

AYSO-02 Lesson Plan U-6 Coaches Online Training

<i>Slide #</i>	<i>Topic</i>	<i>Narration</i>
1	Setting the Tone	None
2	Opening slide w/John O	<p>The American Youth Soccer Organization, A-Y-S-O, welcomes you to the world of coaching youth soccer.</p> <p>The emphasis in AYSO is on Youth. AYSO is a place where every child plays in an atmosphere of good sportsmanship and positive coaching. AYSO is unique because we recognize the social and psychological needs of children and work toward fulfillment of those needs in all our programs.</p> <p>Developing soccer skills, physical attributes, tactical awareness and knowledge of the game are critical to promoting and increasing self-esteem in players. Thus, they perform at a higher level, avoid injury, see the results of their hard work, and most importantly, they have fun!</p> <p>This training course, and all the other training courses included in the AYSO National Coaching Program will provide you the information and skills you will need to help every child on your team become as good a soccer player as they want to be. And have fun doing it. As a trained volunteer coach, your participation in the program will bring you greater enjoyment as well.</p> <p>On behalf of the children whose lives you will touch, we thank you.</p>
3	AYSO U-6 Coaches Online Training	<p>The content of this training material is drawn from the knowledge and experience of AYSO's National Coach and National Coaching Advisory Commission – people with vast soccer knowledge, yet volunteers of AYSO – just like you. The soccer skills and coaching techniques included in this training have been carefully selected as appropriate for the level of your players. When you use these guidelines and recommendations, your coaching experience will be more satisfying for both you and your players.</p> <p>Continue to the next slide.</p>
4	Table of Contents	<p>This is the table of contents; there are 9 chapters in this course. From this page, you can access individual chapters by clicking on a chapter title. The links on the left side of each page will take you to a specific chapter from any point in this course. There are also links that allow you to download material or access additional information.</p> <p>Clicking the Home button at any time will return you to the very beginning of this training material. The Previous and Next buttons allow page-specific navigation through each chapter. The pause button will temporarily pause the training at any point. A back button is available on the review and quiz pages which will take you to quiz-specific material for review as needed.</p> <p>Throughout the course, tip links and selection buttons may be displayed providing you access to additional information, helpful text or to display brief videos. A tone will sound at the end of each slide to prompt you to advance to the next page.</p>

		Continue to the next slide.
Chapter 1	About AYSO	
5	About AYSO	<p>This chapter contains a brief introduction to the AYSO organization. In it, you'll learn about the AYSO Vision and Mission Statement, the AYSO Team, and the rules and responsibilities of each AYSO member.</p> <p>Continue to the next slide.</p>
6	AYSO Vision Statement	<p>The core philosophy of AYSO is to provide a high quality youth development program under fun, fair, and safe soccer playing conditions, with guaranteed playing time in each match and in an educational and supportive environment.</p> <p>The AYSO Vision is to provide world-class youth soccer programs that enrich children's lives.</p> <p>Continue to the next slide.</p>
7	AYSO Mission Statement	<p>The AYSO Mission is to develop and deliver quality youth soccer programs, which promote a fun, family environment based on the AYSO Philosophies of:</p> <p>Everyone Plays – Our program's goal is for kids to play soccer – so we mandate that ever player on every team must play at least half of every game.</p> <p>Balanced Teams – Each year we form new teams as evenly balanced as possible – because it is fair and more fun when teams of equal ability play.</p> <p>Open Registration – Our program is open to all children between 4 and 19 years of age. Interest and enthusiasm are the only criteria for players.</p> <p>Positive Coaching –Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.</p> <p>Good Sportsmanship – We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.</p> <p>Player Development - We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.</p> <p>Together these fundamental principles are the foundation of AYSO and are supported by the AYSO National Coaches Program.</p> <p>Continue to the next slide.</p>

8	The AYSO Team	<p>The AYSO Team consists of the coaches, referees and parents who in addition to supporting the players also volunteer to help run the AYSO regions. The triangle shown here depicts the AYSO team and illustrates how kids in AYSO are surrounded and protected by AYSO team members.</p> <p>Coaches are the foundation of the team because they spend the most time with the players. Coaches are instructed to keep their sideline participation: Positive, Instructive and Encouraging at all times.</p> <p>Referees are the “Guardians of the Game” ensuring it is fun, fair and safe for all.</p> <p>In addition to cheering for players, parents’ and spectators play the critical role of providing encouragement and support for the other team members. Move the cursor to highlight team names and see additional details.</p> <p>Continue to the next slide.</p>
9	AYSO Team Concept	<p>For any organizational team to function it has to have rules and the AYSO Team has four of them, they are:</p> <ol style="list-style-type: none"> 1. Work together – Teams are successful when each member works to blend their unique skills and abilities toward a unified effort. 2. Help each other – Since individual skills and abilities vary, the entire team benefits when stronger, more experienced members help those less-skilled or knowledgeable to improve. 3. Protect each other – When team members face outside challenges, the others rally around to provide reinforcement and support. 4. Do your best – No one cuts corners on the AYSO team! Each individual member is dedicated to becoming the best they can be at what they do. In AYSO, it’s about more than the game! <p>Continue to the next slide.</p>
10	Duties of the AYSO Team	<p>It is the duty and responsibility of each coach, referee, and official to act in a manner becoming a member of AYSO while complying with the AYSO Rules, policies and procedures.</p> <p>Encourage clean competition and good sportsmanship by prohibiting negative comments and complaints about officiating.</p> <p>Present a healthy, athletic environment for team members by neither consuming alcoholic beverages nor using tobacco products during practices or games or in the immediate vicinity of the soccer fields.</p> <p>Remember that all AYSO games are conducted in accordance with the AYSO edition of the FIFA Laws of the Game with the exceptions in the AYSO National Rules and Regulations. While this training will provide you with many of the basic guidelines it may not cover all situations that you may encounter. Therefore each coach, regardless of level, should become familiar with the Laws of the Game.</p>

