



U6/U7 Youth Module Recreational License

Presented By:

Barrington Area Soccer Association
in cooperation with IYSA



Recreational Coach's Packet

- Schedule
- Coaching Shirt Order Form (please wear to all games)
- Rules by age group
- BASA Night- September 16th 6pm
- Field Map
- Eye Glass Waiver
- U6-U9 Activity Sheets
- U6 Training Grid
- Preseason Friendly
- Newspaper Report
- Uniform pick up
- Picture Day- September 13th
- Equipment Pick up
- Age Specific Practice Plans Available
- Goalie Jersey's available- \$15 deposit

What ever happened to free time?





Program Philosophy

- **The Game in the Child**
- **Caution-Children at Play, Proceed with Care**
- **Educationally Grounded**
- **Developmentally Appropriate Activities**
- **Team Follows Player**

Player Development Model





The Game in the Child

- The youth soccer player is defined as any child playing soccer from pre-school through adolescence. It takes the approach that the GAME WITHIN EACH CHILD, is at the center of all beliefs, decisions, and actions taken by the child, coach, and organization. It is the ultimate goal of youth soccer development within the United States to unlock the game within each child to reach full soccer potential.



Principles of Youth Coaching

- Developmentally Appropriate
- Clear, Concise, Correct
Information -
Brevity, Clarity, Relevance
- Simple to Complex
- Safe & Appropriate Training
Area
- Good Decision Making
- Implications for the Game



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Quinn & Fleck, 1995



No Lines

No Laps

No Lectures

GENERAL CHARACTERISTICS OF U6 and U7 players

General Characteristics of U6/U7 Children



- Short attention span
- Most individually oriented (me, my, mine)
- Constantly in motion



General Characteristics of U6/U7 Children

- Psychologically easily bruised, need generous amounts of praise
- Little or no concern for team activities, everyone should have a ball the majority of practice
- Can only process one task at a time
- Love games that use their imaginations

General Characteristics of U6/U7 Children



- Physical & psychological development of boys & girls quite similar
- Physical coordination immature
- Eye hand and/or eye foot coordination most primitive at best

General Characteristics of U6/U7 Children



- Love to run, jump, roll & climb
- Catching skills not developed
- Can balance on good foot

General Characteristics of U6/U7 Children



- **NO SENSE OF PACE - GO FLAT OUT!!!**

Typical U6/U7 Training Session



- Should not exceed 60 minutes
- Every child should have a ball
- Warm-up includes movement education problems & soccernastics (approx. 20 min)



