



Norpoint Soccer Club

Micro League (U-6)

Norpoint Soccer Club Official Micro (Under 6)

Playing Guidelines

1 – The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: 30 yards

Width: 20 yards

Field Markings: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center marked is indicated at the midpoint of the halfway line. A circle with a radius of four (6) yards is marked around it.

Goal Box: None

Penalty Box: None

Flag Posts: None (Coaches may play cones at the corners if they wish)

Corner Arc: 2 feet

Goals: Goals must be placed on the center of each goal line. The goals will be Pugg Portable pop up goals with the following dimensions: 6' Width x 3.5' Height x 3.5' Deep. **Each coach will provide 1 goal for the match. Goals will be secured to the ground.**

2 – The Ball

Size: Three (3)

3 – Number of Players

On Field: A match is played by two teams, each consisting of 3 players. There are NO GOALKEEPERS. Encourage players to stand out of the goal. They will pack in there and build a bunker if you let them.

Substitutions: Substitutions may occur during any stoppage in play. An unlimited number of substitutions are allowed during the match.

Playing time: Coaches shall have a player play a minimum of 50% of the total playing time.

Rosters: Teams shall consist of 5-7 players. Teams are Co-ed.

4 – Equipment

Players: Conform to FIFA (for the most part) during games:

- Team jersey
- Soccer shorts (any color)

- Shin guards worn under socks (any color)
- Soccer cleats (not baseball or football, any color)
- Size 3 soccer ball
- Non-uniform clothing (long-sleeved shirts, sweaters, long pants, etc.) is allowed based on weather conditions, but the team jersey must be worn on the outside and visible.

Coach: The following is issued by Norpoint Soccer Club:

- **1 Pugg goal (must return to the Micro Chair/ Equipment Chair at the end of the season)**
- Whistle
- Cones
- Pump
- Equipment bag

5 – Officiating

Referee: Coaches or parents who are comfortable officiating will be used. Norpoint Soccer Club encourages both coaches to be on the field at the same time to officiate, encourage, and correct behavior of both teams playing, if able.

Assistant Referee: None

6 – Duration

Match/Half Time: The match shall be divided into four 8-minute quarters (totaling 32 minutes of playing time) instead of traditional halves to help young children stay focused and rested. Quarter Breaks: 2 minutes between each 8-minute quarter for quick water and substitutions. Halftime: 5 minutes between the second and third quarters.

- We highly encourage the teams to switch sides from one half to the other. This will help the kids get familiar with reorienting themselves during the game.
- If a coach, or both coaches, are on the field, we encourage the team have a parent track time to help with substitutions and clock management.

7 – Start, Stop, Restart

Kick Off: Players must be on their side of the field to start, with the players of the non-kicking team standing outside of the center circle.

Stopping Play:

- Ball goes completely out of bounds.
- Ball is placed into the net (scoring).
- Injury
- Dangerous Play: Players staying on the ground trying to kick the ball. Always encourage players to get on their feet. The ground is not a safe place to be with a bunch of 3, 4, and 5 year olds kicking wildly.
- Fouls and Misconduct. Referee/Coach/Parent must explain ALL infringements to the offending player. No cards are issued in Micro. Fighting, pushing, and/or any other dangerous misconduct is not allowed. Any called fouls result in a free kick for the non-offending team. (This is Micro and there will be pushing and bumping. We are mainly talking about overly aggressive behavior that may result in injury).
- Accidental and inadvertent hand balls will not be called. Simply remind players to keep their hand down/no touching the ball with your hands during play (however, if a player picks up the ball and starts running with it, blow the whistle).

Goal Kick:

- A goal kick is a free kick taken by the defending team, after the attacking team sends the ball over the end line outside of the goal.
- The goal kick will be taken 2-3 yards from the goal line, relatively close the defending teams goal. The opposing team will withdraw back to midfield, and stay there until the kicking team has

restarted play again by kicking the ball.

Corner Kick:

- A corner kick is a free kick taken by the attacking team from a corner of the field, after the ball has been sent over the end line outside the goal by the defending team.
- The corner kick will be taken at the designated corner where the ball went out of bounds. The defending team will stay 4 yards away from the ball until the kicking team has restarted play again by kicking the ball.

Throw In:

- The throw in is the act of throwing the ball from the sideline back into the field of play after the ball has gone out of bounds.
- Players will attempt to conform to FIFA rules regarding the throw in. As long as the player performing the throw attempt is close to a proper throw, do not stop play. Simply remind the player to make the correction on their next attempt. (Example: Hey, next time remember to keep both feet on the ground.)
- If the attempt is so egregious, stop play and have the player attempt again, but provide some quick coaching and encouragement, and resume play (regardless of how the 2nd attempt went).

