

COACHING FOCUS INPLAYER DEVELOPMENT

Marshalltown Area Soccer Club

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The U5 & U6 Player;

At this early age, the primary focus for coaches (facilitators) is to ensure that the activities at practice are primarily based on **HAVING FUN AND KEEPING THE PLAYERS ACTIVE**, in addition to the following guidelines:

Technical Focus: It is important for young children to have frequent contact with the ball and as much as possible it should be a ratio of 1 ball for each player. Each practice activity should encourage all young players to dribble, stop and turn the ball with different surfaces and to move in different directions with the ball under control. Using fun games to maximize ball contact are recommended.

Tactical Focus: At this age, due to the players limited capacity and individual orientation tactic have little or not place in their development. There should be no positional coaching other than simply teaching players what directions to go. Allow the players to move freely about the field without restrictions.

Physiological Focus: U5/U6 players are still trying to establish how to coordinate their body movements in a controlled fashion. It is beneficial to incorporate practice activities that develop basic motor skills, with and without the ball, and basic motor patterns, such as jumping, hopping, skipping and running.

Psychological Focus: it is imperative that players at this, and all, ages come to practices that are fun and provide variety, especially with their short attention spans. This is the cornerstone of successful coaching at this age.

Game Focus: Small sided games, include 1v1 up to and no more than 3v3