



**THE
COACHING
MANUAL**



**SPRING COACH
CURRICULUM
PACK - U6**

INTRODUCTION

12 weeks is not much time at all, it will fly by. With as little as 12 hours of training, you have to be realistic about what you and your players will learn from the season. However, if we're going to keep youngsters on the soccer pathway, it's vital that little by little, they make the improvements which will ignite a genuine passion for the game.

The Coaching Manual is here to support you and ensure that your players and you come out of the season having improved.

This guide for coaches who are working with U6 has been carefully crafted from a technical framework that has been developed in conjunction with some of the most experienced soccer educators in the world game at every level.

The guiding principles for this age group are simplicity and patience. You are not going to turn U6 players into superstars after one season, but you do have an opportunity to start to develop some of the most important building blocks that youngsters need in order to create a lifelong love of soccer and that's what this curriculum guide will help you do.

OBJECTIVES

The objectives for the Spring season for U6 fall into two brackets. What you, as the coach, will be confident in at the end of the season, and what outcomes we are aiming for with players at this age.

Learning soccer is all about gradual improvements over a long period of time, it's why children have to start learning the game young. It's the world's most popular sport, but it's also one of the world's most technically challenging sports. By the end of Spring...

Coach Objectives

- 1...you will be confident in teaching basic ball mastery techniques: Toe Taps, Inside Outside (and both feet) and Drag Taps, Inside and Outside Hook turns and V Pushes
- 2...you will feel comfortable about correcting technique with your players
- 3...you will be more confident about coaching soccer.

Player Objectives

- 1...your players will have learned key ball mastery skills: Inside/Outside (both feet), Drag Taps, Outside and Inside Hook Turns and V pushes
- 2...your players will have improved receiving, control passing and turning
- 3...your players will be learning to change direction with the ball

HOW TO COACH

6 important things to remember for every session you deliver:

The soccer ball is the world's most popular toy

It's great fun to play with and it's even more fun with friends. This means fun is implicit, you don't need to manufacture fun. As long as you start and end with a game, they will have a great time.

You don't need to over complicate things

Too many practices in a session means you spend a lot of time setting things up and kids spend more time learning the session than the actual skills. Keep it simple and they'll get more time on the ball.

Make sure they get lots of opportunity to play

It's their game. Whilst you're there to teach them they need space to work things out and express themselves. Stopping things too often can be counter productive, so try to be concise with feedback.

You are working with young children

You have to be encouraging and patient. Some of them might not be able to do the skills, don't worry, it's just an age thing. Also, little humans are brilliant at listening, even when you don't think they are.

If you can, try to involve the parents

Involve all the stakeholders, they'll appreciate it. You can even send them the curriculum that you are working from, they will love that you are taking so much care of the development of their kids.

If they improve, they will want to keep coming back

There's a risk in modern coaching that we sit back and observe. If you can help a player get something right (and praise them for it), their learning will accelerate and they'll enjoy it more.

THE BALL MASTERY SKILLS

The Ball Mastery Skills for this Spring are Toe Taps, Drag Taps and Inside Outside.

These skills are the perfect introduction for young players because it teaches them to use the inside, outside and sole of the foot. They also start building the neural connections between the brain and the feet, so they help with agility, coordination and balance which are all vital in soccer. Watch the videos and learn how they work.

TIP: Share these skills with your parents, so the players can learn at home!

Toe Taps and Drag Taps- <https://app.thecoachingmanual.com/Content/56970>

Go slow to focus on the correct technique. Once you think their technique is good, challenge them to go faster.

Inside Outside (and both feet) - <https://app.thecoachingmanual.com/Content/56983>

Move the ball forward by alternating touching it with the inside of the foot and then the outside. This is Messi's most used skill. Tip: Go slow and to begin with focus on the players stronger foot, there's plenty of time to work on the other foot later. By the end of the season players should be able to do this skill quicker than at the start.

Outside and Inside Cut/Hook - <https://app.thecoachingmanual.com/Content/56993>

These are the two most common turns in soccer on a global level, so vital that children learn them young.

