



Hicksville American Soccer Club

Little Squirts (U4-U5) Basic Rules and Guidelines

Coach Behavior	<p>The coach is the leader on the team and should lead by example. Your positive attitude will set the tone for the team. You are responsible for your player's parents and both field and sideline behavior. Please remember that at this age teaching the children good sportsmanship is very important. Coaches should address any misbehavior from spectators.</p>
Length of Game	<p>Two 20 minute halves, separated by a 5-10 minute break. One coach, or assistant, should keep the time. Try to end halves on a stopped play, or a goalie save. On warm days remember to keep the kids hydrated.</p> <p style="text-align: center;">< Teams must shake hands after every game ></p>
Number of Players	<p>Play 6 vs. 6 (five field players plus goalie). Organization of fielders is coach's discretion. Recommended 3 offensive players and 3 defensive players including goalie. If a child is having difficulty playing the game the parent is permitted to accompany their child onto the field. Coaches may agree to play 4v4 if teams are shorthanded.</p> <p style="text-align: center;">< All players must have shinguards ></p>
Number of Coaches	<ul style="list-style-type: none"> - One coach from each team is permitted on the field. No one else. Instruct the children where they should be – do not physically move them in front of the ball. - A second coach is permitted by the defending goal to assist goalie and defensive players.
Substitutions	<p>Try to swap players on a ball out of bounds. Be quick (best to have your kids stay together on the sidelines). Swapping on the fly is permissible, but not if performed to obtain an advantage.</p>
Fouls <ul style="list-style-type: none"> - Hand Ball - Pushing - High Kick - Tackling - Tripping - Goalie hand save outside box 	<p>The Little Squirts is considered instructional. Infractions will be charged an Indirect Kick at the location of the foul, or by a drop ball. No Direct Kicks to goal permitted. Prior to continuing play following an infraction, the coach of the player who committed should explain the penalty. Remember one of the key elements is teaching the children.</p> <p>Let the coaches talk to their own players.</p> <p style="text-align: center;">There will be no offsides – but do not allow children to “goal hang”</p>
Goalkeeping	<p>The goalie may use their hands INSIDE the box only. Anything out the box may be kicked away by the goalie – he cannot use his hands outside the box. The goalie may throw the ball out on direct saves, anything else the goalie or any other player must kick the ball away anywhere from the front line on the box. Coaches and Assistant Coaches should stay clear of goal box on attacks.</p> <p>Teach the goalie to pick up the ball inside the box – teach them to cuddle the ball on the ground and keep their body in front of the ball.</p>
3 Goal Limit	<p>Don't run up the score. If a player scores three goals, HE CANNOT SCORE AGAIN. He can remain in the game – recommended placing him on defense. Any subsequent scores will not count, and play will resume with an indirect kick from midfield. Coaches please be cognizant of other players and teams. If the score is becoming too lop-sided try to limit goals.</p>
Misc.	<ul style="list-style-type: none"> - A goal may not be obtain from a throw in – a player must touch the ball before a goal is made - Soccer is considered a contact sport and accidental collisions may occur. No tackles of any sort are permitted – including from the rear, or slide tackles. - When starting game from halves or after a goal – the team with the ball must make two touches prior to going over midfield line. - Smoking and Pets are prohibited on all Soccer fields