



COACHES CLINIC

U6



CLINIC OBJECTIVES

- Learn soccer fundamentals
- Understand U6 players and what makes them tick
- Run an effective and efficient practice
 - Know what to do on game day



BEFORE WE START



THANK YOU



SOCCER FUNDAMENTALS

- **Dribbling:** moving the ball forward using different parts of the foot
*CUES: tiny touches, keep it close, inside/outside, big toe/little toe**
- **Passing:** striking the ball to a teammate
CUES: inside of the foot, say no to toe
- **Receiving:** controlling a ball kicked to you aka trapping
CUES: heel down/toe up, soft touch, footprints
- **Shooting:** forcefully striking the ball towards the goal
CUES: shoe laces, say no to toe

SOCCER FUNDAMENTALS

- **Tackling:** taking the ball away from another player
CUES: body behind the ball, stay on your feet
- **Goal Kick:** puts the ball back in play after player has kicked it out on opposing goal line
CUES: kick to the outside
- **Corner Kicks:** puts the ball back in play after player has kicked it out on own goal line
- **Kick Ins:** puts the ball back in play on the sideline
CUES: look for space, look for an open player

RULES AT THE U6 LEVEL

OSC Match Rule Summary

	U6	U8	U10	U12	U14	U19
Players	4v4	5v5 including goalie	7v7 including goalie	9v9 including goalie	11v11 including goalie	11v11 including goalie
Duration	7 min quarter 5 min mid break	11 min quarter 5 min mid break	25 min quarter 5 min break	30 min quarter 5 min break	35 min quarter 5 min break	45 min quarter 7-10 min break
Substitution	on the fly, unlimited	on the fly, unlimited	on the fly, unlimited	unlimited	unlimited	unlimited
Free Kicks	all indirect	all indirect	indirect or direct 5 yds	indirect or direct 8 yds	indirect or direct 10 yds	indirect or direct 10 yds
Penalty Kicks	PK	PK	PK	PK	PK	PK
Heading	No heading	No heading	No heading	No heading	heading	heading
Offsides	No offsides	No offsides	offsides	offsides	offsides	offsides
Slide Tackling	No slide tackling	No slide tackling	No slide tackling	No slide tackling	slide tackling	slide tackling
Ball size	3	3	4	4	5	5

- 4v4, no goalies
- 7 minute quarters, 5 minute half time
- Subbing on the fly
- All indirect (*ball must be touched by another player before a goal can be scored*)
- No penalty kicks
- No heading
- No offsides
- No slide tackling
- No score/standings
- No referees
- **No throw ins**
- Size 3 ball



UNDERSTANDING U6 PLAYERS

- Active Imaginations
- Play, play, play
- Limited attention span and ability
- Effort over performance
- Focused on self
- Underdeveloped kinesthetic awareness
- Seek adult approval
- Fast or not at all
- Motivation





TIPS FOR COACHING THIS AGE



DO

- Use their imaginations
- Play, play, play
- Encourage mistakes
- 5 minutes or less
- Pick their teams/partners
- Be positive
- Find a strength in each kid
- Have fun!

DON'T

- Lines, laps, lectures
- Elimination games
- Use too many cues
- Over-focus on specific players
- Wing it
- Ignore spacing & direction
- Swear at/in front of them
- Tear them down



