

Sierra Soccer Club: Coaches: Coaching U6-U8

Help! I volunteered to be a coach. What do I do? (U6 – U8)

Many first time coaches volunteer or are volunteered to the job. First things first...Relax. Relax and think about how much fun you are going to have with these little Under-6 and Under-8 soccer players.

Goal: Create a fun, learning soccer environment for your players in training and ingames.

How?

Often resources are available, it's just a matter of knowing where to find them:

- Talk to the Coaching Coordinator and request helpful coaching materials and coaching aids.
- Talk to other Soccer Coaches in the Sierra Soccer Club or in your community who have worked with these age groups before.
- Call or visit the [California Youth Soccer Association \(CYSA\)](#) website and request helpful coaching materials and coaching aids. (925) 426-5473

Team Management:

Prepare a list of simple and clear rules for your players and their parents. Conduct a preseason meeting to review these rules and to go over other important information and to complete important administrative paperwork. Consider the following:

- Schedules and locations for practices and games.
- Drop off and pick up times for practices and games.
- Player responsibilities and behavior at practices and games.
- Parent responsibilities and behavior at training sessions and games.
- Player equipment (#3 soccer ball, shin pads, soccer shoes or sneakers, water, appropriate clothing).
- Coaching equipment (#3 soccer balls, 25-30 cones, 10 vests/pennies, basic first aid kit, small cooler of ice and zip lock bags).
- Make sure player's registration forms and medical release forms are complete.
- Discuss the procedure for canceling practices and games.
- Discuss your philosophy of coaching...it's about player development, not winning and losing!

Risk Management:

- Provide proper age appropriate activities at training sessions and games.
- Assure that training and playing areas are safe.
- Make sure that all players are wearing the correct equipment and that it is appropriately sized.
- Make sure that you are assisted by another adult when coaching the players (This includes the time when players arrive and when they depart from training sessions and games).
- Create a plan for any medical emergencies/injuries.

The Training Session - Under-6 Format

- Duration is 45-60 minutes.
- Every child has a ball.
- Individual activities.
- Warm-up activities include movement education approach...with and without a ball (10 minutes).
- Fun games activities with and with out a ball (20 minutes).
- Conclude with 3v3 games to two goals, with no goalkeepers.

The Training Session - Under-8 Format

- Duration is 60 minutes.
- Every child has a ball.
- Individual and partner activities.
- Warm-up activities with and without the ball – dribbling and passing (15 minutes).
- Maze games and target games (25 minutes).
- Conclude with 4v4 games to two goals, with no goalkeepers.

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