V-Pushes - <https://app.thecoachingmanual.com/Content/56998>

This is a core technique for control and moving the ball to pass quickly. Master it and your players will be able to get out of almost any situation.

MAIN COMPONENTS OF DEVELOPMENT



**Learn one new
thing**



Sweating



Smiling

4 CORNER MODEL



SOCIAL



**'BALL'
TECHNICAL**

**'BODY'
PHYSICAL**

**'GAME'
TACTICAL**

**'MIND'
PSYCHOLOGICAL**

WHERE CAN WE PRACTICE THESE TECHNIQUES?

HOME

Me and my Ball

Practice the techniques on my own, challenging myself to get better and better at specific techniques

“The longer a player actually plays with the ball, the better their ‘feel’ for it.”

- Don Howe

WITH FRIENDS

Me, my ball, and friend(s)

Uninterrupted play with my friends, playing on different surfaces and areas to refine my technique or challenging each other

Soccer is the most beautiful game. We can play it in the street. We can play it everywhere.

- Johan Cruyff

TRAINING

Me, my ball, and teammates

Put things into practice and work with the my teammates to focus on not only my technique but the principles of play

The strength of the team is each individual member. The strength of each member is the team.

- Phil Jackson

PLAY



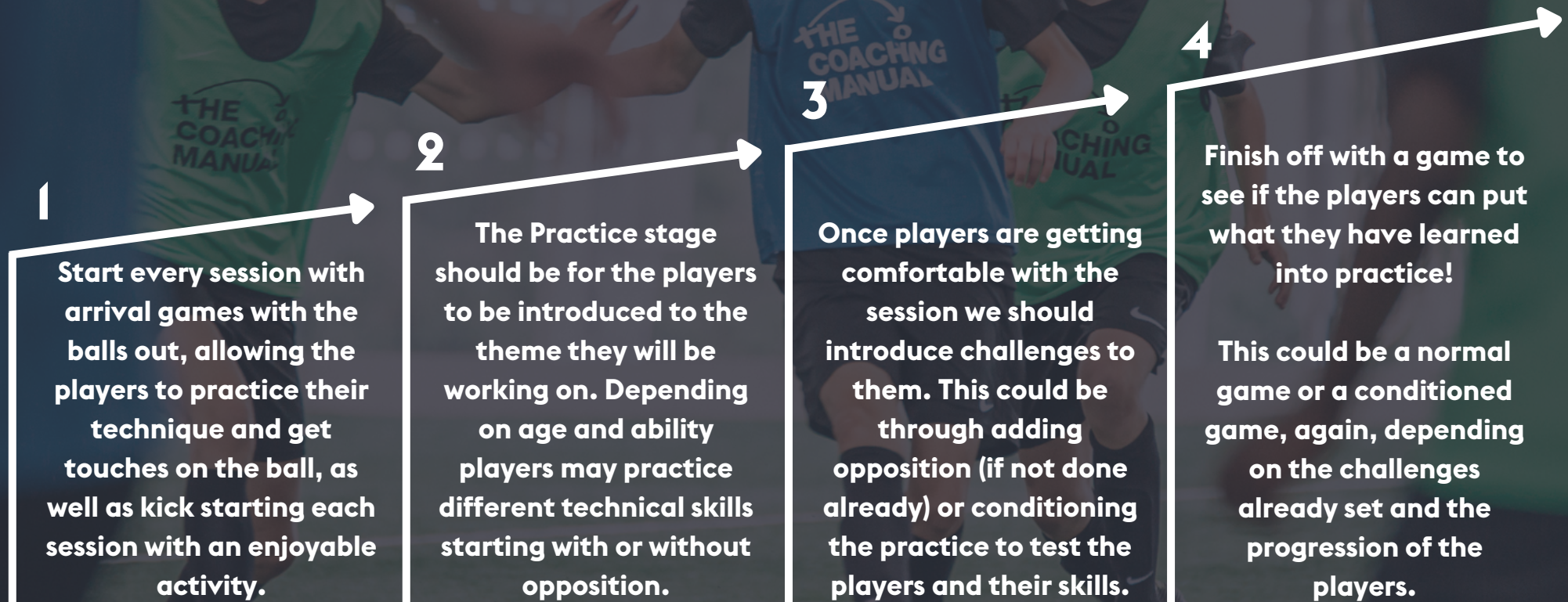
PRACTICE



PROGRESS



PLAY



1
Start every session with arrival games with the balls out, allowing the players to practice their technique and get touches on the ball, as well as kick starting each session with an enjoyable activity.

