

# **FOND DU LAC SOCCER ASSOCIATION**

## **U6 Coaching Curriculum**

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## Introduction

This booklet has been designed to help the parent coach set up and run a fun exciting practice for their U6 team and players.

We look at the development stages of a 5 to 6 years old, how they learn, what makes sense to them, how they feel working in groups and why they must learn with the help of their parents and coach.

All of this in a fun and stimulating environment which helps the children learn through games and their imagination!



# Child Development

Each child develops in many ways during the ages of 5 to 6.

These changes are physical, socially and psychological.

The principle of Mini Kickers is to improve a child's basic motor skills, whilst also developing the child's physical, psychological and social development. The aim is to give children a good physical and social foundation to start soccer skill training.

## Physical development

This is the time of a child's physical development when the emphasis of the coaching is to improve child's basic movements.

## Motor Skills

The emphasis of coaching is to give children versatile experiences of basic motor skills and combinations. They are divided to three groups: motor skills of movement, motor skills of movement and balance and motor skills of handling equipment.

## Skills of movement

- Walking
- Running
- Jumping

## Skills of movement and balance

- Standing
- Sitting
- Rotation
- Bending



## Social and psychological development

When coaching children you must be aware of their psychological and social development as part of the child's overall development. The coaching is focused on creating a child who is motivated, confident, and has a positive attitude towards soccer.

## Social and psychological characteristics

- Children are egocentric
- There is a fine line between reality and fiction
- Children will copy both good and bad
- The child's concentration span is short

- The “why” questions have just started

## Good Coaching Habits

Due to the inactive lifestyles of many young children, the role of the coach at grassroots level has never been more important. Coaches owe it to the youngsters who attend sessions to give their best and to ensure above all else, that young people experience all the fun that the game can offer in a safe and caring environment. It is, therefore essential to consider the following:

### **Manner**

The coach’s manner is the key to success when working with children. At the age of U6 knowledge of children is more important than knowledge of soccer. The points listed below are vital when working with youngsters.

- Patience and understanding
- Encouragement
- Showing a good example
- Setting realistic objectives

### **Session Structure**

Since children have a short concentration span and are very keen and active, it is particularly important to have a structure which takes account of player’s skill level and the available facilities.

### **Time Management**

Consideration must be given to providing a session which allows for an equal distribution of time between skills practices and games.

### **Preparation**

Every effort should be made, before the start of a session, to preparation the area to be used. Apart from being efficient in terms of time, this reinforces to players that the coach is paying attention to detail and giving their best.

### **Start Simply**

Proceed from the simple to the difficult. Do not baffle children. Corrections should be made one at a time.

### **Activity as soon as possible**

Avoid a long winded explanation of the activity. Remember a picture paints a thousand words.

### **Demonstration position**

Select a suitable demonstration position so that the coach can see every player, and they can all see the coach. Do not speak until the coach has the attention of the entire group.

### **Maximize Participation**

Provide the players with as many opportunities as possible to repeat the skill, organize the participation groups into small, manageable numbers.

### **Action as soon as possible**

Avoid long winded explanation of the activity and remember a picture paints a thousand words.

### **Active Coaching**

To often coaches organize a skill practice or drill and then relax and admire their work. Once the group is working it is essential that the needs of the individual are addressed. Be active and coach.

### **Enjoy yourself**

Let go and enjoy yourself, if you are not having fun then the children will quickly realize this and will feel reluctant to join in on activities and have fun.

A good technique is to try and have different voices for all the games you play. i.e If you are a Shrek during a game then make your voice deeper and put on an accent.

Children won't care if it sounds silly, it makes it more interesting for them

### **Integrating the group**

Each child takes a different amount of time to warm up to their surroundings. Some will join the group right away and will start having fun. Others might take a few weeks and you have to be prepared to allow them to sit with their parents till they are ready to join the group. Don't force them.



# Session Structure

## EARLY TOUCHES

## AGES U6

## SESSION STRUCTURE

Following the structure of the session set out on the previous page:

### Warm up

*Ten Steps to Heaven* - Players moving with the ball in a set area. Players react to the coach calling out a set number which they must react to. The numbers are from 1-10 and all relate to a soccer specific skill.

1. On the Run - dribbling with the ball
2. Stuck like Glue - stop the ball with your feet
3. It wasn't me - putting your knee on the ball
4. Head to the floor - putting your head on the ball
5. Staying alive - toe taps on the ball
6. Do a trick - do a trick/ flick with the ball
7. Swap with a mate - leave your ball & run to someone else's
8. It's all mine - keep your ball in the square, kick everyone else's out
9. Do it again - do the practice again

### FUN GAMES

Most importantly it must be remembered that the players at this age are still young and the inclusion of a fun game with soccer specific skills is the best way for kids to learn. It is important to remember that we must coach during the games and not just play them for the sake of it. i.e why it is it important to keep the ball close to your feet when playing crabs on the beach?. It prevents the ball running loose and the crab (but kids then realize they could be defenders) getting the ball

### SMALL SIDED GAMES

Players learn through playing small sided games as this allows more touches of the ball which in turn increases all their technical abilities. Teams of only 3 players per team.

