

U5-U6 Recreation Game Day

There are no matches for this age group the first week or two. Trust the process. When we do have matches on game day, parents should cheer for BOTH teams and ALL players in a supportive environment versus a competitive one. The scheduled game time is the time the warmups should start. Please arrive at the fields early in order to warm up on time. [Printable Lineup](#)

Learn the [1-2-1 Classic diamond](#) and [4v4 attack pattern](#) of play we want to encourage for U7-U8

Week one and maybe two, no matches

30-45 Min Skills Games just like training days.

- Dynamic Warm Ups, Foot Skill Warm Ups
- Red Light Green Light, Yellow Light, White Light Competition to the end line
- Sharks and Minnows Competition Style 4-6 rounds
- Mosquitoes and Campers Competition Style 4 rounds (Week 2)
- Duck Tails Rondo/Diamond Passing 4 rounds (Week 2)
- Shooting Games: Steal the Bacon Back to own goal 2x, bring to opponents goal 2xs

Week Three on

45 Min Matches 4x4min quarters

- Dynamic Warm Ups - 2 Min
 - Hops only
- Foot Skills - 5 min
- Duck Tails Rondo/Diamond Passing Stay in formation - 5 min
- Formation [4v4 Pattern Play](#) - 2min
- Matches 4 x 8 min quarters (Depends on attention span) - 20 min
- **Sub in every 2 min**

General Rules

Remember, you are coaching 4-6 year olds; set expectations accordingly. There should be little coaching and the game should be mostly play. Occasionally remind them of key concepts such as use inside foot to pass, no toe balls, Try to shoot or pass. The goal at the end of the season is for them to learn key phrases and to know how to pass and kick the ball properly even if they can't actually do it. Matches will look nothing like traditional soccer games and that is ok.

- **Field is 25yd x 20yd Roots fields (Half 5v5 field)**
- 4v4 or 3v3 format (max roster is 7)
- Size 3 soccer ball
- **NO GOALIES**
- [No heading or slide tackling](#)
- No scorekeeping, balls kicked in goals are rolled back in to play (to an open space)
 - Mid to late season: Restart in middle of field after goal
- Four 2 minute quarters; 3 minute half, plus 1-2 minutes between quarters
- **Substitutions: Every 2 min**
- Each player must play a minimum of 50% of each half (for which they are present)

- Out of bounds flexible, Coaches put the ball back into play to open space, more strict as season progresses.
- Encourage a diamond shape. [1-2-1 Classic diamond](#)
- Both coaches are on the sidelines of the field to assist/direct players typically one on each half. We should be helping both teams out with minimal coaching.
- Multiple balls may be used to keep the game flowing when out of bounds
- Players don't switch sides at halftime (it confuses them)
- As a reminder, U5-U6 is developmental. If your team is much stronger than the other team, use the 4 breaks to please find creative ways to make the match more fair and ensure that both teams are having fun. Some suggestions include:
 - Make a game of it and have players kick using their left/nondominant foot
 - Play all your weaker players at one time to allow the other team to score
 - Let the other team control the ball all the way to midfield before you contest the ball
 - If the other team is short players or has no subs and the other coach would like some help, see if you have a player or two who are willing to play with them.

Videos For Tactics

This is too much for U5-U6 players but coaches should understand what we are working towards for U7-U8

- [1-2-1 Classic diamond](#) *Defender should push up during attack*
- [Wide Offence Squeeze Defense](#)
- [4v4 Pattern Play](#)
- [4v4 Concepts](#)