2
The Practice stage should be for the players to be introduced to the theme they will be working on. Depending on age and ability players may practice different technical skills starting with or without opposition.

3
Once players are getting comfortable with the session we should introduce challenges to them. This could be through adding opposition (if not done already) or conditioning the practice to test the players and their skills.

4
Finish off with a game to see if the players can put what they have learned into practice!

This could be a normal game or a conditioned game, again, depending on the challenges already set and the progression of the players.

60m

15 minutes

15 minutes

15 minutes

15 minutes

90m

25 minutes

20 minutes

20 minutes

25 minutes

Organisation

Management

Coaching

PLAY

PRACTICE

PROGRESS

PLAY

High

S
U
C
C
E
S
S

Achievement Line

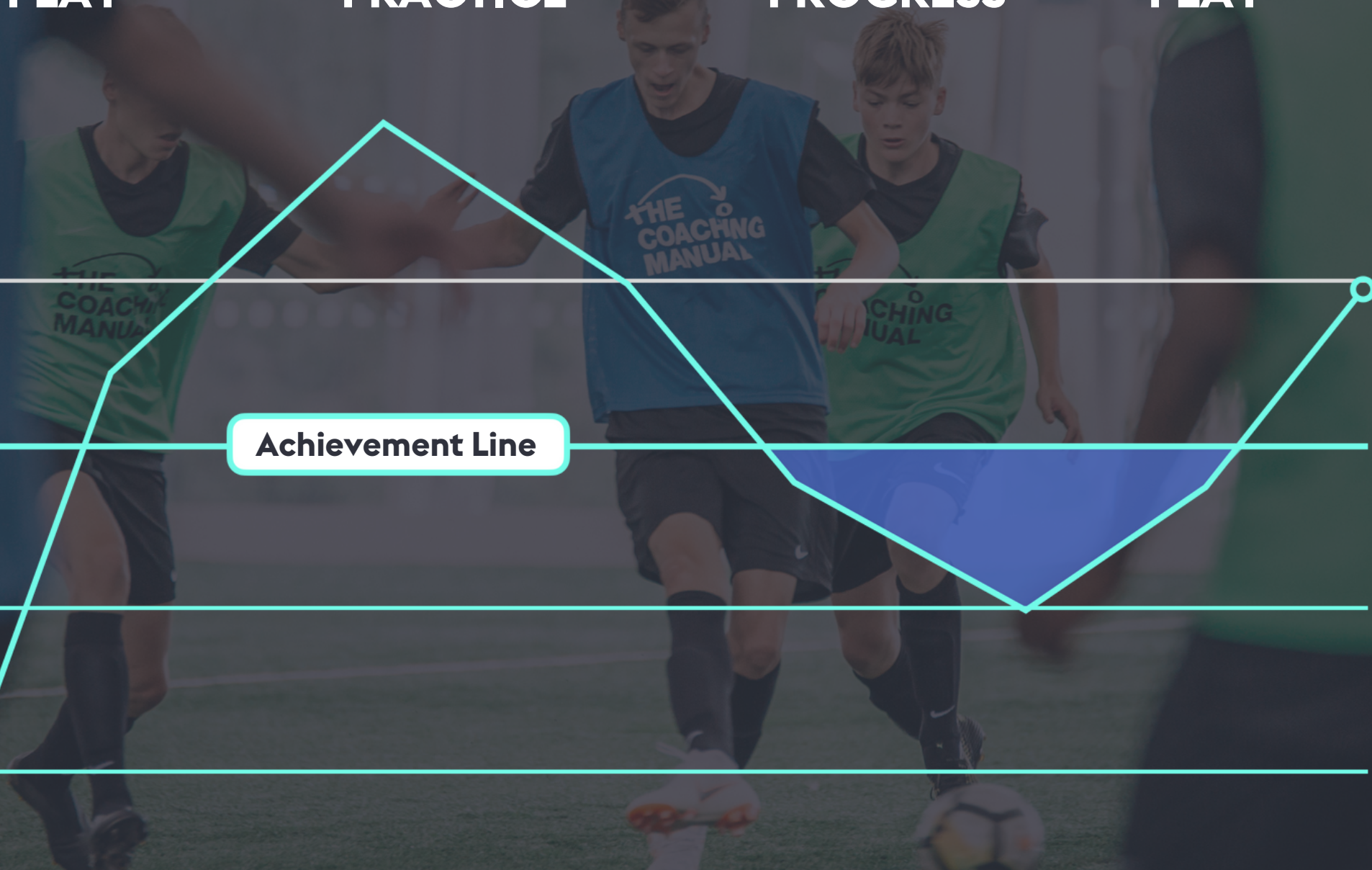
Low

INTRO

PRACTICE

CHALLENGE

ADAPT



THE SEASON PLAN

There's no need to spend any time planning this Spring, we've taken care of it for you and have crafted an age specific curriculum which will help you and your players meet your objectives. At the end of the season, you'll be more confident and your players will be better players.

The plan is built around a play-practice-play model, which gives the players lots of repetition.

The plan also repeats sessions to give your players a chance to show how much they've improved from the first time they did it.

WEEK 1 - BALL MASTERY

Week 1 is about starting to develop some of the fundamental skills needed for soccer!

<https://app.thecoachingmanual.com/Session/18712>

- **Part 1 - Arrival Game** - Using 3v3 (4v4 or 5v5) arrival game means you can get games going as soon as even 2 players arrive and you can add players as they arrive for practice! Tip: Put 2 piles of different coloured pinnies by the side, so you can tell them to put one on as they arrive.
- **Part 2 - Group Ball Mastery** - Every player needs a ball, Toe Taps and Drag Taps are connected skills but will challenge the players. Go slow to make sure the technique is right.