		Continue to the next slide.
11	AYSO Quick Quiz	Using the cursor, click and drag onto the logo the 6 AYSO philosophies.
Chapter 2	The Psychology of Coaching	
12	Chapter 2: The Psychology of Coaching	<p>It is important that, as a coach, you subscribe to a philosophy that acknowledges the role of athletics in developing children as complete individuals. The next several slides will review some the fundamental concepts of working with young athletes, what you can expect from U-6 players, and the typical mind set of younger players. When coaching players at this young age, it's important to remember that they are not "mini adults" and they don't think like adults.</p> <p>Continue to the next slide.</p>
13	Working with Young Athletes	<p>As coaches we need to recognize that each athlete is an individual with unique needs and that we treat them accordingly:</p> <p>Understand that players want to enjoy attending practices and games. If they are not having fun and learning, they will lose interest and not want to return.</p> <p>Organize your activities and games so that every athlete on your team has an opportunity to develop and maintain positive feelings of self worth.</p> <p>Provide positive encouragement to all players for both accomplishments and mistakes.</p> <p>If we understand and support player development as both athletes and individuals, the players will enjoy themselves more and want to continue playing. We must help them understand that the objective of any game is to win, but that the overall goal is to enjoy the game and strive to do their best!</p> <p>Continue to the next slide.</p>
14	The U-6 Player	<p>Keep in mind that kids will develop differently, both physically and socially. You must take the needs of ALL of your players into consideration.</p> <p>For physical and gross motor skills development remember that U-6 players are in the early stages of development. Their motor skills are continuing to develop and they have lots of energy but tend to tire quickly. They can perform runs, starts and stops. They can't sit still for long.</p> <p>Continue to the next slide.</p>
15	The U-6 Player	<p>Social and emotional skills are still developing for the U-6 player as well. They may have a fear of the unknown. They can experience rapid and unpredictable mood changes. They may tell tall tales. They may need additional encouragement. They may have difficulty sharing. And they crave praise and attention.</p> <p>Continue to the next slide.</p>

16	The U-6 Player	<p>At the U-6 level, a player's cognitive and thought development process includes: They don't like repetition. They lack judgment regarding their own safety and abilities. They don't think logically. They ask lots of questions, and they are fond of stories.</p> <p>Continue to the next slide.</p>
17	The Mindset of the U-6 player	<p>Children at the U-6 level are extremely curious and impatient. A short attention span causes them to be easily distracted by anything that catches their interest – even in the middle of a game! Communication may be difficult since their verbal and communication skills are somewhat limited.</p> <p>Their ability to deal with abstract concepts is developing, so whenever possible; demonstrate what you want them to do and be sure to say exactly what you mean.</p> <p>Finally, make everything positive. If you do, they will respond positively to you and your directions.</p> <p>Continue to the next slide.</p>
18	U-6 Player Review	<p>Move the cursor to review the attributes of each of the U-6 development areas.</p>
19	AYSO Quick Quiz	<p>Which of the following is not an attribute of the U-6 player:</p> <ol style="list-style-type: none"> Lots of energy but tend to tire easily. Has fear of the unknown. Likes praise and attention. Is willing to share with others. Does not like to repeat. <p>Answer – d. At this early age, players may have difficulty sharing.</p> <p>Continue to the next slide.</p>
20	Short-Sided Games	<p>AYSO highly recommends that all children under the age of 12 play short-sided soccer. This means fewer than 11 players per team and usually on smaller fields.</p> <p>Often youth soccer is viewed from an adult perspective (with a full 11 player team), however, we need to remember that children must be treated as children and not as mini-adults. They are essentially self-oriented and naturally relate to a friend or two, not to groups of six or more. They cannot sustain prolonged activity and function best with frequent rest periods. They have a limited span of attention, so frequent activity changes are necessary. They function best when learning activities are fun.</p> <p>Continue to the next slide.</p>
21	AYSO Quick Quiz	<p>True or false. At the U-6 level it is a good idea to repeat activities in order to reinforce certain concepts.</p> <p>Answer – False. U-6 players have a limited span of attention, so frequent activity changes are necessary.</p>

