

U6 VOLUNTEER COACHING PLAN

Coach Jeff here welcoming you to the KYSL Fall Recreational Soccer Season. For those returning Volunteers, welcome back. If this is your first time volunteering we are excited to have you. Over my years of coaching I have learned some simple tips to help keep the season running smoothly.

1- Commit to your team. Set aside the time necessary for practices and games. Let the players on the team know you're their Coach and you want them on your team. Learn their names as fast as possible.

2- Consistency keeps the team together. Both Coaches and Team Parents should meet and discuss scheduling ASAP. You can consult with parents about times and days for Training BUT set a schedule YOU can keep and KEEP Your training sessions at the same place and times every week if possible. U6 Teams should train no more than twice a week with training sessions lasting 30 to 45 minutes long. Use the provided website for your scheduling and communications with parents. Kids need a safe familiar place to learn; parents need consistency to plan their busy schedules. Adjust schedules when necessary such as weather but the more consistent you are the better off your team will be.

3- Educate yourself. Take the opportunity to educate ourselves about soccer in general but specifically about the 3v3 game you will be playing each week. Learning the rules for 3v3 U6 soccer is very important since YOU are refereeing the games. Coaches- you will need at least 3 to 4 adults per game to help you...two coaches on the field refereeing the games...one parent with players on sideline not playing and one parent keeping the clock. **COACHES, U6 SOCCER IS A GROUP EFFORT. YOU CAN NOT DO IT ALONE.** Players and parents will be looking to you to explain and teach. Take the time to learn so you can help your players learn and develop the right skills for this age division. Player Development is a step by step process and these young players are taking that first step.

4- Be Prepared for the Season. Have a plan. The season should look something like this.

- **Preseason/Registration-** Start or continue your coaching education.
- **Team-** Your team will be sent to you through the provided website at kingmansoccer.com. Watch for it. Welcome your players and parents through the website by text, email or both.
- **Team/Parent Meeting-** As soon as possible have a meeting to introduce yourself to the parents and players. Set the practice schedule if possible. If you still do not have an Assistant Coach encourage a parent to sign up. Elect a Team Parent and ask them to register as a Volunteer Team Parent at kingmansoccer.com for

your team. Turn all non-coaching responsibilities over to them (snacks, photos, fundraisers, parties.....). Talk about the website.

- **Training Sessions-** Decide the time and place for training and stick with it. U6 does not need a lot of space. Set the schedule through the website and alert parents as soon as possible of changes occur. Training should be no more than twice a week for 30-45 minutes. Each player should bring their own Size 3 Ball, shin guards and water to every session. Coach should have cones, extra balls and a whistle. Pennies and pugg nets if possible. Plan your training sessions each week around the player development goals. Coordinate your sessions plans with your assistant coaches and parents. Keep them simple and fun. Players know when you're faking it. Keep it simple, keep it fun. There are lots of resources available to you. Ask for them, find them, use them.
- **Games-** Set the schedule on the website and ask Parents/Players to come early to each game. Ask Parents to indicate on the website if a player will be missing or attending. This will help you plan your substitutions before the game begins. Have a specific goal for each game. Something you worked on in practice that week. Let your parents know what that goal is so they can cheer when they see it happen (example: Throwing the ball in the right way). Remember if you are the first game of the day you put nets up. Last game of the day you take nets down.
- **Team Pictures-** Set the schedule on website. Look sharp and have fun.
- **End of Season-** Thank the Parents for supporting you.

5- Have a positive attitude. Be excited that your players are making mistakes because that means they're trying new things. A Positive Coach makes for Positive Players makes for Positive Parents makes for a Positive Experience for all. Nothing kills fun faster than a negative attitude. Your attitude will set the tone for the whole team, parents, and season.

RULES OF U-6

Coaches with the first and last game of the day are responsible for setting up/taking down goals/nets and corner flags and placing them in the bags. The league will ensure this equipment is delivered to the field prior to the first game and picked up after the last game.

