

2014 MHYSA Seasonal Coaching Goals

U-6 Teams

Skills;

- 1) Running and stopping with and without the ball**
- 2) Dribbling with “strong side” foot, stopping, turning.**
- 3) Shooting with laces.**
- 4) Passing with inside of foot.**
- 5) Going back to their positions after game action.**

Method;

- 1) Individually based fun games and exercises to help players
experiment with the ball and develop familiarity and
confidence.**
- 2) 3 v 3 games to train for competition and check learning
level.**

Objectives;

- 1) Develop coordination and basic motor skills, with and without the ball.**
- 2) Teach basic individual ball skills.**
- 3) Help players feel comfortable and confident with the ball.**
- 4) Teach players positions during games.**

Organization;

- 1) Preparation – Plan session and layout training elements before kids arrive, to insure a smooth transition from one stage (drill) to another.**
- 2) Sessions – 1 to 2 per week, 45 minutes – 1 hour.**

Warm-up	-10 min.
Training	- 20 – 30 min.
Scrimmage	-15 – 20 min.