

U5 Program

General Concept

Under-5 soccer is a fun and pressure-free introduction to the sport of soccer for Kids and Families. This is an age of discovery for the kids. They learn by playing, not by being directed. U5 Divisions are single gender, ages 4 to 5. There is One Big Team that is divided up on Game Day. There is a wide range of size, ability and maturity. Every player must have a parent present at all times to help and deal with any issue that may arise. U5 is scheduled “around” Lunch, between about 10:00 and 2:00 depending on the field. We have 60-minute time slots scheduled: Half for the Practice, Half for the Game. Experts Coaches and Team Coaches run the 30-minute Practice assisted by the Parents of Every player. Team Coaches supervise the “game” played in the second half of the scheduled time slot. Every player plays 3/4 of each game, minimum.

Field

Each team sets up one 25 x 18 yard field, marked with flat cones (4 U5 fields on ½ of a U12 field). Each team has two goals and sets up one complete field. If you forget a goal(s), use the taller cones to make a 6-foot wide “goal”. Goals are returned at the last game of the season.

The Equipment

Use a #3 soccer ball for games and practices.
Lots of flat cones for marking the fields for practice and games.

Player Equipment

Every player must wear shin-guards under their socks. Safety first!
No Earrings, Friendship bracelets, Hard items in the hair, etc. Coaches will do equipment checks!
Shoes – Any kind will do: “Sneakers” or Soccer Cleats, but no Toe cleats (Baseball shoes).

The Practices

The first 30 minutes are used to setup the field and to run the practice.
All kids practice together. Use parent involvement to get EVERY kid active.
The best practices involve all of the kids all the time. One-with-one is the goal. So for every player there is a parent or coach helping him or her master the skill.
The Co-coach and parents must participate so that every kid has the help they need.
No additional practices are allowed. The goal is to make this as fun and simple as possible for everyone.
A non-practice Pre-Season Parents and Players get together (Party) is highly encouraged.

The “Game”

At Game time, each Division will be spit into several equal groups with the high skilled players in one group and the less skilled in the other. Team of similar skills will play their opponent group 3 vs 3. Coaches are at liberty to substitute players and/or switch groups on the quarter or at halftime. Two co-coaches helps on each game field. Only involve parents if needed. The game is 25 minutes long: Two 10-minute halves, each with quarterly substitutions and a 5-minute halftime. Coaches do a “Pre-game” equipment check 30 minutes after the start of the scheduled time. Have teams shake hands. Get two “Captains”. Perform a coin toss. Winner kicks-off. The games will be started by the Coach ~30 minutes after the U5 Schedule time. Coaches and parents are welcome on the field as necessary to help make it a fun and safe game. Make the first quarter for the shy kids and the last quarter for the aggressive kids. At the half time, all coaches should talk as a group. If the games are imbalanced (>3 point difference), move the best teams onto the same field for the second half of the “Game”. Post-Game Cheers, Team handshakes and parents “tunnels” are expected.

U5 Game Procedures

General Concept

Under-5 soccer is a fun introduction to the sport for the Kids and the Family.

The U5 Coaches work closely with one another and the parents to make this Safe, Fair and Fun.

U5 Referees or Monitor

There are no Referees. The games are supervised by the coaches.

U5 Procedure

Before the game, sort out who is going to be the center “Supervisor” (Only one on the field).

5 minutes before the game, blow the whistle and at mid-field line up both teams facing each other.

Check each player: no Jewelry, no toe-cleat (any kind of shoe is OK) and Shin-Guards under the socks.

Have the teams shake hands

Get the captain from the visiting team to call the coin toss. If they win the toss, they get the kick-off.

With the coach’s help, setup for a kick-off

Half way through both halves (After 5 minutes), stop play for player substitutions.

After the 10-minute half, whistle to stop play for a 5-minute halftime.

At Halftime ALL coaches confer to make adjustments to more evenly balance the play.

Start the second 10-minute half with a kick-off for the team that did not win the coin toss.

At the end of the game, whistle to stop play

This is supposed to be fun for everyone. So let the parents or coaches help as needed.

Explain to the players every call and the correct procedure for each restart.

Laws of the Game for U5

Law 9: Ball In and out of Play and Law 10: Scoring

Any time the ball completely crosses a Touchline (side-lines) or Goal line it is out of play.

A goal is scored if it crosses the goal line and enters the goal. A kick-off follows.

All other times, a Throw-in from the goal line is the restart. Move 5 yards away from the goal.
(Taken by the defenders. The attackers are the ones that last touched the ball)

Out of Play is a Throw-in: There are No Corner Kicks or No Goal Kicks in U5.

Law 12: Fouls and Misconducts

When a player carelessly trips, kicks, pushes, strikes or deliberately handles the ball the other team gets a “Direct Free Kick”. They get to kick the ball from that spot. (5 yards away from any goal.)

If there are tears or other issues, the player may leave the field to be attended by a coach or parent.

There are No Penalty Kicks or Indirect Free Kicks in U5.

Law 15: Throw-in

Taken from the nearest to where the ball left the field of play. (5 yards from any goal.)

Ball is thrown using 2 hands, in one motion from behind and directly over the head, with both feet on the ground, on or behind the line at the point of release of the ball.

Re-tries are allowed until the player gets it right (or close)

No double touches by the thrower. (They can’t kick their own throw-in. Give the player a re-try.)

Law 8: The Kick-off

Taken from the center of the field.

Players are in their own half of the field.

Opposing players are at least 5 yards from the ball.

No Double touches by the kicker. (Give the player a re-try)

Law 13: Direct Free Kicks

All other players on the other team are 5 yards back from the ball.

A goal may be scored from a Direct Free Kick

No Double touches by the kicker. (Give the player a re-try)