

FYSA – U6 Kindergarten Instructional Division Manual

Coaches,

The **Franklin Youth Soccer Association** (FYSA) training staff is committed to supporting you in your efforts to teach our players age-appropriate soccer skills and help them to enjoy the game. This manual provides a framework to organize your training sessions for the upcoming season.

Within the **60-minute** session that we have each week with the players, the first 30 minutes will be devoted to training, and the second to a pair of scrimmages with another team.

Structure of 30-minute Training Session:

Warm up (“Sponge” activity): From the moment the first player arrives until 5 minutes after your start time. Sponge activities “absorb” players as they arrive.

1st Activity: 8-10 minutes including water break. This will be outlined on your weekly practice plan.

2nd Activity: 8-10 minutes including water break. This will be outlined on your weekly practice plan.

Structure of 30-minute 3v3 Scrimmage:

Each team is split into two groups.

Half of your team moves to the field of the companion team of the week (see Instructional Division schedule) Also, consider planning with the other coach, on which field should you send your more dominant, aggressive players. Mix players from different teams if you feel the players will benefit.

Coaches and Assistant Coaches oversee competition.

Teams assemble to wrap up the session. Ask them who had fun and what they liked today.

Points of Emphasis (or de-emphasis) for the Season:

Dribbling and Ball Control skills.

- **Dribbling-** Almost all of the U-6 activities involve dribbling, and coaches are to focus on players using the correct surfaces of the feet to master and control the ball (Inside, Outside, and Laces – No Toes!)
- **Little or No Passing-** Passing Technique is NOT emphasized at the U-6 level. There’s just “one toy (ball) and everyone wants it”. It’s okay to compliment a pass but don’t worry if they don’t pass. Dribbling is where it’s at!
- **“The Swarm”-** Do not emphasize positional play or spacing during the scrimmage - just let the game progress naturally.
- **Coaching-** Try to remain OFF of the field while you coach! Encourage more than instruct. Let the players solve problems on their own!

FYSA’s primary objective for players at this young age is for FUN, maximum activity, maximum touches on the ball, and a focus on learning and success.

They are children and the game is the best teacher - Let them play!



Activity Outline for the Season

Week:

1. "Red Light/Green Light" and "Dinosaur Eggs"
2. "Tag then Partner Tag" and "Stampede!"
3. "Handshake Tag" and "City Dribbling"
4. "Game with Many Goals" and "Knockout then Pirates"
5. "Doctor! Doctor!" and "Stampede!"
6. "Red Light/Green Light" and "1v1,2v2 Get Out of Here!"
7. "Freeze Tag" and "Country Dribbling"
8. "Game with Many Goals" and "Knockout then Pirates"
9. "Red Light/Green Light" and "Dinosaur Eggs"
10. "Knockout and Pirates" and "1v1,2v2 Get Out of Here!"



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