



East Bay United Soccer Club U6 Micro Soccer Program

Fall Coaches Meeting
August 21st 2013

Steve Curtis
U6 Commissioner



The U6 Experience

Design Point

- All kids get a lot of touches on balls
- Small field and small teams
- Simplified rules
- Fast paced
- FUN!

Objective

- Promote the joy of sports
- Kids learn to improve and try their best
- Learn basic skills (dribbling, shooting, passing) by doing

Keep In Mind

- Probably child's first organized sports experience
- Different levels of ability and interest



U6 Program Success Defined

Kids

- Learn basic skills
- Have fun and want to play again

Coaches

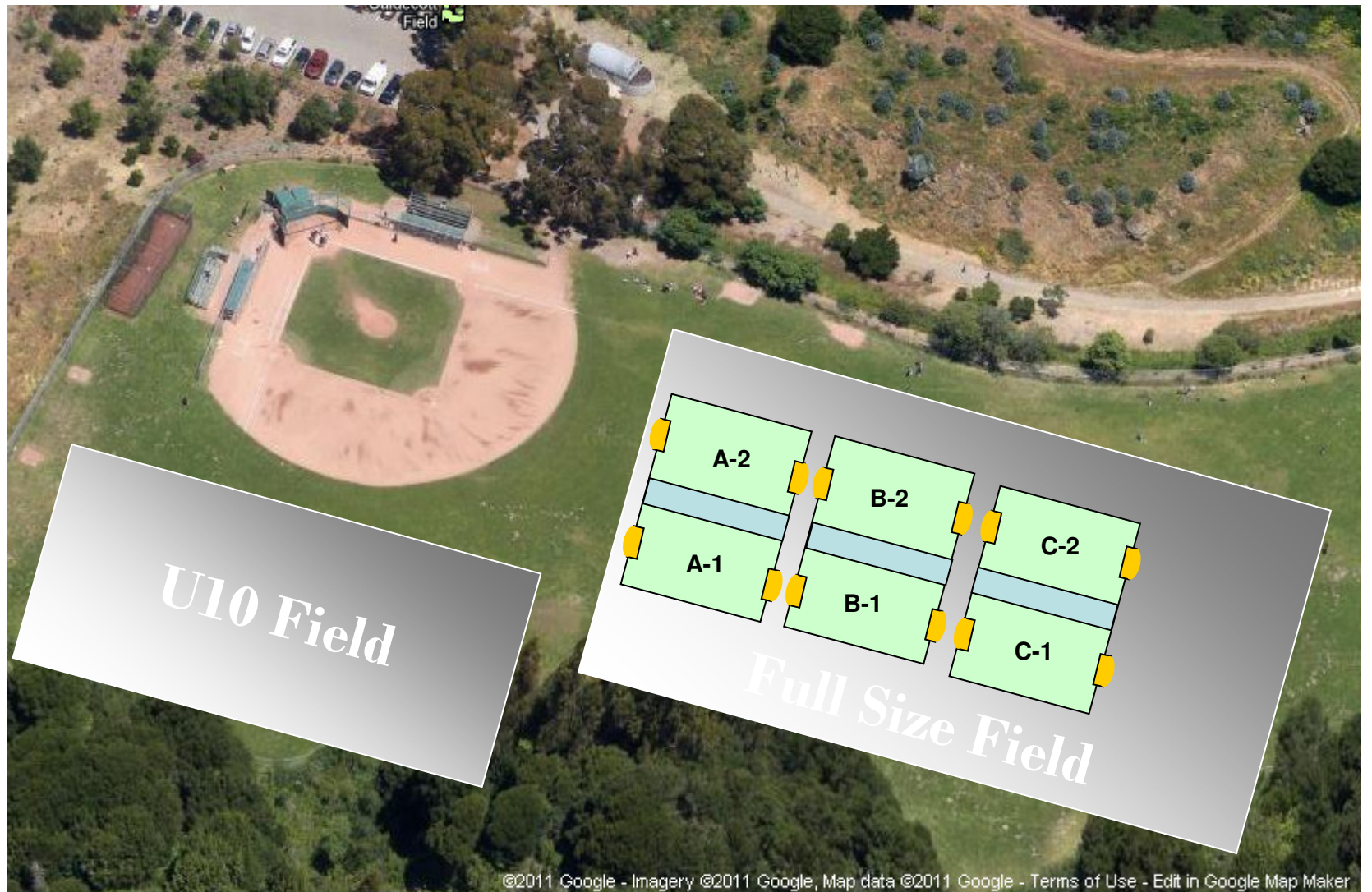
- Develop their coaching skills
- Have confidence and pride in what they do and can see the impact they have on their kids
- Want to continue coaching at the U8 level

