**WCSC Coaching**

**U6 Division**

Opening remarks:

* Thank you for volunteering! Our community soccer could not operate without your help.
* WCSC has a goal to provide quality grassroots soccer in our communities, at an affordable price. Volunteer coaches and local referees help us achieve this goal.
* Rowan’s Law is for concussion awareness and protocols for return to play. As coaches, we should try to reduce risk of concussion, be aware of when concussion is a factor after a hit or a fall, and make a coordinated effort for a safe return to playing.
* The Rule of Two is ensure coaches aren’t one-on-one with a player, there should always be two adults present if a player needs to be spoken to or whatever the situation may be.
* Canada Soccer has developed Grassroots Standards. What I find really motivating is that our future National Team players will start their careers in community soccer. The Grassroots goals are for developmentally appropriate play to happen in the age divisions to ensure a fun, healthy, lifelong enjoyment of soccer and an active lifestyle.

U6 Division:

* In this division, the focus is on fun and starting to learn soccer fundamental movements and skills. Players can understand basic instructions and game rules. Players are learning through trial and error. The biggest challenge is using their feet to control the ball. Keeping the practice fun, engaging, and pressure-free is important.
* Players are encouraged to be creative and expressive without the fear of failure.
* Coaches should try to remind the players that we don’t use our hands at all during practice, feet only!
* Focus on player touches on the ball and moving it forward.
* Practices should run 20-25 minutes and then a break before the game starts for approx 30 minutes.
* Practice can be structured as follows:
  + - Warm-up drill with and without ball (5 minutes, water break)
    - Drill #1 (10 minutes, water break)
    - Drill #2 (10 minutes, water break)
    - Break and organize for game in the second half of the hour

Drill/Game Ideas for Practice:

* Red Light, Green Light
* What Time Is It Mr Wolf
* Simon Says
* Sharks and Minnows
* Musical Balls (great warm up with ball)
* Obstacle course to dribble through.
* Freeze game (while dribbling)
* Shooting into net
* Dribbling through cones.
* Passing to a partner
* Coach is shark trying to get ball while players dribble around a defined area
* Simple, small area 2v1 to score

Game Play:

* A game follows the practice. Game is generally around 20-30 minutes.
* Equal playing time is important at this age.
* The game is usually 4v4, but can be 3v3 if needed due to numbers. There is no goalie playing.
* The players generally don’t stay in positions. You can try to have forwards and defense, however don’t be alarmed if the players do not stay in these positions!
* Pop-up nets are used for goals.
* When the ball goes out, the play resumes with a kick or dribble in.

Resources:

[Ontario Soccer Fundamentals](https://www.ontariosoccer.net/fundamentals)

[Ontario Soccer Grassroots Coach Guide](https://www.ontariosoccer.net/player-grassroots)

[Rowan's Law](https://www.ontario.ca/page/rowans-law-concussion-safety) [Soccer Drills](https://soccerblade.com/soccer-drills-games-5-year-olds/)

[Rule of Two](https://coach.ca/responsible-coaching-movement/rule-of-two)

[FUNdamentals Pamphlet](FUNdamentals%20Pamphlet)

[U6 Drills](https://www.mojo.sport/coachs-corner/10-best-u6-soccer-drills)

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