



★ RECREATIONAL ★ COACHING CURRICULUM

UNDERSTANDING YOUR PLAYERS

Before starting to coach, we believe it is important to get an understanding of the players you will be coaching. Below are some key elements to consider.

Why does a U5 & U6 child play soccer?

In most cases, the player has not asked to be signed up to play organized soccer, the player's parent signed them up to play! This means you will get a variety of interest in playing, from the child who will love the environment to ones that do not want to be there.

Why do children enjoy playing?

They usually like playing soccer because they have fun, they have an older sibling that plays and / or some of their friends maybe playing.

Why do children dislike soccer or stop playing?

They will dislike practice or games, and ultimately not want to continue to playing, if they are not having fun or enjoying themselves. We must ensure that they are able to play with their friends, make sure practice is exciting and fun, and allow them to have success in age appropriate activities.

What can they accomplish Physically?

They are in the fundamental movement stage, where locomotive movements such as running and jumping can be achieved, as well as stabilizing activities such as balancing and stopping. They also have high energy levels but only for short periods of time.

What is their cognitive state?

They are at the pre-operational stage of their cognitive development. They will have a limited understanding of time, space and boundaries. They will be imaginative and enjoy activities with simple rules. Long stoppages and instructions will not be processed, they only have short attention spans. Finally, they will only be able to concentrate on one task at a time during activities.

How will they interact with others?

They are very egocentric, their main focus is usually on themselves or one object (ball). This can mean they have difficulty sharing (ball), no understanding of the team concept and are prone to exaggerate their own needs. It is important to remember that their parents are the most important people in their lives and they need lots of positive reinforcement and praise.