

## **CHERRY HILL FC**

### **U-5 Division Rules**

In the U-5 Division, we have weekly sessions that last one hour. During those sessions, teams play small-sided games against each other. This means that we divide the teams into smaller units for game play, enabling each child to play all the time and, most importantly, to touch the soccer ball frequently.

#### **1) Weekly Sessions**

- All participants should arrive 15 minutes before game time in order to be ready. For coaches this is absolutely necessary, as you may need to help set up the field so that the session can begin on time.
- Coaches in the U-5 Division are encouraged to schedule additional practice sessions with their teams at their discretion.
- The first 20 minutes of each session is intra-squad practice followed by game.
- Games should be divided into eight-minute quarters.
- Snacks should be provided at halftime of each session. Coaches will establish a rotating schedule of who will be responsible for the snack.
- Every child should bring his/her own drink to every practice and game. This is critical.
- Equipment- All players are required to wear shin guards covered by socks at all practices and games. Cleats are recommended but not required. Jewelry is not permitted.

#### **2) Small-Sided Play**

- Small-sided games involve splitting each team into two halves, each of which simultaneously plays against a half of another team. Thus, for every two teams, we have two separate games occurring at the same time.
- Coaches should not hesitate to exchange their players with the opposing team, or to shuffle who is playing in which small-sided game so that both games are evenly matched. One strategy is to have the more skilled children in one game and the less skilled children in the other game. Remember that the goal is for everyone to have a chance to touch the ball frequently.

- There should NEVER be goalkeepers in the U-5 Division.
- A size 3 ball should be used in this Division.
- The coaches should facilitate the games, acting as referees and instructors during play and being careful to ensure that everyone is having fun and getting plenty of chances to touch the ball. It is permissible to exchange players with the other team or to switch players between games in the interest of keeping the games fair and to provide the children with the best environment to learn the game of soccer.
- Coaches should keep the rules to a minimum. See CHFC's "Guidelines for Small-Sided Games" for additional discussions on this topic.
- All coaches are required to read and abide by CHFC's Zero-Tolerance Policy. This will be strictly enforced. We encourage and expect the enthusiastic support of all parents for all players.

### **3) Parents**

- All parents are required to read and abide by CHFC's Zero-Tolerance Policy. This will be strictly enforced. We encourage and expect the enthusiastic support of all parents for all players.
- Parents should always sit on the sides of the playing fields and never on the ends (behind the goals or end-lines) of the fields.

### **4) Inclement Weather/Cancellations**

- CHFC maintains a website. We make every effort to update as soon as we decide to cancel a session. Thus, we encourage everyone to check the website when you are in doubt.
- Web Site: [www.cherryhillfcsoccer.com](http://www.cherryhillfcsoccer.com)