

# U6 Priorities

## The pleasure of playing

Training priorities for the category

Technical	Tactical	Physical	Psychological	Games
Passing		Coordination	Having fun	4 vs 4
Control				Relay races
Movement with the ball				Chinese Wall
Dribbling				

### The challenges for the coach

Soccer Chelsea he's bringing a new look to its U6 program. At this age, the Quebec Soccer Federation recommends working by stations to increase repetition of movement. It's important to let them play, to quietly encourage them, to decrease the waiting time between each repetition, to keep them moving and finally, to keep a positive environment.

We are very fortunate to be able to count on so many parents to be helpers or assistants. It is your job to integrate them into your stations, even if it's only to put the ball back in play. You have to make sure that all the parents understand the philosophy of the U6 category (an awakening to soccer in a positive environment). It could also lead to involving more parents as coaches in future years. You have to demonstrate how much fun and effortless it is to get involved.

1

#### DISCOVERY

The kids will discover their connection with the ball.

2

#### PLEASURE

Kids want to have fun; let's give them soccer.

3

#### MOVE

The stations will offer the kids more time to play and move.

### Having fun



Kids just want to have fun, it's our job to show them how much fun soccer can be.

### The ball



At this age, every child should have a ball at his feet during the exercises.

### Games



Every exercise must be in a game form.

## The basic techniques

Coaches must demonstrate the technical skills to the kids as well as encourage them to try the movements. You should never focus on the result. What is important is that they try and start thinking about the basic moves.

### Passing

Passing is mostly done with the inside of the foot, although it can also be done with the outside. The pass is useful to move the ball quickly. The supporting foot must be beside the ball and pointing in the direction that you want the ball to go. The foot that is hitting the ball must be «locked» which means that the ankle stay solid so that there is power in the movement of the ball. If the foot hits the ball a little under the center of the ball it will have a tendency to lift up but if it's hit straight in the middle, it will be straight and strong. After passing, the player must move in order to be available for his teammates.

### Controlling the ball

It's the motion that a player executes when he receives the ball. If it's a pass, the player will normally control with the inside of the foot. He must go towards the ball in order to be the first

there, lock his ankle and absorb the ball by doing a little backwards movement on reception. If the ball is airborne, he can execute control with his chest, his thigh or his head. It's not recommended to practice headers because of the risk of concussion. The player will automatically develop the reflex to do it in games.

### Movement with the ball

The player must keep the ball close to his body and lift his head to look up. There is no need to look down at the ball. All the surfaces of the foot can be used.

### Dribbling

It is the action of outplaying an opponent. It is composed of a feint followed by a change of pace in order to bypass the opponent completely. The player must start practicing these moves early but, of course, they will not be able to succeed right away. It's important that they try because it will become useful in the near future. On YouTube you can easily find some videos about the different feints and moves used to bypass a player. Invite the parents and the kids to go take a look.

## SOCCER CHELSEA IS HERE FOR YOU

During the season a technician will be assigned to your age category. He will supervise the work done in the different stations and player rotations. He will give the coaches comments, suggestions and will be able to provide specific exercises on different themes.

If you need more information, our technical director Patrick Woodbury will gladly help. You can always reach him by email: [patrick@soccerchelsea.ca](mailto:patrick@soccerchelsea.ca)