



Lancaster/Depew Soccer Club

Director of Coaching:

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USSF National Youth License

F.A. Psychology for Soccer - Level 1

NSCAA National Diploma

USSF D - License

Expectations of an under 6 player:

Although we sometimes mistake 5 and 6 year olds for little adults, they are clearly not little adults. They have very short attention spans. Keep your directions concise and to the point. They may only remember bits and pieces of information given. We need to be patient and laugh with them as they get 'lost' on the field. Try to give "hints" and don't criticize them. They are easily bruised. They need generous praise and to play without pressure. No yelling or screaming, this includes parents too!

At this age kids know they are on a team but more times than not its 'them' vs. 'the world' when they have the ball. That is because the ball to them is really a 'toy' and the last thing they want to do is give their 'toy' to someone else. You can practice and shout as much as you want but they will not pass the ball. Team play and passing is an alien concept to these players. They believe that if they pass the ball, they may never get it back. In fact, they often will steal it from their own teammates. They will all want the ball at the same time. Do not get uptight if they do not pass, let them dribble to their heart's content.

Look to do 'activities' and not 'drills' during practice. Meaning, get them moving and not standing in lines. Do activities/games that are individually oriented. No partner activities. Remember, they don't want to give up their toy. Each session should be geared around touching the ball as many times as possible. Try to get in as many FUN activities as you can within the hour. Kids will run, skip, tumble and chase till they drop. They are easily fatigued but will recover rapidly. Give more water breaks than the older players. Smile and be positive! It will wear off onto the kids. And when they do something that is absolutely hysterical. Make sure that you laugh! You've done a great job if every kid comes away from practice with a smile on their face!

I will set up a 'Coaches Corner web page on the Lancaster/Depew soccer web site very soon. There you will be able to pick and choose what games/activities you would like to play with the kids for your upcoming session. Please feel free to email or call whenever you need help, or if you have any ideas and recommendations. Remember I'm here to help you and the kids.