		Continue to the next slide.
Chapter 3	Team Management	
22	Chapter 3: Team Management	<p>This chapter shall cover the important aspects of team management. These include:</p> <ul style="list-style-type: none"> • Organizing the Team • Activity day equipment • Activity day preparations • Activity day • Post activity duties • Warm up <p>Continue to the next slide.</p>
23	Organizing the Team	<p>Team organization and management should be your first priority. AYSO suggests the following steps when organizing your team:</p> <ol style="list-style-type: none"> 1. Develop a Team Goal – For example, “Players having FUN while learning about soccer” is a good base for a team goal. You, the parents and players can build on that foundation. 2. Develop a Coaching Philosophy – You can base your personal coaching philosophy on the AYSO Coach’s Pledge. A copy of this pledge is available on the AYSO web site. 3. Conduct a Parents’ Meeting. During this meeting you may wish to discuss: <ul style="list-style-type: none"> • The AYSO’s Philosophies • Team goal(s) • Your coaching philosophy • Educate Parents on the laws of the game @ the U-6 level • Get Help! – Recruit assistant coaches, a team manager or administrator and a team parent. • Set Team Policies – Equipment needs, attendance at activities, and player parent behavior. <p>You may also want to explain at your parent’s meetings short-sided soccer and why we play it. Also consider sharing your experience (or lack thereof as a coach).</p> <p><i>Details regarding the AYSO Coach’s Pledge are available in the AYSO U-6 coaches guide book.</i></p> <p>Continue to the next slide.</p>
24	Activity Day Equipment	<p>A coach must always come to the field prepared. The following is a basic list of the recommended equipment you should have with you on activity day:</p> <ul style="list-style-type: none"> • Player registration forms • Basic first-aid kit • Water • Soccer balls, cones, and practice jerseys • Extra pair of shin guards • A marking pen for labeling • Whistle <p><i>Medical release forms can be downloaded from the AYSO web site. It is</i></p>

		<p><i>also a good idea to carry pinnies when running 3v3 games.</i></p> <p>Continue to the next slide.</p>
25	Activity Day Preparations	<p>Before the start of any planned activity such as a practice or a game, it is important to keep the following things in mind:</p> <ul style="list-style-type: none"> • Remind parents of where and when to meet. • Have players arrive at least 15 minutes in advance of any planned activity. • Check for the equipment you will need before you leave home. • Try to arrive to the field before the time your players do to set up the field for your planned activities. • Gather the team to review objectives of the activity or pre-game instructions. <p>Continue to the next slide.</p>
26	Activity Day	<p>The following are some recommended tasks to follow the day of the activity:</p> <ul style="list-style-type: none"> • Have players warm up & stretch for about 5 minutes. • Introduce the technique you plan to cover. (10 minutes) • Have the players perform skill-based training games. (15 minutes) • Be sure to include a water break. (5 minutes) • And finally, end the session with a game or games. (25 minutes) <p><i>AYSO Training Games for U-6 players can be accessed and downloaded from the links provided in this training or by referencing the AYSO U-6 coach's guide book.</i></p> <p>Continue to the next slide.</p>
27	Post-Activity Duties	<p>Once the activity has ended, coaches should:</p> <ul style="list-style-type: none"> • Congratulate players on working hard and having fun. • Provide Kudos to all players. • Remind players and specifically the parents, of the next activity. • Check the field for trash or those items that may have been left behind by the players. <p>Continue to the next slide.</p>
28	Warm Up	<p>Young players should get used to the concept of a warm up in order to prepare them for future competition in years to come. The following are some good guidelines to follow when warming up the U-6 player:</p> <ul style="list-style-type: none"> • Keep it short but do it. • Warm up the muscles by doing aerobic activities that get the heart pumping and breathing above a resting rate. • Warm up activities should involve a ball and should be related to the technique that you will be working on during the day's activity. • Warm up activities should not be speed oriented, but should cause players to move. • Stretch the muscles after the warm up to avoid injury. • Stretch by slowly and evenly extending each muscle just to the point that the body naturally resists.