## COOL DOWN

It is important that each player and team get into the habit of cooling down after they take part in physical activity. This involves light jogging down to a walk

## U6 SESSION PLANNER

Name:..... Theme:..... Date.....

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Warm up: 10min

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Fun Game: 10min

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Small Sided Game: 10min

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Fun Game: 10min

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Cool Down: 5min

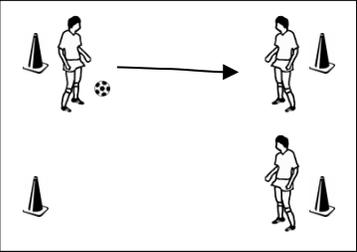
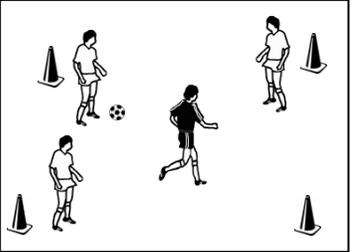
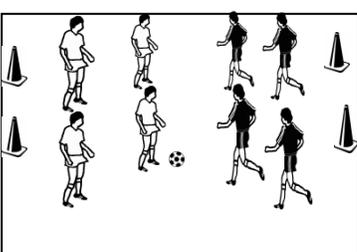
The clubs curriculum runs in conjunction with week specific training schedules.  
**Example:**

Age of Group	Week of Practice									
↓ CHALLENGER - TEAM/PLAYER PROGRESSION Ages – U11/U12	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING (INSIDE OF THE FOOT)										
SHOOTING (TOP OF THE FOOT)										
TRAPPING WITH FOOT										
FEINTING AND DRIBBLING										
PUTTING OPPONENTS OFF BALANCE										
RUNNING WITH BALL INTO SPACE										
TURNING/ CHANGE OF DIRECTION										
STEP OVER (WITH PASS)										
STEP OVER (WITH SHOT)										
PRINCIPLE OF PLAY (SPREADING OUT)										
MARKING A PLAYER										

**Skill to be worked on during relevant week**

**Boxes which are marked show the skills that are to be worked on each week**

Each week you will implement an age specific practice relevant to the player's development level and ensure that these specific skills were being developed.

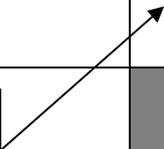
<p><b>Unopposed</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players can only pass the ball across or down.</li> <li>• Once the players makes the pass they must move to the open cone</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Stay on your toes and look to receive the ball with your head up.</li> <li>• Take a touch into the area you wish to play the ball</li> <li>• Do not move until you are sure the ball is going to the opposite player</li> <li>• Use both feet</li> </ul>	<p><b>Game Related</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• There is now a defender who is placed into the box</li> <li>• Defender can be adjusted to allow for ability of group e.g has to hop, cant tackle</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players must now actively be aware of where the defender is and take their first touch away from pressure and toward the pass they want to make</li> <li>• Move the ball quickly</li> </ul>	<p><b>Conditioned Game</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players play a regular game except they can't run with the ball or tackle for the ball.</li> <li>• Teams must intercept the pass to gain possession</li> <li>• Players cannot crowd 1 man and 5 yard space rule is applied.</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Making runs into space</li> <li>• Keep ball moving</li> <li>• Passing into space for players to run onto</li> </ul>
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# U6

## Learning Blocks

Learning Blocks Ages – U6 & U7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
PASSING								
SHOOTING								
STOPPING BALL WITH FEET								
MOVING WITH/ WITHOUT THE BALL								
RUNNING THEN STOPPING THE BALL								
PROTECTING THE BALL								

Skill to be worked on that week

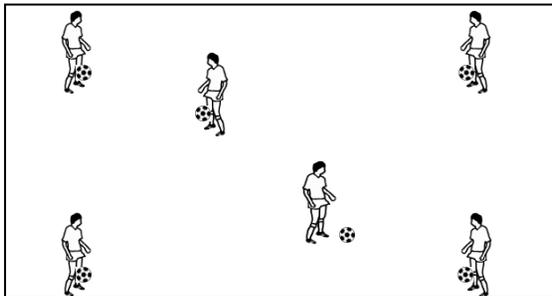


# WEEK 1

## Warm Up: Shake it up

Dribbling: Moving with the ball

### Organization



### Story

CeCe & Rocky want you to be able to dance with your soccer ball. How good are your dance moves?

### Implementation

- Each player has a ball and is allowed to dribble around the grid.
- The coach calls out A part of the body which the player must put on the ball

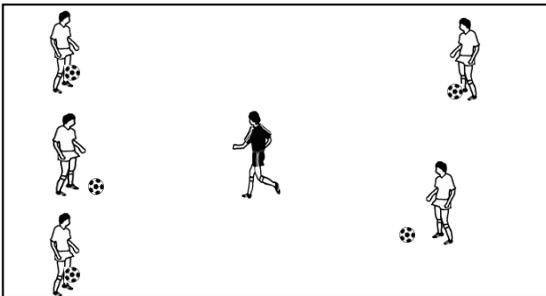
### Coaching Points

- Players should keep the ball close to them and have lots of little touches
- Head up and look for space
- Squish the ball when stopping

## Fun Game: Shrek

Dribbling: Moving with the ball

### Organization



### Story

Shrek has come home to find all the fairy tail people in his swamp and he wants them off his land! If they get caught they have to help Shrek.

