

# NYSA



## **UNDER 5/ UNDER 6**

### **2010 COACHES HANDBOOK**

## Truths about Children and Sports

1. Fun is pivotal; if it is not 'fun', young people will not play
2. Skill development is crucial aspect of fun; it is more important than winning even among the best athletes.
3. The most rewarding challenges of sports are those that lead to self-knowledge.
4. Intrinsic rewards ( self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards ( victory or attention from others).

## Characteristics of Under 6's

They are

- Self-focused and individualistic (me, mine, my).
- Unable to pay attention for long periods of time.
- Always running around, chasing things until they drop from exhaustion. Get tired very quickly but are able to recover soon thereafter. They love to run, jump, roll, hop etc. Eye-hand and eye-foot coordination is rarely developed at this age.
- Able to attend to only one problem at a time.
- Very honest and see things as they think they really are.
- Easily bruised psychologically. Praise often. Give "hints", don't criticize.

They

- May understand simple rules that are explained briefly and demonstrated.
- May or may not understand or remember: what lines mean on the field; what team they are on; what goal they are going for. We need to be patient and laugh with them as they get 'lost' on the field.
- Prefer "parallel play" (Will play on a team, but will not really engage with their teammates. Thus, a 3 against 3 game is, in reality, a 1 against 5 game because they all want the ball at the same time.
- Respond well to positive reinforcement

And, moreover,

- Development for boys and girls is quite similar.
- If you are not energetic and fun you will easily bore them.
- Respond well to positive reinforcement.

Games are centered on developing the knowledge of winning a ball and turning it to the right goal, taking the ball themselves, moving away from players on their own team, and beginning to support defend. We do not focus on passing at this age, but only encourage it when players have developed sufficient skill to get their head up and find teammates. When running games we set the players into 3 positions, left, right, and sweeper. These positions should always rotate at a stoppage of play, this way players do not get pigeon holed into one position at an early age. If the other team has the restart or kick off encourage the players to be first to the ball, telling the sweeper to hang behind everyone in case they get beat. If the front 2 get beat send the sweeper to the ball and pull all players into support defend positions behind him. This is true of any player that is challenging, all other players should be moving into support defend

positions. Once a ball is won, encourage the player to dribble at goal, use your skill. Once in control of the ball one player should be sent towards the attacking goal keeping one player to play the sweeper. If players are getting good at taking players on and going to goal encourage them to pass.

### **Important Numbers and Emails**

**NYSA Director of Player Development:** [Don Rother \(don.rother@normansoccer.org\)](mailto:don.rother@normansoccer.org)

**Cell Number:** 405-650-1881

**NYSA Office:** 405-573-0070

### **Good Websites to Visit**

<http://www1.normansoccer.org/> Norman Youth Soccer Association

[www.OKFCSoccer.com](http://www.OKFCSoccer.com) Frontier Country Soccer Club

[www.OKSoccer.com](http://www.OKSoccer.com) Oklahoma Soccer Association

### **Structure of Soccer in the United States**

**Norman Youth Soccer Association—Frontier Country Soccer Association—Oklahoma Soccer Association—USYSA Region 3—United States Youth Soccer Association—USSF**

## **Team Set Up Basics**

Schedule a parent meeting before your first game. The meeting can be in a formal setting or it can be part of a fun event, like a picnic or parent-player game. Key points to cover in the meeting would include:

**Explain your coaching philosophy** should include

Players exposed to different positions

Positive Environment

Fun Activities

Smiles and appropriate behavior

**Goals for the season**

**Practice days and policies**

**Parent Responsibilities**

**Get volunteers to help with the team**

Assistant Coach

Manager

Treasurer

## **Basic USYSA Under 6 Practice Model**

**Warm-up Activity - 10 minutes**

**2<sup>nd</sup> Activity - 5 minutes**

**Water Break - 2minutes**

**3<sup>rd</sup> Activity - 10 minutes**

**4<sup>th</sup> Activity - 5 minutes**

**Water Break - 2 minutes**

**Final Activity – 10 minutes**

# Coaching U5/U6: Things You Need To Know

## 1. Practice:

Training sessions should be between 45 minutes and 1 hour in duration.

-Be organized with your activities – this is the most difficult age to coach because of their attention span. You must be able to jump quickly into your next activity.

-Make instructions of activities less than 15 seconds. Give them the opportunity to figure out the activity on their own.

## 2. The Game:

-Numbers: You will play 3v3 in U6. Each player must play at least 50% of each game.

-Game Length: The U6 game will be four quarters long. Each quarter will be eight minutes long. There will be a two minute break between the quarters and a five minute break at halftime. You will begin each quarter with a Kick-Off (see below).

