

GAME RULES FOR THE U5/U6 FUTURE LEGENDS

Kicking is NOT Soccer.... KINS

The KINS Program's main objective is to promote and emphasize the skill of **DRIBBLING** at the U5 through U6 age groups, and discourage the aimless booting of the ball that is all too prevalent at these young ages. When young players are conditioned to just kick the ball forward as far as possible, their skill development is stunted, making it harder for them to reach their true potential.

DRIBBLING is the foundation and preparation for all the other fundamental skills of soccer, such as controlling, passing, and shooting. Laying the proper dribbling foundation at The spectators will also enjoy the game more if they can watch players who exhibit skill and creativity.

The program's **second objective** is to promote decision making by the players on the field and reduce their dependence on the adults for problem solving.

NEW BALL METHOD

The idea behind the 'new ball method' is to keep the flow of the game constant and increase the number of ball touches by all the players.

The 'new ball method' eliminates restarts such as throw-ins and corner kicks and keeps the ball in play continuously. Restarts might be important to the game results at the highest level of play, but they have NO relevance or developmental benefits at the U5 or U6 level.

Since the objective of the KINS Program is to teach players to **DRIBBLE**, every aspect of the traditional game that reduces the opportunity to dribble is removed. The basic principle of this method is that, when a ball goes out of bounds, the coach **ROLLS** a new ball into play (after a 5 count).

IMPLEMENTING THE KINS PROGRAM:

When a ball goes out of bounds, the coach yells "new ball!" and ROLLS a new one in. The players will learn quickly to react to the new ball.

Always **ROLL** the ball on the ground into the **UNOCCUPIED** space. Players will learn to move towards the ball.

Do NOT throw the ball in the air since the players are not yet skilled enough to control a bouncing ball.

Count to 5 (to yourself... 1 Mississippi, 2 Mississippi, etc.) before putting a 'new ball' into play.

Coaches can also use this method to get the non-assertive players involved, by rolling the ball towards them. This will help bring them out of their shell. If the players are really shy, simply place the ball at their feet.

After each goal, roll the ball on the ground to the OTHER team on their half of the field.

If one team is dominating the game, the advantage can be shifted to the other team by throwing the ball accordingly.

This method can also be used to break up a 'beehive'. If all the players are bunched up around the ball, shout "new ball" and throw one into the open space.

Remember to always praise the players for every attempt... acknowledging the soccer skill used (if possible). Keep them excited and motivated.

TOPIC	RULES FOR U5/ U6 (KINS)
LENGTH OF GAME	Four 8-minute Quarters, with a minimum of a 2 minute break between each quarter, and 5 minutes at half.
PLAYERS	3v3.... Three on the field at one time from each team, maximum 6 players per roster. May play 2v2 or 2v3
GOALIES	NO Goalkeepers. Players can defend but are not allowed to stand in front of the goal regardless of where the ball is in the field. Players are encouraged to attack and defend as a team.

FOULS	<p>No penalty kicks...just award ball to other team</p> <p>NO sliding.</p> <p>Play on when hand ball occurs unless blatantly obvious</p>
OTHER	<p>All players play a minimum of 50%. Player's time is connected to practice and participation, if a player regularly misses practice, it will affect playtime.</p> <p>After each goal, roll the ball to the OTHER team from the sideline.</p> <p>As it is NOT age appropriate, never throw the ball into the air.</p> <p>TWO goals of these age group: 1. Positive first touch 2. Ability to dribble</p> <p>Goal differential: Differentials of 3- 4 goals, teams should start getting creative by asking players to do certain moves before dribbling towards the goal, moving team up the field to begin play, dribbling the ball into the defensive side of the field before going forward.</p> <p>Coaches may come on field during restarts for positioning, but MUST EXIT THE FIELD BEFORE PLAY RESUMES.</p> <p>NO results are being recorded, NO league standings, or win/loss/tie records, this league exists for beginning player development.</p> <p>SHARE players if necessary.</p>
SAFETY	<p>All items of jewelry (necklaces, rings, bracelets, watches, earrings, leather bands, rubber bands, large hair bows etc.) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable.</p> <p>NO heading. (US Soccer does NOT recommend heading until a player reaches the U12 age group.)</p>

Players, especially at this age, should be encouraged to **dribble, dribble, dribble**,.....

Just kicking the ball to escape pressure should NEVER be encouraged at this age.

How many times a game do your young players attempt to **dribble into space**, away from pressure? ...versus just kicking the ball (to the other team).

Instead of suggesting a 'kick', why not attempt a soccer skill or move,..... Pull-back, V, Scissors, Cryuff, Step-over, Simple fake, etc.