Penalty Kick: None

Offsides: None

Notes From The Micro Chair

- Dribbling is one of the best skills to teach at this age, and one of the easiest skills to teach. It is not kick and chase, it's like walking a puppy. Keep the ball close!
- Discourage players from kicking and passing the ball with their toes, instead encourage players to use the inside of their foot and shoe laces when kicking and passing the ball.
- Many prior coaches are more than happy to share coaching strategies and drills with first time coaches. Just ask!!!
- Teams and coaches may coordinate with each other to schedule scrimmages outside of the normally scheduled games.
- We don't keep score in Micro. It's all about fun for the kids! (We all know parents will be keeping score anyway)
- Encourage parents to cheer for both teams. It's about having fun and creating a positive environment.
- Heckling, profanity, or disparaging remarks are not tolerated. Norpoint Soccer Club expects the coaches to handle any issues before they get out of hand. I've never seen an issue at our Micro Games; let's keep it that way.
- Micros practice and play in the cold, sun, or rain (no practicing or playing with lightning, of course). However, if it's just a ridiculously absurd downpour, by all means cancel practice.
- Feel free to contact the Micro Chair at micro@norpointsoccer.org with any questions you may have concerning the league.
- There are plenty of online references for drills and games for coaching, here are a few that I recommend:

1. www.soccerxpert.com
2. www.top-soccer-drills.com
3. www.ayso.org
4. www.freeyouthsoccerdrills.com

5. www.youtube.com
6. [Google is your friend!](http://Google.is.your.friend!)

The following pages are some simple games and drills that I have personally used and found effective when I was a Micro Coach (and a first time coach, at that).

Through the Gates

Preparation

Take a look at the diagram below. The players will have their own ball each and be spread out in the area.

This drill is very good at getting the young players to dribble in different directions at pace and with good control. On the coaches command the players will dribble their soccer ball around the area and dribble through as many gates as possible.

Once the kids have been through the gates the game needs to advance to adding in tricks and turns. Different variations are where after a player has been through a gate they have to do a trick or skill. Take a look at what I recommend below



Coaching Points

- Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.
- Make sure the kids use the inside and outside of their feet whilst dribbling and passing
- Make sure the kids change direction frequently and keep their heads up to see where they are going and ensure they do not bump into anyone.

Clean Your Room

Preparation

This fun backyard soccer drill is a favorite amongst young kids. It is a straight-forward drill that works on the kids' passing technique. You will need a marked out area wide and long enough for the amount of players you have available. You will also need a line marked out with cones to separate the players. The same amount of soccer balls to player ratio will work out fine for this game.

Explanation

The kids will be split into two teams. Each team stands either side of the marked out line. Tell the kids that they have to clean their room quicker than the other team and after one minute whichever team has the tidiest room wins.

When you shout GO! players have to pass a soccer ball into the other teams bedroom to make it messier. Once a ball comes back into their area they should once again kick it back.

Make sure the kids use the correct passing technique. If the ball is kicked past the player they should chase after it and do a drag-back turn to face the other direction. (For turns - see the skills and tricks page on my website). After one minute, stop the kids and see who has the least balls in their area and therefore the tidiest room!



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www.freeyouthsoccerdrills.com

Ouch

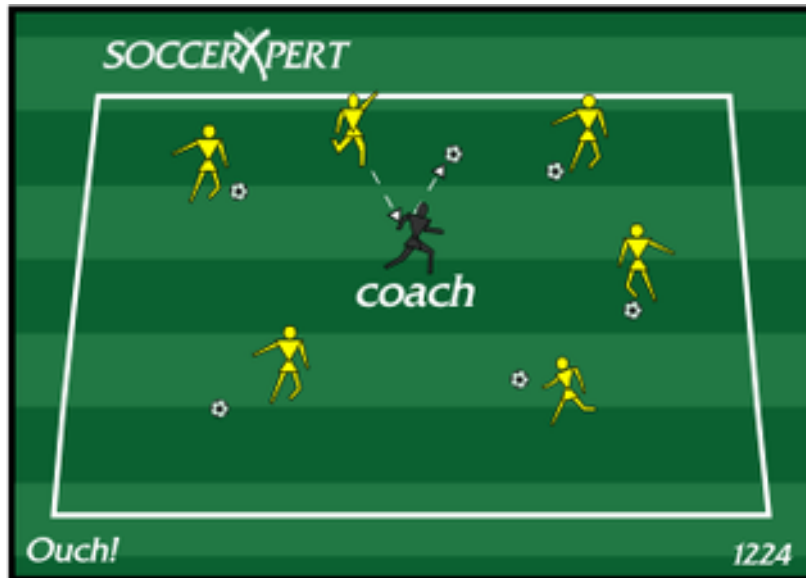
Drill Objective: A fun soccer drill for younger players (U6, U7, and U8) to introduce dribbling, looking up, and correctly striking the ball at a target. And best of all, it's a fun soccer game for the players and coach!

