

# U6 Program

## General Concept

Under-6 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. U6 Divisions are single gender ages 5 to 6. 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 deal with any issue that may arise with their kids.

U6 is scheduled “around” Lunch, between about 10:00 and 2:00 depending on the field

We have 60 minutes time slots scheduled: Half for the Practice, Half for the Game.

MLS Coaches and Team Coaches run the 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 games, minimum.

## Field

U6: 30 x 15 yards, marked with flat cones.

U6: Each team has one goal and sets up one half of the field.

If you forget a goal(s), use the taller cones to make a 6-foot wide “goal”.

Goals are returned to AYSO 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 needs to wear shin-guards under their socks. Safety first!

No Earring, 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. Limit the one-at-a-time drills.

The Assistant coach and parents are encouraged to participate.

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(4) vs 3(4). Coaches are at liberty to substitute players and/or switch groups on the quarter or at halftime.

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 U6 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.

If the games are imbalanced (>3 point difference), coaches are expected to adjust the mix of players.

Post-Game Cheers, Team handshakes and parents “tunnels” are expected.

# U6 Game Procedures

## General Concept

Under-6 soccer is a fun introduction to the sport for the Kids and the Family.

The U6 Coaches work closely with one another and the parents to make this Safe, Fair and Fun.

## U6 Referee or Monitor

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

## U6 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 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 U6

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

Any time the ball completely crosses a touchline it is out of play

A Throw-in from the touchline is the restart

(Taken by the defenders. The attackers are the ones that last touched the ball)

Any time the ball completely crosses a 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 “Kick-in” from the goal line is the restart (Move 5 yards from the goal)

(Taken by the defenders. The attackers are the ones that last touched the ball)

(There are No Corner Kicks, No Goal Kicks and No Penalty Kicks in U5 or U6)

### Law 12: Fouls and Misconducts

When a player carelessly trips, kicks, pushes, holds, strikes or deliberately handles the ball the other team gets a “Direct Free Kick”. That is they get to kick the ball from that spot.

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

### Law 15: Throw-in

Taken from the touchline (side-lines) nearest the spot the ball left the field of play

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.

Help the player get it right or close so no Re-tries are needed.

No double touches by the player taking the throw-in. (Give the player a re-try)

### Law 8: The Kick-off

Taken from the center of the field. Players 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)