



SOFC Under 5 & Under 6 Game Play: Youth Development Program

Category: Technical: Ball Control

Difficulty: Beginner

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Individual-Young Member

U5 & U6 Game

Game Play: 3v3 to four goals. Teams score at opposite goals

Team shape: triangle

Time: four, 12 minute quarters

No goalkeepers; everyone defends and attacks

Equal playing time

New ball method. No throw ins, goal kicks or corner kicks. No offsides position or infraction.

Handballs: freeze play to explain they are not allowed, play continues with new ball to opposition

No slide tackles. Players should stay on their feet at all times.

Restarts at the beginning & end of quarter, after a goal is scored and after subbing = New ball method

