

What to Teach 6U Players (Game Components)

Techniques (skills):

Dribbling

Keep the ball close (with toe, inside of foot and sole of foot).

Kicking

Kicking the ball at the goal (with toe, inside of foot, and laces).

Catching

Toss to self and catch.

Psychology (mental and social):

- Sharing
- Fair play
- Dealing with parental involvement (confusion)
- “How to play”
- Emotional management

Fitness (movement education):

- Balance
- Running
- Jumping
- Rolling
- Hopping
- Skipping

Tactics (decisions):

- Where is the field
- Moving in the correct direction (which goal to kick at)
- Dealing with the ball rolling away
- Dealing with the ball rolling toward

Rules:

The kick off

The goal kick

Ball in and out of play

Handball

Physical fouls (pushing, holding, striking, tripping)