



# ★ RECREATIONAL ★ COACHING CURRICULUM

## GAME DAY

### Pre Game

The pre-game will consist of you greeting players to the field and taking the warm up. The warm up is used to prepare players for the game, however, at these ages it should consist of having players move around with the soccer ball and have fun!

### Game

The game at these ages is usually 3 v 3 or 4 v 4 (depending on the league), with one coach allowed on the field to help facilitate the game for the players. It is important the the coach on the field allows them to play and only get involved if the ball needs to be restarted. The assistant(s) coach should be in charge of substitutes and keeping them organized. Try to play all players 50% of the time. Finally, be encouraging and provide lots of positive reinforcement!

### Post Game

This usually entails snack time for the players, do not try to impart any words of wisdom to the players on how the game went or the result! U5 and U6 players are more concerned with what snack they are getting rather than the game. Give everyone a high five and a good job!





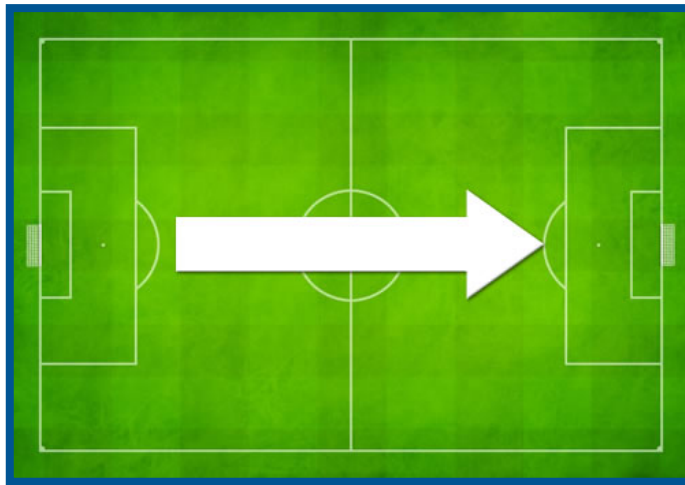
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## GAME DAY

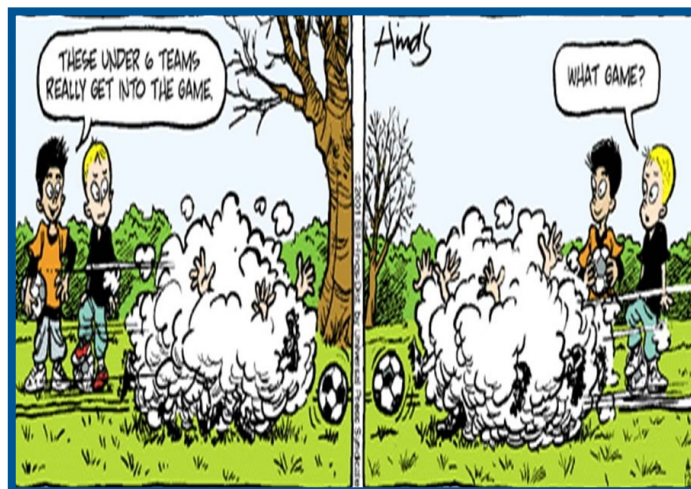
### Tactics - What will the game look like?

When analyzing how the game will look and why, we have to take into consideration the physical, cognitive and psycho-social characteristics we outlined earlier in the manual.

When they have the ball they will go in one direction and not necessarily the correct one!



Players will have little to no concept of passing, their teammates, supporting teammates when not in possession of the ball and they will even take the ball away from their teammates.



The game will look nothing like 'real' soccer and that's ok. Do not try to fix this picture, allow the players to have FUN while playing and facilitate the game for them.