-Coaches will be on the field during the game to ref and help the players.

-Free Kicks: All free kicks are **DIRECT** free kicks. This means: The player taking the kick may score directly from the kick and the ball does **not** need to touch another player on the field.

-Kick Offs: Taken at the beginning of each game, to begin the second half, or after a goal is scored. The ball is placed in the center of the center circle. The player taking the kick has one touch, and may not touch the ball again until another player on the field touches the ball.

-Goal Kicks: Goal kicks are taken when the ball goes over the defensive teams endline (line at end of field) off of the opposing team. The goal kick will be taken from anywhere on the goal line. The player taking the kick has one touch, and may not touch the ball again until another player on the field touches the ball.

-Corner Kicks: Corner kicks are taken when the ball goes over the defensive teams endline off of the defensive team. The corner kick will be taken from the corner in which side of the goal the ball went over the endline. The player taking the kick has one touch, and may not touch the ball again until another player on the field touches the ball.

-Kick ins (replacing what would be throw-ins): Kick-ins are taken when the ball goes out off of the opposing team over the sideline (lines on sides of field). The ball will be placed where the ball traveled over the line and kicked in. The player taking the kick has one touch, and may not touch the ball again until another player on the field touches the ball.

-Penalty Kick: for this age group there will not be any penalty kicks called.

-Fouls and Misconduct: no caution or send off shall be issued to players. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning to play.



United States Youth Soccer Association

# Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

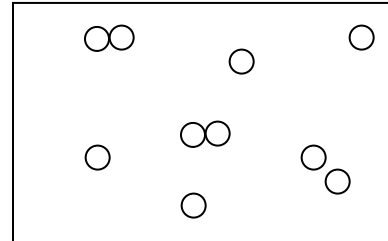
Age Group: Under 6 Theme: **General**

**Activity**

**Diagram**

**1<sup>st</sup> Activity (warm-up)** *Stop it with the Body Parts*

All players have a ball inside a playing area. As a coach, you call out a body part, players must stop the ball with that body part. You can also play where players have to move the ball with a specific body part.



**2<sup>nd</sup> Activity** *Red Light, Green Light*

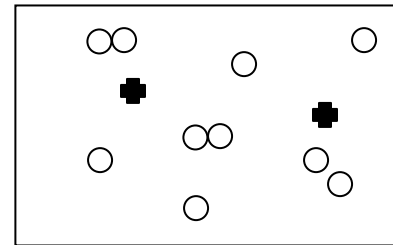
All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.  
Progressions: Add a ball. The coach can move around to make the game more challenging.

■ Coach



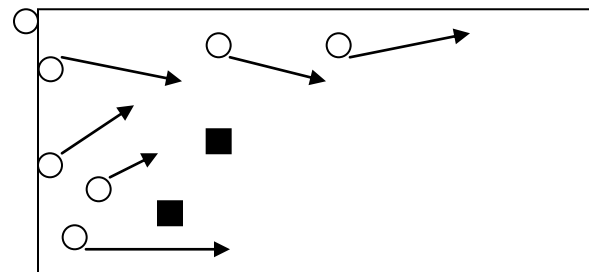
**3<sup>rd</sup> Activity** *Find the Coach*

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.  
Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)



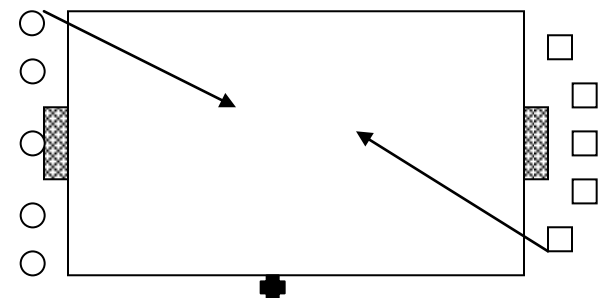
**4<sup>th</sup> Activity** *Frog Attack*

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.  
Progressions: Add a ball (for the players, not the frogs)



**5<sup>th</sup> Activity (the game)** *Disney Game*

Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.  
Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.





United States Youth Soccer Association

# Practice Plan

Name: _____	Date: _____
Age Group: _____	Theme: _____

## Activity/ Coaching Points

## Diagrams / Variations

Activity/ Coaching Points	Diagrams / Variations
<b>1<sup>st</sup> Activity (warm-up)</b>	
<b>2<sup>nd</sup> Activity</b>	
<b>3<sup>rd</sup> Activity</b>	
<b>4<sup>th</sup> Activity</b>	
<b>5<sup>th</sup> Activity (the game)</b>	

# Games:

## Tag

This drill is based on the common kids' game of tag. Mark off a grid or circle. Everybody needs a ball. Whoever is "it" must dribble to another player and tag him. The other player avoids being tagged by dribbling away from "it." If the player being chased loses his ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.

