



FRONTRUNNER

FUTSAL LEAGUE

FRONTRUNNER FIELDHOUSE

SPARK LEAGUE

FRIDAY YOUTH FUTSAL

PLAY TODAY, LEAD TOMORROW

PARENT & PLAYER GUIDE

Rules, Fun, & How We Play!

AGES 4 | 5 | 6

Where Little Feet Make Big Memories!

Ages:	4-6 Years (Birth Years 2019-2021)
Season:	January - February 2025
Schedule:	Fridays 5:00 PM – 7:00 PM
Format:	4v4 & 5v5 Fun & Discovery Futsal

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WELCOME!

We're So Excited You're Here!

Welcome to the SPARK League at Frontrunner Fieldhouse - where the goal isn't just to score, it's to smile, laugh, run around, and fall in love with the game!

At ages 4, 5, and 6, kids aren't here to become professional athletes. They're here to discover what their bodies can do, make new friends, and have an absolute blast chasing a ball around the court.

We don't keep score in this league - because at this age, the REAL wins are trying something new, getting back up after falling down, and giving high-fives to teammates!

This guide will walk you through everything you need to know: how games work, what to bring, and how you can help your little one have the best experience possible.



OUR PROMISE

- ★ **Every kid plays.**
- ★ **Every kid is celebrated.**
- ★ **Every kid leaves with a smile.**

- The Frontrunner Fieldhouse Team

OUR PHILOSOPHY

Why Fun Comes First at Ages 4, 5, and 6

At Frontrunner Fieldhouse, we believe the best thing we can do for young athletes is help them LOVE being active. Skills will come later. Confidence, joy, and a positive relationship with sports? That starts NOW.

4 YEAR OLDS

"I'm exploring!"

Four-year-olds are discovering what their bodies can do. Running, kicking, stopping, turning - it's all new and exciting! At this age, we focus on movement exploration, following simple directions, and celebrating every attempt. Don't worry if they chase butterflies instead of the ball sometimes - that's perfectly normal!

5 YEAR OLDS

"I'm learning!"

Five-year-olds start connecting actions with outcomes. "If I kick this way, the ball goes THAT way!" We introduce basic concepts like passing to friends, using different parts of the foot, and playing together as a team. Lots of encouragement and silly games keep energy high!

6 YEAR OLDS

"I'm getting it!"

Six-year-olds are ready to put it together. They understand teamwork, can follow game structure, and love friendly competition. We challenge them with more dynamic activities while keeping everything playful. They're building real skills now - and they're proud of it!

Remember: At this age, the goal is to help kids feel GOOD about moving, playing, and being part of a team. The scoreboard doesn't matter - the smiles do!

WHAT WE BELIEVE

These are the rules of our league - and they're pretty simple!

1 FUN FIRST!

If it's not fun, we're doing it wrong. Games should feel like play!

2 EVERYBODY PLAYS!

Every kid gets equal time. No benchwarmers here!

3 EFFORT = AWESOME!

We celebrate trying, not just succeeding. Every kick counts!

4 BE KIND!

We cheer for everyone - teammates AND the other team!

WHY WE DON'T KEEP SCORE

- At ages 4-6, kids don't actually care about the score - they care about playing!
- Removing score pressure lets kids take risks and try new things without fear.
- Research shows kids this age learn better through play, not competition.
- Parents and coaches can focus on encouragement instead of outcomes.
- Every game ends with EVERYONE feeling like a winner!

But here's a secret: the kids will THINK they're winning every game. And honestly? They're right.

HOW GAMES WORK

Don't worry - we keep it super simple for little ones!

GAME TIMING

WHAT	HOW LONG
First Half	13 minutes of play
Halftime Break	1 minute (quick water break!)
Second Half	13 minutes of play
Transition Time	3 minutes between games
Total Game Block	30 minutes total

HOW MANY PLAYERS?

