



Coaching – Under 6 and Under 7's

Oatley FC

Skills (Including 1 v 1) - concentrate on providing each player with as much 'on ball time as possible'; most activities where players are required to wait in line for their turn can be made far more effective by using more footballs and have all players participate in a drill simultaneously or one after another a few seconds apart.

What to teach

- Use of all surfaces of the foot (inside, outside, sole)
- Different types of turns (outside cuts, inside cuts, step on turns, drags)
- Always have players use both feet
- Incorporate the skills into 1 v 1 contests

Striking the ball - every strike of the ball should either be a pass or a finish (strike on goal). Avoid big clearing kicks for their own sake. Some of the worst sounds you can hear at a kids game are parents (or coaches) calling out "big kick", "clear it" or "just kick it".

What to teach

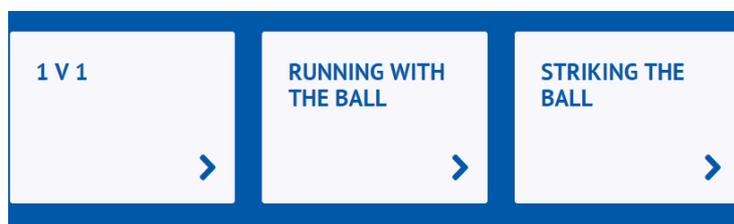
- Foot and body position (e.g. lock foot in 'L' position for passing, arms out for balance)
- Hard pass, soft pass, no toes

Running with the Ball (Dribbling) - allow young players (6-8yrs) to dribble using all sides of their feet as much as possible (the concept of passing will develop and should not be overly emphasised in younger kids).

What to teach

- Always have players use both feet

In each training session, try to focus your activities on one of these Core Skills.



Kids remember best when you get them to provide the answers rather than telling them.

Eg – ask 'which is the best area of the foot to use to make a pass?' rather than telling players to use inside of the foot.



Structure

A training session for children in this age consists of 3 components:

The Beginning,

The Middle and

The End. (total =45 mins)

The Beginning

The purpose of The Beginning (better known as the warm-up) is to get the kids in the right frame of mind and activate their bodies. It's unnecessary to run laps around the field and do stretches to achieve that: all sorts of relays and tagging games with and without the ball are much better (more specific, more fun) and also help develop the children's basic coordination.

The Middle

The Middle is the section of the training session where we conduct fun football exercises such as dribbling, passing, shooting, etc.

The End

The last part (The End) is allocated for playing all sorts of Small-Sided Games

Please Remember

Under 6 and under 7 players are naturally 'self-centred' and not yet able to really work together (so do not ask them to perform team play, it is impossible for them!)

You may find the following counter-intuitive, but expecting this age group to play a passing game is unrealistic.

Shouting at them to pass will actually hamper their skill development and decision making ability.

Let them dribble as much as possible, ensure the take turns with restarts to ensure equal opportunity.