### Implementation

- Each player has a ball except shrek who has to steal there ball away
- Players have to dribble with ball and avoid Shrek, if they stop the ball with their feet on the ball, Shrek cannot get their ball
- If players allow the ball to get away from them and Shrek gets it they are now caught and must hold ball above their head. They are released with another player putting the ball through their legs

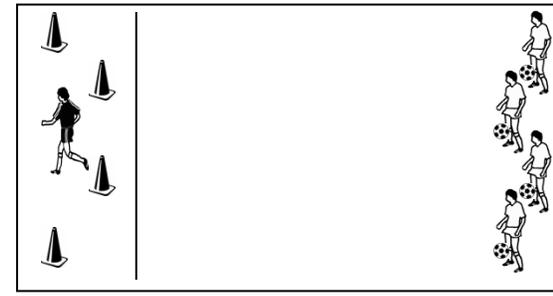
### Coaching Points

- Players should keep the ball close to them
- Keep their head up and look for space
- Be going at a pace which allows them to stop the ball

## Fun Game: Hanna Montana

Dribbling: Moving with the ball

### Organization



### Story

Hanna Montana is preparing for her big concert tonight & has decided to take a little nap. You guys have to set up the stage but all her clothes & equipment are in her room. Can you sneak into the dressing room without waking her & get everything you need? Remember she is a real diva & gets mad if you wake her up.

### Implementation

- Each player has a ball and attempts to dribble down to the Hannah dressing room to get the equipment.
- Hannah pretends to be asleep but when she wakes up players must fezzes. If frozen then Hannah can't see them or take their ball.
- If players move Hannah can chase them back to their base

### Coaching Points

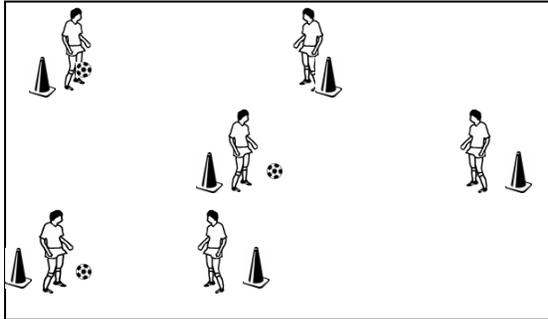
- Moving with ball using both sides of feet
- Put foot on ball when standing still
- Keep the ball close when dribbling
- Have head up at all times to watch for the Hannah waking up

## WEEK 2

### Warm Up: Spiderman

Passing: Passing and Receiving

#### Organization



#### Story

Spiderman is trying out his new web which fires out from his feet! He has to try and get his web ball to stick to the other spiddie's feet

#### Implementation

- Each Spiderman has a partner and stand facing each other.
- One web ball between the two is shot off from their feet.
- They have to stop the web ball before firing it back
- Progress practice by having the player follow the pass run around their partner and back before their partner runs and touches their cone

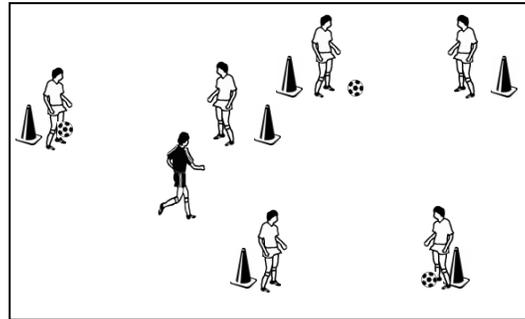
#### Coaching Points

- Players are encouraged to pass the web with the inside of their feet
- Placement of non kicking foot
- Face where you want the web ball to go

### Fun Game: Revenge of the Green Goblin

Passing: Passing and Receiving

#### Organization



#### Story

The Green Goblin has heard of Spiderman's new weapon and he wants to steal it away. The goblin swoops down when he can to steal the web ball away.

#### Implementation

- Spiderman now have to watch out for green goblins as they shoot their web balls. If they see a goblin they must stop the web ball with their feet and wait for the goblin to move on. point

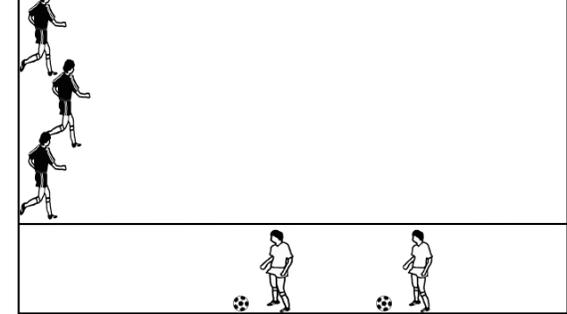
#### Coaching Points

- Use the inside of the feet to pass
- Follow through with kicking foot
- Placement of non kicking foot
- Keep your head up to watch out for the green goblin

### Fun Game: Wild Wild West

Passing: Passing and Receiving

#### Organization



#### Story

Howdy Partners this is the wild wild west & it's as wild as it gets. I am the sheriff of these parts & you guys are my deputies. As deputies you have to protect me from outlaws who want to shoot me down.