Parents are engaged and understand that

- Youth soccer is a community program run by volunteers, not a fee-for-service activity
- Coming to watch their child's soccer should be one of the highlights of their week



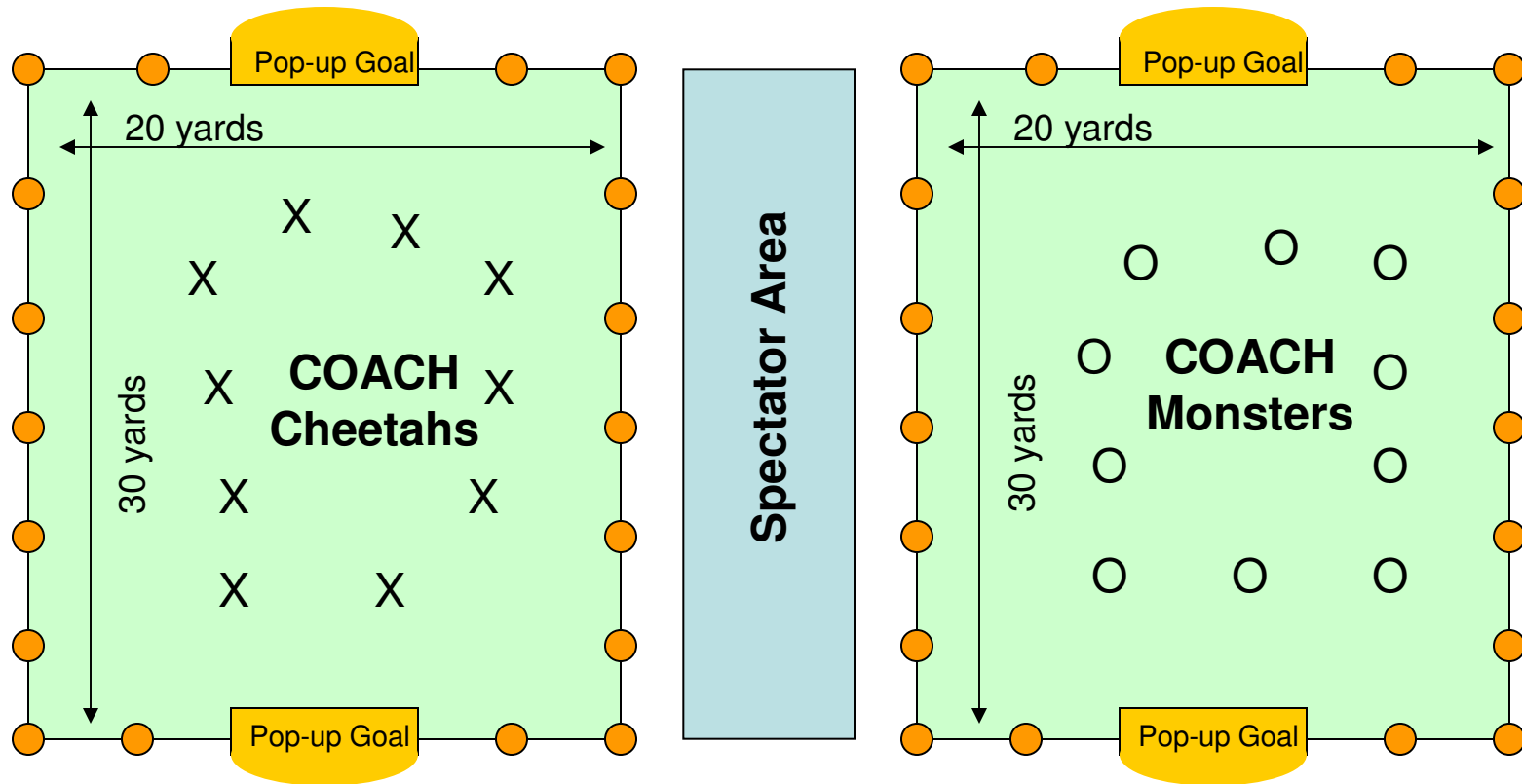
Caldecott Field





What is U6 Micro Soccer? The Practice Portion

First 30 minutes



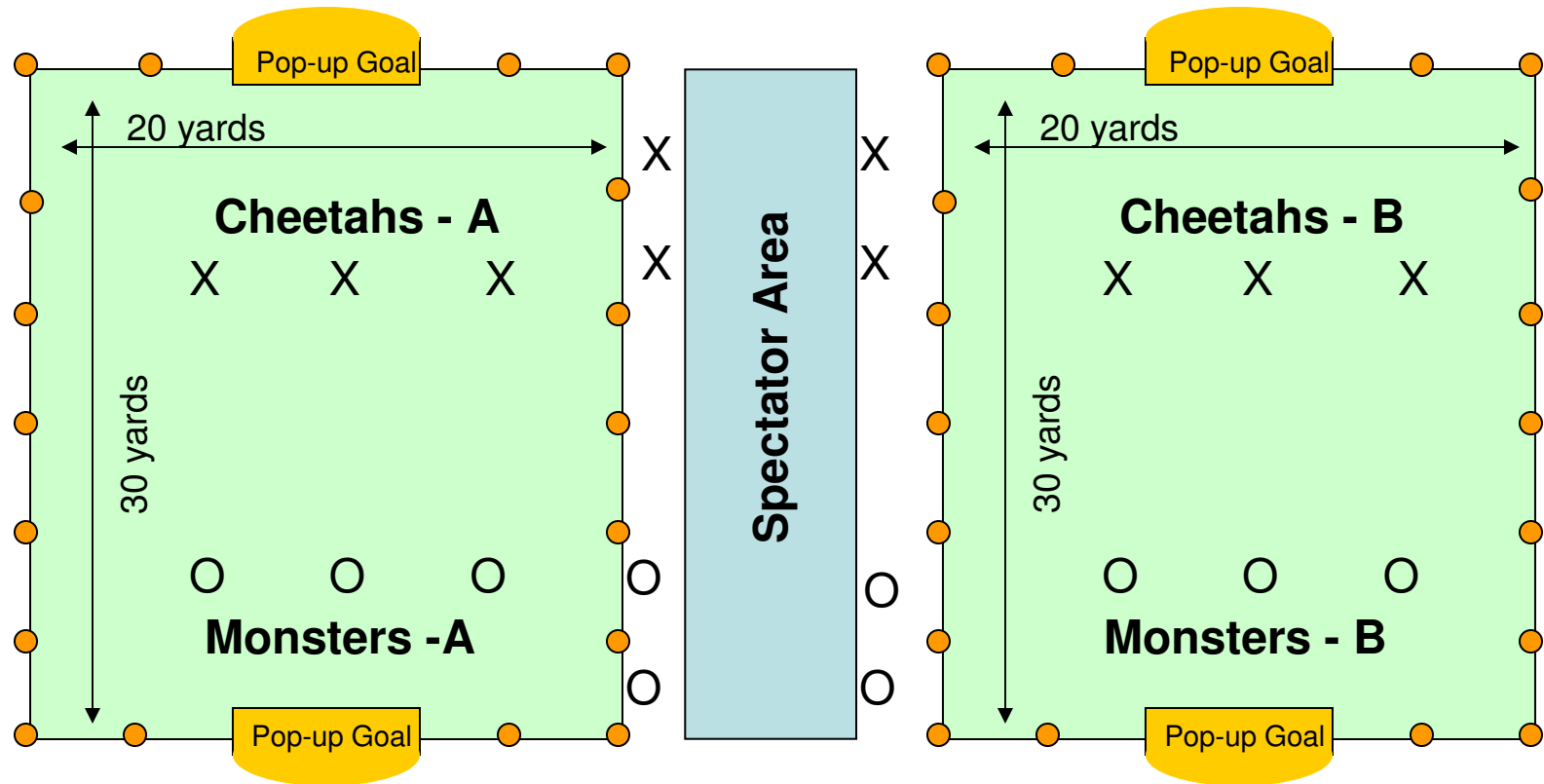
X = The Cheetahs

O = The Monsters



What is U6 Micro Soccer? The Game

Second 30 minutes – two 10 minute games then switch



X = The Cheetahs

O = The Monsters



Preparing for Soccer Sunday

Thursday

Team Manager checks the schedule, and sends a reminder to parents.

Content should include :

- Time, Location, Opposing team name
- Jersey color (Home Team = Blue, Away Team = White)
- Mandatory shin guard reminder
- Snack owner (critical, have snack person bring back of ice)

Coach prepares a practice plan, picking 2-3 fun games to play. An 8 week practice schedule is on the EBU website.

Example

- Warm-up, toe tap, snake
- Red Light, green light
- Sharks and Minnows
- Freeze Tag
- Robin Hood
- Numbers
- Scrimmage

(Progress the skill over the season)



Sample E-mail

Subject: Line : Soccer Game Sun 5/11/2008 3:30p Cheetahs at Purple
