

PRYSA U-6 Addendums - PRYSA rules supercede USYS rules.

Ball size 3

3 v 3

Substitutions

- are made at any stoppage of play (throw-in, goal kick, corner kick, kick off) or when there is an injury.

Game Length:

- 4 quarters 8 minutes each with 2 minute breaks and 5 minute half time.

Kick Off

- The game shall start with one team “kicking off” from the center line.
- Who kicks off in the first quarter is determined by the coaches typically with a coin toss before the game.
- A goal cannot be scored directly from a kick off. You may kick or pass it.
- The opposing team must stand outside the circle (on their defensive side) until the ball is kicked. After the ball is passed or kicked the opposing team may enter the circle and attack.
- The ball must go forward over the half line.
- After each goal the opposing team will kick off.
- The teams will take turns at each start of a quarter starting off. For example: Team A will kick off quarter 1 and 3. Team B will kick off quarter 2 and 4.
- You will not switch sides an any quarter in U6

No offsides in U-6.

Fouls/Misconduct

- All fouls will be assessed with an indirect free kick. An indirect free kick means that you cannot score directly from it. A minimum of 2 players must touch the ball.
- All fouls will be explained to the child.

Free Kicks:

- Will be given for fouls, hand balls, dangerous plays, slide tackling, etc.
- Opponents will stand no closer than 4 yards
- Usually a free kick is given at the point of the foul, but use your common sense if the infraction should happen too close to the goal.

Goal Kicks

- Should be taken at one of the top corners of the “goal” box
- Opponents can stand no closer than 4 yards (either a larger box or just a line should be painted)

- Is taken when the opposing team kicks the ball out of bounds over the end line (behind the goal)

Corner

- Is taken when the defending team kicks the ball over the end line
- Is taken from the corner closest to where the ball went out.
- Opponents cannot stand closer than 4 yards

Throw Ins

- Are given to the opposing team when your team kicks the ball out of bounds on the sideline.
- Both hands are placed on the ball
- The ball must go behind the head
- Both feet must stay on the ground
- U6 players are given more chances to try a “good” throw in if need be

Goals

- Goals are awarded when the ball wholly crosses over the end line in between the goal posts.

Out of Bounds

- The ball must completely and wholly cross over the line for it to be out of bounds.

Remember:

- No score is officially kept in U6
- Keep the play positive for both teams
- Encourage all players to do their best on both teams
- This is a learning experience for all players
- All players should play 50% of the time unless injured, sick, etc

Main Goals for Coaching U6

- Teach “team” play
- Teach which way to go, which goal to shoot in
- Terms of soccer: kick, goal kick, corner kick, throw in, shoot, passing, dribbling
- Teach out of bounds
- Introduce throw ins
- Introduce passing, dribbling, and shooting
- Teach how to pass: use the inside of your foot
- Never use your toe
- Have FUN!!!

No heading in U6

No slide tackling in U6