#### Implementation

- Cowboys have to run across the prairie to the sheriffs office to warn him about the outlaws
- Indians have to hit the player running through between the knee and the foot

#### Coaching Points

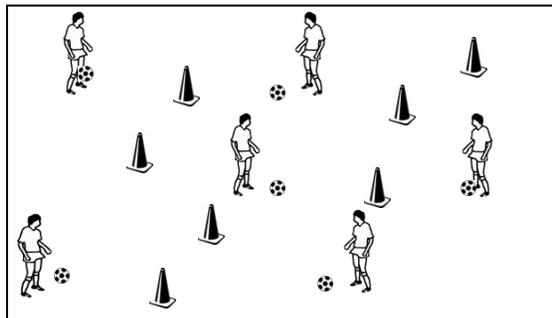
- Players have to keep the ball down by using the side foot and getting body over the ball
- Being aware of surroundings by having head up
- Play the ball in front of the players running through

# WEEK 3

## Warm Up - Batman

Shooting

### Organization



### Story

Alert in Gotham City, the Joker has placed lots of gas bombs all over the city. You need to go around with your bat weapons to knock them all out

### Implementation

- Batman must dribble round and try and knock down as many cones as they can.

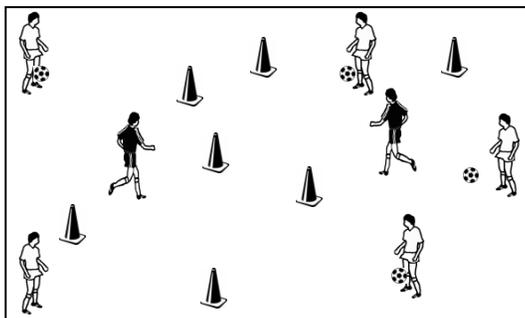
### Coaching Points

- Preparation, contact and follow through
- Head over the ball
- Knee over the ball
- Target
- Work on moving with ball before hitting

## Fun Game – Return of the Joker

Shooting

### Organization



### Story

The Joker has heard of Batman's plan and intends to stop him by fixing all the gas bombs.

### Implementation

- Players are in 2 teams now with one team as Batman trying to knock the cones over and the other as the Joker trying to put them back up
- Coach counts the number of cones standing up versus down to decide which team wins
- Teams then switch roles

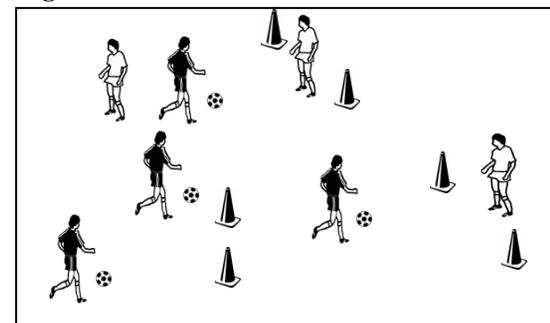
### Coaching Points

- Preparation, contact and follow through
- Accuracy of shot into corners
- Head over the ball
- Knee over the ball
- Head up looking for cones

## Fun Game – Star Wars

Shooting

### Organization



### Story

As Anakin Skywalker it is your role to protect the rebel base from the Clone Fighter space ships. You must shoot through the gap in the ships to blow them up. But the Clone Fighters have their own pilots stopping the shots

### Implementation

- Players are split into 2 teams, Rebels & Clone Droids
- Several Space ships, goals are laid out on the field
- Starfighters have the ball have to run round and shoot at as many y fighters as they can in 30 seconds
- Clone Droids have to move around and try and stop their shots by becoming a goalkeeper. (but they must keep moving round)

### Coaching Points

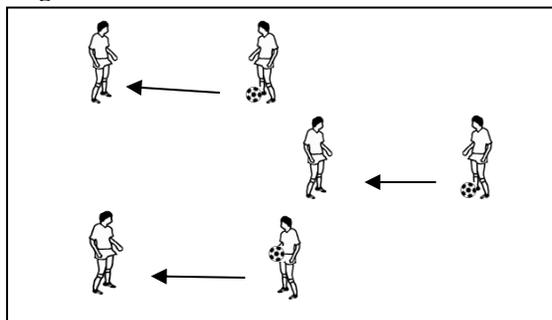
- Head up and look for the open goal
  - Drive towards space and open goal
  - Have ball out from under your feet
- Preparation, contact and follow through

