



## Ages 5-6 Micro Soccer

### Victor Soccer Club Player Development Plan

What skills should I be teaching my players?

What goals are realistic for my players to achieve by the end of the season?

These are some of the biggest questions youth soccer coaches are confronted with at the start of a new season. Planning your training sessions for the week and for the entire season will help you deliver a more efficient training session on a consistent level. Properly preparing a training session will give the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. Every team and every player has different ability levels and it is extremely important that your practices and training exercises meet the needs of the players at their particular age groups. A good coach is a good planner and I hope both you and your players will benefit from the materials put together for you to use!

ORGANIZATION			
Practices Per Week	1-2	Practice Duration	30 min
Players Per Team	8-10	Game Time	30 min
Structure of Training Session		Aspects That Will Help With The Organization Of The Practice	
Warm Up	5	<b>Space</b> – Keep the organization simple. Set your drills up ahead of time <b>Time</b> – Let the practice flow, make coaching points at the right time <b>Rules</b> – Use different rules to adapt the practices, make the exercises age appropriate <b>Number of players</b> – Practices should progress from smaller to bigger groups	
Technical/Skills Training	25		
4v4 Small Sided Game/Play	30		

## Age 5-6 Season Objectives & Goals

### BY THE END OF THE SEASON THE PLAYER MUST BE CAPABLE OF:

Handling and running with the ball with both feet
Dribbling out of trouble/traffic
Basic coordinated movements with and without the ball

## Age 5-6 Training Topic Chart

Using the training topics below will provide you with a better idea of what skills should be taught for this age group.

### **SKILLS TRAINING**

Dribbling  
Shooting  
Passing  
Receiving  
Running with the Ball

Scrimmage	Have Fun! Encourage players to score!
Technical	Player is comfortable when the ball is at their feet
Physical	Develop coordination and basic motor skills with and without the ball
Psychosocial	Increase confidence with the ball