Play 3 vs. 3 games. (4 vs. 4 is optional if teams are small and only one field is used)

Size 3 ball

10-minute quarters with 2 minute quarter breaks and a 5 minute half-time.

Each player plays a minimum of half the game unless injury or illness.

No goalkeeper

No direct free kicks or penalty kicks

We do not keep score.

A coach from each team will officiate the game.

NO HEADERS

Kick Off

Each quarter begins with a kick-off, alternating teams. Kick off after goals.

The defending team should stay outside the circle until the ball is kicked.

Ball must move forward or allow a do-over.

The kicker cannot touch the ball a second time until it has been touched by another player.

Throw In

Throw in after a ball goes completely over the sideline.

Field players must be at least two yards away from thrower.

Ball should touch back of neck and be thrown over head with two hands, both feet on the ground.

Explain illegal throw-in and allow a do-over.

The thrower cannot touch the ball until it has been touched by another player. Allow a do-over.

Kick Ins

Done from the corner after a ball goes over the goal line.

Kicked by the opposing team of person who kicked it out.

Field players must be at least two yards away from kicker.

The kicker cannot touch the ball until it has been touched by another player. Do-over.

Fouls

This is a learning league so coaches should explain fouls (pushing, holding, tripping, handling, etc.)

Restart with an indirect free kick so the ball must touch another player to score a goal.

Dropped ball must touch another player in order to score a goal.

Teams line up to shake hands after the game.

MOST IMPORTANT IS TO HAVE FUN!

U6 Player Development

So what should our players experience this soccer season? Remember U6 Soccer is about having fun. Player development at this age is simple. Help each player fall in love with “their” soccer ball. **Dribble using both feet** is the number one Technical Skill players should be learning at this age. Teach Direction of play by simply teaching players to keep the ball in front of them going toward “their” Goal. Sharing (passing) the ball is very hard at this age. That skill comes later.

Coaches should encourage Parents to practice with your players. I repeat dribbling using **both feet** is the number one Technical Skill players should be learning at this age. The 30 minutes at “soccer practice” will never be enough time for this to happen. This skill will be learned from hours of playing with “their” ball in the backyard, living room, at the park or anywhere you provide a ball and space for them. Parents need to be excited when players “mess up”. Messing up means there trying something new and learning from their mistakes. Always be positive and encourage them to try again.

Games should be positive, fun and exciting. Let the game flow as freely as possible. Coaches and Parent should encourage and cheer for ALL the players on the field. **In U6 Soccer here is no “heading the ball” in practices or games.** Heading the ball is when a player intentionally contacts their head with the ball in any way. Players should feel safe at practice and games so learning can occur.

Parents need to learn the rules of the U6 3v3 soccer game. Both Coaches and Parents should help players learn the rules in a fun and positive way. If your players can dribble the ball with both feet, move the ball around objects, and change direction with the ball your job is done. This, and helping them fall in love with a game they will be able to play throughout their life. It is really that simple.

For more information, resources or encouragement feel free to contact me.

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Online education all age divisions:

<https://www.usyouthsoccer.org/coaching-resources/>

<https://dcc.ussoccer.com/>

http://www.nscaa.com/web/Education/web/Education/Coaching_Courses.aspx?hkey=5278475e-c172-44bf-8dda-e8504eade786

<http://www.coachingsoccerweekly.com/>

U6 Soccer Resources to help you.

<http://www.freeyouthsoccerdrills.com/free-soccer-drills.html>

http://www.soccerxpert.com/u6-u8-soccer-drills.aspx#google_vignette

<http://www.coachingsoccer101.com/drills.htm>

<http://www.usyouthsoccer.org/FileDownload.aspx?D=x2FN/MOCrVYNU0N3a8CKcKe3rgL13Ymh87Yb05Agvqw=>

https://youtu.be/_dscVGPYIUE

<https://youtu.be/XSmwKK4IK6s>

<https://youtu.be/oqnopsia-mc>

<https://youtu.be/NAxiwrnzzCo>

<https://www.youtube.com/playlist?list=PL805D77038B88D895&feature=plcp>