# WEEK 4

## Warm Up: Sticky Glue

Passing & Control

### Organization



### Story

Players are made of glue and the need to try and get rid of the ticking stink bomb which when kicked at them sticks! If the stink bomb stops moving for 10 seconds it also explodes

### Implementation

- Players are with partner & stand facing each other.
- One ball of stink between two, players gently pass the ball to their partner who must stop it & then pass back.
- Progress practice, player follows pass, runs around partner and back to the start

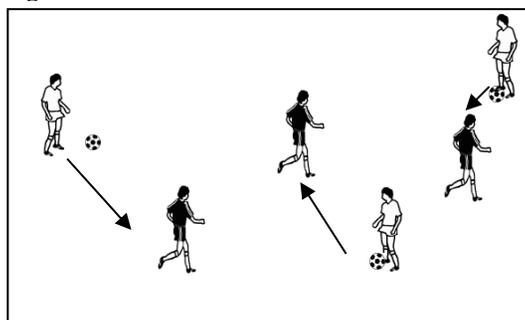
### Coaching Points

- Encourage players to move to meet the ball.
- Pass should be light and to the players feet
- Encouraged players to pass the ball with the inside of their feet
- Placement of non kicking foot

## Fun Game: Cops and Robbers

Passing & Control

### Organization



### Story

Cops have to chase after the robbers and tag them with the ball.

### Implementation

- Players are either cops or robbers
- Cops have the ball and must dribble around after the robbers and try to pass the ball to hit their feet
- If tagged they get to switch roles

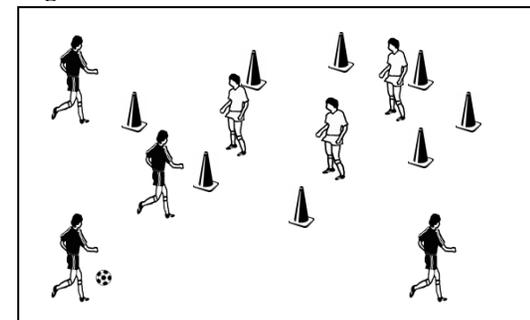
### Coaching Points

- Use the inside of the feet to pass
- Relax with pass and have correct weight
- Placement of non kicking foot
- Strike through the ball
- Pass the ball in front of player

## Fun Game: Toy Story

Passing & Control

### Organization



### Story

Woody & Buzz are having a big fight & you guys the Toys from Andy's room are caught in the middle, Andy is coming up the stairs and Woody wants to get everyone on 1 side of the room BUT Buzz wants everyone on the other side!. Which side will you choose?

### Implementation

- Players are set into 2 teams
- 1st team in defined the area while the other team surrounding them
- Children have to kick all the balls into the circle while the players inside are kicking the ball back out.

### Coaching Points

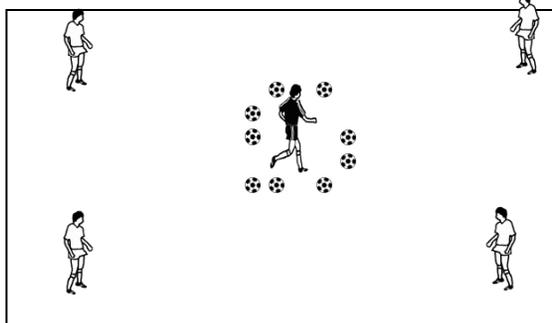
- Players have to keep the ball down by using the side foot and getting body over the ball
- Being aware of where the balls are

# WEEK 5

## Warm Up – Dragons Den

Shielding: Protecting the ball

### Organization



### Story

The Dragon wants to protect all his eggs from the children who want to steal them and keep them.

### Implementation

- Each player waits in the corner as the dragon sleeps in the middle of the area with all the “eggs” soccer balls
- Players have to sneak into the middle to steal the eggs.
- If the dragon wakes up players must run back to their corner.

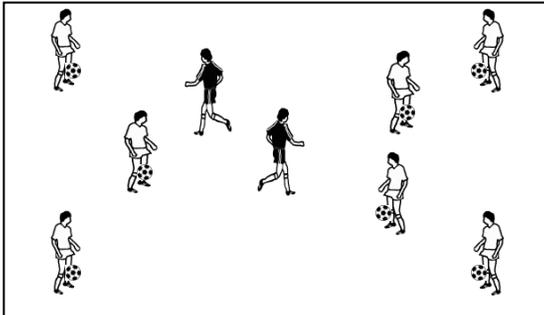
### Coaching Points

- Players must tip toe into the dragons den
- Must dribble the ball back with their feet.
- Knees bent with a low centre of gravity

## Fun Game – Finding Nemo

Shielding: Protecting the ball

### Organization



### Story

Nemo is swimming along in the sea but there is a big problem as Bruce the Shark is looking for him.