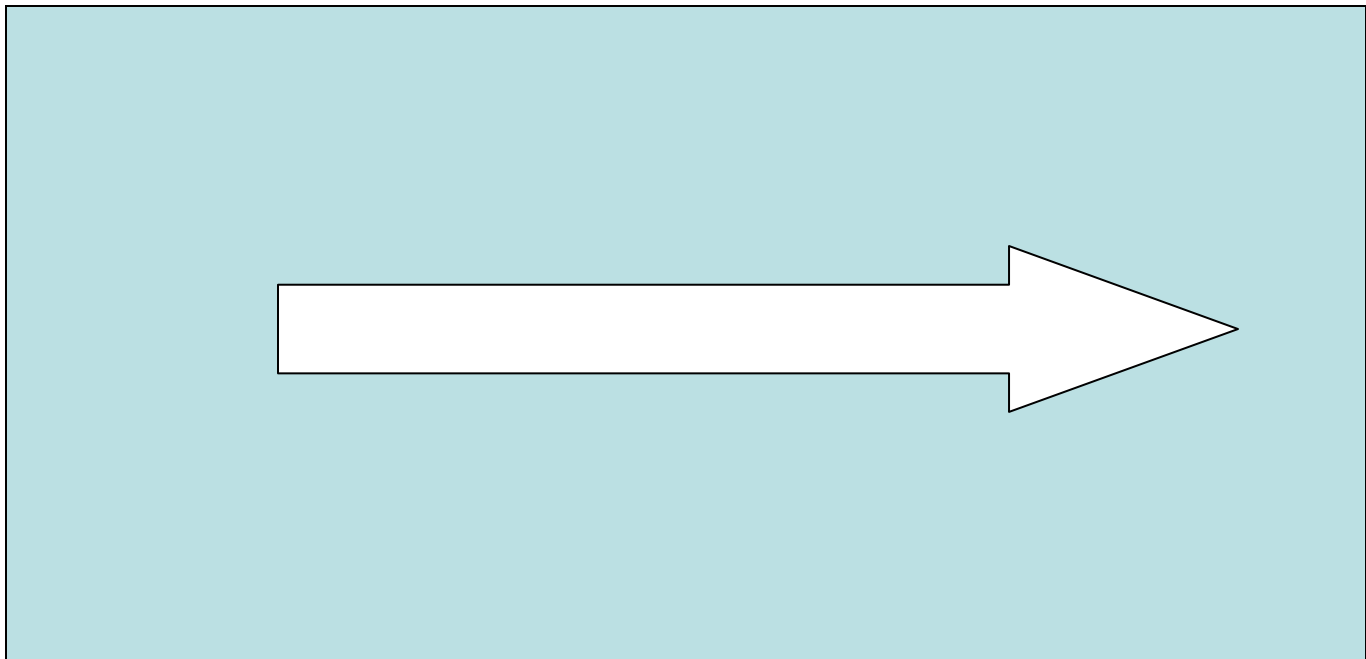
Typical U6/U7 Training Session

- Games Activities, mostly of a body awareness type along with some maze games (20 min.)
- Finish with 3v3 or 4v4 game to small goals, NO GK's (20 min)
- Practice plans available to pick up at end of meeting
- Great website is www.usyouthsoccer.org/coaches/coachconnect_lessonplans.asp

U6/U7 Tactical Sign



This Way or One Way



Coaching Activities Checklist



- Are the activities fun?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?

Coaching Activities Checklist



- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Is the coach guiding or controlling the players in the activity?
- Are there implications for the game?
- Does every player have a ball? Are the players moving more than waiting?



Team and Risk Management

Coaching Education Department
Illinois Youth Soccer



Team Management

Developing a philosophy of coaching

- Player development
- Coach development

Answer the question,

“Why am I coaching?”



Team Management

Coaching-Your-Own-Child Meeting

Advice when coaching your own child:

- Meet with your child before any team or parent meeting.
- Explain that when you both step out of the car onto the field, that you change into a coach and your child changes into a soccer player.



Team Management

Coaching-Your-Own-Child Meeting

Advice when coaching your own child:

- Explain to your child that you will treat them like every other player.
- Explain to your child that they must treat you like one of their teachers.



Team Management

Coaching-Your-Own-Child Meeting

Advice when coaching your own child:

- Keep the discussions in the car light and airy...don't begin coaching your child in the car.
- Ask them what they liked best about the practice or what they might like to do next practice.



Team Management

Pre-Season Parent-Coach Meeting

- Discuss coaching philosophy and goals
- Discuss what is expected of parents and players
 - Transportation
 - Communication
 - Sportsmanship
 - Coach/player meetings (ind./group)



Team Management

Pre-Season Parent-Coach Meeting

Collect information such as:

- Medical information(on the website under your coach's site, print out and keep with you)



Team Management Equipment Needs

Players

Ball, shin guards, proper shoes, clothing appropriate for training in climate, soccer ball, and water bottle.

Coaches

Cones, bibs/vests, extra balls, air pump, first aid kit, ice and bags, and water



Team Management Game Organization

Pre-game...field directions, uniform choice, players arrival time, etc.

Half-time...location, water, injuries, etc.

Post-game...regeneration, water, injuries, announcements, ***NO MATCH ANALYSIS!***
(Leave this for your next practice or after you and your team have had time to reflect on the game)



Risk Management

To provide proper instruction for the activity.

To provide proper supervision for training and games.



Risk Management

Physical...

To take proper precautions to guard against post-injury aggravation.

To provide proper equipment for the activity.

To provide a safe and appropriate training area.



Risk Management

Legal...

Never leave a player alone after training or games.

Be certain that players depart with their parents or designated individual.

Avoid being left alone with players who are not your children (have another parent stay and wait with you and the player)

BENEFITS OF PLAYING SMALL SIDED GAMES





Small-Sided Games

More Attacking Opportunities:

- dribbling to take on opponents
- dribbling into open space
- shooting and scoring
- receiving
- passing
- heading (U9 and above)
- goalkeeper distribution(U7 and above)



Small-Sided Games

More Defending Opportunities:

intercepting the ball from the other team
stealing the ball from the opponent (tackling)
stopping shots



Small-Sided Games

We want our young soccer players to have more opportunities to score goals!

(Pure excitement)

The smaller field size and fewer players will foster more shooting.



