

Dakota Alliance Soccer Club

Training Program for U5's – U6's

TRAINING REGIMEN AND GUIDELINES

Focus is on "Individual Technical Skills"

The U5's and U6's age group is the first years of SOCCER for Dakota Alliance Soccer Club players. Therefore the players should be looking at no more than one, one hour a week organized sessions. All sessions should consist of footwork, games and FUN!

HIGH Priority

1. Make every effort that players have FUN!
2. Lots of touches on the ball
3. Fast footwork
4. Dribbling
5. Dribbling Moves

LOW Priority

1. No lines, laps and/or lecture
2. No partner activities
3. No Tactics

Player Expectations

1. Learning to play with both feet
2. Getting their eyes up when they have the ball
3. Getting acquainted with their body and gross motor movement

Player Characteristics

Coaching under age 6 can be challenging due to the immaturity, short attention span and less developed muscles of the young players. Development for boys and girls are quite similar at this age. Some characteristics include:

1. They are individually oriented. (me, my, mine)
2. They can attend to only one problem at a time.
3. Psychologically, they are very fragile; therefore, shout praise often and give "hints" (don't criticize). They need to play WITHOUT pressure.
4. Their physical coordination is limited. Eye-hand and eye-foot coordination is NOT developed. They will need to explore the mechanics and qualities of rolling the ball.
5. Their catching and throwing skills are NOT yet developed.
6. They have very short attention spans. You have less than 10 seconds to make your point, so AVOID LECTURING.
7. They are constantly in motion, but with NO sense of pace. They will chase something until they drop. They are easily fatigued but recover rapidly.
8. There is a great variation in personalities, physical size, and abilities.
9. They love to hop, jump, roll, etc...
10. They can balance on their "good" or prominent foot.

GOALS AND EXPECTATIONS

1. ***EVERY session should be fun!!!***
2. ***Every exercise should involve 1 player and 1 ball (1 to 1 ratio).***
3. ***Players are encouraged to get as many touches on the ball as possible.***
4. ***Making every player technically confident on the ball with both feet.***
5. ***Keep comments for practices and games positive!***