

Gwinnett Soccer Association

Small-Sided Soccer Program

Under 5 & 6

RATIONALE

To further enhance the Recreational Program, both GYSA and GSA support USYSA's teaching philosophy with respect to small-sided soccer in U6, U8 and U10. This philosophy allows the game to be the teacher by maximizing each player's touches on the ball and encourages all the players to develop their skills in all positions. Further, the philosophy discourages intense competition until the older age groups.

MODIFIED LAWS FOR U5/U6 (3 v 3 or 4 v 4 competition)

LAW I - THE FIELD:

A. Dimensions:

The field of play shall be rectangular, its length being not more than 40 yards nor less than 30 yards and its width not more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width.

RECOMMENDATION:

Length: 30 yards Width: 20 yards

B. Markings:

1. Distinctive lines necessary, sidelines and endlines.
2. A halfway line can be marked out across the field or otherwise indicated.
3. While other markings are possible, they are not required to ensure the enjoyment and development of the younger players.

C. Goals:

Inside Width
6 feet (approx)

Inside Height
4 Feet (approx)

LAW II - THE BALL: Size three (3).

Circumference: 23-24
Weight: 11-12 oz.

LAW III - NUMBER OF PLAYERS:

- A. Maximum number of players on the field at any one time: Three (3) of Four (4).
There are no goalkeepers in this age group at GSA.
- B. Minimum number of players on the field in order to play: Three (3) or four (4).
- C. Maximum number of available players on the bench should not exceed three (3) or four (4).
- D. Substitutions:
 - 1. Injuries.
 - 2. See LAW VII.
- E. Playing time: Each player **SHALL** play a minimum of 50% of the total playing time, unless the player is unwilling or unable. In addition to this state rule, GSA requires that each player play 50% of the total playing time, unless the player is unwilling.
- F. Teams and games may be co-ed.

LAW IV PLAYERS EQUIPMENT: Conform to FIFA with the following exceptions:

- A. Footwear: Tennis shoes or soft-cleated soccer shoes.
- B. No baseball cleats (toe cleats) are allowed

LAW V - REFEREE:

- A. Coaches will keep time on the field. NO REFEREES.

LAW VI - LINESMEN: Not necessary.

LAW VII - DURATION OF GAME:

- A. The game shall be divided into four (4) equal eight (8) minute quarters.

- B. There shall be a two (2) minute break between quarter one (1) and quarter two (2), and another two minute break between quarters three (3) and four (4).
- C. There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

Note: GSA allows U5/U6 teams to perform free substitutions. Coaches are allowed to make substitutions at any time. Coaches need to be aware that they are still responsible for each player playing the required amount of time as outlined in LAW III, part E.

LAW VIII - THE START OF PLAY: Conform to FIFA with the following exceptions:

- A. Opponents must be three (3) yards from the center mark while kick-off is in progress.

LAW IX - BALL IN AND OUT OF PLAY: Follow New Ball Method (NBM) described below.

LAW X - METHOD OF SCORING: Conform to FIFA with the following exceptions:

- A. For the goal to count, the ball must have been struck last after it has crossed mid-field, on the attacking side of the field.
- B. After a goal the game will re-start with a kick off.

LAW XI - OFF-SIDE: There shall be no off-sides.

LAW XII - FOULS AND MISCONDUCT: Conform to FIFA with the following exceptions.

- A. All fouls will result in an **INDIRECT FREE KICK** with the opponent's three (3) yards away.
- B. It is required that the game official explain **ALL** infractions to the offending player.

LAW XIII - FREE KICKS: Conform to FIFA with the following exceptions:

- A. Shall be classified under one heading - INDIRECT.
- B. A goal may not be scored until the ball has been played or touched by a second

player of either team.

- C. No kicks shall be taken by the attacking team within three (3) yards of the defending team's goal.

LAW XIV - PENALTY KICKS: No penalty kicks.

LAW XV – THROW-IN: Not applicable. Follow New Ball Method described below

LAW XVI - GOAL KICK:

Not applicable. Follow New Ball Method described below

LAW XVII - CORNER KICK:

Not applicable. Follow New Ball Method described below

New Ball Method (NBM)

The idea behind the 'new ball method' is to keep the flow of the game constant and increase the number of ball touches by all the players. The 'new ball method' eliminates restarts such as throw-ins and corner kicks and keeps the ball in play continuously.

The basic principle of this method is that, when a ball goes out of bounds on the sidelines, the coach ROLLS a new ball into play.

To implement the 'new ball method', use either one coach, or two coaches, to ROLL the balls. If using two coaches, each coach should be in charge of half a field. The coach(es) should hold a number of balls, ready to be ROLLED, one at a time.

When a ball goes out of bounds, the coach yells "new ball!" and ROLLS a new one in.

Always ROLL the ball into the unoccupied space. Players will learn to move towards the ball. Do not THROW the ball in the air since the players are not yet skilled enough to control a bouncing ball.

The ball should usually be rolled on the ground to an open area of the field (i.e. away from the swarm!), generally in the direction of the team that would have possession.

Coaches should attempt to stay on the side of the field (each coach working one sideline). This can be difficult with young ones, but the players will soon adjust.

If one team is dominating the game, the advantage can be shifted to the other team by rolling the ball accordingly.

OTHER

- U5 & U6 players should **not** switch directions at half-time but attack the same goal all game.
- Opposing parent/coaches and players should shake hands after each game.
- Do not record league standings.
- Do not record final score.

- Parent/coaches, non-playing players, parents and spectators should be there to enjoy and encourage the activity of the youngsters.