

MODIFIED MICRO SOCCER
KINDERGARTEN, FIRST & SECOND GRADE PROGRAM
FAIRFIELD RECREATION DEPARTMENT YOUTH SOCCER

AGE	5, 6, 7, & 8 year olds
BALL	Size 3...all players should have a ball
# OF PLAYERS	4 aside game play only; our format calls for two games to be played at the same time, one on each half of the field, no goalkeepers
GAME TIME	4 ten minute quarters; coaches can sub on the fly; every player must receive equal playing time!
OFFICIAL	Program "helper" and coaches facilitate the play; No official referee; absolutely no coaching from the sidelines!
RULES	<ol style="list-style-type: none"> 1) White kicks off first and alternates each quarter 2) No penalty kicks; no goal kicks or corner kicks 3) Ball returned to play by throw-ins from touchline 4) Kick off at center to restart after goal 5) Sub on the fly when necessary 6) "Helper" and coaches can send ball to shy players or to open up space. 7) Player safety and happiness most important! 8) Players must receive equal playing time
TECHNICAL FOCUS	<p>Dribbling (ball control and handling) Shooting more like "kicking" at this age Supply practice activities that provide lots of dribbling Encourage ball handling skill development</p>
TACTICAL FOCUS	<p>No positions 1 v 1 Offense, 1 v 1 Defense Begin work in pairs Teach players to go forward to goal when teammate has ball Teach players to go back to "defend" when the other team Have possession</p>
PHYSICAL FOCUS	<p>Never practice without a ball, all players should have one Players should practice skills on the move No standing, avoid activities with lines and standing Do all activities and exercises with a ball</p>
PROGRAM PHILOSOPHY	<p>FUN! Lots of scoring and everyone wins <u>NO TROPHIES SHOULD BE HANDED OUT</u></p>