

MICRO DIVISION SUMMARY

At this age group our role as a coach is to introduce the game of soccer to these young players. Our main focus is to provide players with an understanding of the game and the rules of the game. Many coaches take it upon them selves to physically do everything for their players (chase balls that go out of bounds, set balls for kick-ins, goal-kicks, and kick-offs). It is the job of the coach to show or demonstrate to the players how to execute these functions and then allow the player on their own to implement these rules of the game. Allow these young players to learn by trial and error, use the game as the teacher.

All trainings should be structured around the technical side of the game, emphasizing fun (U5/U6 – footwork and dribbling; U7 - footwork, dribbling, running with ball, passing, and receiving; U8 - footwork, dribbling, running with ball, passing, receiving, challenging, heading, finishing, attacking, and defending). Encourage players to be creative, take chances, to dribble, and to go at opposing players. Too often coaches emphasize passing and clearing the ball. We want our players to be comfortable with the ball not clear it away every time they get the ball. Encourage players to control, dribble, and score goals.

During practice each player should have a ball. This will allow them to get much needed repetitions. Guard against having lines. Rule of thumb, no more than 2 players should be waiting to participate in an activity. When possible have everyone participate. Keep exercises and activities short; do not spend more than 90 seconds on an exercise that is working on a technique. Do not spend more than 10 minutes on an activity. This will prevent the players from becoming bored and disinterested. Keep your coaching short and to the point, at this age players struggle to comprehend. Have players participate in activities and play the game.

As much as possible implement games into your training sessions. Players love games. In many cases players do not even realize they are working on a technique if they are participating in a game they enjoy.

Feel free to change the sessions in this volume to suit your players and conditions. This manual is an outline to help assist you as a coach.

It is extremely important to stay 4:1 on the positive (“Good job”, “well done”, “outstanding”, etc.) to instructional comments (“Dribble with the inside and outside of the foot”) through out the session. Encourage players to enjoy the game and have fun! It is each coach’s job to create this environment.



PROGRESSION