



## U-4, General Information

*Please have the players at the field no less than 20 minutes before the game.*

**Practice before the Match:** The teams are to have a 20 minute practice on their game field before the game takes place.

**The Duration of the Match:** The match shall be divided into equal, ten (10) minute halves. There shall be a short water break in the middle of the half. There shall be a half-time interval of five (5) minutes.

**Substitutions:** At any stoppage of play and unlimited.

**Playing time:** Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed.

**The Ball:** Size three (3).

**The Number of Players:** A match is played by two teams, each consisting of not more than 3 players. There are no goalkeepers.

**Score:** At this age the score is not kept. The emphasis is on skill development and for the kids to have fun playing the sport.

### **The Field of Play**

**Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: 30 yards

Width: 20 yards

### **General Rules**

**Offside:** None.

**Fouls and Misconduct:** There are no fouls at this age called by the referee. If a foul occurs the coaches should stop the game if they feel it is necessary. The coach should talk to the player quickly explain what they did wrong and then restart the game quickly. Generally the coaches should just let the play continue and just stop the player who committed the foul and explain to them that they committed a foul and how to correct it. No cards shown for misconduct.

**Free Kicks:** At this age there are not free kicks, instead the ball will be given back to the team who has been fouled and play will begin with dribbling as soon as possible.

**The Throw-In:** At this age there are no throw-ins, they dribble the ball back in play.

**The Goal Kick:** At this age there are no goal kicks, they dribble the ball back in play.

**The Corner Kick:** At this age there are no corner kicks, they dribble the ball back in play.

**Goal Keepers:** At this age there are no Goal Keepers.

**System of Play:** At this age GISA has adopted the KINS System of play

**(Kicking Is Not Soccer).**

### **KINS OBJECTIVES**

- Aimed at the U 4 through U 6 age groups
- Promote and emphasize the skill of DRIBBLING (the foundation skill )
- Discourage the aimless kicking or booting the ball
- Encourage players to make their own decisions on the field
- Maximize touches on the ball

**How it works:** The coach should be the only person on the field with their team. They are encouraged to coach while on the field. The players are allowed to stand or sit with their parents until it is their turn to play. If a parent needs to be on the field to help to get their child comfortable with being part of the game that is fine, please try to make it as brief as possible.

Each coach should try to keep a ball in their hands at all times, so that when a ball goes out of play they can give one to the team that now should have possession of the ball. In this instance if the other team is too close just ask them to take a step or two back quickly then get the ball back in play with the proper team. *Please do not give a bouncing ball to this age player, just place the ball on the ground at their feet as quickly as possible.*

The reason for no kick-ins at this age is that too much time is wasted with the ball not in play. Players get better and enjoy the game much more when the ball is in play and this is the best way to accomplish this.