

Pacifica AYSO U-6 Coach's Cheat Sheet

<p>AYSO Philosophies:</p> <ul style="list-style-type: none"> • Everyone Plays • Balanced Teams • Open Registration • Positive Coaching • Good Sportsmanship • Player Development <p>AYSO emphasizes DEVELOPMENT over WINNING!</p>	<p>U-6 Match Guidelines</p> <ul style="list-style-type: none"> • 4 v 4 (6 players total per team) • Game consists of four 5-minute quarters, with a 5-minute break at half-time • Ball size 3 	<p>U-6 Weekly Session</p> <ul style="list-style-type: none"> • Free Play • Light stretching • Introduce technical topic (dribbling, instep kick, throw-in) • Small-sided match <p>NO LAPS/LINES/LECTURES!!</p>
<p>U-6 Simple Rules</p> <ul style="list-style-type: none"> • What is in and out of play • Don't kick or trip others • No handling the ball • No heading the ball • The only "penalty" is a direct free kick <p>REMEMBER: Every player plays AT LEAST HALF of every game. No one plays 4 quarters until every player has played 3. When in doubt, DO NOT interrupt the play.</p>	<p>U-6 Match</p> <ul style="list-style-type: none"> • Check all players for proper equipment (shoes, shin-guards, no jewelry or barrettes) • Coin toss to see who kicks off first (the other team kicks off to start the second half) • Kick-off at the beginning of each half and after a goal • When the ball is kicked over the sideline (out of bounds) the OTHER team gets a throw-in kick-in or dribble-in <p>LET THEM PLAY!!!</p>	<p>U-6 Coach's Equipment List</p> <ul style="list-style-type: none"> • AYSO Player Registration Forms – which include the Emergency Authorization ☑ • Basic first-aid kit (be familiar with contents) ☑ • Extra water (Players should bring water to every activity) ☑ • 12 cones (preferably multi-colored) ☑ • Pinnies ☑ • Extra soccer balls (players should bring a ball to every activity) ☑ • Pump ☑ • Extra pair of shin guards (players must wear shin guards at every activity) • Pop-up goals ☑ • Whistle ☑ • Charged cell phone (in case of emergency) ☑ • Training Plan ☑