

U06 Guidelines

Activity Day at U-6

The U-6 activity day consists of a 60-minute session: 35 minutes of technical development and one 25-minute game.

The Field:

The recommended field size for U-6 games is 30 x 15 yards marked with lines or cones.

The Markings:

Distinctive lines can be used but are not required. Field can be marked using 20 flat pro-cones to mark all four sides.

The Goals:

Maximum four feet high and six feet wide OR four tall cones, two each set six feet apart.

The Ball:

A size 3 ball is used for U-6 games.

The Players:

There will be three per team on field; no goalkeepers. Five max on roster. Substitutions are between periods, at halftime and for injuries. The players will be separated by girls and boys teams at all levels of play. Only players should be allowed on the field, with the exception of a coach from each team who will manage the game.

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.

Duration of Game:

Four five-minute periods. Half time break of 5 - 10 minutes.

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 Kickoff:

The kickoff 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-6 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.

Fouls & Misconduct

The coaches will assess direct free kicks for all fouls, with the opponents five yards away from the ball.

Official:

There is no need for fully qualified referees to manage U-6 games. One or both of the coaches should "officiate". The games are intended to be an opportunity for the very youngest of our players to experience the fun of playing. The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with minimum interruption.