## Everybody's It (U-6 to U-10)

All players have a ball inside a playing area. Players must keep their ball at their feet and try and tag as many people as they can in a specific amount of time. After time is up, ask players how many they tagged and challenge them by asking them to tag 2 more people for the next round. Another way it could be played is to divide the team into two and have one team try and tag the other team and count how many they have tagged. Each team collects the total and the other team gets to go.

## Find the Coach (U-6)

Each player has their own ball and is spread out around the field. Each player gets on his knees and places their forehead on the ball and closes their eyes. The coach moves to a far away area from the players and when he blows the whistle to start play. The players must get up quickly from the ground and then dribble to the coach and shoot at him. The first one to hit the coach wins.

## Frog Attack

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.

Progressions: Add a ball (for the players, not the frogs)

## Body Parts (U-6)

All players have a ball inside a playing area. As a coach, you call out a body part, players must stop the ball with that body part. You can also play where players have to move the ball with a specific body part.

## Knockout (U-8 and U-10)

Every player has a ball and is inside a playing area. Players dribble around and when the coach gives the shout "Knockout", players go and try and knock someone else's ball outside the playing area. When a player gets their ball knocked out, they do a fun-light exercise and go back in. Play for a certain amount of time. Whichever players had the fewest exercises to do is the winner(s) and a new game is started. Could also play where players whoever has the ball knocked out in the last 30 seconds of the game is out and then play until you get a couple of winners. This way the longest that they sit out is 30 seconds.

## Disney Game

Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.

Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.

## Line Soccer

Start with two lines of players facing one another. Give each player a number and a "matching" player in the other line. Kick the ball between the two lines and call out a number. The two players with the corresponding number will play one on one while trying to kick the ball through the opposing line. This game teaches the players in the line not to chase after the ball since they have to defend their line in a limited area.

## Sharks and Minnows



### The Game

- Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- As soon as the dribbler in front of you moves to the next zone, you can also go.

### Coaching Points

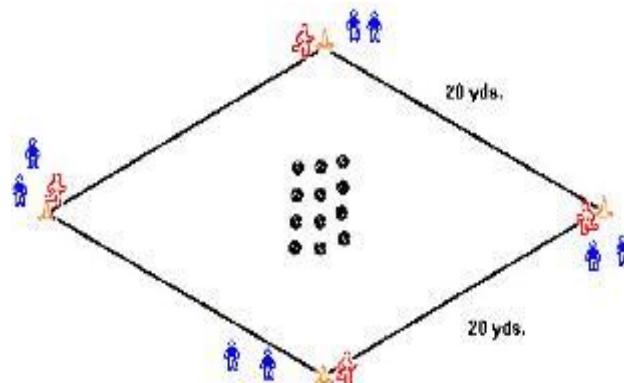
- Good dribbling technique.
- Look for an opening..perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

### Variations

- Sharks steal ball and go to a goal instead of just kicking the ball out.
- Instead of eliminating players until only one is left, give points to the sharks for kicking out balls but let everyone stay in the game. Everyone gets a turn as a shark.
- Sharks who take possession of a ball immediately become Minnows; Minnows who lose the ball become Sharks.

- Players are not knocked out, but must perform some task before getting back into the game. (Such as ball dance.)
- Minnows must control the ball in a goal area to encourage good ball control instead of just kicking the ball over the end line if a Shark gets close.
- Start with only one defender in the middle zone as the shark. Anyone who gets their ball knocked out of bounds becomes a shark and joins the original shark.
- Have all the “minnows” go at once.
- Have sharks in the first and last zone and keep middle zone as a safe Island where sharks cannot go in. This can be used for rest before the next zone or it can be used to practice stopping in a zone.

## Steal the cheese



### The Game

- Object of the game is to get 3 balls back to your team's corner.
- You can only work at moving one ball at a time. You must dribble the ball back to the corner.
- You can "steal" a ball from an opponent's corner. but you cannot defend your ball in the corner from being stolen.
- The picture above illustrates this for a larger team than you will have. You will probably want to do this in a triangle, with pairs of kids at each corner and six balls in the middle. If there are only a few kids (3 or 4), then do it in a triangle or square with only one kid per “team”.

### Coaching Points

- Since this is a competition, and fun, the players will not look at this session as a fitness exercise.
- Since there are only 6 balls, players must steal from other groups.
- Players need to keep their heads up and be aware of how the game is developing.

