

Pre K, Kindergarten, and Grade 1 General Coaching Guidelines

As a coach of players at these ages you should see yourself as an activity leader and not just a soccer coach.

Don't worry about under coaching at this age, worry about over coaching. 6 or 7 year olds don't have the ability or desire to listen to an adult talk for 2 minutes at a time.

The essence of the good coach at this age is to get them playing and let them play.

Try where possible to have one kid per ball.

Keep games simple. Keep coaching points very brief. Keep rules simple. Don't worry about scores. If you are worrying about the scores then make sure the score is one millions goals to 999,999.

Don't try and do too much. If you allow kids to develop a love for the game and improve their ability to dribble a soccer ball then you have done your job. Don't try to teach the kids to SPREAD OUT, they won't listen. Don't think that if you get them to spread out you have done your job. If you waste time doing this they will get bored and you won't teach them the basics of the game, which is what they need to learn at this stage.

If an activity or game is too hard then maybe make the space bigger if it is too easy then make it smaller. Alternatively, you can add pressure or reduce pressure in a game to make it easier or harder.

Coaching should be enjoyable. Keep it simple, keep it fun and the kids will enjoy themselves. If you begin to enjoy yourself then more than likely the kids will be enjoying themselves.

You don't need a large area to run a practice for players this age. Use your discs to designate your area, which could be as small as 30 x 30 yards. You can use cones for goals and you don't need to have the goal area to run an effective practice.

Remember, it's all about the kids, and let the game be the teacher.

