



How Do We Develop Confident Players at Every Age?

From First Kicks to Team Play—Our Proven Approach

U6 – Growing Basics

Focus:

- Build on foundation: keep it fun while introducing structure
- Encourage effort and teamwork through small-group play

Skills Learned:

- Improved dribbling through traffic
- Shooting from distance and on the run – **GOAL ARC RULE**
- Very basic defensive skills (closing space, angled runs) – **GOAL ARC RULE**

What Success Looks Like:

- Players are actively engaged and enjoy trying new skills
- Kids are starting to understand both offense and defense
- Effort, enthusiasm, and participation matter most—not the score