

## ◇ U6 Manual ◇

### **Here is a Simple Format for a U6 Practice:** (1 hour in length or 60 minutes)

- |  |                              |            |
|--|------------------------------|------------|
| • Warm-up  | ex: Tag                      | 8 Minutes  |
| • Exercise 1   | ex: Dribbling exercise       | 8 Minutes  |
| • Activity 2   | ex: Red Light Green Light    | 8 Minutes  |
| • Activity 3   | ex: Aliens and Space Rangers | 8 Minutes  |
| • Game (Game can have alterations to help guide toward your topic) |                              | 28 Minutes |

Have 3 or more 2-minute water breaks spread throughout the practice.

To make it easier for the players to understand the activity, you may want to first play the activity without a ball. After successful play incorporate the ball into the game. The average timeframe per game session is about 8 minutes; then go to the next game.

### **Equipment Needs:**

During the first meeting with parents instruct them on what the players will need for practice and games.

Examples:    1 Ball (size 3)  
                  Water Bottle  
                  Shin guards

(A player who brings a ball to practice helps the coach, and is also more inclined to practice at home with his own ball).

Coaches will need to supply (or borrow from league if applicable):

- 12 cones (minimum)
- Scrimmage vests
- Ball pump
- First Aid kit

## **TEAM MANAGEMENT**

### **Parent Meeting:**

At the beginning of a new season, you should have a meeting with all parents and players. Every season should start with this meeting to help set the standards or expectations for the season. As a coach or team manager you need to be prepared and organized when talking to parents. Identify what you want to talk about at the

### **Coaching Do's:**

A coach is someone who cares for the well being of his or her players. The coach is always providing support, helping the players build self-confidence and teaching them new skills. Listed below are some more coaching do's.

1. Respect players
2. Be on time and prepared for practice and games
3. Give correct technical and tactical information to players
4. Relay information and upcoming events to parents early
5. Strive to be someone who players look-up to for information about the game

### **How to earn players respect:**

- Treat all players as if they are gold. Praise them whenever possible. After all, these players are the future of soccer.
- Talk to players as if you are giving them advice, not as if you were giving orders on what or how to perform the activity. (Game Activities)
- When instructing players on proper technique, assume the seriousness of the task while guiding them. Don't talk down to them; just inform them. (Technical aspect in activities)
- Know that they will understand when they are ready.

### **Coaching Don'ts:**

Parent coaches care very much for their players and especially for their own children. They want their child and team to be very successful and promising. Still, many coaches insist that they continue coaching knowing that they do not know the proper ways to perform an activity or skill. This impairs their team from progressing.

Most of today's coaches use a variety of ways to teach soccer. Many coaches rely on their own experiences in life, and the ways they were coached. Some get their inspiration from today's pro coaches on TV; baseball, football, etc. The only problem with this is that baseball, football, and some other sports just don't mirror the constant fast pace and style of soccer. These sports are not bad to use as a reference; just make sure the activities are soccer related. Football and baseball coaches use a different approach in teaching the skills for their sport. In soccer, the game does not stop and players cannot be totally dependent on the coach to instruct them on what should happen next. During the game, the players hope the coach has taught them enough to be able to work together as a team to beat their opponent.

See if you have any of these tendencies. Then ask yourself, where did I get my information?