### Implementation

- Each player has a ball except for “Bruce the shark”
- Players have to dribble with ball and avoid Bruce if approached they must stop the ball with their feet and get into a shielding position.
- Bruce can try and get the ball for 3 seconds before moving on to another player

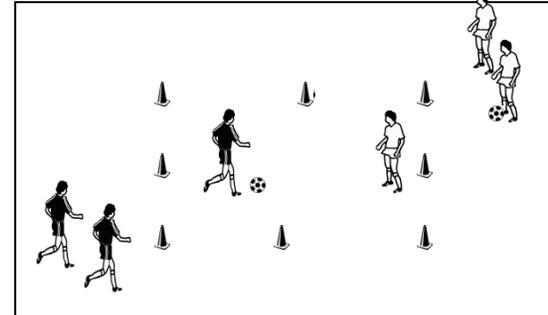
### Coaching Points

- Players should keep the ball close to them and be in a shielding position
- Keep their head up be aware of where the Bruce is
- Nudge the ball to the side to keep control and away from the Shark

## Fun Game – It’s a Knockout

Shielding: Protecting the ball

### Organization



### Story

It’s the big fight straight from Las Vegas. 2 Teams will duke it out to be knockout king champion

### Implementation

- Players are in 2 teams with each player sitting in their designated corner
- Teams of 1 / 2 players at a time come out and face off against each other trying to knock out the other team’s balls.
- If your ball gets knocked out you have 10 sec to get your ball back in.
- If your ball is knocked out 3 times you are out for the round.
- Repeat with new teams

### Coaching Points

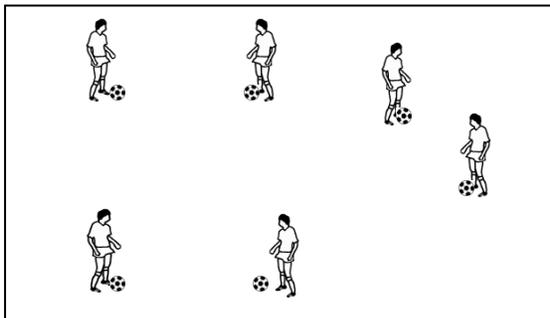
- Moving with ball into space
- Strong shielding stance to protect ball
- Keep the ball close when dribbling
- Have head up at all times

# WEEK 6

## Warm Up: Justin Bieber in Concert

Dribbling: Moving with the ball

### Organization



### Story

Justin Bieber is in town and he wants you to dance till you drop! When the music stops everyone must freeze!

### Implementation

- Players react & dribble round while listening to the music/ noises (sung by the coach)
- When the music stops everyone must freeze with their feet on the ball.
- Can change / vary to 1 clap means go. 2 claps means stop

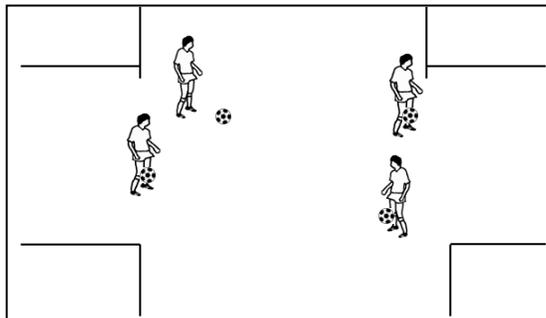
### Coaching Points

- Players should keep the ball close to them
- Keep their head up and look for space
- Be going at a pace which allows them to stop the ball

## Fun Game: Dora the explorer

Dribbling: Moving with the ball

### Organization



### Story

Everyone is going exploring with Dora and we have 4 places to visit with her, jungle, beach, sea and sky. What will you find when you get to each place?

### Implementation

- Coach lays out 4 color coned areas of green(jungle), Yellow (beach), Blue (sea), Sky (white)
- Players dribble into each corner on the coach's command and say what they find there.

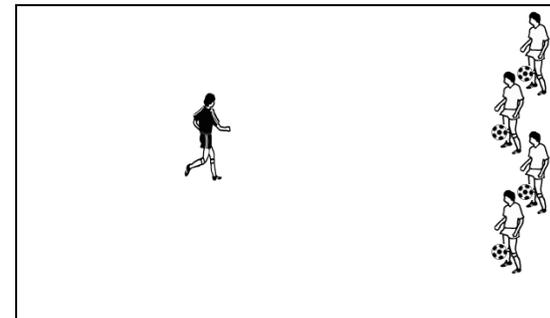
### Coaching Points

- Players should keep the ball close to them
- Keep their head up and look for space
- Be going at a pace which allows them to stop the ball
- Ask them what they see in each area!

## Fun Game: Sponge Bob Square Pants

Dribbling: Moving with the ball

### Organization



### Story

Sponge Bob planning a trip to see Patrick however Squidward the giant crab isn't happy and doesn't want to let you pass.