		<ul style="list-style-type: none"> • Movements should be steady and gentle. <p>Continue to the next slide.</p>												
29	AYSO Quick Quiz	<p>Which of the following Activity Day preparations is not correct?</p> <ol style="list-style-type: none"> Remind only players of where and when to meet. Have players arrive at least 15 minutes in advance of any planned activity. Check for the equipment you will need before you leave home. Try to arrive to the field before the time your players do to set up the field for your planned activities. Gather the team to review objectives of the activity or pre-game instructions. <p>Answer – a. It is important to remind the PARENTS of the player not the player regarding any activity logistics and equipment needs.</p> <p>Continue to the next slide.</p>												
Chapter 4	Training													
30	Training U-6 Players	<p>This chapter shall cover:</p> <ul style="list-style-type: none"> • Objectives of the Game • The Principles of Play • Teaching Methods 												
31	Objectives of the Game	<p>The objectives of the Game at the U-6 level are simple:</p> <ul style="list-style-type: none"> • If your <u>team has possession</u> of the ball, your team is attacking, and your objective is to SCORE! • If the <u>opposing team has possession</u> of the ball, your team is defending, and your objective is to STOP them from SCORING! <p>Continue to the next slide.</p>												
32	Principles of Play	<p>The Principles of Play are used to achieve the Objectives of the Game. There are five attacking and five defending principles of play. The principles of play for attacking include: penetration, depth, width, mobility, and creativity. The defending principles of play include: delay, depth, concentration, balance and composure.</p> <table border="1" data-bbox="834 1341 1131 1583"> <thead> <tr> <th>ATTACK</th> <th>DEFENSE</th> </tr> </thead> <tbody> <tr> <td>Penetration</td> <td>Delay</td> </tr> <tr> <td>Depth</td> <td>Depth</td> </tr> <tr> <td>Width</td> <td>Concentration</td> </tr> <tr> <td>Mobility</td> <td>Balance</td> </tr> <tr> <td>Creativity</td> <td>Composure</td> </tr> </tbody> </table> <p>The Principles of Play are widely utilized in Soccer, however for this very young age, we will focus on only one attacking principle (Penetration) and one defending principle (Delay).</p> <p>Continue to the next slide.</p>	ATTACK	DEFENSE	Penetration	Delay	Depth	Depth	Width	Concentration	Mobility	Balance	Creativity	Composure
ATTACK	DEFENSE													
Penetration	Delay													
Depth	Depth													
Width	Concentration													
Mobility	Balance													
Creativity	Composure													
33	Attacking Principle	<ul style="list-style-type: none"> • Attacking Principle <ul style="list-style-type: none"> – Penetration is achieved by advancing the ball past opposing 												

		<p>players by dribbling, passing and shooting. The attacking principle of penetration ultimately leads us to achieve our attacking objective which is to SCORE!</p> <p>Continue to the next slide.</p>
34	Defending Principle	<ul style="list-style-type: none"> • Defending Principle <ul style="list-style-type: none"> – The Delay principle is designed to slow down the attack by closing gaps and denying space for the other team to work in. Once the attack is slowed, your team can attempt to take the ball back. The defending principle of delay ultimately leads us to achieve our defending objective which is to prevent scoring! <p>Continue to the next slide.</p>
35	Teaching Methods	<p>Positive Instruction & Encouragement or P.I.E. should always be used to instruct and motivate your players. They will respond better to you and it will keep AYSO a fun, positive place for all.</p> <p>Continue to the next slide.</p>
36	Teaching Methods	<p>There are two basic types of teaching methods.</p> <ul style="list-style-type: none"> • Say, Show, Do and Review • See, Show and Say <p>Either one of these teaching methods can be used for coaching U-6 players. The next few slides will examine in more detail both of these methods.</p> <p>Continue to the next slide.</p>
37	Teaching Methods Continued	<p>Say, Show, Do and Review is an effective method for teaching any age group. Simply follow these steps for the technique you are working on with your team:</p> <p>Say: Explain the skill or technique. Show: Demonstrate the skill or technique. Do: Have the players perform the skill or technique. Review: Review, correct and confirm the proper technique.</p> <p>Remember to keep explanations and demonstrations brief. Young children will only want to work on the same thing for a short period of time.</p> <p>Continue to the next slide.</p>
38	Teaching Methods Continued	<p>Once you have taught the technique, you can observe and correct your players by using the See, Show, Say method.</p> <p>See: Coaches must learn to observe their players performances, looking to see if the skills, tactics and strategies they have learned are being properly utilized and executed on the field.</p> <p>Observation is a silent activity. Instead of trying to coach or correct immediately, let them play uninterrupted for a time while taking notes:</p> <ul style="list-style-type: none"> • Make notes on what the players do. • Make notes on the positive outcomes. • Make a note (one only) on how they can improve.