### Variations

- Let younger players use their hands to carry the ball first.
- Let players steal the ball from their opponents while they are dribbling.

## Minefield

- Place 10 – 12 cones around a grid half of them turned up half of them turned down.
- Players are given special names “upsies” or “downsies”. Upsies run around and turn cones up. Downsies run around and turn cones down.
- Start all players outside the grid. For 30 seconds send the players in to turn the cones their teams direction either up or down.
- Count the “upsies” cones and “downsies” cones to determine a winner..

### **Variations**

- Have the players dribble their ball while turning over cones.

## **Keep Your Yard Clean**

Here is a game that involves kicking and is a good example of parallel play in that it involves all players on the team at one time, but, they are all acting as individuals during the game. This allows for individual differences in skill. The game is simple, fun, and easy to adapt to account for team size and experience.

### **The Game**

Create a 'neutral area' between the two teams where no player is allowed into. This area can be as small as one yard and as big as 10 yards wide. The width is determined by how far the players can kick the ball.

Each player starts with a ball at his / her feet. On command, each team tries to keep their side of the game free of balls by kicking their ball over to the other teams side.

After an appropriate amount of time (when the balls become too scattered, or, the players are losing focus), call the game and count which side has the most balls on their side.

Distribute the balls evenly for another try if the players are still interested.

After players have found some success with this basic game, try these variations:

- Players can only use their left foot.
- Throw the ball back.
- Punt the ball back.
- Dribble the ball around a cone that has been set up in the middle of their "yard", then, kick the ball back.

## **Windows '98**

- Place a number of windows around an area; 2 cones close together.
- Players have to dribble through the window to score a point. You may not dribble through the same window twice in a row

### **Coaching Points**

- Head up, Look for the open window so you do not have to wait.

## **ADVANTAGES OF PLAYING SMALL SIDED GAMES**

- More time with the coach/facilitator
- Energetic workouts due to playing both offense and defense
- More efficient use of field space
- Matches can be played simultaneously across a full size field
- Children are physically more efficient in smaller space
- Children are actively involved for a longer period of time
- It takes less time to score a goal or advance to goal
- Greater success rate for the players

## ***US Youth Soccer Recommendations***

- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Spectator and team benches should be on opposite sides of the field.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- No slide tackles to be allowed in this age group.

## **Game Organization**

### Pre-Game

- Players arrive, ready to play 15-30 minutes early.
- Warm-up Activity
- Line up and drink of water
- Team Cheer. No aggressive or confrontational language.

### During the Game

- ALL Players should play at least 50% of the game.
- Players should be exposed frequently to all positions
- Limit Coaching. Allow players to make their own decisions. DO help but do not joystick
- Positive encouragement and praise for good performance.

### Halftime

- Compliment the players as they leave the field.
- Allow Players to relax
- Water and snacks for players and the coach.
- Positive encouraging words to ALL players.
- Line up
- Team Cheer. No aggressive or confrontational language.

### Post Game

- Take a deep breath.
- Positive encouraging words to ALL players.
- Shake other teams hands—telling them good game.
- Team celebration Tunnel, snacks, and goodbye.

- Don't review the game with the players.

## **General Principles when handling an injured player:**

- Avoid Panic. Tell the player they are alright
- Treat injury DO NOT assess blame.
- Use common sense.
- Seek professional help if the injury is beyond a minor scrap or sprain.
- Check for breathing, bleeding, consciousness, deformity, discoloration, and shock.
- If the injury is serious avoid moving the players.
- Inspire confidence and reassure the player
- Always ERR of the side of caution

### Dealing with Minor Injuries

R.I.C.E. Rest, Ice, Compression, and Elevation.

## ***The 6 Things Parents Should Say to Their Player***

A lot of soccer parents with good intentions give a 30 minute lecture, covering all the players supposed deficiencies and giving playing advice, in the car on the way to each match. The kids arrive far off their optimal mental state, and dreading the critique they are likely to hear, whether they want it or not, on the way home. Kids who are massaged in this way tend not to play badly, they just tend to not play, possibly to avoid making mistakes.

The easiest way to detect this problem is just to ask the player if it is a problem. Kids are more than willing to share this grief. The easiest way to correct this problem is to speak to the parents, as a group, about your expectations, and to cover this as a routine problem. Many of the parents will recognize themselves if you can present this problem with humor and illustrate the importance of the kids having fun and arriving in a good state of mind.

For best results, parents should memorize and use the following.

### **before the match**

1. I love you
2. Good luck
3. Have fun

### **after the match**

1. I love you
2. It was great to see you play
3. What would you like to eat?