- 4v4 format (4 kids on each team at a time)
- No goalkeeper at this age - everyone plays the field!
- Kids can substitute anytime - just tag in and tag out
- We need at least 3 players to start a game

SIMPLE RULES FOR LITTLE PLAYERS

- ➊ Kick-ins instead of throw-ins (easier for little arms!)
- ➋ No slide tackling - we stay on our feet
- ➌ If the ball goes out, the other team kicks it back in
- ➍ If someone falls down, we help them up!
- ➎ No pushing or grabbing - just the ball!

Coaches will gently guide kids through the rules during play. It's totally okay if they don't remember everything - that's what grown-ups are for!

GAME DAY QUICK GUIDE

Everything you need to know to have an awesome Friday!

WHAT TO BRING

- ✓ Water bottle (with their name on it!)
- ✓ Shin guards (required for safety)
- ✓ Athletic shoes - flat-soled or indoor soccer shoes (no cleats!)
- ✓ Comfortable clothes they can run in
- ✓ A good attitude!

WHAT TO LEAVE AT HOME

- ✗ Cleats (they can scratch the court)
- ✗ Snacks during game time (water only on the court)
- ✗ Jewelry or anything dangly
- ✗ Stress about winning - we've got this!

ARRIVAL TIME

Please arrive 10-15 minutes before game time so your little one can:

- Use the bathroom (important!)
- Put on shin guards
- Say hi to teammates
- Get excited!

DURING THE GAME

Here's how parents can help from the sidelines:

- ★ Cheer for ALL kids - both teams!
- ★ Keep coaching to the coaches (they've got it!)

- ★ Celebrate effort: "Great try!" "You ran so fast!" "Nice kick!"
- ★ If your child is upset, a smile and thumbs-up helps more than yelling instructions

Pro tip: Kids this age often look to the sidelines for approval. A big smile from you = confidence boost for them!

PLAYER DEVELOPMENT

What Kids Are Actually Learning (It's More Than Soccer!)

PHYSICAL SKILLS

- Running, stopping, and changing direction
- Balance and coordination
- Kicking with different parts of the foot
- Spatial awareness (where am I? where's the ball?)

SOCIAL SKILLS

- Taking turns and sharing the ball
- Listening to coaches and following directions
- Celebrating teammates' success
- Being part of a team

EMOTIONAL SKILLS

- Handling excitement and disappointment
- Building confidence through trying new things
- Learning that mistakes are okay
- Developing a love for being active

WHAT SUCCESS LOOKS LIKE AT THIS AGE

Forget goals and assists - here's what we're really celebrating:

✓ They ran toward the ball	✓ They gave a high-five
✓ They tried kicking with both feet	✓ They smiled during the game
✓ They got up after falling	✓ They cheered for a friend
✓ They listened to the coach	✓ They said they want to come back!

FOR PARENTS & COACHES

FOR PARENTS: How to Be the Best Sideline Cheerleader

Your energy matters! Here's how to help your child thrive:

DO:

- ✓ Cheer for effort and hustle, not just goals
- ✓ Use positive body language (smiles, claps, thumbs up)
- ✓ Let coaches coach - they know what they're doing!
- ✓ Ask "Did you have fun?" instead of "Did you win?"
- ✓ Celebrate the car ride home with favorite songs or snacks

AVOID:

- ✗ Yelling instructions from the sideline
- ✗ Criticizing mistakes or other kids
- ✗ Asking about the score or who won
- ✗ Comparing your child to others

FOR COACHES: Our Approach

Our volunteer coaches follow the "FUN" method:

F - Focus on smiles, not skills

U - Use games to teach (not drills)

N - Never criticize - only encourage!

Interested in coaching? We'd love to have you! Talk to the front desk about volunteer opportunities.

STAYING SAFE & HAVING FUN

COURT SAFETY RULES

- ⚠ Shin guards are required - no exceptions!
- ⚠ No jewelry, watches, or hair clips that could hurt someone
- ⚠ Flat-soled shoes only (no cleats on the court)
- ⚠ Water bottles stay on the sideline, not on the court
- ⚠ If someone gets hurt, everyone stops and we help

BATHROOM BREAKS

Please have your child use the bathroom BEFORE the game starts. If they need to go during the game, a parent should accompany them.

WHAT IF MY CHILD IS UPSET?