Drill Setup:

1. Build a grid 20 X 30 (may adjust if too large or small).
2. Every player begins in the grid with a ball.
3. The coach starts in the grid without a ball.

Drill Instructions:

1. The coaches jog around in the grid and players try to kick their balls and hit the coaches.
2. The players get a point each time they hit the coach.
3. The coach should yell OUCH each time they are hit to make the game fun.
4. For younger players, the coach can walk around their knees.



Drill Coaching Points:

- Encourage players to get their head up and look for the coaches while dribbling.
- Make sure the players are striking the ball with the proper part of the foot.

Drill Variations

- If the players are struggling to hit the coach, the coach should stop for a couple of seconds to give the players a chance.
- Use different parts of the foot: Inside, Instep, Right and Left foot.

www.soccerxpert.com

Sharks and Minnows

Skill: Dribbling

Number of Players Required: Full U-6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player and some type of tail (piece of cloth) for each player.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball. The players are Minnows and the coach is the Shark.

How the Game is Played: Each Minnow has a ball and must protect it while trying to swim across the pond (dribble to the opposite side of the grid). The Shark moves around the grid catching minnows by taking their ball away. The minnows try to avoid the shark while staying in the field of play. When a minnow has lost its ball, it will become a shark. The minnows that have made it to the other side safely will attempt to cross the grid again, only this time the original shark will be joined by any new sharks. The last minnow standing wins.

Variations: Allow players to only use left foot, right foot, or use inside of both feet. Coaches can direct the Shark to go after a particular minnow allowing players that need to get more touches on the ball the opportunity.

www.ayso.org

Simon Says/Coach Says

Drill Objective: This soccer dribbling drill is for U6 and U8 players. This drill focuses on dribbling and keeping close control for quick instructions. This is a fun soccer drill that also works on listening skills for the younger player.

Drill Setup:

1. Create a 20 X 30 grid with cones.
2. Position the players inside the grid.
3. Each player with a ball.

Drill Instructions:

1. Play Simon/Coach Says with the team as the players dribble in the grid.
2. If a player does something they are not supposed to, issue them a GOTCHA.
3. See who gets the least number of gotchas.
4. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball, etc.
5. Also, try to throw in a trick or two like kick the ball as far away as you can.

Drill Coaching Points:

- Have players do actions like clapping in between their legs and skipping to increase body awareness.
- Focus on dribbling skills and keeping the ball close and under control.
- Focus on players listening skills.

The Big Race

Skill: Dribbling

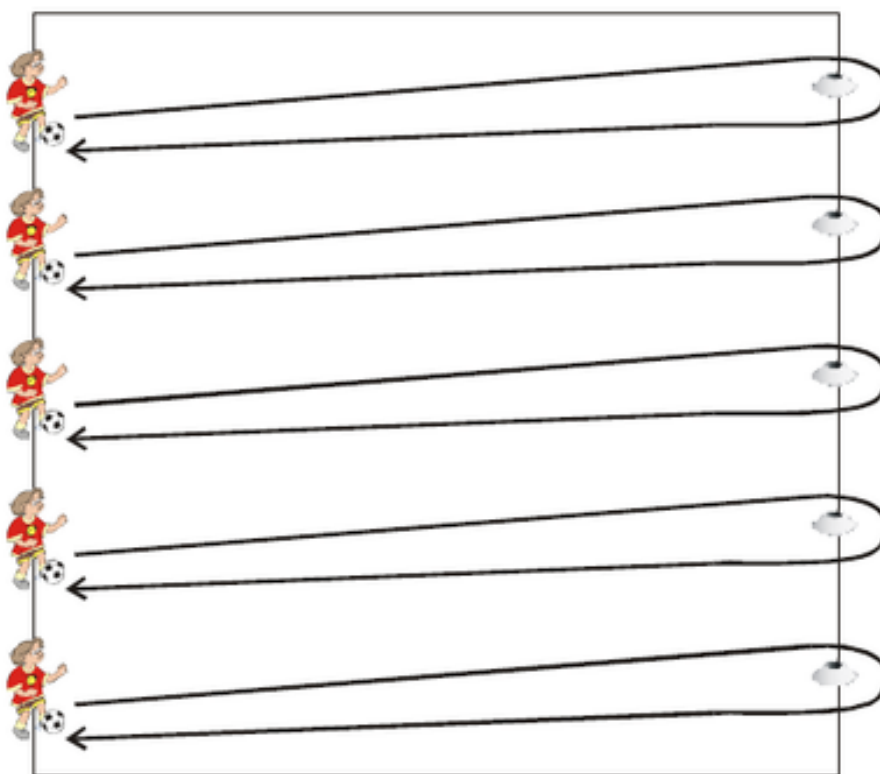
Number Of Players Required: Full U-6 team