		<p>This analysis is the basis for the next step.</p> <p>Show: Showing consists of two complimentary parts: description and demonstration.</p> <p>Description involves briefly telling players what you saw in terms of their execution; then describing attainable modifications to correct one or two deficits. Don't try to describe every error or apply every remedy.</p> <p>Demonstration comes after the description of what you saw, and involves showing the players what things they can do to improve their technique most effectively. If you are unable to demonstrate the technique yourself, utilize a player who can.</p> <p>Say: Once all of these steps have been followed, if the players perform the skill, tactic, or strategy effectively, it's time to let them know! Say it out loud, so that everyone can hear.</p> <p>That's the whole thing: See, Show, Say while using Positive Instruction and Encouragement.</p> <p>Continue to the next slide.</p>
39	AYSO Review	<p>Mouse over the teaching method to see the details related to them.</p> <p>Continue to the next slide.</p>
40	AYSO Review	<p>Do you remember what P.I.E stands for? Pause – Positive, Instruction & Encouragement.</p> <p>Continue to the next slide.</p>
Chapter 5	Techniques for U-6 Players	
41	Techniques for U-6 Players	<p>This chapter covers some basic techniques for the U-6 player. This includes:</p> <ul style="list-style-type: none"> • Dribbling • Instep Kick • Throw-in <p>Continue to the next slide.</p>
42	Dribbling	<p>Dribbling is the art of using the feet to advance the ball, on the ground, under control, and while moving. The two primary reasons for dribbling skills are:</p> <ul style="list-style-type: none"> • To move the ball into a better position on the field • To retain possession of the ball. <p>Dribbling is one of the ways to achieve penetration, the Attacking Principle of Play for this age group.</p> <p>The most important element of dribbling is developing a “feel” or “touch” for the ball with the feet...BOTH OF THEM. The key is then to keep the ball close by touching it softly.</p> <p>Continue to the next slide.</p>

43	Dribbling Basics	<p>The basics of dribbling include the following:</p> <ul style="list-style-type: none"> • Use all major surfaces of the foot. • Knees should be slightly bent and body leaning slightly over the ball for balance. • Players should play with their head up, enabling them to see the field as well as the ball by utilizing peripheral vision as their ability progresses. • When dribbling the ball should be kept close. <ul style="list-style-type: none"> – Encourage players to touch the ball softly. – Close control of the ball should be emphasized. Players should attempt to touch the ball every other step (or so). – The ball should never be more than a step or two away. <p>Continue to the next slide.</p>
44	Common Dribbling Errors and Corrections	<p>Here are some common examples of dribbling errors and the corrections you should make.</p> <p>Error: The ball is played too far ahead.</p> <p>Correction: Have players move slower and remind them to touch the ball softer.</p> <p>Error: The player does not look up from the ball.</p> <p>Correction: Remind players to look up, and then run activity requiring players to look up while dribbling.</p> <p>Error: The player re-positions entire body behind the ball before touching.</p> <p>Correction: Encourage players to use motion of foot to direct ball, instead of re-positioning their body.</p> <p>Continue to the next slide.</p>
45	Dribbling Build Up	<p>When building up your dribble keep in mind the following concepts:</p> <ul style="list-style-type: none"> • Stop the Ball. Players at this age should be able to stop the ball by putting their foot on top of it. • Balance on plant foot (foot on the ground), while keeping play foot (foot on the ball) firmly on top of the ball. • Step past the ball with plant foot before stepping on it, keeping in mind the speed at which the ball is rolling. • Turn the Ball. Learning to change direction while dribbling is critical in soccer and should be introduced at this age level. <ul style="list-style-type: none"> – Use motion of foot to direct the ball. – Accelerate after changing direction. <p>Continue to the next slide.</p>
46	AYSO Review Quiz	<p>Which of the following is NOT a basic dribbling error?</p> <ol style="list-style-type: none"> a) Ball is played too far ahead. b) Player does not look up from the ball. c) Player steps past the ball with plant foot before stepping/stopping the ball.

		<p>d) Player positions entire body behind the ball before touching.</p> <p>Answer – c. This is part of the dribbling build up. Players at this age should be able to stop the ball by putting their foot on top of it. Players should step past the ball with plant foot before stepping on it, keeping in mind the speed at which the ball is rolling.</p> <p>Continue to the next slide.</p>
47	AYSO Quick Quiz	Match the dribbling error with the appropriate correction.
48	Instep Kick - Basics	<p>The instep kick is used to kick the ball and, as players get older, for long passes and shots on goal. Use the following techniques to perform a proper instep kick.</p> <p>Prepare Plant Leg (supporting non-kicking foot)</p> <ul style="list-style-type: none"> • Place support foot next to the ball pointed in the general direction of target (distance from ball will depend on the height of the player) • Bend knees slightly. • All weight should be on the plant foot. • Use arms out to sides for balance. <p>Continue to the next slide.</p>
49	Instep Kick - Prepare Striking Leg	<p>Next, Prepare the Striking Leg</p> <ul style="list-style-type: none"> • Bend Knee by cocking lower leg. • Withdraw leg straight back at hip. • Lock ankle back and down with toes pointed down. <p>Continue to the next slide.</p>
50	Instep Kick - Striking Movement	<ul style="list-style-type: none"> • Finally, the body should be over the ball, moving forward. • Keep eyes on the ball. • Set plant knee over the ball (eye-knee-ball in line). • Move thigh of striking leg forward (whip action) • Strike the center of the ball on the instep (“laces” of the shoes) • Follow through – move leg straight through target. • Pull leg straight through while maintaining balance. <ul style="list-style-type: none"> – Lower body as leg rises. – Follow through and lift knee. – Step out of the kick. <p>Continue to the next slide.</p>
51	Instep Kick – Coaching Points	<p>Before having players strike the ball try the following steps:</p> <ul style="list-style-type: none"> • Have them practice planting their foot in the proper place. • Have them practice swinging their leg and foot straight back and forth, ensuring proper body and leg movement. <p><i>Have a parent sit down with legs out in front and secure ball with feet. Have each player stand with plant foot in proper position and strike lightly until they begin to hit the ball solidly (properly).</i></p> <p>Continue to the next slide.</p>
52	Common	Here are some common examples of Instep Kick errors and the

