

Coach Equipment Bags Include

At the beginning of the season, each team will be supplied with the following equipment:

Player Roster

1. 3-4 size 3 balls for u6
2. SAY Rule Book
3. Practice cones and markers
4. First Aid Kit
5. Clipboard with short-sided rules
6. Ball Pump

Each player must have the following equipment to play a game:

1. Their assigned tee shirt or jersey
2. Shin guards with a pair of socks which cover them
3. Soccer shoes with cleats are not required, but recommended
 - a. Soccer Shoes have no toe cleat. The cleats are offset from the toe.
 - b. No sharp edges on the cleats
 - c. Gym shoes are acceptable



4. Have a ball with their name on it at every practice
5. Water bottles are also recommended

Items considered dangerous that must be removed include:

1. Any hard hair beads, hard barrettes, hair clips, hair pins, etc. even if covered.
2. Any necklaces, rings or earrings – using tape to cover earrings is not permitted.
3. Any loose bracelet and any hard or soft wrist band that is not securely wrapped or taped over.

Coach's List of Things To Do

1. Attend the coaches training
2. Pick up equipment at equipment distribution
3. Email the parents of the players on your roster and inform the parents:
 - a. When and where you will hold pre-season practices
 - i. It is recommended to have one practice a week for u6 and your practices should be on the same nights as games and run no longer than typical game times.
 - b. Let parents know how you will communicate with them
 - c. Set up a snack schedule
 - d. Remind parents about uniform pickup
 - e. Remind parents about the kid's camp
 - f. Picture information will be communicated through our photographer.
4. During the Season
 - a. Ensure every player plays at least 50% of available minutes
 - i. You do not have to guarantee equal playing time.
 - b. Recruit parents to cover any games you can't make.
5. End of the season (last game)
 - a. Pick up and distribute trophies in u6
 - b. Turn in your equipment bag at the field.

Times Two Policy

All teams that participate in PYSC programs shall ensure that all participants 18 years of age or younger shall have no less than two adults (preferably unrelated), per team, to be present at all team functions such as games, practices, outings, etc. No exceptions! All contact with Minor Athletes must be observable and interruptible. The adults assigned can be a combination of coaches, parents, board members or other persons over the age of 18. While the focus of this policy is on the protection of the child, it also provides a level of protection for volunteers.

u6 Soccer Coaching Guide

Coaching u6 (Under-6) soccer players is all about creating a fun, engaging, and supportive environment where kids can begin to learn the basic skills of the game. At this age, the focus should be on developing fundamental movement skills, fostering teamwork, and introducing basic soccer concepts in a playful manner.

Key Principles for u6 Coaching:

1. **Fun First:** At this age, soccer should be fun above all else. If kids aren't enjoying themselves, they won't stay engaged or develop a love for the game.
2. **Simple Instruction:** Keep instructions clear, short, and simple. At u6, kids have short attention spans, so it's crucial to communicate in ways they can easily understand.
3. **Positive Reinforcement:** Encourage and praise effort and improvement, not just outcomes. Celebrate every little success to build confidence.
4. **Lots of Movement:** Children at this age have lots of energy, so sessions should be dynamic, with lots of time spent on the move.
5. **Limited Focus on Competition:** The emphasis should be on skill development and understanding the basics of soccer rather than winning or losing games.

Practice Structure:

A typical u6 practice session lasts about 45 minutes, and it's important to keep the energy level high throughout. Here's a breakdown of a typical practice session:

1. **Warm-Up (5-10 minutes):**
 - **Objective:** Get the players moving and ready for activity, while introducing basic skills.
 - **Activities:**
 - **Freeze Tag:** One child is "it" and tries to tag others. When tagged, the player freezes and waits for someone else to unfreeze them.
 - **Red Light, Green Light:** Children move during "green light" and stop during "red light" to develop stopping and starting control.
2. **Skill Development (15-20 minutes):** Focus on 1-2 key skills for each session. At this age, key skills should be introduced in a simple, fun, and interactive way.
 - **Dribbling:**
 - **Activity:** Dribble around cones or obstacles.
 - **Goal:** Teach the kids to control the ball with their feet while moving.
 - **Tip:** Encourage small touches on the ball rather than big kicks to keep the ball close.
 - **Passing:**
 - **Activity:** Pair up players and have them pass the ball back and

forth.

- **Goal:** Teach the concept of passing with the inside of the foot, ensuring they pass at the right distance.

- **Tip:** Start with short distances and gradually increase as they improve.

- **Shooting:**

- **Activity:** Set up a simple goal and let players take turns shooting into the goal from a close distance.

- **Goal:** Teach the concept of aiming at the goal and striking the ball with the inside of the foot.

- **Tip:** Focus on accuracy, not power.

3. Game-Based Learning (10-15 minutes):

- **Objective:** Apply learned skills in a fun, game-like environment.

Activity 1: "Sharks and Minnows"

- One child is the "shark," and the rest are "minnows." Minnows dribble the ball from one side of the field to the other while avoiding the shark. If the shark tags a minnow, the minnow becomes a shark.

