

U6 Guidelines

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. U-6 game day will consist of a 60 minute session: 20 minutes of player development activities a five to ten minute break and a 30 minute game.

Field: Dimensions: 30 yards long x 20 yards wide – 2 fields next to each other.
Goals: four feet high and six feet wide.

Game: Ball Size: 3

Players: Three per team on the field, two games played at the same time.

No goalkeepers.

Substitutions: Between periods, at halftime and for injuries.

Playing Time: Minimum of two periods per game and no player should play four periods until everyone has played three.

Teams: Only players should be allowed on the field, with the exception of a coach from each team who will manage the game.

Duration: Four five-minute periods. Half time break of 5-10 minutes. You can play more based on players, weather and time.

Start of Play: The game should be started with a kick-off in the middle of the field. Coaches determine which team starts and then alternate kicks. Coaches will ensure that opponents are at least five yards from the spot of the kick.

Ball In and Out of Play: To be determined by the coaches.

Ball over the end line: An indirect kick from the end line for the defensive team and a “corner” kick for the offensive team.

Ball out on the side: Throw-in. Coaches should use this as an opportunity to assist the player with proper technique and permit additional throws if needed.

Goal Kicks: Should be from the end line. On either side of the goal box/arc. Build Out line- Per US Soccer's recommendations. The build out line is used to promote playing the ball out of the back in an unpressured setting. The half way line will act as the build out line for these age groups. The defending team should retreat back to half field prior to the goal kick being taken. The defending team may move forward once the goal kick has been taken and the ball is touched by the attacking team.

Fouls & Misconduct: To be assessed by the coaches. Direct free kick for all fouls, with the opponents five yards away from the ball.

Official: There is no need for a fully qualified referees to manage U-6 games. One or both of the coaches should “officiate”.

Players Equipment:

Foot wear: 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.

Shinguards: Mandatory, must be covered entirely by socks.

Uniform: Standard PCSL uniform, purchase at Reads Sporting Goods.