	Instep Kick Errors and Corrections	<p>corrections you should make.</p> <p>Error: The plant foot is too far in front, behind or away from ball and/or not pointed in the general direction of the target.</p> <p>Correction: Review proper technique with player(s).</p> <p>Error: The knee(s) are locked, not bent.</p> <p>Correction: Review proper technique with player(s).</p> <p>Error: The ankle is not locked and toes are not pointed.</p> <p>Correction: Lock ankle, point toes.</p> <p>Error: The ball is stabbed or jabbed.</p> <p>Correction: Encourage players to follow through.</p> <p>Error: The leg is swung across the body instead of towards the target.</p> <p>Correction: Encourage players to withdraw leg straight back and follow through straight towards target.</p> <p>Continue to the next slide.</p>
53	Throw-In	<p>A throw-in is used to restart the game after the entire ball has crossed the touch line, whether on the ground or in the air.</p> <p>To execute a proper throw-in, the player must:</p> <ul style="list-style-type: none"> – Face the field of play. – Have part of each foot touching the ground either on or behind the touch line when the ball is released. – Throw the ball with both hands from behind and over the head in one continuous motion. – Hold the ball evenly in both hands (hands should be slightly apart). <p><i>The ball is in play as soon as it is released and breaks the plane of the outside edge of the touchline. If the ball does not go into play, the same team must throw the ball in again. For the very young players (U-8 and younger), the referee may give the player a second chance to perform the throw-in properly.</i></p> <p>Continue to the next slide.</p>
54	Throw-In – Coaching Points	<p>Here are some important points regarding the throw-in.</p> <ul style="list-style-type: none"> • The thrower may not play the ball a second time until it is touched by another player. • Your team should try to maintain possession when executing a throw-in. • Get the parents involved! Have each one of your players execute a throw-in by making a throw-in to a parent.

		<p>Have each player continue to make throw-ins while you circulate and correct.</p> <p>Continue to the next slide.</p>
55	Common Throw-In Errors and Corrections	<p>Here are some common examples of Instep Kick errors and the corrections you should make.</p> <p>Error: The Foot/Feet come off the ground during throw.</p> <p>Correction: Have player(s) keep their feet together with knees bent and have a coach or parent hold their feet down until they develop the feeling of throwing without lifting their feet.</p> <p>Error: The Ball slips out of grasp.</p> <p>Correction: If players' hands are too small, instruct them to spread hands out until they have a solid grasp.</p> <p>Make sure your feet stay on the ground ON OR BEHIND the touch line.</p> <p>Continue to the next slide.</p>
56	AYSO Quick Quiz	<p>Select all the answers that apply related to a correct throw-in.</p> <ul style="list-style-type: none"> a) Player has both feet on the ground. b) Player is behind the touch line for the throw-in. c) Player is not facing the field of play. d) Player is holding the ball with one hand. e) Player is throwing the ball behind and over the head. <p>Answer – a, b and e. When performing a throw-in a player must have both feet on the ground and on or behind the touch line. The player must be facing the field of play and must hold the ball with two hands. The player must throw the ball behind and over the head.</p> <p>Continue to the next slide.</p>
Chapter 6	U-6 Program Guidelines	
57	U-6 Program Guidelines	<p>This chapter shall cover the following U-6 program guidelines:</p> <ul style="list-style-type: none"> • Activity day • Player equipment • Duration of the game • Game officials <p>Continue to the next slide.</p>
58	Activity Day	<p>Please note the following items when you run your activity days.</p> <ul style="list-style-type: none"> • The Field should be 30 yards long and 15 yards wide. Distinctive lines can be used for markings but are not required and you can use cones to mark the field. • Goals should be a maximum four feet high and six feet wide or four tall cones, using two on each set six feet apart. • The Ball should be a Size 3. • You should have three players per team on field with no

