



U-5/ U-6 Guidelines

AYSO's **Vision** is to provide world class youth soccer programs that enrich children's lives.

AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

- Everyone Plays®
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development

Introduction

The objective of this program is to provide young players and their parents with a "pressure free" introduction to the beautiful and simple game of soccer. At this age players should be exposed to soccer by playing simple, fun activities and games that require little to no practice, and a minimal time commitment.

This program is designed to allow players to discover the game for themselves.

3 v 3 Game Set-Up and Guidelines

Session Schedule

Sessions should last one hour including organizing time and breaks.

- 10 minutes - Group Warm-Up and Activities
- 15 minutes - Training Activities and Games (water break in there if desired)
- 5 minutes - Team organizing and water break
- 30 minutes 3 vs 3 Game (played in two halves of 15 minutes running time each with a short break at the quarter to make substitutions and get a quick drink)
- A minimum of 2 quarters is required for each player and it is recommended that no one play 4 quarters until everyone has played 3 quarters.

During the game, the job of the coach is just to keep the game going. Encourage the positive things and try to limit the directions. Both coaches should demonstrate teamwork by communicating and working with each other to ensure that both teams are having fun.

All other parents should be encouraged to cheer positively and refrain from "coaching" (giving directions) from the sideline. This is the time for the kids to play – LET THEM!

Player Equipment:

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

The Start of Play:

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

The Kick-off:

The kick-off is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

Ball In and Out of Play:

The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. In U-5 games, the coaches will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later.

Throw in:

When the ball goes out of play in U-5 games across the touch line (side lines) or the goal lines (end lines) without a goal being scored, a throw in is awarded at the point it crossed the line. The throw in is awarded to the team that didn't touch the ball last. In U-5 games, whether the throw-in is properly taken or not, let it go...teach proper technique later. Again, let them play with minimum interruption. Keep the game moving and fun.

Method of Scoring:

A goal in all age group games is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. In U-5 games, goals are not recorded to determine who wins as everyone is a winner.

Fouls and Other Stoppages:

Deliberate fouling should be rare in U-5 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any additional reasons to stop play in U-5 games. If a player is "not playing well with others", or if play must be stopped for any other reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin again with a free kick or as may be appropriate. Award the restart to whichever team deserves it. Stoppages must not become a lengthy ceremony.

Free Kick:

Play may have to be stopped occasionally to "sort things out" in U-5 games. When this is necessary, correct the situation then restart with a free kick for a deserving team. The opposing team should be at least 5 yards from the ball in U-5 games. All free kicks in U-5 games are direct free kicks which means, if you're lucky, a goal can be scored directly from the kick without the ball having to be touched or played by another player on the field (in-direct kick).