It happens! Here's what to do:

- Give them a minute - sometimes they just need to process
- A quick sideline hug is okay (then encourage them back)
- Let the coach know if there's something specific bothering them
- Don't force it - if they need to sit one out, that's okay
- Celebrate small victories to rebuild confidence

EMERGENCY PROCEDURES

- ⚠ First aid kit available at front desk
- ⚠ Staff trained for minor injuries
- ⚠ In serious emergencies, 911 will be contacted
- ⚠ Please inform coach of any allergies or medical conditions

CONTACT US

Questions? We're here to help!

ROLE	NAME	EMAIL
League Director	James Kerr	jameskerr@frontrunnerfieldhouse.com
Administration	Denin Spriggs	deninspriggs@frontrunnerfieldhouse.com
General Support	Front Desk	parents@frontrunnerfieldhouse.com

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We're always happy to answer questions, hear feedback, or just chat about your little one's experience!

QUICK REFERENCE CARD

One-page cheat sheet for game day - print and keep handy!

GAME BASICS

- Format: 4v4 (no goalkeeper)
- Duration: 2 x 13 min halves
- Halftime: 1 minute
- Min players: 3
- Subs: Anytime!

SIMPLE RULES

- No score keeping
- No slide tackling
- Kick-ins (not throw-ins)
- No pushing or grabbing
- Everyone plays!

WHAT TO BRING

- ✓ Water bottle
- ✓ Shin guards (required!)
- ✓ Flat-soled shoes
- ✓ Comfy clothes
- ✓ A smile!

⚠ NO CLEATS ON THE COURT!

Arrive 10-15 minutes early | Questions? parents@frontrunnerfieldhouse.com

FUN WORDS TO KNOW

Soccer terms for little ones!

WORD	WHAT IT MEANS
Futsal	Indoor soccer with a special ball that doesn't bounce as much!
Kick-in	When the ball goes out, you kick it back in instead of throwing
Dribbling	Using your feet to move the ball while you walk or run
Passing	Kicking the ball to a friend on your team
Goal	The big box you try to kick the ball into - YAY!
Teammate	Friends on your team who wear the same color
Coach	The grown-up who teaches you and cheers you on
Substitute	When you take a rest and a friend goes in for you
Shin guards	Special pads that protect your legs
High five	What you give your friends after a great play!

FAQ FOR PARENTS

Common questions answered

Q: What should my child wear?

A: Shin guards (mandatory), flat-soled shoes (no cleats), and comfy clothes they can run in.

Q: How early should we arrive?

A: 10-15 minutes early for bathroom, shin guards, and getting excited!

Q: Will my child play the whole time?

A: Yes! Everyone gets equal playing time. No benchwarmers.

Q: What if my child is shy or nervous?

A: That's normal! Our coaches are trained to help kids feel comfortable. Give it a few sessions.

Q: What if my child cries or wants to quit mid-game?

A: It happens! A quick sideline hug is fine. Don't force it - they can try again next time.

Q: Do you keep score?

A: Nope! At this age, we focus on fun, not winning.

Q: Can siblings play together?

A: Teams are organized by age, but siblings close in age may end up together.

Q: What if we need to miss a session?

A: No problem! Just let us know if possible. No make-up sessions available.

Q: Is there a bathroom nearby?

A: Yes! Please have your child go BEFORE the game starts.

Q: Can I be on the court with my child?

A: Parents stay on the sidelines so coaches can coach and kids can play independently.

PARENT AGREEMENT

Sign and return form

Please read, sign, and return this page to confirm that you understand and agree to the SPARK League guidelines.

By signing below, I agree that:

- I understand this is a FUN-focused league with no score keeping
- I will cheer positively for ALL children
- I will let coaches coach and won't yell instructions
- I will ensure my child wears shin guards and appropriate shoes
- I will model good sportsmanship at all times
- I will ask "Did you have fun?" instead of "Did you win?"

Child's Name: _____

Parent/Guardian Name (Print): _____

Signature: _____

Date: _____

i Please return this signed form to the front desk or your team coach before the first session.



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