

## **MICRO B -- Players Under 7 -- First Graders**

### Curriculum

#### **TECHNICAL GUIDELINES**

Just "playing with the ball", getting the feel of it.

Continuing to become "friends with the ball"

Maximum ball touches and repetitions in footwork activities.

Guiding the ball straight and to the sides with the INSIDES of BOTH feet.

Starting and stopping with the ball; changing direction with the insides and outsides of both feet.

Dribble ball within a yard

Kicking the ball accurately with the INSIDES of RIGHT AND LEFT foot over 10 to 12 yards.

Beginning to kick with the instep

Introduce 1 or 2 Fakes to beat defenders.

Absolutely NO heading, all ground balls

#### **TACTICAL GUIDELINES**

Simple instructions:

Look around!

When shooting, FOLLOW your shot; finish it!

Try to win the ball - and if the other team has the ball, get in their way!

To play is to win!

Good teamwork!

The team needs you!

Introduction to controlling the ball: trap the ball first and then make a decision of what to do with it (dribble, pass, or shoot) -- just don't kick it randomly.

Beginning to get a sense of the game and its demands and possibilities; beginning to see soccer in terms of teamwork.

Spreading out and making the field big when your team has the ball. When your team does not have the ball, getting together a little, trying to protect the middle of the field and the space in front of your goal.

Brief introduction of the concept of the "three main moments of soccer": our team has the ball, our team does not have the ball, and the transition between possession and loss of possession and the reverse.

Introduce the concept of "shape", the triangular shape

The two big words are FUN and PLAY!

#### **THE PRACTICE ENVIRONMENT**

Nothing without the ball!

One ball per player: "Everyone should have a toy!"

Everything here is new: getting the kids used to the feeling of this soccer place is a big objective.

Kids at this age are playful, concerned with themselves, absorbed with trying to control the ball; attention spans are small.

Once your practice activities begin, the play of the kids may get chaotic. No problem!

Lots of footwork and dribbling games: the aim is a maximum number of ball touches.

For kicking: target games.

Many repetitions in skill activities.

Imagination, creativity, discovery, trial and error are vital.

No "positions".

#3 ball size, small goals.

The week's practice is 45 to 60 minutes long.

#### **GAMES**

Informal - simplified rules.

Equal playing time.

3v3, no adults on the field.

FUN!

#### **RECOMMENDED COACHING COURSE**

MYSA "G"