Modifying the Game

Under 6's play 3v3 (*without a goalkeeper*)

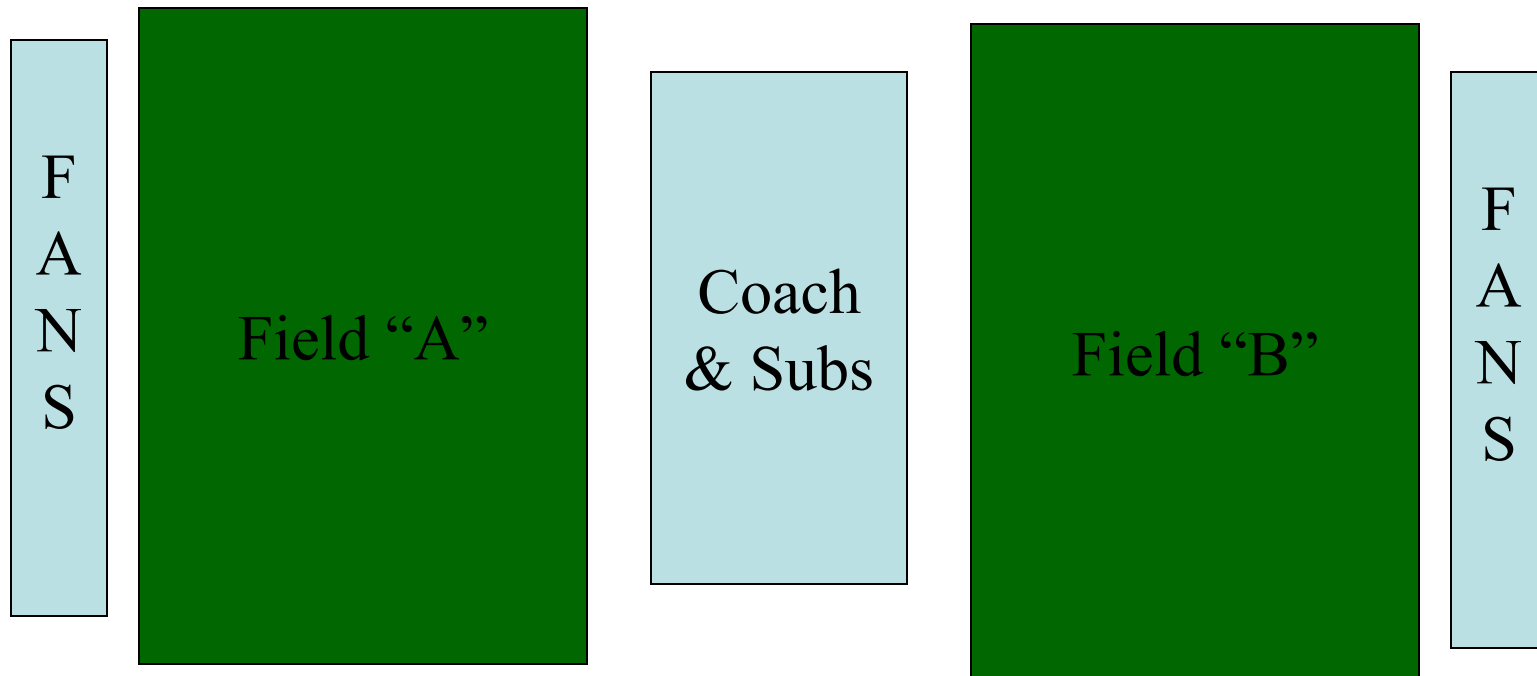
Field Size: 30 yds x 20-25 yds Ball: #3

Under 7's play 5v5 (with a GK)

Field Size: 40-45yds x 30-35yds. Ball #3

How to do it

- U6 Game Style
 - 3v3 Play “dual field” format.





Small-Sided Games

The “Small Sided” environment is a developmentally appropriate environment for our young players.

Players are:

More active, more involved, take more touches,
have more success

It’s a FUN environment that focuses on the
PLAYER!

It just makes sense...doesn’t it?

BASIC FIRST AID





Emergency Action Plan

- Have and know how to use the following:
 - First Aid kit
 - Ice and plastic bags for emergency use
 - Team safety and Medical Waivers

Common Injuries in Soccer



Treatment R.I.C.E.

R – Removal from the activity and rest

I – Ice

C – Compression

E – Elevation



Prevention and Care of Injuries

- Always err on the side of caution.
- Be first aid and CPR certified (if you are not call 911)
- Record the incident and note all actions you took and how the injury occurred.
- Follow up with a phone call to check on the players condition.

Acknowledgements:

American Medical Association; First – Aid guide

- THANK YOU FOR VOLUNTEERING YOUR TIME TO COACH FOR BASA
- Let's have a great fall season.
- See you out on the fields.
- If you have any questions or concerns please email or call me @ Emily-Snyder@ameritech.net or (847)381-2272 ext. 11