		<p>goalkeepers, and a maximum of five players on the roster.</p> <ul style="list-style-type: none"> • Substitutions are made between periods, at halftime and for injuries. • Each player gets a minimum of two periods of playing time per game. And no player should play four periods until everyone has played at least three. • Separate the girls and boys teams at all levels of play. Only players should be allowed on the field. Coaches can manage the game from the side-lines. <p>Continue to the next slide.</p>
59	Player Equipment	<p>For player footwear, soccer shoes, tennis shoes or similar type of athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.</p> <p>Shin guards are MANDATORY and must be covered entirely by socks.</p> <p>Continue to the next slide.</p>
60	Duration of Game	<p>The duration of a game at the U-6 level consists of the following:</p> <ul style="list-style-type: none"> • Four five minute periods • Halftime break of five minutes <p>Continue to the next slide.</p>
61	Official	<ul style="list-style-type: none"> • There is no need for fully qualified referees for U-6 games • One or both coaches can “officiate” the game. • Games are intended to be an opportunity for players to experience the fun of playing. • The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let players have freedom to play with minimum interruption. <p>Continue to the next slide.</p>
62	AYSO Fun Facts	<p>Did you know?</p> <ul style="list-style-type: none"> • The youngest ever to play soccer in the World Cup is Norman Whiteside. Whiteside broke Pelé’s record as the youngest player to appear in a World Cup, when he debuted for Northern Ireland aged 17 years and 41 days at España 1982. • Soccer has become increasingly more popular in the United States in the last 30 years, with nearly 4 million children between the ages of 5-19 now playing in youth soccer leagues throughout the nation. • Soccer began in England in the mid-1800's, and was originally played by the higher, more aristocratic English classes in their boarding schools and private clubs. <p>Continue to the next slide.</p>
Chapter 7	The U-6 Jamboree	
63	The U-6 Jamboree	<p>The Jamboree is a time for many players to gather and perform various activities and play training games. It is a great opportunity for U-6 players to get out and have fun. The next few slides will guide you through the</p>

		<p>basics for running a jamboree. This includes:</p> <ul style="list-style-type: none"> • Organization • Teams • Session Schedule <p>Continue to the next slide.</p>
64	Organization	<ul style="list-style-type: none"> • To run a Jamboree, the first step is to find a “Master Coach.” The Master Coach should be certified (at a minimum) as an AYSO Advanced Coach and Advanced Coach Instructor. The Regional Coach Administrator should work with the Regional Commissioner to determine the most qualified (and willing) instructor. • The Master Coach is in charge of the field! The purpose of the master coach is to guide new players through skills, activities and training games with the help of the parents, will, in turn, ease the parents into learning how to coach. • Throughout this process, parents of each team will guide their team through activities and games with the help and supervision of the master coach. The Master Coach should introduce and demonstrate each section first, then circulate to help the parents as they help the kids, giving all a positive learning experience. <p>Continue to the next slide.</p>
65	Teams	<ul style="list-style-type: none"> • Teams of 5 players on a roster should be formed before the session and have at least two parents per team who are willing to help on the weekend. Each player should receive a uniform, since it is part of the fun to get dressed up for “the big game” – and having fun will make the kids want to come back. • Alternatively, teams may be formed each week at the beginning of the session based on how many players arrive, dividing them equally and using pinnies instead of uniforms. <p>Continue to the next slide.</p>
66	Session Schedule	<ul style="list-style-type: none"> • The sessions should last one hour. Run as many sessions as is necessary throughout the day to have all players attend one session. • Group Warm-up and Stretches should last about 5 minutes. • Skills and training games should run approximately 25 minutes. • Allow 5 minutes or so for a water break • 3 vs. 3 games should run for about 25 minutes. <p><i>Each week a new technique and/or piece of game knowledge should be introduced, demonstrated, practiced and then reinforced with training games that focus on a particular technique or piece of game knowledge. During the game, one parent from each team should be selected to keep the game going. All other parents should be encouraged to cheer positively but refrain from “coaching” from the sideline This is the time for the kids to PLAY.</i></p> <p>Continue to the next slide.</p>
Chapter 8	Knowledge of	

the U-6 Game		
67	Knowledge of the U-6 Game	<p>This chapter covers the aspects of the game that coaches need to know before you begin coaching. These include:</p> <ul style="list-style-type: none"> • The Start of Play and Kick-off • Ball In and Out of Play • Method of Scoring • Fouls and Stoppages • Free Kicks • Throw-in • Hand Ball <p>Continue to the next slide.</p>
68	The Start of Play and Kick-off	<ul style="list-style-type: none"> • A kick-off is used to start the first and second halves and following each goal in all age-group games. • A coin toss is used to determine which team kicks off to start the game. • A kick-off is taken from the center of the field. • Each team must be on their own half of the field. • The team not kicking off should be at least five yards from the ball. • The other team kicks-off to start the second half. • Following a goal the team scored upon kicks off. <p>Continue to the next slide.</p>
69	Ball In and Out of Play	<ul style="list-style-type: none"> • The ball is out of play when it completely crosses the touch line (side line) or goal line (end line), either on the grass or in the air. • If a goal was not scored, the team that didn't touch the ball last gets either a throw-in (from the touch line) or, in U-6 games, a kick in (from the goal line). • The coach in U-6 Games will determine when one of these restarts is necessary and should interfere as little as possible with the restart. • Remember, let them play and do not interfere for technicalities. <p>Continue to the next slide.</p>
70	Method of Scoring	<ul style="list-style-type: none"> • A goal is awarded when the ball completely crosses the goal line into the goal. • Goals should be enthusiastically celebrated by everyone • In U-6 games, goals are not recorded to determine who wins. Remember, everyone wins in U-6 <p>Continue to the next slide.</p>
71	Fouls and Stoppages	<ul style="list-style-type: none"> • Deliberate fouling is rare in U-6 games. • However, kicking, tripping, handling the ball and dangerous play may occur. • There should be few, if any, additional reasons to stop play in U-6 games. • If a player is "not playing well with others" or if play must be stopped for any other reason, refocus the players and begin again with a free kick or throw-in as appropriate. • Award the restart to whichever team deserves it, but do not

