

WESTFORD YOUTH SOCCER ASSOCIATION

MICRO A -- Players Under 6 -- Kindergarten Age

Curriculum

TECHNICAL GUIDELINES

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

Becoming "friends with the ball".

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

Dribble ball within 1 to 2 yards

Kicking the ball with the INSIDE of foot using both RIGHT AND LEFT foot over 8 to 10 yards.

Absolutely NO heading, all ground balls

TACTICAL GUIDELINES

Really simple instructions:

Yes! Run up and down the field!

Look around a little!

No hands!

Shoot! Score a lot of goals!

The ball should go in that goal - not this one!

To play is to win!

The two big words are FUN and PLAY!

Kids at this age think: "Where the ball is, that's where I want to be." It's completely against their way of thinking to move away from the ball, to spread out, or to "go wide".

Players play as individuals, very little teamwork if any -- that's okay.

Don't expect players to pass the ball

Virtually NO instruction in the rules - just rely on the kids' intuitions and innate sense of fair 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 minutes long.

GAMES

Informal - simplified rules.

Equal playing time.

3v3 format, adults on the field only if necessary.

FUN!

RECOMMENDED COACHING COURSE

MYSA "G"