Equipment: 10 or more cones to mark grid, 1 ball for each player and a cone for each player.

Grid Requirement: 20 X 10 yard grid

Organization: Create a 20 X 10 yard grid marked with cones. Place each player across from a cone that is place on the other end of the grid.

How The Game Is Played: The coach will say, "Start your engines" after which the coach will yell go! The players must dribble their ball around their cone and back to the starting line. The first player back is the race winner.



Variations: Have a staggered start. Have races in teams of two or three players. Have the player's race individually against the clock (time trials).

Red Light/Green Light

Red Light Green Light is a fun and easy drill for the youngsters. It will help them learn how to dribble and stay in control of the ball while having some fun!

Setup

- You can either designate a playing area or have players line up on the touch line with space in between each player.
- Every player will need a ball.

Instructions

- To start, say “Yellow Light”! Players should dribble the ball forward in a straight line at a slow pace.
- Then say “Green Light”! Players should continue to dribble the ball forward in a straight line but this time at a fast pace.
- Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession.
- You can say “U-Turn”! Players should then use their foot to pull the ball backwards and then turn around immediately to go the opposite direction. May want to do this while in Yellow Light status to begin with.
- You can say “Pump Gas”! Players should stop and begin to do alternating toe taps on the ball as if they are pumping gas into their car.
- Continue to control the drill with the frequency and variation of light changes! First couple practices maybe only use yellow, green, and red lights. Then introduce the U-Turn and Pump Gas once they get comfortable.

Coaching Tips

- Instruct players to keep their heads up while dribbling.
- Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Variations

- When players begin to get accustomed to the drill, vary it by allowing them to dribble in any direction.
- Add new colored lights! For example, if you say “Black Light” then they need to dance around the ball! If you say “Blue Light” then they need to hop back and forth over the ball.
- Have fun with it!

Clean Your Room

Drill Objective: This soccer game is a great drill for U5 through U8 players. The clean your room soccer drill will focus on dribbling under pressure while also working on defensive pressure as an individual or a small group.

Drill Setup:

1. Create a grid that is approximately 10 X 10 yards. You should adjust the size of the area depending

on the size, skill set, and the number of players.

2. Assign one player to "clean the room." This player will act as the defender to knock everyone's ball out of the grid.
3. Every player other than the room cleaner needs a ball.



Drill Instructions:

1. Start by having the players dribble around free in the grid.
2. The coach should release the room cleaner into the grid.
3. The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid.
4. The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible.
5. The room is "clean" once all of the balls are out of the grid at one time.
6. The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players.
7. If a player is struggling to clean their room, a 2nd room cleaner can be sent to assist.

Drill Coaching Points:

- Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible.
- Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.

Drill Variations

- Start with 2 room cleaners (defenders).
- Make the players do 10 jumping jacks before entering the grid. This will give the defender a bit more time to clear other balls out of the grid.

www.soccerxpert.com

All volunteers/coaches for Norpoint Soccer Club must have a mandatory background check completed before working with our players. [Click here to have your background check completed.](#)

In addition to the background checks, coaches will also have to complete the additional trainings. Compliance Certifications are as follows:

