

Dublin Soccer League

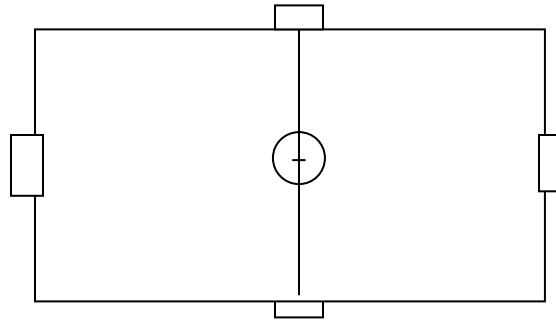
U-5 Program



U-5 Age Group Description

TO BE USED IN CONJUNCTION WITH THE PROGRAM HANDBOOK

Total Players in Group:	Up to 8
Players on field:	Up to 8
Minimum # on field:	N/A
Referees:	N/A
Ball Size:	3
Minimum playing time:	Continuous play by all
Substitutions:	N/A
Duration of program:	45 minutes



15 x 20 yards recommended
3 yard radius center circle
No goal or penalty areas (boxes)
Goals at midfield and on goal lines (4 per field)

Rules: All players must wear shinguards. Soccer shoes are not required.

Concept: The objective of the U5 coed soccer program is to introduce participants to the game of soccer using a simple formula of instruction and play activities that encourage fun and ultimately kicking the ball into the net.

Coaches: The focus is on fun and learning through simple drills and activities. Scrimmaging with the objective of kicking the ball into the net is to be encouraged; however, keeping "score" is discouraged.

Coaches are to bring their team bags with balls and cones for use each Saturday.

Coaches for the first game of the day should pick-up two sets of portable goals (one large, one small) from the equipment room at the concession stand adjacent to the fields and set them up for play. Coaches for the last game of the day should collapse and bag goals and return them to the equipment room.

Problems: Contact Avery concession stand or call the office.