



Kindergarten Game Guide

- Team Size: 4 v 4 (no goalkeeper)
- Ball Size: 3
- Goal Size: pop-up goal
- Field Size: 20'x 30'
- Practice Time: 30 minutes before game
- Game Time: 30 minutes after practice

Player Characteristics:

- Constantly in motion
- Short attention span (easily distracted)
- Individually oriented (egocentric)
- Easily bruised psychologically
- Basic eye-foot coordination
- Little concern for team activities
- No sense of pace; will often run until they drop

Practice:

- Give brief directions
- Many activities of short duration
- Lots of water breaks
- Emphasize familiarity and confidence with the ball
- Encourage parents to help when needed. Parents that are practicing with their kids before the game are mostly likely to help
- Heading the ball is not allowed at this age group
- Some players will be afraid to come onto the field -- Frequently ask them to come play

Game:

- Players are not allowed to play goalkeeper or stand in front of goal
- Substitute players at regular intervals
- Coaches should not throw the ball in the air to bring it back into play. Please roll ball back into play.
- Encourage players to play both offense and defense
- Start the game and restart after a goal at center field
- Encourage those players that score often to work on other skills such as passing and dribbling
- Work with the other coach to keep the game competitive
- Do not allow players to play around the larger goals
- Heading the ball is not allowed at this age group