LA LIGA (Spain)

# FUTURE LEGENDS U5 Coed (2020) 3v3... KINS

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Germantown Legends Recreation	al Soccer (Div	ision 4)			1	U5 Almería - Borm	6	U5 ECS Gagnon
www.GermantownLegendsSoccer.com For field status, check any one of the following: https://www.FACEBOOK.com/GermantownLegendsSoccer					2	U5 Bayer Leverkusen - Cunningham - M	7	U5 ECS Payne
					3	U5 Borussia Dortmund M	8	U5 ECS Ring
					4	U5 Monchenglabach - Pennel - TH	9	U5 ECS Viner
					5	U5 ECS Bailey	10	-
https://TWITTER.com/GermantownSoc					5	US ECS Balley	10	OFEN
https://www.INSTAGRAM.cor								
Official schedule found online G	AMES.Germa	ntownLege	nds.com					
When posting messages to social med	dia, please use t	he hashtag #	LegendsS	occer or '	tag' Germ	antown Legends Soccer		
DATE	TIME	CLOYES	FIELD	WEEK	-	AWAY (White)		HOME (Green/ Dark)
Week of August 12						REC Skills of the Week: PULLBACK, SIDEWAYS ROLL and TOE TAP	S	
Week of August 19						REC Skills of the Week: REC Skills of the week: TICK TOCK and LA	A CROQUE	ТА
Wednesday, August 21, 2024	6:15 PM	Cloyes				REC New Parent Meeting		
Thursday, August 22, 2024	6:15 PM	Cloyes				REC Coaches' (& Managers) Meeting		
Saturday, August 24, 2024						SoccerFEST		SoccerFEST.GermantownLegends.com
Monday, August 26, 2024						Team Practices begin		
eek of August 26						REC Skills of the Week: PULLBACK, SIDEWAYS ROLL, TOE TAPS, T	ІСК ТОСК	and LA CROQUETA
Wednesday, August 28, 2024		Cloyes				REC Skills Club*		
leek of September 2						REC Skills of the Week: MARADONA and the SQUIRT		
Wednesday, September 4, 2024		Cloyes				REC Skills Club*		
/eek of September 9						REC Skills of the Week: INSIDE CUT (Turn) and OUTSIDE CHOP (Tu	urn)	
Wednesday, September 11, 2024		Cloyes				REC Skills Club*		
iturday, September 14, 2024	9:30 AM	Cloyes	1-A	1	<mark>C</mark> 2	U5 Bayer Leverkusen - Cunningham - M	7	U5 ECS Payne
nturday, September 14, 2024	9:30 AM	Cloyes	1-B	1	С 3	U5 Borussia Dortmund M	6	U5 ECS Gagnon
aturday, September 14, 2024	9:30 AM	Cloyes	1-C	1	<b>C</b> 4	U5 Monchenglabach - Pennel - TH	5	U5 ECS Bailey
aturday, September 14, 2024	10:30 AM	Cloyes	1-A	1	С 9	U5 ECS Viner	10	OPEN
aturday, September 14, 2024	12:30 PM	Cloyes	1-D	1	<b>C</b> 1	U5 Almería - Borm	8	U5 ECS Ring
