

Quick Reference Guide to Coaching U6

Overview

The purpose of soccer at the U6 age group is to simply introduce the basics of soccer and begin introducing some structure from the real game. Players are beginning to dribble/shoot, but typically still playing as individuals, not as a team. *Parents should cheer for **BOTH** teams and **ALL** players in a supportive environment versus a competitive one.*

For all games, **the scheduled game time is the time the game should start.** Please arrive at the fields early in order to warm up. This is consistent with how scheduling works with U7 and above, so *we might as well start training our parents now ;-)*

General Rules

- **Optional practice league** - no more than once per week for 30-45 minutes and/or 15-20 minutes before scheduled game time
- Remember, you are coaching 5 year olds; set expectations accordingly. Introduction to basic skills like dribbling or passing may be appropriate.
- 3v3 format (max roster is 6)
- Field is 20yd x 30yd
- Size 3 soccer ball
- No scorekeeping. Kickoff at centerline after goals.
- Four 8-minute quarters; 5 minute half, plus 2 minutes between quarters
- Teams may switch sides at half-time (coach discretion)
- Each player must play a minimum of 50% of each half (for which they are present)
- Out-of-bounds on sidelines are rolled in (as with U4/U5) -- keep the ball moving.
- Out-of-bounds on goal line (by either team) is a goal kick taken from the goal line; *defending team must go back to the half line (consistent with U7 rules).*
- **NO GOALIES**
- **NO SLIDE TACKLING. This is dangerous for players at this age.**
- Both coaches may be on field to assist/direct players/referee. ***Do not discipline a child on another team*** -- ask their coach to address the issue (pushing, rough play, etc).
- Multiple balls may be used to keep the game flowing

As a reminder, U4-U10 at T&C are recreational leagues. If your team is much stronger than the other team, please find creative ways to make the match more fair and ensure that both teams are having fun. Some suggestions include:

- Make a game of it and have players kick using their left/non-dominant foot
- Play all your weaker players at one time to allow the other team to score
- If the other team is short players or has no subs and the other coach would like some help, see if you have a player or two who are willing to play with them.