### Implementation

- Each player has a ball and attempts to dribble past the defender and get to the other side.
- Defenders can be made to "hop" or "act like crabs" etc to increase fun and help players success rate

### Coaching Points

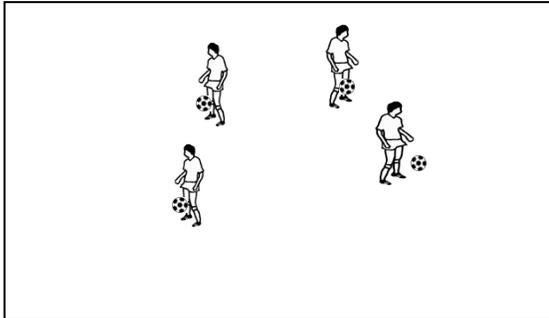
- Moving with ball into space
- Use of moves e.g. stop and start to go round defenders
- Keep the ball close when dribbling
- Have head up at all times

# WEEK 7

## Warm Up - Cars

Dribbling: Traffic lights

### Organization



### Story

Lightning McQueen is preparing for a big race but his brakes need a bit of work. Lightning is racing around town but needs to make sure he stops at the lights

### Implementation

- Coach holds a red and green cone. Up for McQueen to see. When its red he stops, when its green he goes

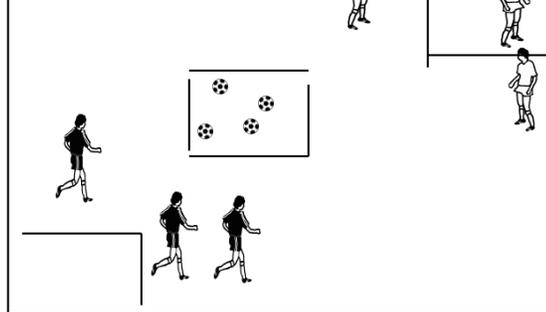
### Coaching Points

- Players should keep the ball close to them and have lots of little touches
- Head up and look for space and keep their eye on doc
- Squish the ball when stopping

## Fun Game– Captain America!

Dribbling: Moving with the ball

### Organization



### Story

Captain America & his men are trying to save the world from the Red Skull & his gang. They are both trying to steal the crystal balls from the middle of the field & get them back to their base

### Implementation

- Players work in 2 teams and try to steal from the middle and back to their base
- Team with the most crystals wins. Coach can add in more base areas for each team, allow team to steal from other teams.

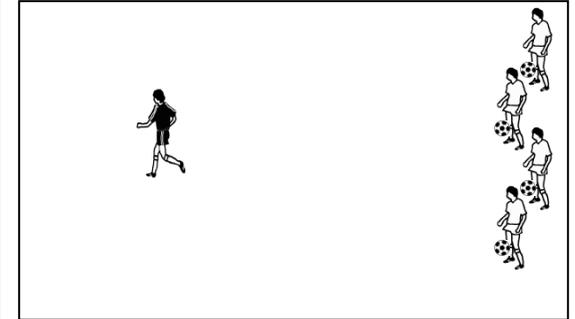
### Coaching Points

- Players should keep the ball close to them
- Keep their head up and look for space
- Be going at a pace which allows them to stop the ball
- Be aware of where the other team is

## Fun Game: What's the time Mr. Wolf?

Dribbling: Moving with the ball

### Organization



### Story

Little red ridding hood is trying to make it through the forest with a basket of fruit hidden inside their ball. But there is a wolf in the forest who wants the fruit

### Implementation

- Wolf stands in the middle of the area with his back to the players. He “howls” and when “little red ridding hood” hears the howls they ask “what time is it Mr. Wolf?”
- If the wolf says 1 o'clock the move 1 step, 2 o'clock 2 steps and so on
- If the wolf says “Dinner time” they have to turn and run back to the start.

### Coaching Points

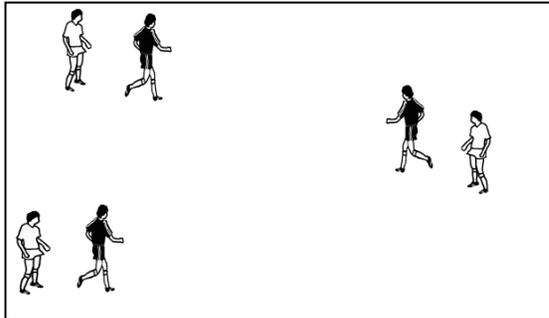
- Moving with ball into space
- Keep the ball close when dribbling
- Have head up at all times
- Quick turn when the wolf is hungry

# WEEK 8

## Warm Up – Cats V Dogs

Moving off the ball

### Organization



### Story

The cats have to catch the dog's tails and the dogs have to catch the cat's tails!

### Implementation

- Player are either dogs or cats.
- First the dogs start with a pinnie as tail which the other is trying to get
- The dog then gives the cats the tail for them to chase.

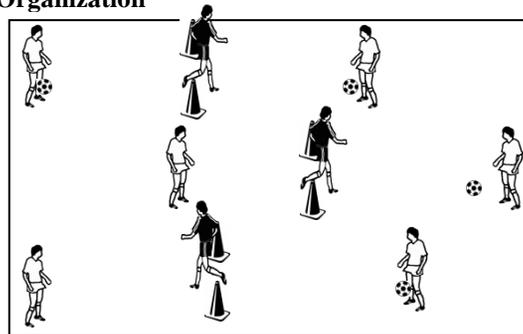
### Coaching Points

- Moving, ducking dodging the cat/dog.
- Running slow then speeding up.
- Turning, twisting

## Fun Game – Suite life of Zack & Cody

Shooting

### Organization



### Story

Zack & Cody are in the hotel & have decided to play a prank on the hotel guests by throwing their luggage out of the window! But Mr Moseby is onto them & he is running around with his staff trying to stop the boys.

