



BOULDER VALLEY YOUTH SOCCER

U6-U7 FC Boulder Recreational Coaches Guide

Coaching Expectations

Arrive on Time - Arrive at your session at least ten minutes early – smile!

Attire - Dress like a coach! T-shirt, shorts, socks, running shoes.

Training session and equipment - Have a plan, set up your coaching area, and interact with parents and players as they arrive.

Energy and Enthusiasm - Deliver your sessions with passion, be loud, make the activities fun and competitive.

Make Every Child Feel Special - Congratulate kids, high fives, challenge the more developed ones, nurture the more challenged ones.

Communication- Weekly emails to teams

Coaching Philosophy

Developing your own coaching philosophy and sharing it with your parents before the season starts.

Consider the following when developing your philosophy:

- Why are you coaching? What goals do you have for your team this season?
- Playing positions – will each child play every position during the season?
- Playing time – will it be equal playing time for all players?
- Discipline – how will you handle behavioral issues?
- Sportsmanship and respect
- Player and parent expectations

Player Characteristics

As coaches of these younger players, there are things that we know that we can expect during training and games. If we know what to expect, we will be more effective in dealing with the hundreds of situations that come up. This will help us relax, and, in turn, allow us to enjoy the unpredictable nature of working with these players even more. Here are some of the things that you can expect:

1. Attention span is slightly longer, but still not at the “team at all costs” intensity.
2. Inclined more toward small group activities.
3. Boys and girls still quite similar in physical and psychological development
4. Still very sensitive - dislike personal failure in front of peers. Easily bruised psychologically by adults; negative comments carry great weight.
5. Great need for approval from adults such as parents, teachers and coaches; like to show individual skills.
6. Beginning to develop some physical confidence (most can ride a two-wheeler).
7. Concept of time and space relationship is just beginning to develop and will be limited by the capacity to attend to multiple tasks. The limited ability to tend to more than one task at a time leaves little or no capacity for “tactical” decision-making.
8. Still lack a sense of pace. Will chase the ball until they drop!

Player Development

- Ball proficiency with both feet (dribbling, passing, receiving)
- Running, jumping, change of direction, and stopping with and without the ball.
- Defending (Pressure and footwork)
- Transition (Moving up and down the pitch when team has possession of the or when team loses the ball)
- Engagement

4 Pillars of Development

- Technical – Improve confidence on the ball (dribbling, passing, receiving, and shooting)
- Tactical- Improve decision-making, understanding, awareness, team shape, and transition within a game.
- Physical- Develop body control with and without a ball
- Psychological- Maintain enjoyment and development of the game.