

U6-U8 Coaching Guide - Tips to help for training



Welcome

5 mins

BEGINING GAMES

10 mins

1. Welcome the players, an arrival activity such as a small game is a great idea!
2. Beginning games are to stimulate the physical and mental side of your players and serves as the warm up. Try competitive races or games with / without the ball

Coach is: Encouraging **Players are :** Warming Up and playing

MIDDLE GAMES

15 mins

1. Middle games is where we conduct fun football exercises. Try to include an opposition to challenge your players in a realistic football scenario.
2. You can try games to enhance passing, shooting, dribbling and decision making.

Coach is: Guiding **Players are:** Learning and playing

END GAMES

25 mins

Wrap Up

5 mins

1. Let them play! Set up a normal small-sided game, maybe play another team next to you?
2. As coach, step back and observe whether your players are enjoying themselves maybe even trying some of the skills you introduced. Relax!

Coach is: Observing **Players are:** Playing and having fun!

Is training Engaging?

Are all the players involved in the session? Avoid Long Lines, Lectures and Laps.

Is training Enjoyable?

Are your players smiling, laughing, enjoying themselves?

Keep it simple, keep it fun!

S

SAFE (Physically & Emotionally)

Field safe? Lightning? Over 32°? Try new things? Bullying?

O

ORGANISED

Are you prepared? Session plan? Setup prior? Gear?

C

COACHING STYLE

Coach on the run, feedback in breaks, ask questions

H

HOW YOU SCORE / WIN

Use a demo to explain, increase chances to score

A

AREA

Increase / decrease size /or shape of playing area

N

NUMBERS

Use different team numbers, 6 vs 4 or use jokers

G

GAME RULES

Number of passes or touches before a shot or pass

E

EQUIPMENT

Bigger / smaller goals, more goals

I

INCLUSION

Everyone involved, engage players in modifying session

T

TIME

Reduce/extend the time to increase motivation

U6-U8 Coaching Guide - Tips to help on game day



PRE - GAME

1. Try an activity or exercise you have played or practiced at training with everyone involved.
2. Encourage players to try things you have practiced at training, i.e. 1v1 or passing or support play.

HALF - TIME

1. Let them have a quick drink and rest.
2. Highlight positive player actions and efforts such as “Jesse, I loved the way you dribbled forward” “Olivia, you are trying really hard today” “Lets see how well we can play as a team”

During - GAME

1. Encourage all the players to be involved, and to try their new skills. Little to NO coaching from the sideline, allow players to make their own decisions.
2. Let them play! – Be positive or be quiet!

After Game

1. 3 cheers for the Game Leader & other team, shake hands, reinforce the great effort players made, also noting players trying new positions, Goal Keeper!
2. Remind them when training is next, who is on oranges / snacks next week?

1

CONTROL the BALL (First Touch)

Away from the defender, don't kick the ball – pass it!

2

PLAYER ROTATION

Players to play different positions across the season

3

EQUAL GAME TIME

Equal game time for all players should be the goal

4

CPR for Football

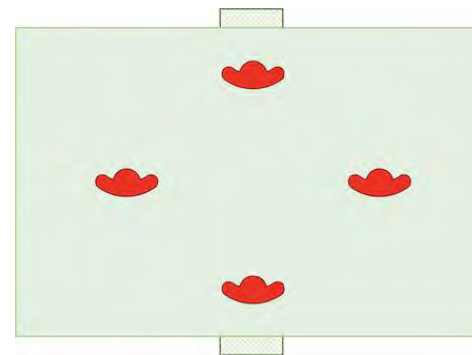
Encourage the players to **Control – Pass – Run**

5

SHAPE

Remind the players to keep in position.

U6-7: 4 vs 4 (Diamond)



U8-9: 7 vs 7 (1-3-3)