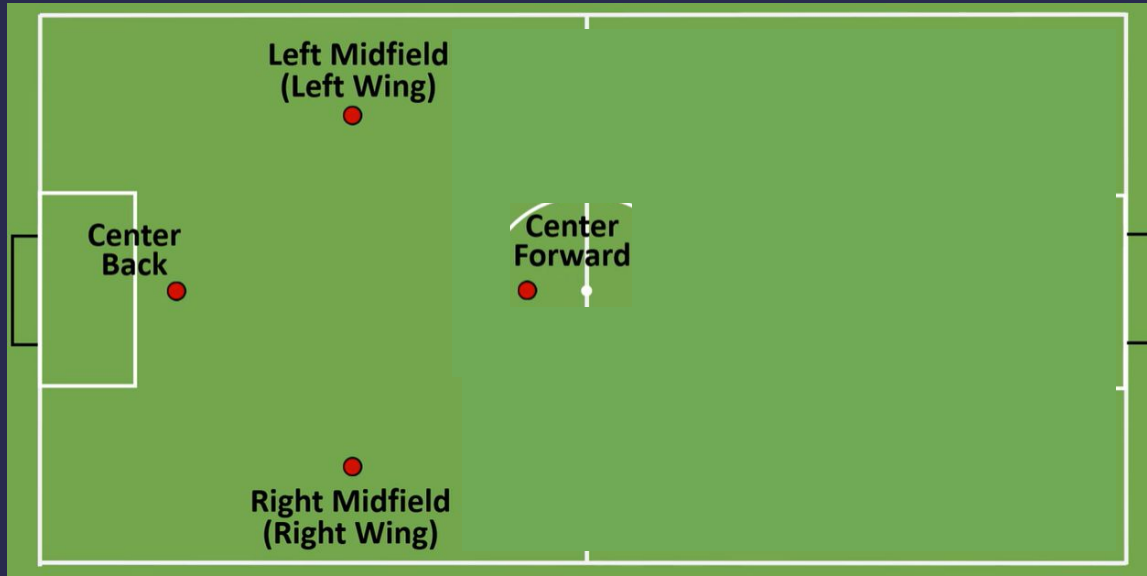
PLANNING A PRACTICE



1x/week 60min

- Focus on **FUNdamentals**: general coordination, dribbling, ball striking, receiving, positions - gamify
- **Routine**: things they will do every practice
- **Layout**: plan your layout ahead of time, choose drills with similar cone layouts
- **Spacing and direction**: enough space for success; travel in the same direction
- **Timing**: keep directions under 3 minutes and games under 10 minutes – don't be afraid to nix it
- **Sun**: try as much as possible to have their backs to the sun, especially when you are speaking

U6 FORMATION & POSITIONS



Center Back: Defender; generally stays on defensive half; NOT A GOALIE

L/R Midfield: Plays on both the defensive and offensive halves; generally stays wider; slows down counterattacks; assists forward

Center Forward: Offense; generally stays on offensive half; attacks the goal; tries to score

U6 soccer prioritizes creating well rounded soccer players. It is important for children to learn about, and experience, playing every position.



GAME DAY



- Communicate in advance how early you want players to be for the game. 15 minutes is plenty.
- Have a warm up game/routine prepared that the kids know how to do.
- Have positions already in mind or assigned.
- Utilize a timer.
- Identify strengths and weaknesses. Point out the strengths, practice the weaknesses.
- Praise their hard work, their effort, their fun. BE POSITIVE!



GAME DAY



Sideline management:

- Have a helper parent to stay on the sideline and keep the kids engaged
- Keep your team on one side, and your parents on the other
- Have a blanket to sit on or a designated “player space” to corral the kids
- Give all the soccer balls to the parents to keep during the game
- Some kids just won't want to be there/play – it's okay.



CONCUSSIONS



- Concussion Management EAP
- Concussion Recognition Tool
- Players with head injuries should be removed from play and only re-enter the game if a medical professional evaluates and clears them.
- Before returning to play, any athlete diagnosed with a concussion must be **symptom free**, complete a gradual progression protocol, and be cleared by a medical professional.

TL;DR

- You don't need to know everything about soccer to be a good coach.
- Focus on the FUNdamentals.
- If there is a game kids like, learn how to add a ball to it.
- Teach them the basics, but don't stress over it.
- Encourage them to stay spread out and not steal from their own teammates.
- Someone will cry at some point.
- Have fun with it!



QUESTIONS?



This QR code will link to a form where you can fill out any lingering questions we didn't get a chance to cover!