Veek of September 16						REC Skills of the Week: CRUYFF (turn), ZIG ZAG and Intro to JUG	GLING	
Wednesday, September 18, 2024		Cloyes				REC Skills Club*		
aturday, September 21, 2024	9:30 AM	Cloyes	1-A	2	8	U5 ECS Ring	9	U5 ECS Viner
aturday, September 21, 2024	9:30 AM	Cloyes	1-B	2	5	U5 ECS Bailey	3	U5 Borussia Dortmund M
aturday, September 21, 2024	9:30 AM	Cloyes	1-C	2	6	U5 ECS Gagnon	2	U5 Bayer Leverkusen - Cunningham - M
aturday, September 21, 2024	10:30 AM	Cloyes	1-A		T 4	U5 Monchenglabach - Pennel - TH	10	OPEN
aturday, September 21, 2024	12:30 PM	Cloyes	1-D	2	T 7	U5 ECS Payne	1	U5 Almería - Borm
Veek of September 23						REC Skills of the Week: BACKWARDS 'L' and ROLL-OVER & PULLE	АСК	
Wednesday, September 25, 2024	0.20 444	Cloyes		-	<u> </u>	REC Skills Club*		ILE ECS Vinor
nturday, September 28, 2024	9:30 AM	Cloyes	1-A	3	C 2	U5 Bayer Leverkusen - Cunningham - M U5 Borussia Dortmund M	9	U5 ECS Viner
aturday, September 28, 2024	9:30 AM 9:30 AM	Cloyes	1-B 1.C		C 3 C 4	U5 Borussia Dortmund M U5 Monchenglabach - Pennel - TH	8	U5 ECS Ring U5 ECS Payne
aturday, September 28, 2024 aturday, September 28, 2024	9:30 AM 10:30 AM	Cloyes Cloyes	1-C 1-A		C 4 C 5	US ECS Bailey	6	U5 ECS Gagnon
aturday, September 28, 2024 aturday, September 28, 2024	10:30 AM 12:30 PM	Cloyes	1-A 1-D	3	C 3 C 1	U5 Almería - Borm	0 10	OPEN
/eek of September 30						REC Skills of the Week: SIMPLE FAKE/SHOULDER FEINT and MA	TTHEWS	
Wednesday, October 2, 2024		Cloyes				REC Skills of the week: Silviple PARE/ SHOOLDER FEINT and MA REC Skills Club*	1112 003	
tober 4- 6		cioyes				Silent Sideline Weekend		
iturday, October 5, 2024	9:30 AM	Cloyes	1-A	4	T 8	U5 ECS Ring	2	U5 Bayer Leverkusen - Cunningham - M
iturday, October 5, 2024	9:30 AM	Cloyes	1-A 1-B	4	6	U5 ECS Gagnon	4	U5 Monchenglabach - Pennel - TH
aturday, October 5, 2024	9:30 AM	Cloyes	1-D 1-C	4	7	U5 ECS Payne	3	U5 Borussia Dortmund M
aturday, October 5, 2024	10:30 AM	Cloyes	1-C 1-A	-	, T 5	U5 ECS Bailey	OPEN	
aturday, October 5, 2024	12:30 PM	Cloyes	1-D	4	T 9	U5 ECS Viner	1	U5 Almería - Borm
ctobox 7, 10								
ctober 7- 10 /eek of October 7						FUTURE LEGENDS (U5- U8) NIGHT GAMES WEEK 1 REC Skills of the Week: Juggling		
Wednesday, October 9, 2024						NO REC Skills Club		

