



HSC U6 Coaching Points- Fall 2023

Updated: 8/9/23

Here is some coaching information for the season.

1. U6 plays at 10:45 am for 1 hour on Saturdays
2. Please arrive at the field 15 minutes early to set up your field from the U8 games. This entails dragging nets over.
3. The first 30 mins are for practice and the second 30 mins are for a game. You will play the team next to you on the field. Don't forget water breaks.
4. During the game portion try to balance the competition. We don't want one team to constantly score. Swap players from within a team or from the other team. Just switch their jersey. We want everyone to have a chance to play the ball.
5. Play 4 v 4, no goal keepers
6. During the games, please keep the play moving by tossing a ball in when it goes out of bounds. No need for throw-ins or kick-ins.
7. Do all restarts after a goal is scored at halfway and let the players start the ball with a kick off.
8. Review U6 reference material from the club with information about coaching this age group and some practice ideas. (Sent in an email)
9. Season starts on September 9th, runs for 8 weeks and ends October 28th. Please note that there will be games on Friday, 10/6, due to the HAEE Race on Saturday, 10/7. So no games that Saturday. More info to follow.
10. Players must wear shin guards, cleats are optional, but encouraged, and they use a size 3 ball. No jewelry.
11. **Above all else, provide a positive and fun learning environment for the kids.** This age group does not respond well to negative comments and yelling.
12. Lindsay Yurchick is our new equipment manager. She will make sure everyone has a bag with size 3 balls and cones for the season. If you already have a bag from last season please email Lindsay and let her know what you have at hamptonsoccerequipment@gmail.com. We will also be sending out a goggle form for head coaches to fill out based on equipment needs.
13. Please contact AGM or board members if you have repeated behavioral issues to deal with from a player, parent behaviors or concerns, or anything else you might need assistance with. Please don't wait to address these issues. We are here to help.

Here are some useful websites as well:

<https://www.usyouthsoccer.org/coaching-resources/>

<https://www.pawest-soccer.org/coaching/resources/>

<https://mikeswindow.com/notebook/my-10-favorite-u6-soccer-drillsactivities/>

https://www.soccerhelp.com/Soccer_Video_Clips_Coach_Doug_DVD.shtml

<https://www.changingthegameproject.com>

Coaching tips:

1. Avoid line drills at this age. We don't want kids standing around or they will lose interest.
2. Have fun and be silly
3. Always encourage the kids
4. Have 4 or 5 drills planned for each practice, but recognize you may not get to them all or depending on their attention span that day you may need more because they just can't focus on one activity for very long. Remember 30 mins of activities and 30 mins for the game.
5. Not every activity has to include the ball. At this age they are learning coordination too.
6. Coaches wear a hat and not sunglasses. When talking to the players, you face the sun so they have their back to the sun.

Just have fun and it will be a great season! If any returning coaches have some activities to share please do! It's always fun learning new activities for the kids.

TeamSnap Info:

1. Setting up TeamSnap – coaches will communicate with their team via TeamSnap. Use the Coaches to Parents form letter as the basis for your introduction email.
2. AGM will enter all teams into TeamSnap before the first game. It will have the schedule for each team as well.

Field Setup:

1. Coaches must arrive to practices 10-15 mins early, if possible, to set the activities up before the players arrive.
2. Coaches must help set nets up and arrange field number signs, if needed, before each game on Saturday.

Snack:

1. Assign snack duty in Teamsnap. Go to your team in Teamsnap. Select “Assignments” from the blue ribbon bar. Select the player from the dropdown menu and then write the “assignment” like snack.
2. Similar to last season, the concession stand is offering a snack deal for teams. They just need to order them slightly ahead of time. Please see the concession stand portion of the HSC website for more details.

Concession Stand:

1. When your team is on Field #2, you will be responsible for volunteers signing up to work the concession stand. The U6 time slot is 10:30 to noon. Volunteers are asked to sign up for half hour slots. Please see the signup genius under concession stand on the HSC website. Coaches please make sure your team signs up for a time slot if on field 2.