



# Fundamentals U6-U8

Parent Handbook





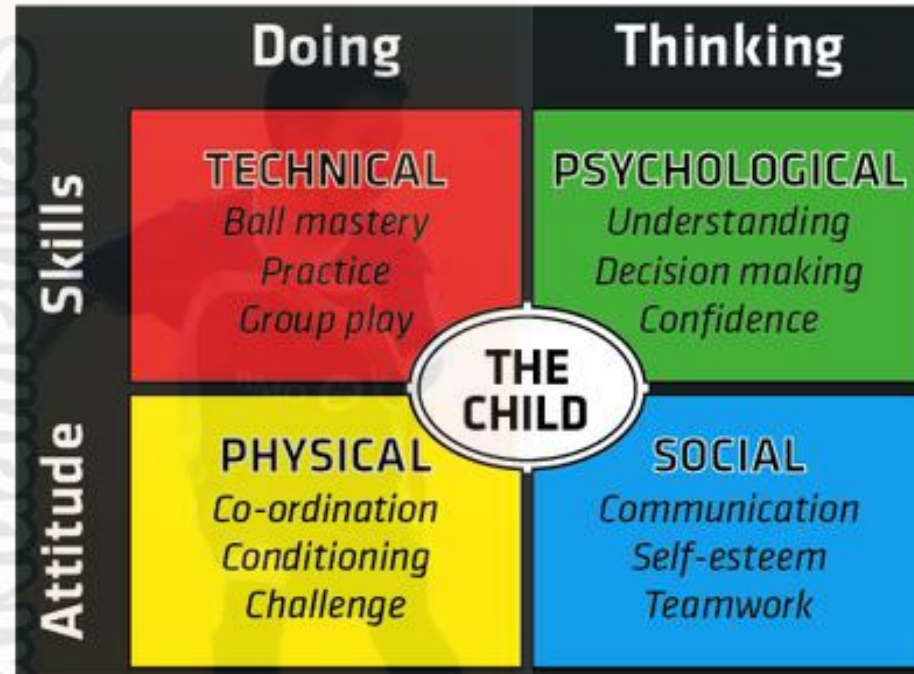
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### Four-Corner Approach

The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game.

The “four-corner” approach places the player at the center of the development process with soccer experiences that meet the four key needs of the player.





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### Physical Literacy

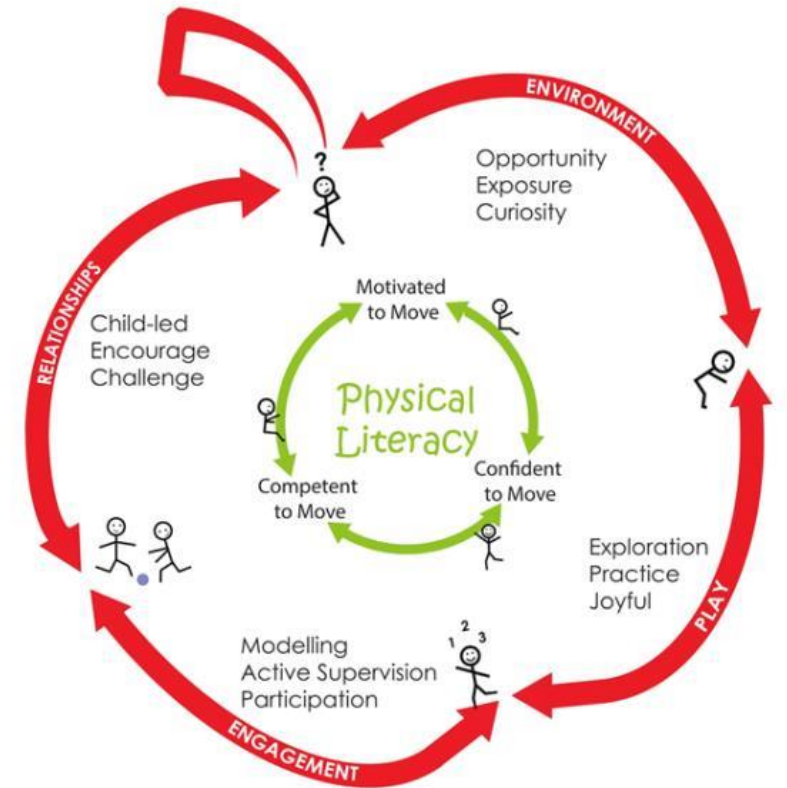
Physical Literacy is the combination of mastering fundamental movement skills and fundamental sport skills. It helps children involve themselves in and react to physical activities going on around them.