		<p>make it a lengthy ceremony.</p> <ul style="list-style-type: none"> • Exercise common sense, stand back and let them play. <p>Continue to the next slide.</p>
72	Free Kicks	<ul style="list-style-type: none"> • Play may have to be stopped occasionally to “sort things out” in U-6 games. • A player may pick up a ball and start running with it or want to keep it away from the other players. • In these instances, stop play and correct the situation and restart with a free kick for a deserving player. • All free kicks in U-6 games are direct free kicks. • A goal can be scored from a direct free kick. <p>Continue to the next slide.</p>
73	Throw-In	<ul style="list-style-type: none"> • A throw-in is awarded when the ball goes out of play across one of the touch lines (side lines). • The throw-in is awarded from where it crossed the line to the team that didn’t touch it last. • The coach should let the player take the throw-in and whether the throw-in is properly taken or not, let it go! • Proper throw-in technique can be taught later. <p>Continue to the next slide.</p>
74	Hand Ball	<ul style="list-style-type: none"> • A hand ball infraction occurs when a player handles the ball deliberately. • “Handling the ball” includes the entire arm up to the top of the shoulder. • Instinctive, self-protection reactions and accidental contact is not an offense and should not be penalized. <p>This concludes the U-6 coach’s online training. Please advance to the next slide and take the short test provided.</p> <p>Continue to the next slide.</p>
75	Test Question #1	<p>Please answer the following test questions. Once you answer all questions correctly you will receive a link to allow you to download your AYSO U-6 coach’s certificate.</p> <p>In which of the following situations would you award a free kick as a result of a hand ball?</p> <ol style="list-style-type: none"> Player lifts arm to block the ball coming at his face. Player picks up the ball and starts running with it. Ball hits players arm accidentally. Player uses his hand to block the ball from going in the goal.
76	Test Question #2	<p>Please answer if the statement is true or false.</p> <p>It is not important that as an AYSO Coach that you subscribe to a</p>

		philosophy that acknowledges the role of athletics in developing children as complete individuals.
77	Test Question #3	Please answer if the statement is true or false. U-6 players should play with a size-three (3) soccer ball.
78	Test Question #4	Please answer if the statement is true or false. At the U-6 level, the most important element of dribbling is developing “feel” or “touch” for the ball with BOTH feet.
79	Test Question #5	Please answer if the statement is true or false. The ball is out of play as soon as it touches the touchline.
80	Test Question #6	Please answer if the statement is true or false. If your team has possession of the ball, your team is attacking, and your objective is to SCORE!
81	Test Question #7	Please answer if the statement is true or false. Dribbling is one of the ways to achieve penetration ; the Attacking Principle of Play for this age group.
82	Test Question #8	Please answer if the statement is true or false. All AYSO players must play at least ½ of every game.
83	Test Question #9	Please answer if the statement is true or false. Shin guards for players are mandatory at both games and practices.
84	Test Question #10	Please answer if the statement is true or false. The BEST teacher of the game of soccer is the game itself.
85	AYSO U-6 Coach’s Test Results	Congratulations, you have now completed the U-6 Coaches training course. Click on the link shown to download your U-6 coach’s certificate and thanks again for being part of the AYSO team!

		Continue to the next slide.
86	Training Games	<p>Click on the links provided to download the training games and view videos.</p> <p>Continue to the next slide.</p>
87	Essential Resources for AYSO Coaches	<p>There are two manuals every coach should have and be familiar with. – The first is the AYSO U-6 Coach Manual. It contains all the detail covered here and also includes suggested practice activities and a set of guidelines for U-6 play.</p> <p>The second manual to have is AYSO Guidance for Referees and Coaches, a handy resource which contains: The AYSO Basic Soccer Rules, the AYSO National Rules & Regulations, Short-Sided Games Guide, AYSO Safe Haven Manual and a set of Frequently Asked Questions.</p> <p>It should be noted that this online training reflects approved exceptions for youth games and the recommendations of the AYSO National Coaching Program.</p> <p>These resources are frequently provided by the Region and copies can be obtained from the AYSO Supply Center (800) 243-2976 or downloaded from the AYSO web site.</p> <p>End.</p>