Wednesday, October 9, 2024 NO REC Skills Club U5 ECS Gagnon U5 ECS Payne Monday, October 7, 2024 5:30 PM Cloyes 6 7 1-A 5 5 U5 Bayer Leverkusen - Cunningham - M U5 Monchenglabach - Pennel - TH 1-B OPEN Monday, October 7, 2024 5:30 PM Cloyes 2 1-C U5 ECS Viner Monday, October 7, 2024 5:30 PM Cloyes 4 9

C - Cancelled game; D - Day change; F - Field change; L- Location; O- New opponent; R - Rescheduled game; T - Time change; + Game added; \* Day time

								2024 Fall U5 Coed - 10 11/8/24 10:15 PM
DATE	<b>TIME</b> 5:30 PM	CLOYES	FIELD 1-D	WEEK 5	5	AWAY (White) U5 ECS Bailey	8	HOME (Green/ Dark) U5 ECS Ring
Monday, October 7, 2024 Monday, October 7, 2024	6:30 PM	Cloyes Cloyes	1-D 1-B		2	US Bayer Leverkusen - Cunningham - M	OPEN	05 ECS Ring
Tuesday, October 8, 2024	6:30 PM	Cloyes	1-C	5 5 <mark>1</mark>	3	U5 Borussia Dortmund M	1	U5 Almería - Borm
October 14- 18						GMSD Fall Break		
Wednesday, October 16, 2024						NO REC Skills Club		
Saturday, October 19, 2024		CANCELED				SoccerFEST 2		CANCELED
Week of October 21						REC Skills of the Week: SCISSORS and PUSKAS (V-turn)		
Wednesday, October 23, 2024		Cloyes				REC Skills Club*		
Saturday, October 26, 2024 Saturday, October 26, 2024	9:30 AM 9:30 AM	Cloyes Cloyes	1-A 1-B	6	7	U5 ECS Payne U5 ECS Ring	5 4	U5 ECS Bailey U5 Monchenglabach - Pennel - TH
Saturday, October 26, 2024	9:30 AM	Cloyes	1-C	6	9	U5 ECS Viner	3	U5 Borussia Dortmund M
Saturday, October 26, 2024	10:30 AM	Cloyes	1-A	6 C			6	U5 ECS Gagnon
Saturday, October 26, 2024	12:30 PM	Cloyes	1-D	6 T	1	U5 Almería - Borm	2	U5 Bayer Leverkusen - Cunningham - M
Week of October 28						REC Skills of the Week: ELASTICO and DRAG & GO		
Wednesday, October 30, 2024		Cloyes				REC Skills Club* HALLOWEEN		
Thursday, October 31, 2024						HALLOWEEN		
November 1-3						Silent Sideline Weekend 2		
Saturday, November 2, 2024 Saturday, November 2, 2024	9:30 AM <b>9:30 AM</b>	Cloyes Cloyes	1-A 1-B	7 7 T	4	U5 Monchenglabach - Pennel - TH U5 ECS Payne	2 8	U5 Bayer Leverkusen - Cunningham - M U5 ECS Ring
Saturday, November 2, 2024	9:30 AM	Cloyes	1-C	7	6	U5 ECS Gagnon	9	U5 ECS Viner
Saturday, November 2, 2024	10:30 AM	Cloyes	1-A	7 1			3	U5 Borussia Dortmund M
Saturday, November 2, 2024	12:30 PM	Cloyes	1-D	7 T	5	U5 ECS Bailey	1	U5 Almería - Borm
Week of November 4						REC Skills of the Week: BEARDSLEY and ST	OP & G	i0
Wednesday, November 6, 2024		Cloyes				REC Skills Club*		
Saturday, November 9, 2024	9:30 AM	Cloyes	1-A	8	8	U5 ECS Ring	6	U5 ECS Gagnon
Saturday, November 9, 2024	9:30 AM	Cloyes	1-B	8	9	U5 ECS Viner	5	U5 ECS Bailey
Saturday, November 9, 2024	9:30 AM	Cloyes	1-C	8	2	U5 Bayer Leverkusen - Cunningham - M	3	U5 Borussia Dortmund M
Saturday, November 9, 2024	10:30 PM	Cloyes	1-A	8 1			7	U5 ECS Payne
Saturday, November 9, 2024	12:30 PM	Cloyes	2-B	8 T/		U5 Almería - Borm		U5 Monchenglabach - Pennel - TH
		0.0700						
Nov. 11- 14						FUTURE LEGENDS (U5- U8) NIGHT GAMES	WEEK	2
Week of November 11						REC Skills of the Week: PREKI and ZICO		
Wednesday, November 13, 2024		Cloyes				NO REC Skills Club*		
Monday, November 11, 2024	5:30 PM	Cloyes	1-A	9	8	U5 ECS Ring	OPEN	
Monday, November 11, 2024	5:30 PM	Cloyes	1-B	9	9	U5 ECS Viner	7	U5 ECS Payne
