



BOULDER VALLEY YOUTH SOCCER

U6-U7 FC Boulder Recreational Coaches Guide

Pre-Season Preparations

Set up a team meeting with your families before the first practice. Talk about the following:

- Your goals and expectations for the team and players.
- Practice Day, Time, and Location.
- Go through game rules.
- Go through schedule.

Coach's Meeting

Attend the Coach's meeting prior to each season. Important information will be given to you at this meeting. (Rosters, equipment, game information. Schedules will be online) If you cannot attend, please send an assistant or parent representative to pick up these items.

Once you receive your roster please reach out to your parents ASAP. Families will be very anxious to know the logistics of practices and games.

Coaches Clinics

Taught by FC Boulder Directors of Coaching
Age Appropriate Field Activities and Progressions.
How to run a practice and make it fun and exciting.
Free to all FC Boulder Coaches.

US Soccer Grassroots License Course

In an effort to further improve the grassroots soccer environment for both players and coaches, U.S. Soccer has restructured the foundation of its coaching license pathway. The new Grassroots Licensing Courses, which replace the F and E License Courses, offer an a-la-carte approach

meant to empower coaches with education that is relevant to their specific coaching needs. The Grassroots Licenses will help coaches ensure fun, enjoyable, and developmentally appropriate environments for their players. Prospective coaches will have the option to partake in any of these new courses – in any sequence – after completing a cost-free, Introduction to Grassroots Coaching Module provided by U.S. Soccer.

First Practice

Please be prepared. The first practice is a great way to set the tone for the team. Having a plan for this first and important encounter with your team is of the utmost importance. They want to have fun, get to know each other, know you, learn soccer, and play.

Below are a few things to keep in mind when running a practice:

- If players aren't having fun – you won't have fun. Make practice interesting.
- Avoid the three L's- Lines, Laps, and Lectures. Lines limit touches, Laps are monotonous and boring, kids attention spans are too short for lectures.
- Play fun games. The more you get the kids moving and engaged the better.
- Always end practice with some sort of scrimmage. The game is typically the best teacher.

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 losses 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.