

U5 Division Supplemental



Goals for the season

The primary goal with this age group is continuing to make soccer a fun sport for the kids. The emphasis should continue to be on fun and not competition.

Three goals for this season:

1. Teach the players what direction to run, and to stay within the white lines.
2. Teach the players not to use their hands to touch the ball.
3. Teach the players to stop playing when the play stops.

Characteristics of U5 Children

- Short attention span
- Most are individually oriented (me, my, mine)
- Constantly in motion
- Psychologically easily bruised
- Little or no concern for team activities
- Physical and psychological development for boys and girls is quite similar
- Eye/hand or Eye/foot coordination is primitive
- Love to run and jump
- Catching skills not developed
- Can balance on good foot
- No sense of pace (race about until complete exhaustion set in, at which point they stop, breathe, then restart in a torrid pace again.)

Proper Attire:

- Jersey
- Shin guards
- Cleats or Athletic shoes; no toe cleat allowed.
- Religious dress is allowed
- Casts that have been wrapped in foam or soft material
- Protective head gear or knee braces.
- Jewelry; ie necklace, earrings or bracelets of any kind not allowed; cannot be taped over.
- Medical alert bracelets are allowed.

Ball Size: Size 3; all players should be encouraged to bring their own ball from home.

Practices: Practices are held once a week and run by the team coach.

Team Management – Your parent/coach meeting should include the following;

Identify your philosophy of Coaching and goals for the season.

At U6 and U6 age group your philosophy should be something similar to, "Success and excellence for this team will be measured in the number of players who continue playing next season, and how much fun they have during the season. Winning is not a measure of success."

Collect Player Information

Medical information (asthma, allergies, etc), family situations that may affect the child's participation or the ride home.

Collect Parent Information

It is important to be able to reach a parent in case of an injury or bad weather. Coaches should obtain work and cell phone numbers and email addresses of all parents. Much of this information should be provided to you by the division coordinator.

Identify Player Responsibilities

Discuss expectations of the parents concerning communications with the coach; ie what is required if their child cannot a game or practice. Emphasize that although you will always remain behind with the players if a parent is late; the expectation that parents pick up their child immediately at the end of practice. In addition clarify schedules, snacks, uniform, etc.

Address Communication Issues

If parents have concerns, encourage them to call or email you on a non game or practice day and definitely not after a game. This allows for a cooling off period. If needed appoint a team coordinator and determine how all communications will be undertaken.

Parental Sideline Behavior

Identify appropriate and inappropriate sideline behavior and decide together how inappropriate adult behavior on the sidelines will be addressed. Some topics of conversation concerning sideline behavior are;

- Children want cheerleaders to applaud their success; not adults yelling instructions. Think of the soccer field as a playground not a sports venue.
- What's appropriate at a sport stadium with adult athletes is NOT appropriate for young children at play.
- Focus on the process of playing and not the outcome.
- Unlike the adult game, kids playing soccer do not see the other team as the enemy. The other team is full of their friends.
- Cheer ANY and ALL success on the field. It DOES NOT matter which player OR team.
- Don't keep score.
- Don't care who wins or loses, they are having fun and that is the objective NOT winning or losing.

Planning Your Coaching Session

- Session duration: 40-45 mins
- All players must have a ball
- Necessary coaching equipment – Cones, pinnies, extra balls
- Session progression – Warm up, fundamental, match related, match condition followed by the game.
- Player equipment – Ball, cleats, appropriate clothing, shin guards, water bottle

The game is the Best Teacher

The game presents problems for the players. Players must solve problems. Using games in training creates realism. Players are motivated and challenged to learn through the game. The main emphasis of the session should be dribbling and shooting games that allow each player plenty of opportunity to experience the ball at his or her own pace. Games where there are multiple goals are perfect for this age group. Also encourage activities where there are multiple opportunities to change direction and to vary how fast the players run.

Session progression;

1. Warm up
2. Fundamental Activity – This would be an activity in which players will work on
3. Match Related – Small Group
4. Match Condition – Large Group
5. Game

Sample

Topic: Dribbling

	Activity	Description
Warm Up	Toe Touches / Tick Tocks	Every player with a ball; have each player tap the top of the ball with their toe. Give players a chance to practice and then complete the task again timing them for 30 seconds. Completely the task a second time and tell players the goal is to beat their first score.
Fundamental Individual	Gates	Set up cones in pairs randomly around the field to create mini goals. Each player with a ball will dribble through the gates. Always players one time to go through gates to get a feel for the drill. Give the players 45 seconds to count how many gates they can dribble through.
Match Related Small Group	Pirates Gold	Create 5 squares with cones. One in each of the corners and one in the middle. Have each player place their ball in the middle square and any extras. Assign two players to each of the outer squares. When the coach says go players must go to the center square and dribble one ball back to their square. When all the balls are gone in the middle players may begin attacking other squares to acquire more balls.

Match Related Large Group	Sharks and Minnows	Mark off an assigned area as the shark tank. Depending on number of players assign 1 or more players the shark. Shark will not have a ball, rather they will chase the minnows(who are dribbling with a ball) around the tank to tag them. If a player gets tagged they should complete 20 toe touches before returning to the tank.
Game		Mark off an assigned area for 3 v 3 match. Goal is scored when a player dribbles the ball across the goal line.

Avoid having games where someone has to sit out. Instead, make them do something else like dribble to a cone that is about 20 yards away, toe touches or jumping jacks and then return to the game.

Get up fast when you Fall down

You can't play soccer laying on the ground however most younger players will fall or lay on the ground at some point. Have players dribble around, when the coach blows the whistle have the players lay on the ground. When the coach starts yelling; "Pop up, pop up pop up as fast as you can;" they should all jump to their feet as fast as they can.

Red light Green light

Line the players up on one end line is the goal is to make it to the other line without having to go back. On red players should stop, on yellow dribble slowly, and as fast as they can keeping the ball close on green. You can also mix it up by adding a blue light and giving them another function; ie cluck like a chicken.

Identifiers

Layers move around the assigned training area in various ways. At random the coach calls our an identifier of a group of players, who then try to tag as many of the other players in a set period of time. Examples- t-shirt color, hair color, names. You can play this with or without a ball.

Moving Goal

Divide player into two equal teams. Two coaches or parents hold a pinnie between them forming a goal. The players must then try to kick their ball through the goal on any side while the coach is moving around. Both teams score into the same goal.

One Goal

Divide players into two equal teams. Place a goal(2 flags) in the middle of the playing area. Teams can score from any direction.

End line

Divide players into equal teams. A player scores a goal by dribbling the ball over the other team's end line. Players do not get a point if they just kick it over the line. There are no throw-ins or goal kicks; coaches will feed a new ball in if it goes out of bounds. Variation: Give players a point if they can stop the ball on the other team's end line.

The Game 3 v 3

Divide players into two equal teams. Play a regular 3 v 3 game with no conditions, no goalkeepers.

Tail Tag

Each player has a tail(pinnie tucked into the back of their shorts). On the coach's command each player tries to steal the other player's tail. When a player loses their tail they continue to play as the inner is the player with the last pinnie. Progression: Play one time without balls and again with balls requiring players to dribble.

Musical Balls

Place 4 cones outside the playing area. Players dribble around the playing area. On the coach's command players stop their ball and then run around any of the four outside cones. The last player to get back to the ball scores a point or loses a life. Make sure all players are moving in the playing area not staying by the sides.