For children to have success in any sport it is important they master movement skills before sport specific skills. In other words, learning fundamental movement skills before fundamental soccer skills will improve performance ability.

In previous generations children played outside, in the backyard, street, local park a lot more than the current generation of children.

Electronic devices, video games and TV unfortunately keep them inside. This leads to their physical inactivity and poor physical literacy. Therefore it's even more prudent now that these fundamental movement skills are incorporated in our soccer programs.

Our grassroots soccer programs must incorporate these skills within their practices. Twisting, turning, changing of direction, jumping, bounding, skipping etc. can all be incorporated with a ball or without a ball.



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### Program Components

Age Group	U6	U7	U8
<b>Training Duration</b>	60 Minutes	60 Minutes	60 Minutes
<b>Training to Game Ratio</b>	1:1	1:1	2:1
<b>Coach to Player Ratio</b>	1:5	1:5	1:5
<b>Season Length</b>	14 Weeks	14 Weeks	14 Weeks
<b>Competition Days per season</b>	20	20	20
<b>Playing Format</b>	4v4*	5v5	5v5
<b>Game Duration</b>	40 Minutes	40 Minutes	40 Minutes
<b>Ball Size</b>	Size 3	Size 4	Size 4
<b>Game Day Rosters</b>	6	8	10
<b>Playing Time</b>	Players all play	Fair playing time in all positions	Fair playing time in all positions
<b>Training Roster Size</b>	Open Roster	Open Roster	Open Roster
<b>Match Officials</b>	Game Leaders	Game Leaders	Game Leaders
<b>Sideline Restarts</b>	Dribble or pass	Dribble or pass	Dribble or pass
<b>Retreat Line</b>	n/a	n/a	Halfway Line
<b>Field Size</b>	n/a	W:18-22 / L:25-30	W:25-30 / L:30-36
<b>Goal Size</b>	3ft x 5ft	3ft x 5ft	5ft x 8ft



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DEVELOPMENT STAGE	FUNDamentals		
TECHNICAL	U6	U7	U8
Dribbling	1	1	1
Shooting	1	1	1
Running with the ball	1	1	1
Ball control	3	1	1
Passing	3	3	1
Receiving	3	1	1
Heading	4	4	4
Shielding the ball	4	4	3
Crossing	4	4	3
Finishing	4	4	3
1v1 Defending	4	4	3
1v1 Attacking	3	3	2

DEVELOPMENT STAGE	FUNDamentals		
SOCIAL/EMOTIONAL	U6	U7	U8
Listening	2	2	1
Cooperation	2	2	1
Communication	1	1	1
Sharing	3	2	1
Problem-solving	3	2	2
Decision-making	3	2	1
Empathy	3	2	2
Patience	3	2	2
Respect/Discipline	2	1	1
Fair play/Honesty	3	2	1

DEVELOPMENT STAGE	FUNDamentals		
PHYSICAL	U6	U7	U8
Agility	2	2	1
Balance	3	2	1
Coordination	3	2	1
Stamina	4	4	3
Strength	3	3	3
Speed	2	1	1
Suppleness	3	3	3
Acceleration	3	2	2
Reaction	3	2	2
Basic Motor Skills	1	1	1
Perception	1	1	1
Awareness	1	1	1
Other Sports	1	1	1

DEVELOPMENT STAGE	FUNDamentals		
PSYCHOLOGICAL/MENTAL	U6	U7	U8
Motivation	1	1	1
Self Confidence	1	1	1
Competitiveness	4	3	2
Concentration	3	3	3
Commitment	4	3	2
Self-Control	3	3	2
Determination	3	3	2

**PRIORITY KEY**    1 = HIGH    2 = MID    3 = LOW    4 = NOT APPLICABLE





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## Role of the Parents

### Before practice

- Ensure your child has eaten and has had enough rest
- Ask your child if they have all their “kit” and a water bottle
- Get your child to practice on time for best development results

### During your child’s practice

- Support your child
- Support the coach with praise and encouragement
- Praise effort don’t criticize mistake

### After your child’s practice

- Praise the effort your child has given
- Ask if they had fun
- Give them food and a drink

**NOTE:** Children at this age are continuing their physical literacy and recognize that individual technique development is paramount.



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## Resources

[www.whitbysoccer.com](http://www.whitbysoccer.com)

[www.ontariosoccer.net/player-grassroots](http://www.ontariosoccer.net/player-grassroots)

