

FUTURE LEGENDS U5 (2019) Coed 3v3... KINS

Bundesliga (Germany)

Germantown Legends Recreational Soccer (Division 4)

www.GermantownLegendsSoccer.com

For field status, check any one of the following:

<https://www.FACEBOOK.com/GermantownLegendsSoccer>

<https://TWITTER.com/GermantownSoc>

<https://www.INSTAGRAM.com/GermantownLegendsSoccer>

Official schedule found online... GAMES.GermantownLegends.com

TEAM

- 1 **U5 Bayer Leverkusen - DeLoach - M**
- 2 **U5 Bor. Monchenglabach - TH -Shelby**
- 3 **U5 Borussia Dortmund - Sashidharan - M**
- 4 **U5 FC Augsburg - Childres-Pointer - TH**

TEAM

- 5 **U5 RB Leipzig - _ - TU**
- 6 **U5 Lausanne Lynx - Metais**
- 7 **U5 Sporting United - Adrian**

KickingIsNotASoccerSkill.GermantownLegends.com

When posting messages to social media, please use the hashtag #LegendsSoccer or 'tag' Germantown Legends Soccer

DATE	TIME	LOCATION	CLOYES	WEEK	AWAY (White)	HOME (Red/ Dark)
Week of February 5					REC Skills of the week: PULLBACK, SIDEWAYS ROLL and TOE TAPS	
Week of February 12					REC Skills of the week: TICK TOCK and LA CROQUETA	
Week of February 19					REC Skills of the week: Review - PULLBACK, SIDEWAYS ROLL, TOE TAPS, TICK TOCK and LA CROQUETA	
Week of February 26					REC Skills of the week: MARADONA and the SQUIRT	
Saturday, March 2, 2024	9:30 AM	Cloyes	1-A	1	2 U5 Bor. Monchenglabach - TH -Shelby	1 U5 Bayer Leverkusen - DeLoach - M
Saturday, March 2, 2024	9:30 AM	Cloyes	1-B	1	3 U5 Borussia Dortmund - Sashidharan - M	6 U5 Lausanne Lynx - Metais
Saturday, March 2, 2024	9:30 AM	Cloyes	1-C	1	4 U5 FC Augsburg - Childres-Pointer - TH	5 U5 RB Leipzig - _ - TU
Week of February 4					REC Skills of the week: INSIDE CUT (Turn) and OUTSIDE CHOP (Turn)	
Monday, March 4, 2024	5:30 PM	Cloyes	1-A	2	3 U5 Borussia Dortmund - Sashidharan - M	4 U5 FC Augsburg - Childres-Pointer - TH
Monday, March 4, 2024	5:30 PM	Cloyes	1-B	2	6 U5 Lausanne Lynx - Metais	1 U5 Bayer Leverkusen - DeLoach - M
Monday, March 4, 2024	5:30 PM	Cloyes	1-C	2	2 U5 Bor. Monchenglabach - TH -Shelby	5 U5 RB Leipzig - _ - TU
Week of March 11					REC Skill of the week: JUGGLING	
March 11- 15					GMSD Spring Break	
Saturday, March 16, 2024		Cloyes			SoccerFEST 2	SoccerFEST2.GermantownLegends.com
Week of March 18					REC Skills of the week: CRUYFF (turn), ZIG ZAG and Intro to JUGGLING	
Saturday, March 23, 2024	12:00 PM	Cloyes	1-A	3	6 U5 Lausanne Lynx - Metais	4 U5 FC Augsburg - Childres-Pointer - TH
Saturday, March 23, 2024	12:00 PM	Cloyes	1-B	3 O	2 U5 Bor. Monchenglabach - TH -Shelby	7 U5 Sporting United - Adrian
Saturday, March 23, 2024	12:00 PM	Cloyes	1-C	3	1 U5 Bayer Leverkusen - DeLoach - M	5 U5 RB Leipzig - _ - TU
Open	12:50 PM	Cloyes	1-D	3	3 U5 Borussia Dortmund - Sashidharan - M	
Monday, March 25, 2024	5:30 PM	Cloyes	1-A	4	4 U5 FC Augsburg - Childres-Pointer - TH	1 U5 Bayer Leverkusen - DeLoach - M
Monday, March 25, 2024	5:30 PM	Cloyes	1-B	4	5 U5 RB Leipzig - _ - TU	3 U5 Borussia Dortmund - Sashidharan - M
Monday, March 25, 2024	5:30 PM	Cloyes	1-C	4	6 U5 Lausanne Lynx - Metais	2 U5 Bor. Monchenglabach - TH -Shelby
Tuesday, March 26, 2024	5:30 PM	Cloyes	1-D	4 +	7 U5 Sporting United - Adrian	4 U5 FC Augsburg - Childres-Pointer - TH