### Implementation

- Kids try to kick the ball (luggage) through the goals (window)
- Goals are guarded by the mad Mr Moseby & his hotel staff (other players)
- Players get to change roles

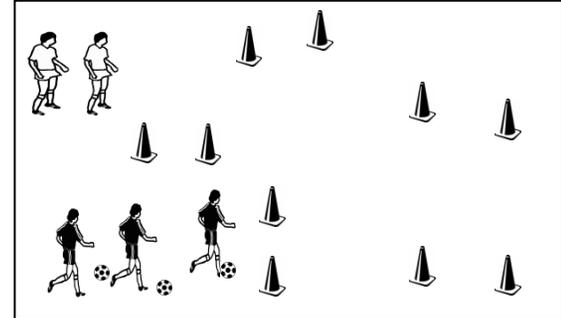
### Coaching Points

- Preparation, contact and follow through
- Accuracy of shot into corners
- Head over the ball
- Knee over the ball

## Fun Game – Suite life on Deck

Shooting

### Organization



### Story

Zack & Cody are on the SS Tipton & are late for class at the Seven Seas highschool & have to get their soon before Mr Moseby catches them. But the boat keeps moving & they are finding it hard to get through each door

### Implementation

- Players are split into 2 teams
- Several Goals are laid out on the field
- Zack & Cody with the ball have to run round and open each door by firing through the goal.
- Mr Moseby is moving round from door to door trying to block them

### Coaching Points

- Head up and look for the open goal
- Drive towards space and open goal
- Have ball out from under your feet
- Preparation, contact and follow through
- Aim for corners

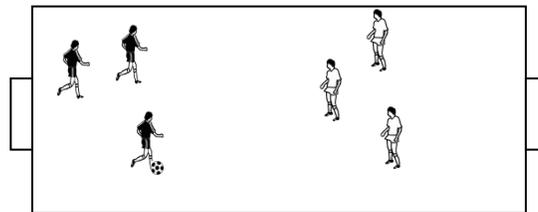
## Match of the Day

A Saturday morning/ afternoon is when your players will have the opportunity to show all the new skills they have learned during the week & they have the chance to express themselves during the game. It is important to encourage the players to play in a variety of positions & to remember that the players development & enjoying the game is the reason why they are out there. (not all about winning 😊).

Here is the field lay out for the age group you will be coaching:

**Age group: U6**

**Field :55ft by 75ft**



**Length of game: 1 x 10min**

**Format: 3v3 no GK**

**Referee: no referee, coaches drop new ball in when ball goes out of bound**

**Size of ball: 3**

It is important that each of the matches get played competitively but in a fair/fun environment. **The score should never be run up by 1 team/ coach & all players must play at least 50% of the game.**

When coaching there are proven methods to prevent 1 team dominating another and to keep the game competitive.

- 1: Place your strongest player in defense.
- 2: Every player on the team must touch the ball before shooting
- 3; Players must perform a “move” before shooting
- 5: Players can only use their weakest foot.

**You can swap players!...if you need a player are short or generally need to balance out the game it is ok to do so...remember its for fun!. It is important that the actual skills that are being learned midweek are being performed in the game....not the result!**

## Benefits of the Small Sided Game

Along with games on a Saturday each practice should include a small sided game for each of the players so they have the chance to play and experience the game.

These games should be in the small sided format with no more than 4 players per team.

If 2 fields are needed ask another parent to supervise 1 of the games.

The benefits of a small sided game can be easily seen:

### **S**kill Development

More touches on the ball allows for a greater chance to develop skills.

### **M**ore Activity

The ball is played more which lead to greater involvement

### **A**ll Involved

Nobody can improve from the sideline. So let them play

### **L**ess Categorization of players

Young players are learning about the game. Allow them to play freely

### **L**ess Tactical Regimentation

Small sided games are simple. Rules are kept to a minimum

### **S**uccess

Success at this age should be determined by the fun each player has

### **I**nterest

Many children can lose interest & concentration if they don't get to touch the ball

### **D**ecision Making

Because of the reduced numbers and pitch size, decision making for the children is easier.

### **E**asy to Organize

Any area can be quickly adapted to accommodate a number of players and games

### **D**eveloping Awareness

Small sided games help children to develop a better awareness of the full game at their own pace



## Conclusion

The following booklet guide has been provided as a base for the coach to then go and implement. It must not be underestimated the role the coach will now play for each of players he or she works with.

The most important person involved in a player's soccer life is the coach and I would hope that you follow this guide in structuring your sessions and in developing the key areas for the young players you will work with.

I hope that you use the information provided and your own knowledge to help make this a positive experience for all the players and for yourself.

