

# Dublin Soccer League

## U-6 Program



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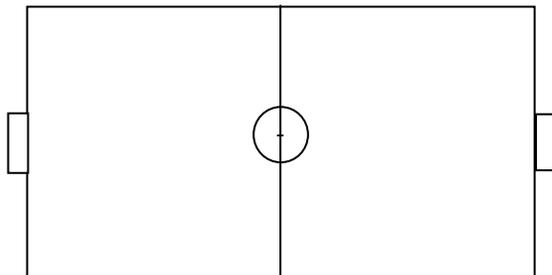
### U-6 Age Group Description

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TO BE USED IN CONJUNCTION WITH THE PROGRAM HANDBOOK

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Players on field:	5 with no goalkeepers
Minimum # on field:	3
Total Players on Team:	9 – 10
Referees:	N/A. Coaches are on the field, referee the game and explain calls and rules to players.
Ball Size:	3
Minimum playing time:	50% of each game (minimum), except when injured
Substitutions:	At mid-quarter (15 seconds) At quarter and half-time and in cases of injury (On injuries, when a player is replaced, the DSL permits all subs at the halfway mark to substitute from either team.)
Duration of game:	8 minute quarters 2 minutes between quarters <u>5 minutes half-time</u> 41 minutes total time



20 x 30 yards recommended  
6ft. wide x 4ft. high goal maximum  
3 yard radius center circle  
No goal or penalty areas (boxes)

- Rules: No goalkeeper  
 Kick-in, no throw-in  
Only indirect kicks – No goals from kick-off  
 No direct kicks – No penalty kicks  
 No offside calls  
 Coach explains calls/rules to players  
 Switch sides at half-time.  
 No scores kept.
- Deliberate heading the ball in U-12 and younger recreation programs is prohibited by the DSL, in accordance with US Youth Soccer recommendations.
- Special Rules: - 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.
- Injuries: In cases where a game is stopped for an injury, the injured player is expected to leave the field. Coaches should try to re-enter the player, if possible, to maximize playing time for each player.
- Concept: The objective of the 5-a-side soccer program is to introduce participants to the game of soccer using a simple formula that encourages fun, develops individual skills and provide fundamental knowledge of the game.
- Small sided games allow each player with as many opportunities to "touch" the ball as much 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 first is on the players' individual skills, and secondly, on "team" play or tactics. Tactical skills should be developed, but not at the expense of individual skills. Players will learn tactics through the playing of the game as they learn to "create space" in order to receive passes, or pass to space to efficiently develop an attack, etc. The beauty of the game is that the players have numerous opportunities to get involved in play with realistic challenges to accommodate the age/ability levels of the players.
- Coaches are present on the field to explain calls, position players and facilitate restarts. If no co-coach is assigned, recruit a parent helper to oversee players on the sideline.
- Do not argue with the referee. You may talk to the referee at half-time or after the game.
- Problems: Contact Avery Park south concession stand or call the office.  
 No win-loss record or game score is recorded.