

Alberta Soccer Association U6 Guidelines

3 A-SIDE SOCCER



Alberta Soccer
Long Term Player Development



Alberta Soccer Association

U6 Soccer

Acknowledgement

The Technical Committee of the Alberta Soccer Association wishes to thank the following working groups and individuals for their assistance with the development of this program:

The U6 Program:

CSA Long Term Player Development

CSA Wellness to World Cup

ASA Technical Director and Grassroots

Coordinator

St. Albert Soccer Association

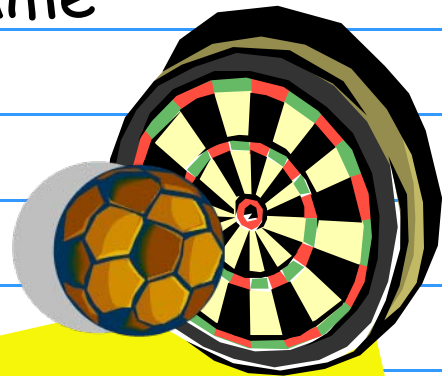
In addition, Alberta Soccer would like to thank our soccer colleagues - both domestic and abroad for their assistance and contributions.

Why 3vs.3

- This small-sided game allows the player more repetition and time with the ball.
- It provides coaches with the ideal environment to introduce the correct concepts and age-appropriate teaching.
- The physical curriculum encourages basic fundamental movement skills such as running, jumping and kicking.
- It allows the game to be the teacher
- It is education Based.

The Objectives for the Player

- ✓ Stage 1: Active Start
- ✓ Movement with the Ball
- ✓ Movement without the ball
- ✓ Passion for the game
- ✓ Enjoyment



- *Key Points
- Age-appropriate learning and development
 - Safe environment
 - Supportive environment
 - Challenging environment
 - Enjoyable environment

Suggested Rules for the 3 vs. 3 Game:

Game Format	Team size	Game Duration	Ball Size	Field Size Width Min/Max	Field Size Length Min/Max	Goal Size Min (H) Max (W)
3 vs.3	Ideal 7-8	2 x 20 min.	3	20-25 Yards	25-30 Yards	Height 3 ft. Width 5 ft.

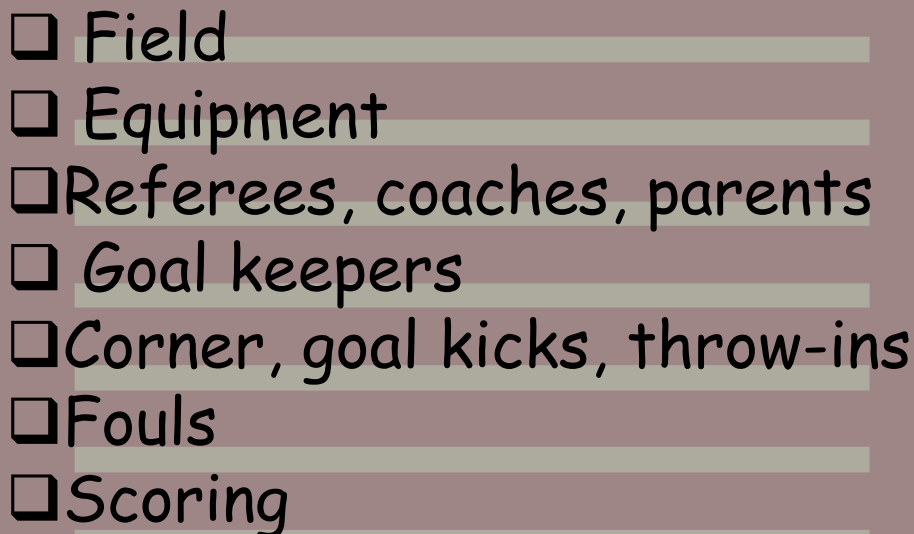
Formation: In the U6 3vs.3 game, the basic formation to teach players will be the "triangle."

Number of Players/Substitution:

The game is played with 3 players on the field; substitutions can be made on the fly or every 2 or 3 minute shifts and then change. ASA recommends a maximum of 7-8 players per squad.

