

Best Practices

Coaching Guidelines for U4/5

Mission:

- Provide players an opportunity to play soccer
- To foster a love of the game of soccer

Style of Play:

- HAVE FUN!
- Every kid has a ball the whole time
- Make soccer decisions only - dribble, pass, shoot

Practice Guidelines:

- High Energy - Have Fun!
- NO LINES - NO LAPS - NO LECTURES
- All players have a ball at all times
- Games can be directional or circular
- Work in to competition based on temperament of your group
- Set up all your activities before training begins
- Short quick transitions and water breaks (if needed)
- Size 3 ball or smaller
- Positive Reinforcement should be your main coaching toolkit option

Game Guidelines:

- No Games

Goals:

- Create players who are proficient with the ball at their feet
- Creativity Encouraged
- Retention rates above 75% for next season

Coaching Points:

- Dribble to space
- Creativity is encouraged and celebrated
- Take players on, it's okay to be selfish
- Use both feet
- Dribbling Technique