



Guide to coaching U5s

What to Coach



Small-Sided Games

- Small-sided games 1v1; 2v1; 2v2



Ball

- Ball each activities
- Fundamental soccer skills: dribbling, running with the ball, receiving, shooting

- Move the ball with both hands and feet
- No heading in practice or games



Body

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



Tactics

- No specific team tactics
- No set playing positions
- All players to be given an opportunity to play as goalkeeper (if a GK is used)

How to Coach



Values and Beliefs

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



Coaching Approach

- Encourage learning through play
- Focus on enjoyment
- Facilitate and guide rather than tell
- Use lots of short breaks



Communication

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



Individual Player Focus

- Let the players make some of the decisions
- Provide opportunity for players to choose their own activity/ challenge

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.