



TEACHING THE BASICS

Under 5 and 6

Characteristics of U5 –U6

Physical Attributes

- Have a strong desire to move and play
- Are not very coordinated
- Get tired quickly

Motor Skills

- Are extremely flexible
- Have relatively undeveloped muscles

Psychological Aspects

- Are Curious
- Are extremely self-centered
- Have a powerful imaginations
- Have short attention spans

Coaching Objectives

- General movement training
- Main emphasis on dribbling (moving with the ball) and kicking the ball
- Many repetitions in practice
- Simplify game to scoring and not to be scored on
- Coach mainly in “WE” have the ball (offense)
- Provide a variety of physical activities in every session

Practice Focus

- **Playing soccer**
- **Proper technique and mostly kicking and scoring**
- **Play small sided games such as 1v1, 3v3 and 4v4**
- **1v1 against Defenders and goalkeeper**
- **Soccer-oriented movement training**
- **Emphasize individual defense (stay on your feet, do not swing for the ball)**

Under 5 and 6 Emphasis

Technical

- **Scoring – long kicking (instep)**
- **Dribbling (feints, moves, and cuts)**
- **Dribbling for speed**

Tactical

- **Teach the individual player (no team tactics)**
- **Very simple shapes (triangle and diamond)**
- **Simple principles of individual defense and offence**
- **Small sided situations 1v1,2v1,2v2,3v2,3v3,4v4**
- **Goal scoring**

Personality

- **Sportsmanship**
- **Communication**
- **Concentration (paying attention)**
- **Introduction of the team**

Physical

- **Be aggressive, keep running (do not stand, go after the ball)**
- **How to use body in 1v1**
- **Coordination**

Important Soccer Related Knowledge and Experience

- **Rules of the game**
- **Having fun at practice and games**
- **Love of the game**