- **Part 3 - Group Practice** - Use any players you want for the lines, but this gets them thinking hard. Keep in the lines!
- **Part 4 - Game** - Line ball needs focus and application. Keep your players in the area and make sure they turn before the ball goes out!

WEEK 2 - DRIBBLING

Week 2 is dribbling. At this age players will be starting to show their understanding of when to dribble and when to run with the ball!

<https://app.thecoachingmanual.com/Session/18713>

- **Part 1 - Arrival Game** - Using the same arrival activity throughout the season, will help players get into the right frame of mind when they come to practice!
- **Part 2 - Technical Practice** - The players should be practicing these skills at home so we should see quick improvement.
- **Part 3 - Group Practice** - Some really good levels of challenge for this age group in this activity!
- **Part 4 - Game** - Let's see how well the players can dribble in the game.

WEEK 3 - 1v1 ATTACKING

1v1 Attacking is such a good topic for this age group, so that's what week 3 is all about.

<https://app.thecoachingmanual.com/Session/18714>

- **Part 1 - Arrival Game** - 3v3, by now the players might even start playing without being asked!
- **Part 2 - Group Technical Practice** - The players might be picking up the pace with these skills now!
- **Part 3 - Group Practice** - Loads of dribbling repetition in this activity. Great for teaching players their 1v1 skills.
- **Part 4 - Game** - The focus on this game is to beat your opponent.

WEEK 4 - RECEIVING AND CONTROL

They're at the age now where we can start to embed some receiving and control skills.

<https://app.thecoachingmanual.com/Session/18715>

- **Part 1 - Arrival Game** - They won't be hanging around waiting to start now, they'll be straight into the thick of the action
- **Part 2 - Group Technical Practice** - More complexity with inside/outside both feet. It takes good concentration to develop this skill.
- **Part 3 - Group Practice** - Lots of interference and lots of repetitions on this activity!
- **Part 4 - Game** - If one goal is blocked, can they turn and attack the other or find a team mate?

