



Characteristics of the 5U/6U Player (Pre K & Kindergarten)

Psychomotor Development

- ❖ Body segments grow at different rates
- ❖ Physical difference between boys and girls are minimal
- ❖ Motor development starts with the head and moves downward to the feet and from the center of the body outward.
- ❖ Easily fatigued, but rapid recovery.
- ❖ Resting heart rate is around 90 beats per minute.
- ❖ Increased use of all body parts.
- ❖ Need to explore a variety of rolling and bouncing balls.
 - Rolling ball away from the body.
 - Rolling ball towards the body.
 - Rolling ball across the body.
 - Low bouncing ball-knee height or less.
- ❖ Emphasis on fundamental movement skills.
- ❖ Locomotor: walking, running, leaping, jumping, and hopping.
- ❖ Non Locomotor: bending, stretching, twisting, pulling and pushing.
- ❖ Basic Manipulative: throwing, catching, striking and kicking

Cognitive Development

- ❖ Tend to only one task at a time in problem solving situations.
- ❖ Process small bits of information at a time.
- ❖ Long sequential instructions are not processed.
- ❖ Rules must be simple.
- ❖ Immature understanding of time and space.
- ❖ Short attention span.
- ❖ Individually oriented (me, mine, my).
- ❖ Constantly in motion.
- ❖ No sense of pace.

Psychosocial Development

- ❖ Development of self-concept, body awareness, self-image through movement.
- ❖ Egocentric, see the world from only their perspective.
- ❖ Psychologically easily bruised.

- ❖ Little or no concern for team activities.

Typical Training Session

- ❖ Typically 45 minutes long.
- ❖ 1 player, 1 ball .
- ❖ Warm up includes movement with and without a ball.
- ❖ Movement education and soccerastics.
- ❖ Tag games

What Pre K & Kindergarten students learn

- ❖ Counting objects, inside and outside, longer and shorter, letter names, rhyming words, and more.