Saturday, March 30, 2024	Cloyes	Bunny Cup	BunnyCup.GermantownLegends.com
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Week of April 1					REC Skills of the week: BACKWARDS 'L' and ROLL-OVER & PULLBACK	
April 5-7					Silent Sideline Weekend	SilentSideline.GermantownLegends.com
Saturday, April 6, 2024	9:30 AM	Cloyes	1-A	5 O	7 U5 Sporting United - Adrian	6 U5 Lausanne Lynx - Metais
Saturday, April 6, 2024	9:30 AM	Cloyes	1-B	5	1 U5 Bayer Leverkusen - DeLoach - M	3 U5 Borussia Dortmund - Sashidharan - M
Saturday, April 6, 2024	9:30 AM	Cloyes	1-C	5	4 U5 FC Augsburg - Childres-Pointer - TH	2 U5 Bor. Monchenglabach - TH -Shelby
Open	10:20 AM	Cloyes	1-D	5	5 U5 RB Leipzig - _ - TU	

Week of April 8					REC Skills of the Week: SIMPLE FAKE/ SHOULDER FEINT and MATTHEWS	
Saturday, April 13, 2024	9:30 AM	Cloyes	1-A	6	1 U5 Bayer Leverkusen - DeLoach - M	2 U5 Bor. Monchenglabach - TH -Shelby
Saturday, April 13, 2024	9:30 AM	Cloyes	1-B	6 O	7 U5 Sporting United - Adrian	3 U5 Borussia Dortmund - Sashidharan - M

DATE	TIME	LOCATION	CLOYES	WEEK		AWAY (White)		HOME (Red/ Dark)
Saturday, April 13, 2024	9:30 AM	Cloyes	1-C	6	5	U5 RB Leipzig - _ - TU	4	U5 FC Augsburg - Childres-Pointer - TH
Open	10:20 AM	Cloyes	1-D	6	6	U5 Lausanne Lynx - Metais		
Week of April 15						REC Skills of the week: SCISSORS and PUSKAS (V-turn)		
Saturday, April 20, 2024	9:30 AM	Cloyes	1-A	7	4	U5 FC Augsburg - Childres-Pointer - TH	3	U5 Borussia Dortmund - Sashidharan - M
Saturday, April 20, 2024	9:30 AM	Cloyes	1-B	7	1	U5 Bayer Leverkusen - DeLoach - M	6	U5 Lausanne Lynx - Metais
Saturday, April 20, 2024	9:30 AM	Cloyes	1-C	7	5	U5 RB Leipzig - _ - TU	2	U5 Bor. Monchenglabach - TH -Shelby
Open	10:20 AM	Cloyes	1-D	7	7	U5 Sporting United - Adrian		
Week of April 22						REC Skills of the week: ELASTICO and DRAG & GO		
Saturday, April 27, 2024	9:30 AM	Cloyes	1-A	8	4	U5 FC Augsburg - Childres-Pointer - TH	6	U5 Lausanne Lynx - Metais
Saturday, April 27, 2024	9:30 AM	Cloyes	1-B	8	3	U5 Borussia Dortmund - Sashidharan - M	2	U5 Bor. Monchenglabach - TH -Shelby
Saturday, April 27, 2024	9:30 AM	Cloyes	1-C	8	5	U5 RB Leipzig - _ - TU	7	U5 Sporting United - Adrian
Open	10:20 AM	Cloyes	1-D	8	1	U5 Bayer Leverkusen - DeLoach - M		
Week of April 29						REC Skills of the Week: BEARDSLEY and STOP & GO		
May 3-5						Silent Sideline Weekend 2		
						SilentSideline2.GermantownLegends.com		
Saturday, May 4, 2024	9:30 AM	Cloyes	1-A	9	1	U5 Bayer Leverkusen - DeLoach - M	4	U5 FC Augsburg - Childres-Pointer - TH
Saturday, May 4, 2024	9:30 AM	Cloyes	1-B	9	3	U5 Borussia Dortmund - Sashidharan - M	5	U5 RB Leipzig - _ - TU
Saturday, May 4, 2024	9:30 AM	Cloyes	1-C	9	7	U5 Sporting United - Adrian	6	U5 Lausanne Lynx - Metais
Open	10:20 AM	Cloyes	1-D	9	2	U5 Bor. Monchenglabach - TH -Shelby		
Week of May 6						REC Skills of the week: PREKI and ZICO		
Monday, May 6, 2024	5:30 PM	Cloyes	1-A	10	6	U5 Lausanne Lynx - Metais	5	U5 RB Leipzig - _ - TU
Monday, May 6, 2024	5:30 PM	Cloyes	1-B	10	3	U5 Borussia Dortmund - Sashidharan - M	1	U5 Bayer Leverkusen - DeLoach - M
Monday, May 6, 2024	5:30 PM	Cloyes	1-C	10	2	U5 Bor. Monchenglabach - TH -Shelby	4	U5 FC Augsburg - Childres-Pointer - TH
Monday, May 6, 2024	5:30 PM	Cloyes	1-C	10	7	U5 Sporting United - Adrian	3	U5 Borussia Dortmund - Sashidharan - M
Saturday, May 11, 2024	9:30 AM	Cloyes	1-A	11	2	U5 Bor. Monchenglabach - TH -Shelby	1	U5 Bayer Leverkusen - DeLoach - M
Saturday, May 11, 2024	9:30 AM	Cloyes	1-B	11	3	U5 Borussia Dortmund - Sashidharan - M	6	U5 Lausanne Lynx - Metais
Saturday, May 11, 2024	9:30 AM	Cloyes	1-C	11	7	U5 Sporting United - Adrian	5	U5 RB Leipzig - _ - TU
Open	10:20 AM	Cloyes	1-D	11	4	U5 FC Augsburg - Childres-Pointer - TH		

