



Thank you for volunteering to be a youth soccer coach. Coaching 4 and 5 year old soccer is a fun and rewarding experience. The below curriculum guide will help you run practices and understand game play. Please be sure to read through the entire curriculum and let the league director know if you have any questions.

### **5 Rules to Live By for U5/U6 Soccer**

1. You don't need to know much about soccer. Pick a game kids love and incorporate a soccer ball. Tag, gather the cones, red rover, animal sounds, body parts, freeze, red light green light, etc. These all become soccer games when adding a ball.
2. Don't worry about passing, positions on the field, or proper technique. Demonstrate the correct way to perform a skill and then praise them highly when they actually do it, but don't waste time with repetitive technique drills. Pick "coaching moments" when you can make a point that helps the whole team.
3. Kids want their own ball and don't want to share it. Tell parents to have their child bring a ball (size 3). Every child should have a ball at their feet constantly. Avoid drills that use lines and always keep the kids busy, their attention spans are short!
4. Emphasize players spreading out and not taking the ball from their own teammate. This is the one coaching point you should make 100 times a game and constantly when you scrimmage during practice. Be patient and keep stressing these two points and you'll be amazed at the results.
5. Always play with the kids. If you are having fun, so are they.

The bottom line is get to know the kids, pretend to be a kid, and you will have a great time. One important note is to remember to have good sportsmanship. If your team is crushing the other team, then make adjustments to help level the playing field. Remember the shoe could always be on the other foot.