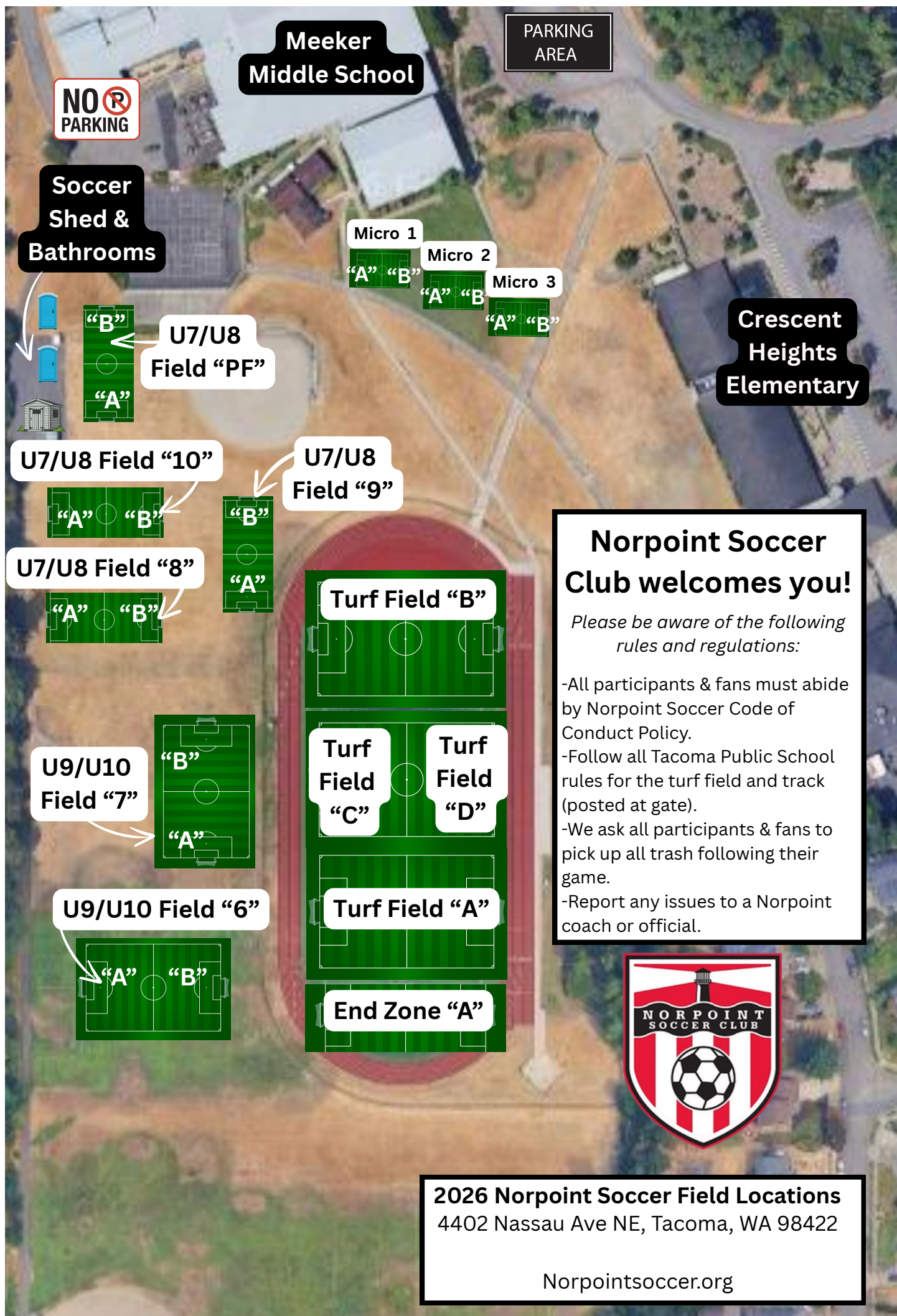
Safe Sport (SS)

Sudden Cardiac Arrest (SCA)

Concussion Compliance (CC)

Simply follow the instructions.

Fall 2026 Field Map:



**Meeker
Middle School**

**PARKING
AREA**

NO PARKING

**Soccer
Shed &
Bathrooms**

Micro 1

Micro 2

Micro 3

**Crescent
Heights
Elementary**

**U7/U8
Field "PF"**

U7/U8 Field "10"

**U7/U8
Field "9"**

U7/U8 Field "8"

**U9/U10
Field "7"**

U9/U10 Field "6"

Turf Field "B"

**Turf
Field
"C"**

**Turf
Field
"D"**

Turf Field "A"

End Zone "A"

Norpoint Soccer Club welcomes you!

Please be aware of the following rules and regulations:

- All participants & fans must abide by Norpoint Soccer Code of Conduct Policy.
- Follow all Tacoma Public School rules for the turf field and track (posted at gate).
- We ask all participants & fans to pick up all trash following their game.
- Report any issues to a Norpoint coach or official.



2026 Norpoint Soccer Field Locations
4402 Nassau Ave NE, Tacoma, WA 98422

Norpointsoccer.org

