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**FCS JR PALADIN SOCCER PROGRAM**

**League One; AGES: 5 & 6**

**Administration:**

The League One is an instructional league. Its objective is to help players develop skills of soccer and understanding of the game. In addition coaches should provide an enjoyable atmosphere and help players develop good sportsmanship, teamwork, leadership, and team spirit.

1. All teams will cap at 6 players. Only 8 Games will be played.
2. Each Player will receive a medal for this league.
3. All teams need to meet before each game/practice to pray.
4. All games and practices will be on Saturdays.
5. A 30 minute practice will be before each 30 minute game.
6. This league will not have any referees, coaches will be in charge.
7. Our FCA rep Dan Roark will be able to help with any devotions, etc
8. During the game the home team coach will be in charge of the prayer.
9. Soccer balls will be size three: Each team will have a few balls for practices/games.
10. The Maximum/Minimum number on the field at any one time is 3 players, there will be no goalkeepers in this age group.
11. Each player shall play a minimum of 50% of the total playing times, unless the player is unwilling or unable. Coaches will be responsible for keeping track of playing time.
12. Teams and games may be co-ed for this league.

**Equipment:**

1. Footwear: Tennis shoes or soft-cleated soccer shoes.
2. No baseball cleats are allowed.

**Duration of Game:**

1. The game shall be divided into 4 equal 6 minute quarters.
2. There shall be a 1 minute break between quarter 1 and 2.
3. There shall be a 4 minute half time between quarter 2 and 3
4. There shall be a 1 minute break between quarter 3 and 4.

**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.

The basic principle of this method is that, when a ball goes out of bounds on the sidelines, the coach ROLLS a new ball into play.

To implement the ‘new ball method’, use either one coach , or two coaches, to ROLL the balls. If using two coaches, each coach should be in charge of half a field. The coach (es) should hold a number of balls, ready to be ROLLED, one at time.

When a ball goes out of bounds, the coach yells, “new ball!” and ROLLS a new one in.

Always, ROLL the ball 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.

The ball should usually be rolled on the ground to open area of the field ( i.e. Away from the swarm.

Coaches should attempt to stay on the side of the field (each coach working one sideline).

This can be difficult with young ones, but the players will soon adjust.

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

OTHER:

This League should not switch directions at half-time but attack the same goal all game.

Opposing parent/coaches and players should shake hands after each game.

Do not record league standings or record the final score.

Parent/Coaches, non-playing players, parents, and Spector’s should be there to enjoy and encourage the activity of the youngsters.