Monday, November 11, 2024	5:30 PM	, Cloyes	1-C	9	2	U5 Bayer Leverkusen - Cunningham - M	5	U5 ECS Bailey
Monday, November 11, 2024	5:30 PM	Cloyes	1-D	9	3	U5 Borussia Dortmund M	4	U5 Monchenglabach - Pennel - TH
Tuesday, November 12, 2024	6:30 PM	Cloyes	1-D	9 1	· 1	U5 Almería - Borm	6	U5 ECS Gagnon
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Saturday, November 16, 2024	9:30 AM	Cloyes	1-A	10	7	U5 ECS Payne	2	U5 Bayer Leverkusen - Cunningham - M
Saturday, November 16, 2024	9:30 AM	Cloyes	1-B	10	6	U5 ECS Gagnon	3	U5 Borussia Dortmund M
Saturday, November 16, 2024	9:30 AM	Cloyes	1-C	10	5	U5 ECS Bailey	4	U5 Monchenglabach - Pennel - TH
Saturday, November 16, 2024	10:30 AM	Cloyes	1-A	10	OPE		9	U5 ECS Viner
Saturday, November 16, 2024	12:30 PM	Cloyes	1-D	10 T		U5 ECS Ring	- 1	U5 Almería - Borm
-		/	. –		2		_	
Saturday, November 23, 2024	9:30 AM	Cloyes	1-A	11 +	5	U5 ECS Bailey	3	U5 Borussia Dortmund M
Saturday, November 23, 2024	9:30 AM	Cloyes	1-B	11 +	6	U5 ECS Gagnon	2	U5 Bayer Leverkusen - Cunningham - M
Saturday, November 23, 2024	9:30 AM	Cloyes	1-C	11 +	7	U5 ECS Payne	1	U5 Almería - Borm
Saturday, November 23, 2024	10:30 AM	Cloyes	1-A	11 +	8	U5 ECS Ring	9	U5 ECS Viner
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DATE CLOYES FIELD TIMF WEEK AWAY (White) HOME (Green/ Dark) U5 Monchenglabach - Pennel - TH Saturday, November 23, 2024 12:30 PM Cloves 1-D 11 4 OPEN REGISTER.GermantownLegends.com Monday, November 18, 2024 Registration begins for Spring Saturday, November 30, 2024 **Turkey Cup** TurkeyCup.GermantownLegends.com Sunday, December 15, 2024 Early Bird registration ends Wednesday, January 15, 2025 RegistrationPolicies.GermantownLegends.com **TEAM & FRIEND Request Deadline\*** Thursday, January 30, 2025 6:15 PM TBD PRE-SEASON NEW PARENT MEETING Saturday, February 1, 2025 LATE REGISTRATION begins Monday, February 3, 2025 Pre-season 'Player' Training begins

## GAME RULES FOR THE U5/U6 FUTURE LEGENDS

### Kicking is <u>NOT</u> 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 US 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.

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.
	No penalty kicksjust award ball to other team

2024 Fall U5 Coed - 10 11/8/24 10:15 PM

DATE	TIME	CLOYES	FIELD	WEEK	AWAY (White)	HOME (Green/ Dark)			
FOULS	NO sliding								
	Play on when hand ball occurs unless blatantly obvious								
	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.								
OTHER	TWO goals of these age group: 1. Posititve 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> .								
		are being r yers if nece		, NO league st	andings, or win/loss/tie records, this league exists for l	beginning player development.			
	All items of	of jewelry (n	ecklaces	, rings, bracel	ets, watches, earrings, leather bands, rubber bands, lar	rge hair bows etc.) are strictly forbidden and must			
SAFETY	be remove	d. Using tap	e to cov	er jewelry is n	ot acceptable.				
	NO headin	g. (US Socc	er does l	NOT recomme	end heading until a player reaches the U12 age group.)				

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

2024 Fall U5 Coed - 10 11/8/24 10:15 PM