Rules of the Game

Encourage a free-flowing safe, and fun environment for players.

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- Field
 - Equipment
 - Referees, coaches, parents
 - Goal keepers
 - Corner, goal kicks, throw-ins
 - Fouls
 - Scoring



Field



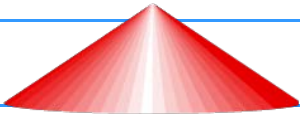
3 vs. 3
Field size



*Key Points

- Length Min 25yds - Max 30yds
- Width Min 20yds - Max 25yds
- Must be rectangular in shape. Use CONES to set out your appropriate area.

Equipment



To mark the field if a lined field is not available



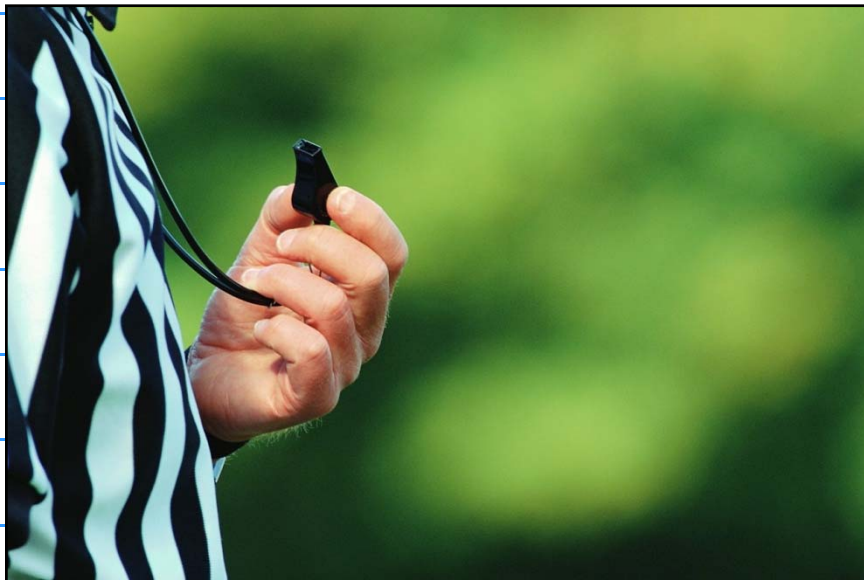
If you do not have access to a Pop-up net, use cones or flags to make nets.



Size 3 ball only !

Referees, Coaches, Parents

- Any of the above can referee or run the game.
- This is about the players, not the officials.
- Make sure it is enjoyable for the players.



What about A Goalkeeper?

- ❑ A goalkeeper is not used in the U6 3vs.3 format.
- ❑ Goalkeeping as it relates to the adult version of soccer requires a combination of skill, athleticism, and decision making.
- ❑ Prior to specializing as goalkeepers, children must learn the broader parameters of "play."

*Key Points

- No goalkeepers in 3 vs. 3 format
- Today's goalies require field-player skills
- Allows players to learn anticipation and intuition about the game
- All players enjoy scoring goals



Corners & Goal Kicks



Goal Kick: When a player on the attacking team is the last player to touch the ball over the opposing team's end line and not between the goal posts, then a goal kick is awarded to the defending team.

Corner Kick: When a player on the defending team is the last person to touch the ball over their own end line and not between the goal posts, then a corner kick is awarded to the attacking team.

*Key Points

-For a goal kick, place ball a few yards in front of net, move opposing players back from kick - at least 5 big steps



Throw-in/Kick-in



- When a player on the opposing team kicks the ball beyond the side lines, the other team is awarded a throw-in.
- For the U6 3vs.3 game a kick-in is awarded as a substitute for a throw-in.
- In this stage of development, players must be aware of boundaries. Throw-ins require many technical requirements and body control which may be too difficult for players at this age to execute. Therefore, it is recommended that a kick-in is taken.

*Key Points

- A kick-in is awarded to a team instead of a throw-in
- Provide space for player to play ball in by moving defenders back 5 big steps from kick-in