



U-5 and U-6 Coach Information

Given the age of the players, and the fact that so few kids play at any given time, there will not be scheduled referees for your games. The recommendation is for coaches from each team to act as pseudo-officials to be in charge of starts and restarts of play, and general compliance of the rules. You might want to recruit a parent or other family member from the sidelines to help with time keeping. You will want to read the coaches manual as well as the leagues' condensed rules (included in folder) to have a basic understanding of rules and play. The main objective is to provide reasonable organization for the kids during a game.

One coach from each team may be on the field if needed. This is allowable at these age levels – but please stand out of the way of the kids – to the side or toward one goal – whenever possible. Or better yet, if your players are capable of taking your direction from the sideline (maybe at U6), stay on the sideline and off the field of play. Your role on the field should never be to give your team an advantage by coaching them - although you're allowed to cheer both sides! Your role is to assist them through any set-up confusion during the game.

There will be 3 players per side in U-5 and U-6. The fields are small to accommodate the smaller teams. There are **NO** goalkeepers. **Please do not use the strategy of placing one kid in front of the goal to act as goalkeeper or protector of the goal.** We want all kids to be involved with the game.

Coaches acting as pseudo-officials will decide throw ins, corner kicks or goal kicks, and help the kids where needed. Proper throw-in technique is not overly important. In this age group, the game is a time for instruction yet the game does need to progress along. The field is scheduled to your game for only 1 hour. Each half of the game is 15 minutes. The quarter break occurs at a natural stoppage in play like a throw in, goal or corner kick at approximately 7.5 minutes. You may change players and their positions at that time. Quarter breaks are 2 minutes long and halftime is 5 minutes. At the end of the game, both teams meet in the center to shake hands in good sportsmanship.

Your coach manual is an excellent resource – download it and use it! Also, please see the following web site for games you can use with your players during practices:

http://www.ayso.org/For_Volunteers/coaches/coach_training_games

Have Fun – And Coach Positively!