

U5 Rules of Indoor Soccer

(Sept 2018)

At U5, all play times will consist of:

- 0 - 10 Warm up ball Manipulation
- 10 - 20 ABC's
- 20 - 30 Fun drills/skills games
- 30 - 60 Game time!

For field set up please refer to the website, www.fortsasksoccer.ca

Games will be 3 v 3. With no goaltenders. Please to not allow the players to stay at the net. Keep shifts short and relatively equal (i.e. 2/3 minutes each)

The object of the game is to keep the ball moving. At this age there are no throw-ins, corner-kicks, or goalie kicks. If a ball does go out of bounds coaches can roll in another ball on the ground to continue the play.

There are no penalties or loss of possession for use of hands. Remind the player that there is "no hands in soccer" and continue playing.

Discourage any overly aggressive play. The objective is for fun! We do not keep score! Please ensure a safe and positive environment. Remind players to be positive to each other.

Players are to wear runners, shin-pads covered with socks and their coloured Timbits shirt.

Remember the most important skill: HAVE FUN!!!