

# **AYSL Coach's U5/6 Game Rules**

Commissioners (use cell on Saturday only)

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## **TO START THE GAME**

- Make sure the opposing team is outside of the circle for kickoff
- Try to encourage the kickoff to be a pass to a player on their team.

## **GAME DURATION**

- The first 30 minutes can be spent as practice time. The coach should work with the players on basic instruction including:
  - Basic Rules
  - Ball Skills
  - Kicking
  - Passing
  - Activities to keep them moving
- Game for the last 30 minutes of the hour
- No scheduled timing for quarters or breaks
- Change player lineup at the coach's discretion based on player's field time and required breaks

## **PLAYERS**

- **No Goalies**
- 3 or 4 field players at a time, depending on how many players are at the game

## **FIELD and BALL**

- #3 ball to be provided (properly inflated) by the home team.
- All games at the Stroney Field (top)

## **GENERAL GUIDELINES**

- Try to keep play active
- Out of bounds lines are not mandatory. Use them to try and keep the kids within the field, but it will be too difficult to enforce at all times
- Stop play if the ball goes far enough out of bounds such that there is no longer an effort to remain on the field or it becomes a dangerous situation

## **GUIDELINES (CONT)**

- No throw ins
- Goal Kicks can be done especially to include children who may not be getting as many touches
- The coach can also toss the ball back into play.
- After goals, start again with the opposing team kicking off.
- Encourage all the players to get involved as best as you can. (If one child is controlling the game, maybe ask him or her to play defense to let others have some touches.
- Use good judgement as you feel required for this age group.

## **THINGS TO AVOID AND TEACH AGAINST**

- Slide tackling
- Pushing or knocking over on purpose
- Handballs