

# 6U

Start of warm up is time posted on schedule  
No goalkeepers at this age

- Field:** 15 x 30 yard rectangle with a halfway line and a 5 yard radius center circle. Pop-up goals may be provided, or use two cones set 6 feet apart
- Ball:** Size 3
- Players:** Maximum roster of 6, with 3 vs. 3 on the field. All players play half the game, with as many as possible playing three quarters.
- Referees:** Certified coach or volunteer. No yellow or red cards will be shown to players.
- Duration:** Total activity should last no more than 75 minutes:  
**START AT TIME POSTED ON SCHEDULE**  
Warm up and fun games: 5-10 min.  
Water break, equipment check: 5 min.  
Training games: 15-20 min.  
Game prep, parent organization: 10 min.  
Game: 3 vs.3 played as follows: 5 min. quarter, 2 min. drink break, 5 min. quarter, 5 min. half time, 5 min. quarter, 2 min. drink break, Total game time of 20 minutes.

## Start of Play:

Kick off from middle of field. Coin flip to determine which team starts and the opposing teams starts at second half. Coach or referees to ensure opponents are to be at least 5 yards from spot of kick.

## Ball in and out of play:

**There are NO throw-ins at this age.**

When the whole ball passes over the touch line, either on the ground or in the air, it should be placed at the touch line and kicked in from where it crossed the line, by a player of the opposite team. When the whole ball passes over the goal -line outside the goal the re-start will be either a corner kick or a goal kick. If the attacking team last touched the ball the defending team re-starts with a goal kick from beside and slightly in front of the goal. If the defending team last touched the ball the attackers will

re-start with a corner kick taken from the corner of the field on the side of the goal that the ball went out on.

If the whole ball crosses the goal-line in the goal, a goal has been scored and the re-start is a kick-off from the center by the defending team.