

Micro Soccer for U-6 Level

What is Micro Soccer?

Micro Soccer is a smaller version than the typical 11-on-11 soccer team. The concept of Micro Soccer allows less number of players on each team. This allows for more touches per player and more learning to occur. The object is for players to play two years of micro soccer before moving up to the U-8 level where they play 7-vs-7.

All games will begin with a combined "training session." Simple games and drills where every kid has a ball at their feet, learning how to dribble/use different surfaces of their foot, playing games, etc for 10-15 minutes.

Teams would then play 3v3 soccer (no goalies) in a format, with four 8-minute quarters, break at the mid-point for a full rotation (meaning three players rotate on/off). No referees, no throw-ins, no coaches on the field. All out of bounds balls are "kick-in" starts (with five yard free space). Goal kicks are taken from the goal line (same five yard free space), and corner kicks are taken from corners. We want lots of scoring, lots of freedom of movement, few rules beyond these and "do not use hands."

3-vs-3 Rules of Play (4 v 4 coaches may decide to use this format to allow more kids on field)

- * Field of play: 25 yards by 20 yards
 - Goals: goals will be four feet high and six feet wide.
 - Lining of field: White field paint will be used to paint the perimeter, highway line across the field, a center circle of 3 yard radius, 4 corner arcs with a two foot radius.

Ball: size 3

Number of players: Maximum number of players on the field at one time: 3 – there is no goalie. Maximum number of players on a team: 6 is recommended.

Referees: There will not be referees.

Substitution: Substitution is allowed at any stoppage of play. Your team does not have to be in possession to substitute. (Example: kick-ins, goal kicks, re-starts after a goal.)

Goalie: There will not be a goalie

Score/Standings: Score and Standings are not kept at this level.

Players Equipment

- players will be assigned a team color for shirts, black shorts and socks. These are not mandatory.

- Footwear: soccer cleats or tennis shoes.
- Shin guards: mandatory and should be covered by a pair of socks.
- No jewelry of any kinds. Pierced earrings must be removed or covered with Band-aids.

Duration of games

- The game shall be divided into four (4) equal quarters, eight (8) minutes in duration with a continuously running clock.
- There shall be a two-minute break between quarter one and quarter two, and another two minute break between quarters three and four.
- There shall be a half-time break of five minutes.
- Change directions at half only.

Start of Play

- At the beginning of the game, choice of ends and the kick-off shall be decided by the toss of a coin. The team winning the toss shall have choice of ends or kick-off. Play is started from the center of the field, by a player kicking the ball to a teammate in any direction. The kicker shall not play the ball a second time until it has been touched or played by another player.
- Every player must be in his/her own half of the field and opponents shall be at least three (3) yards away from the ball until it has been kicked off. The ball will be considered in play when it has traveled the distance of its own circumference (approx. two feet).
 - After a goal has been scored, the game shall be re-started in a like manner by a player of the team losing the goal.
 - Kick-offs at subsequent quarters will alternate such that the team beginning the game will kick-off the first and third quarters and the other team will kick-off the second and fourth quarters. (Ends only change at the half.)
 - Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation to the offending player.

Ball in and out of play

The ball is out of play:

When is has wholly crossed the goal line or touchline, whether on the ground or in the air. Remember, the entire ball must be completely over all the line to be considered out of play.

-When the game has been stopped for re-starts, officiating or substitution purposes-the ball is in play at all other times from the start of the match to the finish.

Method of Scoring

- A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the cross bar.
- A goal may only be scored from the offensive side of the centerline. Balls entering the goal area after being played directly from the defensive side of the centerline will result in a goal kick for the defending team.

- just a reminder---score is not kept!

Offside

- There shall be no offsides. However, coaches should watch for players that position in front of the goal and counsel the player to move out into the field of play.

Fouls and Misconduct

- The only infractions that will be called by the coaches are as follows:
 1. Intentional use of the hands to gain advantage whether handling the ball or touching another player (shoving).
 2. Intentional tripping. Also remember that young children are using their fee to play a game and casual tripping going for the ball will be common.
- All rule infractions (and miss-plays that result in a replay) shall be briefly explained to the offending player as the micro-soccer game at this age is designed to be a learning experience.

Free Kicks

- All kicks (kick-offs, goal-kicks, corner-kicks, kick-ins) will be Indirect, meaning a goal may not be scored until the ball has been played or touched by a second player of either team. The kicker shall not play the ball a second time until it has been touched or played by another player.
- Opponents must be at least three (5) feet away from the ball on kicks.

Penalty Kicks

- NO penalty kicks are to be taken during these games.

Throw Ins/Kick-ins

- Throw-ins are not done at this age level during regular season play. During Festival games, children will be instructed on how to do throw-ins.
- if coaches feel a child is ready to do throw-ins, they will be introduced to this during the season.
- Opponents must be at least three (3) yards away from the ball on kick-ins.

Goal Kicks

- When the whole of the ball passes over the goal line (excluding the portion between the goal posts), either in the air or on the ground, having last been played by one of the attacking team, a member of the defending team shall take a goal kick. Goal-kicks are taken from anywhere along the goal line (end line.)
- Opponents must be at least three (3) yards away from the ball on kicks.

Corner Kicks

- When the whole of the ball passes over the goal-line (excluding the portion between the goal posts), either in the air or on the ground, having last been

played by one of the defending team, a member of the attacking team shall take a corner-kick. The ball shall be placed within the quarter circle at the nearest corner and kicked from that position. This is an indirect kick.

- Opponents must be at least three (3) yards from the ball on kicks.

Please remember that the concept of micro soccer is for the kids to have fun and learn the skill of handling a soccer ball and the concept of teamwork. Try not to be too carried away with the game. Just let the kids enjoy the soccer experience. We are not keeping records or even scores, so let everyone just go out and have a good time. To promote “good sportsmanship”, players and coaches will shake hands after each game, followed by the players running through a tunnel made by parents from both teams. This is a good gesture to reinforce the sportsmanship of the game and each team’s efforts.