



## Under 5 and 6 Development Program

Division	Playing Time	# of Players Including Goalie	# of Players to Avoid Forfeit	Ball Size	Field Size
U5	20 minute skills and a game of 20 minutes	5	N/A	3	18x28 (Micro)
U6		5	4	3	

### DEVELOPMENT PROGRAM

This program is designed to develop new skills and start incorporating laws of the game with the assistance of coaches and referees.

### PRACTICE DRILLS

When you arrive at field, have a couple practice drills ready for players to work on. No more than 20 min into the hour for this part of the program.

### PLAYERS/COACHES

There will be 4 players and a goalie for a total of 5 players per side.

There can be a max of 2 adults i.e. coach and/or assistant on the field at any one time. If you have a very shy child and parent wants to go out on field with them – that is fine for the first 2-3 weeks but then it is necessary to encourage the child to go out on his/her own.

### KICK OFF

Players will start game, as with all mini games, with the kick off at centre field.

### GOAL KICK

When a ball is kicked out at the touchline (behind the goal net), the goalie will kick the ball from the top of the box.

### KICK-INS

When a ball is kicked out at sides, a kick in will result (instead of a throw in). Players will kick the ball from the sideline and opposing players will give 6-8 feet for the ball to be inbounded fairly. A goal can not be scored on a kick in.

### GOALIES

When the ball is kicked into the goalie area and he/she picks up the ball, the goalie then places the ball on the line at the front of the box and kicks it out to players. All players must be 10 feet back, so that no one gets hit with a ball/foot. Also, it will give the players a chance to clear the ball instead of a kick right back in.

### REFEREE

There will be one referee for both U5 and U6. The referee is in charge of the game at ALL times.