



U5 GUIDE



QUICK KICKS

1. There will be one session on Saturday for a total time commitment of roughly one hour per week.
2. Stress fun and learning as well as the beginnings of structured play.
3. All coaches must have acquired clearances in order to instruct players on the field.
4. Games will be at a variety of [locations](#). This field setup can be changed from season to season based on the age group demographics of the club.
5. Inclement weather could move games to alternate fields.
6. Hats and sunglasses should not be worn at practices or games. Coaches should tell players to remove these accessories at the field. If there are any medical exemptions that require players to wear these items, parents may email the coach and NASC President for permission.



OVERVIEW

Instruction in this league is focused on skill development. More importantly, it is structured for the kids to have a lot of fun so that their first experience with soccer will be a positive one. Each Saturday session will be one hour long and are directed by a paid trainer with the support of volunteer coaches. The session will consist of approximately 30 minutes of skill development with the paid trainer, 10 minutes of activity with the volunteer coach, and 20 minutes of small-sided game play with the volunteer coach. There are no goalkeepers in the small-sided games. Small-sided games promote many touches on the ball for each child. They also provide the opportunity for the children to use the skills they learned during the training portion of the session. Your player will be with the same team of 10-12 players for the entire season.

GETTING STARTED

As a head coach, it is extremely important to maintain an open line of communication throughout the season.

1. Once players have been assigned to your team, please send an introductory email to all of your players. Explain who you are, why you are coaching, and what you hope to accomplish this season. Please include contact information.
2. It is highly recommended to send an email reminder or text the day before every Saturday session. This message can include the date, time, location and jersey color. You can also ask people to notify you if a player cannot attend. This will give you an idea of how many players you can expect and allow you to plan accordingly.
3. If a lack of attendance puts you at eight or less, please reach out to the opposing team to make plans. You can move from playing 4-v-4 with no subs to 3-v-3 with one substitution, for example. You can also instill more frequent water breaks as another example.
4. Devise a lineup for your two teams. Bring these to the game so you can assign players to one of your two split squads.
5. Substitute freely. Every player should play at least half of the game.
6. Substitutions may be made on the fly or at stoppages.



FIELD

Your team will be assigned a field number. You will need to report to the same field number each week. Your age group coordinator will place field number signs on the fields to help you locate your player's field.

The field dimensions at U5 are 30 yards by 20 yards.

There is a small goal box. This is where goal kicks are taken. It also serves as the "build-out" line for teams defending midfield kickoffs. Players must stay in this box until the opposing team kicks off and a second player touches it.

Kickoffs are taken at the start of each half and after scored goals. Kickoffs are taken at the center spot.

The midfield line is also used as a build out line when the opposing team takes a goal kick. Your team must remain behind the midfield line until the second player on the opposing team touches the ball after a goal kick.

All field lining is completed by a professional field liner prior to each week's games.

Microgoals are used. These are provided at the field. Teams are required to set up their goals on their designated home field for use in each game.

LIGHTNING

If a parent or coach sees any lightning (bolt or flash) at any distance, play must be stopped immediately and all players must leave the field. Play may only resume after 30 consecutive minutes free from lightning. This applies to both practices and games.

INCLEMENT WEATHER

NASC will notify all coaches if there are any postponements or field changes due to inclement weather/poor field conditions. Please monitor your email and/or the latest news feed on the club's home page if you have uncertainty about the ability to play a game on a given day. The club does its best to communicate cancellations no less than 1 hour before the start time of an event.

For practices, NASC will monitor weather and field conditions and send out an email communication if it is deemed unsuitable for play. Coaches are asked to follow up with their teams to communicate it as well. Coaches may deem practice fields unfit for play as well once they arrive. In this case, a coach can cancel the session. Makeup practices do not occur. NASC will work to reschedule canceled games. There is a built-in week at the end of each season for such instances. This makeup week includes practice and a game.



TEAM EQUIPMENT

Cones are provided at each field. The Age Group Coordinator will ensure they are there for each week. NASC will supply each coach with a coaching shirt.

