**U6 Coaching Goals**

Do not be locked in by the age group while coaching the principles of play. Take a step by step approach toward awareness of and the use of each item. When players can grasp the concepts then coach them. If the players are not ready for an idea it is ok to wait and come back to the concept. If they excel then move on and increase their ability with harder drills to improve skills. Above all have fun!

**Top Goals:**

* Learning direction (i.e. playing at a specific goal)
* Running while dribbling with the ball and keeping possession
* Understanding the field markings with correct terms

**The Field:**

* Understanding the field markings with correct terms
	+ Touchline (Sideline)
	+ Centerline
	+ Goal line (Endline)
	+ Center circle
	+ Corner arc
* Concept of defending one end and attacking in the other; using the centerline as a point of reference (offence vs. defense)
* Understanding which goal to score in and which goal to defend
	+ Begin using terms attack and defend once they have the concept of ends

**Body movement and agility:**

* Run with start and stop
* Run and change direction
* Gallop
* Skip
* Side step
* Balance on each foot
* Jump on each foot

**Mental Conditioning:**

* Unsure confidence
* Work on concentration

**Laws of the Game:**

* Individual and team behavior on and off the field
* Fair and foul play
* Basic rules

**Dribbling:**

* Introduce basics
	+ Keeping the ball close
	+ Using all parts of the foot
		- Drills with inside (speed not important)
		- Drills with outside (speed not important)
* Dribble with basic turns (large figure 8 drill)

**Passing:**

* Introduce basics
	+ Using the correct approach
	+ Keeping the ball on the ground
	+ Using the correct part of the foot

**Shooting:**

* Introduce basics
	+ Using the correct approach
	+ Using the correct part of the foot
	+ Driving through the ball

**Set Plays:**

* Introduce the throw in with appropriate mechanics
* Introduce set kicks
	+ Corner kick
	+ Goal Kick
	+ Free kicks

**Attacking Principles:**

* 1 v 1

**Defending Principles:**

* 1v1 defending of the space and goal