Washing Machines – Caldecott B1/B2 (SNACK =Wilson)

← Away Team wears White

Body of Note :

→ Home Team
wears Blue

Purple Washing Machines,

Our game is this Sunday at 12:00pm on Caldecott Fields #3 A and B. We are the home team so please have your child wear his/her jersey with the **BLUE** side out.

Reminders and notes.

1. Please make sure to bring your child with shin guards (Mandatory to play!!!), a water bottle, and their ball.
2. Snack will be provided by the Wilson family
3. Reminder Photo Day is Saturday, September xx

Sincerely,
Team Manager or Coach Steve



Game Day Example 2:00pm

1:50 PM	Coach arrives Gets volunteers to help set-up field / goals Identify Game Monitor Introduce yourself the other coach
2:00PM	Practice example : Follow the leader to unwind the kids Red light green light Obstacle course Numbers
2:30 PM	Kids take a water break Coaches and monitors prepare for game
2:35 PM	First Two simultaneous 3 v 3 games - 10 minutes - No Goalie - Substitute often
2:45 PM	Break
2:50 PM	Two more simultaneous 10 min 3 v 3 games
3:00 PM	Sportsman Cheer 2,4,6,8, Parent Tunnel, and Snacks Praise each player



Monitoring Games

- Each team will need one on field parent to monitor a game
- Role = Keep the game moving, safe and fun
- **Tasks:**
 - Start game at the middle of the field
 - Restart after out of bounds with a “kick-in” (touch lines), goal kick (end line) or corner kick (end line)
 - Encourage defending team to stay back at least 3 yards
 - Restart after goal with kick-off at mid-field
 - Stop game for dangerous or violent behavior
 - Remind kids of sportsmanship and rules (or inform Coach to substitute player for a private talk)
- Help kids, but don't interfere with their play
 - Okay to congratulate or encourage players
 - Okay to help kids pay attention or encourage to “move”
 - Do not give instructions (especially to kid with the ball)
- No whistles



Logistics and Requirements (Part 1)

- **Field Care:**
 - Absolutely no dogs
 - Avoid muddy and worn areas
 - Practice/games canceled for rain
 - Check www.jlysl.org and email / call about rainouts
- **Requirements of Parents/Guardians:**
 - At least one adult at practice/game with each child
 - At least one adult in each family must attend Positive Coaching Alliance (PCA) Training
 - Help run team and East Bay United Soccer Club
- **Requirements of Coaches:**
 - Model positive coaching and sportsmanship
 - Model FUN!



