
- Players should be aware of the direction they are attacking and team shape can be addressed.
- The players can be set up in a diamond shape to start the game and at other natural breaks (kick offs, goal kicks) however, during the game players must be allowed to run around freely – bunch ball is a natural occurrence in these age groups
- Positions are not necessary and although you may be tempted to leave a player back to defend the goal this is developmentally inappropriate.
- Under no circumstances should children be made to stand in a position, stand on a line or in a certain area.

U6 General Developmental Characteristics

- Short attention span.
- Most are individually oriented (me, my, mine).
- Constantly in motion.
- Psychologically bruised very easily.
- Little or no concern for team activities.
- Physical and psychological development of boys and girls is quite similar.
- Physical coordination is immature.
- Eye/hand and/or eye/foot coordination is most primitive at best.
- Love to run, jump, roll and climb.
- Catching skills are not developed.
- Can balance only on good foot.
- No sense of pace — GO FLAT OUT!!!

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U6 Age Group Practice Objectives

The Earlham Soccer Club currently does not require U6 teams to practice. Should you opt to have a few practices, here are a few tips and tricks.

Coaching Emphasis Fun!

Technique Dribbling, changing direction while running with the ball, shooting and kicking with different surfaces.

Psychology Sharing, fair play, how to “play”, emotional management.

Fitness Balance; running; jumping; coordination; movement education.

Tactics Players should be aware of the direction they are attacking, where they are on the field and be encouraged to be ball-orientated (always wanting to be involved in the action). Team shape can be addressed but under no circumstances should players be put in positions or made to stay in a certain area. In the U6 age group, players can be set up in a triangle shape to start the game and at other natural breaks (kick off, goal kicks, etc.)