WEEK 5 - SHORT PASSING

Week 4 will start to get players tuned in to beating their opponent 1v1

<https://app.thecoachingmanual.com/Session/18716>

- **Part 1 - Arrival Game** - As soon as they arrive, they join a game. Simple.
- **Part 2 - Group Technical Practice** - Hope they've been practicing at home!
- **Part 3 - Group Practice** - You can teach the basics of combination play with this simple passing practice, which children will get loads from.
- **Part 4 - Game** - Make sure players are in good positions where one great pass could lead to a goal!

WEEK 6 - FINISHING

We've worked on beating a player, now it's about end product!

<https://app.thecoachingmanual.com/Session/18717>

- **Part 1 - Arrival Game** - 3v3, 4v4 or 5v5. Lay the bibs out and start the session strong!
- **Part 2 - Group Technical Practice** - Really focus on quality this week!
- **Part 3 - Group Practice** - Simple combinations. Lots of shooting opportunities.
- **Part 4 - Game** - Scoring goals is the objective here. Who cares how you get the ball in the net?

WEEK 7 - TURNING

Turning up the heat this week!

<https://app.thecoachingmanual.com/Session/18718>

- **Part 1 - Arrival Game** - Should need no introduction now. Arrive, play!
- **Part 2 - Group Technical Practice** - Great turning ball mastery activities this week.
- **Part 3 - Group Practice** - Do you gamble on the turn for 3 points or play it safe for one?
- **Part 4 - Game** - Use cones to mark out the goals. With so many goals on the pitch, you can turn and find an open target if you're quick enough!

WEEK 8 - DRIBBLING

Week 8 is all about creating the next Messi!

<https://app.thecoachingmanual.com/Session/18719>

- **Part 1 - Arrival Game** - Off to a flying start!
- **Part 2 - Group Technical Practice** - Still focusing on turning techniques this week!
- **Part 3 - Group Practice** - Dribble or run with the ball? You can teach them when to take a big touch with this activity.
- **Part 4 - Game** - Lots of opportunities to use the dribbling skills we've been learning.

WEEK 9 - 1v1 ATTACKING

Another chance to help players improve their 1v1 Attacking skills

<https://app.thecoachingmanual.com/Session/18720>

- **Part 1 - Arrival Game** - Grab a pinny and let's go!
- **Part 2 - Group Technical Practice** - Still trying to master the inside and outside cut.
- **Part 3 - Group Practice** - A great chance to practice skills with a little bit of pressure!
- **Part 4 - Game** - Create 1v1s anywhere on the pitch with this 6 goal game!

WEEK 10 - RECEIVING AND CONTROL

Turning up the heat on this core technique in week 10!

<https://app.thecoachingmanual.com/Session/18721>

- **Part 1 - Arrival Game** - Players will be chomping at the bit every time they come to practice!
- **Part 2 - Group Technical Practice** - Intermediate ball mastery skills with V Pushes.
- **Part 3 - Group Practice** - A brilliant passing and receiving exercise, which teaches excellent combinations.
- **Part 4 - Game** - Time to put those skills to the test!

WEEK 11 - SHORT PASSING

Everyone loves Tiki Taka soccer right?

<https://app.thecoachingmanual.com/Session/18722>

- **Part 1 - Arrival Game** - You probably don't even need to ask anymore!
- **Part 2 - Group Technical Practice** - V pushes is a great skill for so many parts of the game.
- **Part 3 - Group Practice** - A skill based passing activity, that forces players to make decisions quickly.
- **Part 4 - Game** - Pass to the lines. Score points!

WEEK 12 - FINISHING

Wow, where did the time go? Here we are in our last week, and we're finishing our season with... finishing!

<https://app.thecoachingmanual.com/Session/18723>

- **Part 1 - Arrival Game** - There are no latecomers anymore are there?
- **Part 2 - Technical Practice** - Last week of V Pushes, but don't be afraid to bring some of the other activities in to get a handle on progress over the season.
- **Part 3 - Group Practice** - Combining some of our passing skills with finishing is a great way to see how far the players have come!
- **Part 4 - Game** - A challenging game. Perfect for the end of a season!

Well Done, you made it!

Now it's time to reflect and give yourself (and your players) a huge pat on the back!