

# U5 Instructional Program

March 25, 2010

## **Mission:**

This KPSC U5 Division utilizes a program designed to maximize player development. This program is designed to provide the best possible introduction to soccer for our youngest players. The skills/tasks for a particular week are first provided and explained to the individual team coaches before the weekly activity with the team players. During each Game Day, both the trainers and the coaches work with the players to ensure proper execution and technique during training and game play, providing all with a positive learning experience.

## **Session Structure:**

The U5 sessions consist of one general session each Sunday at 11 am. Each weekly session consists of 2 parts. The first part consists of player training. One trainer will be assigned to 2 teams. Together with each coach, this allows for 3 adults to 14-16 players (approximately 1:5 ratio) This first portion will take 30 minutes.

After a 3-5 minute break, the second portion is the game time. The game will be broken up into 2 - 20 minutes halves of running time. The coaches will keep the game going and perform substitutions. Trainers will be overseeing game play to view player skills and techniques. All parents are encouraged to cheer positively and refrain from 'coaching' (giving directions) from the sideline.

## **Session Content:**

All aspects of the program are intended to allow maximum ball touches for each player. The development of gross motor skill will be enhanced through activities including running, jumping, kicking and throwing. Skills emphasized will include dribbling using / identifying various parts of the feet. Basic passing skills will be taught and utilized in later training sessions. Ultimately, the program is designed to allow the players to develop the confidence and skills necessary to successfully and confidently navigate with a soccer ball at their feet.

The sessions will be held on Sundays and coincide with the scheduled playing dates of the other in-house divisions of the Club.

## **Team Size and Configuration:**

Ideally there will be between 5 & 8 players per team. Mixed boys and girls. Every player will wear the standard KPSC intramural reversible uniform. All players are required to wear shin guards covered by socks to participate in both the training and game portions. Soccer shoes, tennis shoes or similar type of athletic shoes are recommended. Games are played with 3 players from each team on the field (3v3) and no goalkeepers. Substitutions are made so that all players receive an equal amount of playing time.

**Field:**

The recommended field size is 40 x 60 feet marked with lines cones and corner pins. It is estimated that we will need 3 club volunteers to help with field logistics on Sunday mornings. The home team coach as listed on the schedule will be responsible for inspecting the field layout.

**Goals:**

Goals will be supplied by the KPSC.

**Ball:**

A size 3 ball is used in practice and the game.

**The Start of Play:**

To start the first and second halves, and following each goal, play is restarted with a kick-off in the center of the field. The home team kicks off to start the game and the away team kicks off to start the second half. Following a goal, the team scored upon kicks off.

**The Kick Off:**

The kick-off is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. The intent is to let the players play and not interfere for technicalities.

**Ball In And Out Of Play:**

The ball is out of play when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. The adult supervisors or the referee will determine when the ball is out of play and should guide the restart with as little interference as possible. Restarts will consist of a free kick from the sideline, with the opposing team at least 5 yards away.

**Method of Scoring:**

A goal is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. Goals are not recorded to determine who wins as everyone is a winner.

**Fouls and Other Stoppages:**

Deliberate fouling is rare in the U5 age group. Kicking, tripping, handling the ball and dangerous play, however, may occur. There should be few, if any additional reasons to stop play. If a player is “not playing well with others: or if play must be stopped for any other reason (injury,

substitution, confusion or to watch a passing plane or bird), refocus the players and begin again with a free kick or as may be appropriate a dropped ball. Award the free kick to whichever team deserves it.

### **Free Kick:**

Play may have to be stopped occasionally to “sort things out”. When this is necessary, correct the situation, then restart with a free kick for the deserving team. The opposing team should be at least 5 yards away from the ball... All free kicks are direct free kicks.

### **Throw-in:**

Throw-in will be introduced in the later weeks of instruction. When the ball goes out of play across the touch line or the goal line without a goal being scored, a throw-in is awarded at the point it crossed the line. The throw-in is awarded to the team that didn't touch the ball last. If the throw-in is not taken properly, let it go, teach proper technique later. Let the players play with a minimum of interruption. Keep the game moving and fun.

### **Other Information:**

Have fun...remember it's all for the players.