



## U5/6 Development of Individual Skills



<b>Coach:</b>	<ul style="list-style-type: none"><li>• Must be enthusiastic</li><li>• Must be able to give encouragement</li><li>• Must be understanding and fair</li><li>• Must be able to give equal playing time and rotate positions</li><li>• Cannot be concerned with wins and losses</li><li>• Should play with players</li></ul>
<b>Technique:</b>	<ul style="list-style-type: none"><li>• Every player has a ball</li><li>• No elimination games</li><li>• Establish fundamental motor skills like running, jumping and rolling</li><li>• Focus heavily on kicking the ball, stopping the ball, dribbling the ball and stealing the ball</li><li>• No heading whatsoever</li><li>• Encourage individual success</li></ul>
<b>Tactics:</b>	<ul style="list-style-type: none"><li>• No tactics taught</li><li>• The player only understands themselves and the ball and cannot think in an abstract or tactical manner</li><li>• Get players to move in the correct direction to score or defend</li><li>• In the game, everybody moves up and down the field as a unit</li><li>• Do not leave defenders standing on top of the penalty box</li></ul>
<b>Physical:</b>	<ul style="list-style-type: none"><li>• Poor eye-hand and eye-foot coordination at this age</li><li>• Balance is increasing</li><li>• Must be given frequent but short periods of rest</li><li>• They will give activity 100% effort until fatigued</li><li>• Not much physical difference between boys and girls</li><li>• Do not have players run laps</li></ul>
<b>Mental:</b>	<ul style="list-style-type: none"><li>• Poor judgement in regards to safety</li><li>• The focus is on themselves as an individual</li><li>• Must be fun</li><li>• Need positive reinforcement and praise</li><li>• Prone to exaggerate</li><li>• Need plenty of room to move</li></ul>