



Guide to coaching U6s

What to Coach



Small-Sided Games

- Small-sided games: 1v1, 2v1, 2v2
- Encourage teamwork and cooperation
- Opportunity for all players to play as goalkeeper (if a GK is used)



Ball

- Fundamental soccer skills: dribbling, running with the ball, receiving, shooting
- Move ball with hands and feet
- Shooting games with lots of chances to score

- No heading in practice or games
- Fundamental goalkeeping skills: passing, throwing, catching, diving



Body

- Fundamental movement skills: running; skipping; hopping; jumping and landing; leaping; throwing and catching

- Link fundamental movements with ball work: speed, agility, mobility, power



Tactics

- Move the ball forward by dribbling or short passing
- No set playing positions

How to Coach



Values and Beliefs

- Be enthusiastic, animated and fun
- Show patience and support
- Encourage player choice



Coaching Approach

- Encourage learning through play
- Guide and facilitate
- Use regular short breaks to break up activities
- Adapt practice to player choice



Communication

- Keep instructions short
- Use simple words and phrases
- Provide simple feedback
- Use positive and specific praise



Individual Player Focus

- Provide individual player challenges
- Find different ways to include all players in each activity

Practice Design: Fun games focused on play

Each coaching guide builds on the content of the previous age-group.
Coaches should use a blend of activities and behaviors that meet the needs of the individuals in their group.