PLAYER EQUIPMENT

All players are required to supply some equipment each season. Please reference the [NASC Gear Guide](#). Here is a breakdown:

UNIFORMS

- **JERSEYS:** White/yellow reversible jersey (may reuse a hand-me-down or one purchased previously). **New jerseys must be purchased through Soccer Source. Any other uniform items or gear maybe be purchased elsewhere.*
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).
**Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.*
- **SOCCER BALL:** Size 3 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

OPTIONAL GEAR:

- **SOCCER SPIKES (molded cleats):** Tennis shoes may be worn, but soccer spikes provide a better experience and offer better traction, especially on a wet surface. **Highly recommended*
**Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.*
- **SOCCER BACKPACK:** Can hold water bottle, soccer ball, extra clothes, etc.
- **RAIN JACKET:** Player may wear when weather is poor.
- **SWEATSHIRT/COLD-WEATHER COMPRESSION SHIRT:** Helps keep players warm.
- **SOCCER FIELD PLAYER GLOVES:** Warms hands in adverse conditions.



SESSION PLAY

Small-sided 4-v-4 games promote many touches on the ball for players. There are no goalkeepers in the small-sided games. These games provide the opportunity for the children to use the skills they learned during the training session. The coaches may be on the field giving players instructions.

For Saturday games, each team is split into two squads and plays another team's split squads on adjacent fields.

There are no throw-ins at this level. Players will just use kick-ins, instead.

Goal kicks and kickoffs are used according to the procedures outlined under the previous Field section. Corner kicks are utilized as is typical. Defending players must be least 5 yards away from the ball on a corner kick.

Players should **not** be placed into positions or formations. Instead, players should be encouraged to execute proper principles of play and build a foundation for soccer later in life with larger numbers. In the attack, players should be encouraged to have depth, width, and support (diamond and triangle shapes on the field). In defense, players should be encouraged to have one teammate immediately pressure the ball (the player closest to the ball). While immediate pressure is applied, other teammates should be encouraged to get behind the ball and help the group become compact. All defenders should be encouraged to channel opponents away from the goal.



COACHING CLEARANCES

All NASC coaches are volunteers from the community. Coaches are expected to maintain a positive, encouraging and inclusive atmosphere, while stressing fundamentals in a learning environment.

NASC is ALWAYS looking for more coaches. Background clearances must be submitted to the league in order to serve as a coach.

Information on becoming a coach may be found [HERE](#).

NASC CODE OF CONDUCT

Youth sports offer children the opportunity to grow physically, mentally, and emotionally. Children can only seize upon this opportunity if the adults involved in youth sports develop an environment in which these opportunities can flourish.

All adults participating in North Allegheny Soccer Club in any capacity, including that of a spectator, are required to adhere to the following expectations during any event in which NASC participates. All adults participating in NASC should adhere to these expectations when interacting with NASC members or with the members of other organizations.

Prioritize safety. The physical and mental well-being of the children should never be jeopardized.

Respect the game. Practice good sportsmanship.

Use appropriate language. Profanity has no place at a youth sports event.

Avoid verbal and physical intimidation. There is zero tolerance for verbal abuse or physical aggression directed toward coaches, referees, spectators, and/or players.

Display positive behavior. Negativity has no place at a youth sports event.

Let players play, coaches coach, referees referee, and spectators spectate. Players, coaches, and referees are human and make mistakes on the field. Adults are to act as role models for children and should always display an ability to tolerate mistakes. Spectators should be supportive of those on the field by cheering in a positive manner. Spectators should not demean coaches, referees, or players by shouting coaching instructions or putting down referees or children on the field.

Should an adult not behave in the manner outlined above while attending an NASC event, the Board of Directors reserves the right to appropriately address such behavior. Consequences include, but are not limited to, temporary or permanent removal from the club and loss of registration fees in whole or part.

NASC thanks you in advance for your part in establishing an environment that supports fun and the healthy development of children.

