

# Dublin Soccer League

## U-4 Program



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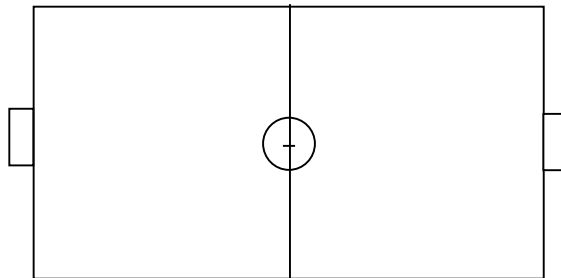
### U-4 Age Group (Timbits Juniors) Description

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TO BE USED IN CONJUNCTION WITH THE PROGRAM HANDBOOK

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Players on field:	Up to 8 (all)
Total Players in Group	Up to 8
Minimum # on field:	N/A
Referees:	N/A
Ball Size:	3
Minimum playing time:	Continuous play by all
Substitutions:	N/A
Duration of program:	45+ minutes. Groups meet at the same time each Saturday.



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 shoes are not required.  
Deliberate heading the ball in U-12 and younger recreation programs is prohibited.

**Concept:** The objective of the U4 coed soccer program is to introduce participants to the game of soccer using a simple formula of instruction and play activities that encourage fun and ultimately kicking the ball into the net.

**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 concession stand or call the office.