GAME RULES FOR THE U5/U6 FUTURE LEGENDS

Kicking is NOT Soccer.... KINS

The KINS Program's main objective is to promote and emphasize the skill of DRIBBLING at the U5 through U6 age groups, and discourage the aimless booting of the ball that is all too prevalent at these young ages. When young players are conditioned to just kick the ball forward as far as possible, their skill development is stunted, making it harder for them to reach their true potential.

DRIBBLING is the foundation and preparation for all the other fundamental skills of soccer, such as controlling, passing, and shooting. Laying the proper dribbling foundation at the youngest years will enhance the players' ability to improve all the soccer skills. No matter what level the players will end up playing, recreational or select, they will derive increased pleasure from the game if they can control the ball better and become more adept at manipulating it.

The spectators will also enjoy the game more if they can watch players who exhibit skill and creativity.

The program's second objective is to promote decision making by the players on the field and reduce their dependence on the adults for problem solving.

NEW BALL METHOD

The idea behind the 'new ball method' is to keep the flow of the game constant and increase the number of ball touches by all the players.

The 'new ball method' eliminates restarts such as throw-ins and corner kicks and keeps the ball in play continuously. Restarts might be important to the game results at the highest level of play, but they have NO relevance or developmental benefits at the U5 or U6 level.

DATE

TIME

LOCATION

CLOYES

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AWAY (White)

HOME (Red/ Dark)

Since the objective of the KINS Program is to teach players to **DRIBBLE**, every aspect of the traditional game that reduces the opportunity to dribble is removed. The basic principle of this method is that, when a ball goes out of bounds, the coach **ROLLS** a new ball into play (after a 5 count).

IMPLEMENTING THE KINS PROGRAM:

When a ball goes out of bounds, the coach yells "new ball!" and ROLLS a new one in. The players will learn quickly to react to the new ball.

Always **ROLL** the ball on the ground into the **UNOCCUPIED** space. Players will learn to move towards the ball.

Do NOT throw the ball in the air since the players are not yet skilled enough to control a bouncing ball.

Count to 5 (to yourself... 1 Mississippi, 2 Mississippi, etc.) before putting a 'new ball' into play.

Coaches can also use this method to get the non-assertive players involved, by rolling the ball towards them. This will help bring them out of their shell. If the players are really shy, simply place the ball at their feet.

After each goal, roll the ball on the ground to the OTHER team on their half of the field.

If one team is dominating the game, the advantage can be shifted to the other team by throwing the ball accordingly.

This method can also be used to break up a 'beehive'. If all the players are bunched up around the ball, shout "new ball" and throw one into the open space.

Remember to always praise the players for every attempt... acknowledging the soccer skill used (if possible). Keep them excited and motivated.

TOPIC	RULES FOR U5/ U6 (KINS)
LENGTH OF GAME	Four 8-minute Quarters, with a minimum of a 2 minute break between each quarter, and 5 minutes at half.
PLAYERS	3v3.... Three on the field at one time from each team, maximum 6 players per roster. May play 2v2 or 2v3
GOALIES	NO Goalkeepers. Players can defend but are not allowed to stand in front of the goal regardless of where the ball is in the field. Players are encouraged to attack and defend as a team.
FOULS	No penalty kicks...just award ball to other team NO sliding. Play on when hand ball occurs unless blatantly obvious
OTHER	All players play a minimum of 50% . Player's time is connected to practice and participation, if a player regularly misses practice, it will affect playtime. After each goal, roll the ball to the OTHER team from the sideline. As it is NOT age appropriate, never throw the ball into the air. TWO goals of these age group: 1. Positive first touch 2. Ability to dribble Goal differential: Differentials of 3- 4 goals, teams should start getting creative by asking players to do certain moves before dribbling towards the goal, moving team up the field to begin play, dribbling the ball into the defensive side of the field before going forward. Coaches may come on field during restarts for positioning, but MUST EXIT THE FIELD BEFORE PLAY RESUMES . NO results are being recorded, NO league standings, or win/loss/tie records, this league exists for beginning player development. SHARE players if necessary.
SAFETY	All items of jewelry (necklaces, rings, bracelets, watches, earrings, leather bands, rubber bands, large hair bows etc.) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable. NO heading. (US Soccer does NOT recommend heading until a player reaches the U12 age group.)

Players, especially at this age, should be encouraged to **dribble, dribble, dribble,.....**

Just kicking the ball to escape pressure should NEVER be encouraged at this age.

How many times a game do your young players attempt to **dribble into space**, away from pressure? ...versus just kicking the ball (to the other team).

Instead of suggesting a 'kick', why not attempt a soccer skill or move,..... Pull-back, V, Scissors, Cryuff, Step-over, Simple fake, etc.