



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Greater Charlotte U6 Soccer League Rules (ages 4-5) Practice-Play Model

The Practice-Play Model is a grassroots philosophy that places the needs of the player first. Our goal through the implementation of this program is to place the players in as many game-like situations as possible. Our goal is to encourage a fun atmosphere of excitement and new experiences. Our practice-play model follows a very easy progression of: warm-up, teaching a skill, playing a small game with that skill. At the end of the practice portion, all teams will play a scrimmage against another U6 team. U-6 Soccer coaches should utilize the U-6 Soccer Coaches Playbook which supports the following outline:

(5 minutes) Fun first!

Spend your first five minutes of practice fostering an environment of cooperation, trust, and fun through interactive games that get the players ready for practice. Our curriculum provides one game for each practice.

(15-20 minutes) Learn second!

Transition from your warmup in to the practice portion of your time with your players. Take this opportunity to encourage players as they are challenged to develop through different exercises laid out in the curriculum. Players should experience success and improvement as a part of their growth individually. Your job as the coach is to keep their spirits high while also providing short instruction. Their greatest teacher, will be the experiences they encounter through the drills and games.

(30-35 minutes) Play third!

Always finish your day with an opportunity for your players to play and compete! Give instruction that teaches the rules of the game and helps them to participate while avoiding any advice related to strategy or tactics. The goal of this time would be that the players enjoy their time while learning the rules of the game. Close up your day with 1-2 short takeaways. These coaching points should teach the game and tie the character word of the day to a relevant situation each child can remember

Rules of the Scrimmage

Ball: Size 3

Players Equipment: Shin-guards are mandatory, cleats are recommended

Team Size: 4 field players (4 v 4) - Minimum of 3 players of team to play

Game Time: 4, 8 minute quarters (Halftime will be 1 minute)

In the spirit of the YMCA, each player is expected to play an equal amount of time during each game and must play in both halves. Unless a team only has 4 or fewer players, NO player can play the entire game.

1. No Goalie
2. Coach(s) positioning: Coaches will be allowed on the field to help officiate and run the game as well as coach players.
3. Substitutions and Rotations: Will be made in between quarters unless an injury is present.
4. Start and Re-Start of play: When the ball goes out of play, the coach will play a ball back onto the playing field to the team who did not play the ball out.
5. After a goal is scored/beginning of new quarter: Re-start of play begins at midfield.
6. Teams will rotate kick-offs from quarter to quarter.
7. Goals: Goals may be scored from anywhere on the field except on kick-offs.
8. Off-sides: Off-sides will NOT be called in this age group.
9. Penalty Kicks: No penalty kicks in this age group.
10. No score or standings will be kept.
11. Teams will **NOT** switch sides at half-time in this age group.
12. Teams and spectators will sit on opposite sides of the field.
13. For the safety of the players, absolutely no jewelry or gum allowed