Logistics and Requirements (Part 2)

- **Equipment for Kids:**
 - All players must wear shin guards!
 - Soccer cleats are optional:
 - No football or baseball cleats (with cleat at toe)
 - Consider “turf shoes”
 - Buy shoes to fit now
 - Highly recommend each child have a Size 3 Ball
 - Highly recommend each child have a reusable water bottle
 - Absolutely no jewelry during practice/games
- **Uniforms:**
 - Ordered through Soccer post at time of registration



Logistics and Requirements (Part 3)

- **Team Equipment (provided to you):**
 - Ten “Size 3” Balls (mark them),
 - 2 Pop-up Goals
 - Must be returned at end of season
 - Equipment bag with 25 disc cones, 6 pinnies, ball pump, first aid kit
 - Yours to keep if continue to coach
 - You also want ice or ice packs at practices/games
- **EBUSC Volunteer Roles :**
 - Team Manager (sends reminders,



Tips :Coaching 5 year olds

Do...

- Be prepared for the practice
- Utilize parents
- Keep it simple
- “Paint a picture”
- Keep it fun
- Be patient
- Encourage effort and Improvement
 - Look for them doing things right, not wrong

Avoid...

- The 3 “L’s”
 - Line
 - Lectures
 - Language
- Coaching during games
- Expectations about their play

You don’t need to “teach” young kids skills or to enjoy soccer. You just need to give them the opportunity to play.



Tips for games and practices

- Practice/Game Tips:
 - Keep kids out of the goals teach them to go around the back to kick their ball out.
 - Keep kids attention
 - Get at kids eye level; lots of high fives
 - Rituals (“take a knee,” when a player is hurt.)
 - Assign special jobs (picking up cones, leader of the snake)
 - Don’t yell or punish
 - Manage one-sided games
 - End practice/games with praise for each player



Tip: Common Challenges in Coaching the very young

What you might see...

What you can do ...

Kids don't listen when you give them instructions	Stop talking. Demonstrate activity (or recruit a player to do it). Change gears, such as move to a more active activity.
Kids don't pay attention during games	Substitute the kid out and energize them about soccer (e.g., point out how fun it is, what the other players are doing)
Kids get tired or cranky having a silly activity. (Practice/game during nap time)	Simplify what you are doing.
Kids show bad sportsmanship (taunting, spitting, holding)	Set expectations during pre-season meeting. Substitute the kid out, and explain privately what is acceptable and not; have child apologize if necessary.
Kids don't want to play in the games (may even cry)	Try to energize the child about soccer. Check-in regularly to see if want to play. Be patient. Ask parent to participate in practice and be Game Monitor
Kids wander off during practice/games to get water/snacks or talk to mom/dad	Kids may need a break. Encourage parents to only offer drink/snack at appropriate time.
Kids want to hang out by (in) the goal	Point out how much fun it would be to get the ball. Challenge them to go get the ball.
Parents shout instructions to kids during games	Set expectations during pre-season meeting. Give parents examples of positive things to say.



Resources

- Internet
 - <http://www.soccerxpert.com/soccerdrills>
 - www.footy4kids.co.uk
 - <http://www.justsoccerdrills.com>
 - www.coachingsoccer101.com/drills.htm
 - www.eastbayunitedsoccer.org
- Peer Coaches
- U6 Commissioner
 - U6comm@eastbayunitedsoccer.org