- Skill Focus: Dribbling, ball control, and quick decision-making.

- **Activity 2: Small-Sided Games (2v2 or 3v3)**

- Set up a small field and organize mini-games with no goalkeepers, so each player gets plenty of opportunities to touch the ball and practice skills in a game context.

- Skill Focus: Dribbling, passing, teamwork, and simple defense.

4. Cool Down (5-10 minutes):

- **Objective:** End the session on a positive note, allowing kids to relax and reflect on what they learned.

- **Activity:** Gentle stretching, fun conversation, or a short game like "Simon Says" to wind down.

Coaching Tips:

- **Stay Active and Involved:** Always be moving and engaged with the players. Model the behaviors you want them to emulate.
- **Use Simple Language:** Use age-appropriate language. For example, say "kick the ball softly" instead of complex terms like "inside-outside foot technique."
- **Be Patient:** Kids at this age are still developing coordination, so mistakes are inevitable. Celebrate effort and improvement over perfection.
- **Group Sizes:** Aim for small group sizes (4 kids) to ensure everyone gets enough attention and touches on the ball.

Key Skills for u6 Soccer:

1. **Dribbling:** Encourage players to move the ball with both feet using small touches. Practice in different directions and with a focus on close control.
2. **Passing:** Introduce the concept of passing with the inside of the foot. Practice with short distances and simple instructions.
3. **Shooting:** Teach kids how to strike the ball toward the goal, focusing on accuracy over power.
4. **Teamwork:** Even at this early age, start to introduce the idea of playing as a team. Reinforce passing and moving into space.
5. **Ball Control:** Help players develop a soft touch on the ball so they can control it in different situations.

Parent Communication:

- **Encourage Supportive Behavior:** Remind parents that the focus should be on fun, participation, and learning.
- **Celebrate Effort, Not Just Wins:** Reinforce that the goal is skill development, not necessarily winning.
- **Provide Feedback:** Give positive feedback to parents on their child's progress and encourage their support at home, especially with practicing basic skills like dribbling or passing.

Common Challenges and Solutions:

1. **Short Attention Spans:** Keep drills short (3-5 minutes) and switch activities often to keep kids engaged.
2. **Limited Ball Control:** Focus on encouraging small touches on the ball and creating activities that allow players to practice ball control without pressure.
3. **Too Many Players in One Spot:** At u6, children often cluster around the ball. Use large spaces, small-sided games, and encourage players to spread out.
4. **Too Competitive:** Keep the atmosphere light and focus on the fun of playing. Avoid keeping score or having too many game-related pressures.

Conclusion:

The primary goal for u6 soccer coaching is to foster a love for the game and introduce basic skills in a fun, supportive environment. Through playful activities, small-sided games, and simple drills, you can help your players develop the foundational skills they'll need as they grow in the sport. Always remember to keep things light-hearted, encourage participation, and emphasize fun!

Essential List of Soccer Terms

Pitch: Official name for a soccer field.

Goal: Rectangular frame located at each end of the pitch. It is formed with a pair of posts standing vertically and one crossbar joining the posts. A net covers the back portion of each goal. When the ball crosses the goal line between the posts and under the crossbar, scoring teams earn a point.

Sideline: Runs the longer sides of the field and represents the pitch vs. out-of-bounds.

Goal/End Line: Two goal lines connect the two sidelines to form a rectangle. Goals sit in the middle of each goal line.

Corners: The four corners of the field, this is the intersection of the goal line and the sidelines.

Pass: Using your feet, a move from one player to another player on your team.

Dribble: Controlling the ball while running on the field.

Offside: A rule preventing offensive players from positioning themselves behind all defenders before the ball is passed to them.

Yellow Card: One of two disciplinary actions available for the referee. This is for a player being “cautioned” by the referee for illegal actions on the field.

Red Card: The more severe disciplinary action available to the referee. Players shown a red card are not allowed to play the remainder of the game and the team is not allowed to substitute a player for them.

Advantage: Although a penalty has occurred, referees are allowed to let the team that has just been fouled continue their offensive motion if stopping play would be non-beneficial to this specific momentum.

Slide Tackle: A defensive action where a player slides on the ground and knocks the ball free from the opposing team, while in control. This play is not allowed and can often turn into penalties if the defensive player makes physical contact with the player before hitting the ball.

Hand Ball: Soccer players cannot use their hands. Refers to a player touching the ball with their hands and results in the other team being awarded the ball.

Free Kick: Officials award free kicks to a team when they are penalized (an illegal action) by the opposing team. Used as a method for restarting play.

Corner Kick: Awarded to a team when the opposing team knocks the ball out-of-bounds on their own goal line (without scoring a goal). A player takes a kick from the corner of the field to restart play.

Penalty Kick: Awarded to a player when the opposing team commits an illegal action in the penalty area in front of their own goal, a rectangular box surrounding the goals. Officials award the offensive team a kick towards the goal, in a 1-on-1 situation against the goalie from the penalty spot (a circle in the center of the penalty area in front of the goal).