

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

## Bundesliga (Germany)

Germantown Legends Recreational Soccer (Division 4)

[www.GermantownLegendsSoccer.com](http://www.GermantownLegendsSoccer.com)

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DATE	TIME	LOCATION	CLOYES	WEEK	AWAY (White)	HOME (Red/ Dark)
Week of February 5 Week of February 12 Week of February 19 REC Skills of the week: PULLBACK, SIDEWAYS ROLL and TOE TAPS REC Skills of the week: TICK TOCK and LA CROQUETA REC Skills of the week: Review - PULLBACK, SIDEWAYS ROLL, TOE TAPS, TICK TOCK and LA CROQUETA						
Week of February 26 Saturday, March 2, 2024 Saturday, March 2, 2024 Saturday, March 2, 2024 REC Skills of the week: MARADONA and the SQUIRT U5 Bor. Monchenglabach - TH -Shelby U5 Borussia Dortmund - Sashidharan - M U5 FC Augsburg - Childres-Pointer - TH						
Week of February 4 Monday, March 4, 2024 Monday, March 4, 2024 Monday, March 4, 2024 REC Skills of the week: INSIDE CUT (Turn) and OUTSIDE CHOP (Turn) U5 Borussia Dortmund - Sashidharan - M U5 Lausanne Lynx - Metais U5 Bor. Monchenglabach - TH -Shelby						
Week of March 11 March 11- 15 Saturday, March 16, 2024 Cloyes SoccerFEST 2 SoccerFEST2.GermantownLegends.com						
Week of March 18 Saturday, March 23, 2024 Saturday, March 23, 2024 Saturday, March 23, 2024 Open REC Skills of the week: CRUYFF (turn), ZIG ZAG and Intro to JUGGLING U5 Lausanne Lynx - Metais U5 Bor. Monchenglabach - TH -Shelby U5 Bayer Leverkusen - DeLoach - M U5 Borussia Dortmund - Sashidharan - M						
Monday, March 25, 2024 Monday, March 25, 2024 Monday, March 25, 2024 Tuesday, March 26, 2024 U5 FC Augsburg - Childres-Pointer - TH U5 RB Leipzig - - TU U5 Lausanne Lynx - Metais U5 Borussia Dortmund - Sashidharan - M U5 Bor. Monchenglabach - TH -Shelby U5 Sporting United - Adrian U5 FC Augsburg - Childres-Pointer - TH						
Saturday, March 30, 2024 Cloyes Bunny Cup BunnyCup.GermantownLegends.com						
Week of April 1 April 5- 7 Saturday, April 6, 2024 Saturday, April 6, 2024 Saturday, April 6, 2024 Open REC Skills of the week: BACKWARDS 'L' and ROLL-OVER & PULLBACK Silent Sideline Weekend SilentSideline.GermantownLegends.com U5 Sporting United - Adrian U5 Bayer Leverkusen - DeLoach - M U5 FC Augsburg - Childres-Pointer - TH U5 RB Leipzig - - TU U5 Lausanne Lynx - Metais U5 Borussia Dortmund - Sashidharan - M U5 Bor. Monchenglabach - TH -Shelby						
Week of April 8 Saturday, April 13, 2024 Saturday, April 13, 2024 Saturday, April 13, 2024 Open REC Skills of the Week: SIMPLE FAKE/ SHOULDER FEINT and MATTHEWS U5 Bayer Leverkusen - DeLoach - M U5 Sporting United - Adrian U5 RB Leipzig - - TU U5 Lausanne Lynx - Metais U5 Bor. Monchenglabach - TH -Shelby U5 Borussia Dortmund - Sashidharan - M U5 FC Augsburg - Childres-Pointer - TH						
Week of April 15 Saturday, April 20, 2024 Saturday, April 20, 2024 Saturday, April 20, 2024 Open REC Skills of the week: SCISSORS and PUSKAS (V-turn) U5 FC Augsburg - Childres-Pointer - TH U5 Bayer Leverkusen - DeLoach - M U5 RB Leipzig - - TU U5 Sporting United - Adrian U5 Borussia Dortmund - Sashidharan - M U5 Lausanne Lynx - Metais U5 Bor. Monchenglabach - TH -Shelby						

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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. Restart 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.

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.

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HOME (Red/ Dark)

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	<b>NO</b> 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 <b>50%</b> . 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 <b>MUST EXIT THE FIELD BEFORE PLAY RESUMES.</b> 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.