

# Dublin Soccer League

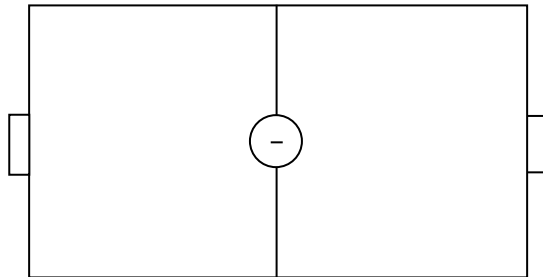
## U-5 Program



### U-5 Age Group (Timbits) Description

TO BE USED IN CONJUNCTION WITH THE PROGRAM HANDBOOK

Details	For Practice/Skills Session	For 3v3 Game Play
Players on field (x 2):	Up to 8 (all)	3 each with simultaneous play on 2 fields and no goalkeeper
Total Players in Group	8	8
Minimum # on field:	N/A	2 on each
Referees:	N/A	N/A
Ball Size:	3	3
Minimum playing time:	Continuous play by all	50% of each game (minimum), except when injured
Substitutions:	N/A	As desired
Duration of program:	15 minutes, followed by a 5 minute break/organizational period.	5 minute quarters 2 minutes between quarters <u>5 minutes half-time</u> 29 minutes total time



15 x 20 yards recommended  
Pop-up goals  
3 yard radius center circle  
No goal or penalty areas (boxes)

- Rules:**
- All players must wear shinguards. Soccer specific shoes are not required.
  - Coaches, permitted on the field, referee the game and explain calls and rules.
  - No goalkeeper
  - Kick-ins, no throw-ins
  - Only indirect kicks – No goals from kick-off
  - No direct kicks – No penalty kicks
  - No offside calls
  - Switch sides at half-time
  - No scores kept

**Special Rules:** Deliberate heading the ball in U-12 and younger recreation programs is prohibited by the DSL, in accordance with US Youth Soccer recommendations.

- Opposing players are to be 5 yards from the ball on goal kicks, kick-ins, corner kicks and free kicks.
- Goal kicks and corner kicks taken from closest corner to where the ball left the field.
- Effectively rotating players makes the experience more enjoyable.

With players divided into 3 groups; those on field A, those on field B, and subs. As you take a player off field A, prepare them to sub onto field B, then remove a player from field B to rest. A resting player then moves onto field A and so on until all players have an opportunity to rest and play on each field with a constantly changing group of teammates--figure 8, circular subbing, between fields.

**Concept:** The objective of the U5 coed soccer program is to introduce participants to the game of soccer using a simple formula of instruction and game activities that encourage fun and ultimately kicking the ball into the net.

Game day will be comprised of a 15-minute practice/skills session, followed by 3v3 play versus another U5 Timbit group. U5 Timbit teams will have a game schedule similar to U6 – U11/12 divisions.

Small sided games allow each player with as many opportunities to "touch" the ball as possible and minimize the "swarm" effect where several players hover around the ball as it moves around the field, giving only a few the opportunity to touch the ball. The "micro" soccer concept also reinforces the notion that soccer can be played with as few as 3 or 4 players, thus promoting independent pick-up games of "playground soccer." At this age scoring is frequent, desirable and satisfying to the young player. Having a player stationed in close proximity of the goal to guard against scores is not only undesirable, it isn't any fun.

**Coaches:** The focus is on fun and learning through simple drills and activities. Scrimmaging with the objective of kicking the ball into the net is to be encouraged; however, keeping "score" is discouraged.

Coaches are to bring their team bags with balls and cones for use each Saturday.

Coaches for the first game of the day should pick-up one set of portable goals from the equipment room at the concession stand adjacent to the fields and set them up for play. Coaches for the last game of the day should collapse and bag goals and return them to the equipment room.

**Problems:** Contact Avery Park south concession stand or call the office.