



FUNdamentals U6–U8 Female & U6–U9 Male “Fun with the ball”

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is “Freedom and Fun.”

Physical – Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.

Technical – Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.

Tactical – Small children are egocentric – playing the ball is the most important objective; however, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.

Mental – Basic awareness of environment to build game intelligence and decision making.

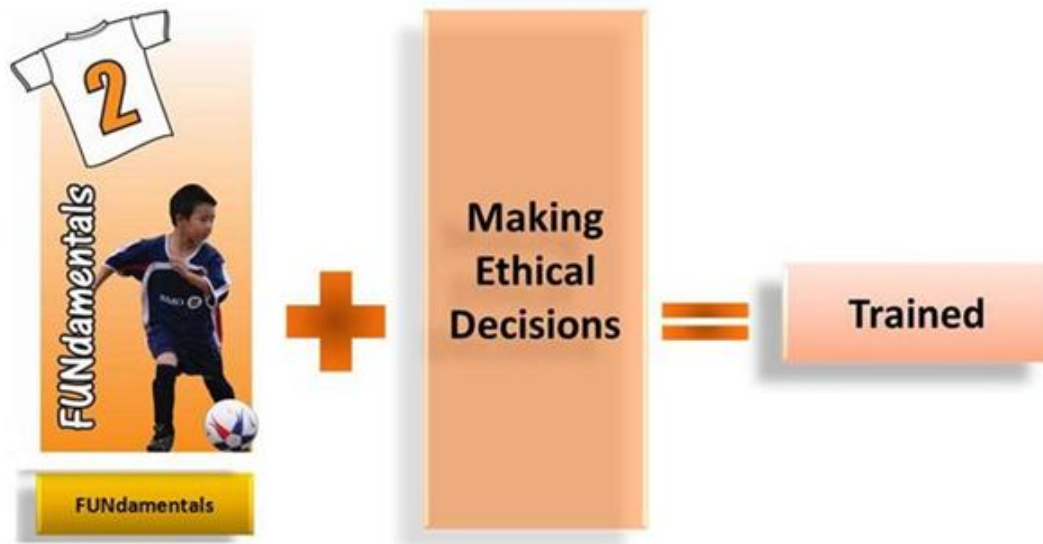
The FUNdamentals Course

Hosting Clubs and Districts are offering these 7 hour courses throughout Alberta. Coaches working with young players in this stage should enroll in a FUNdamentals Coaching Course.

For a list of courses starting in late January, 2012 please visit the ASA website (www.albertasoccer.com), click on technical-coaching development-scheduled courses.

Making Ethical Decisions Course

For the Making Ethical Decisions Courses offered through NCCP please go to the ASRPWF website (www.asrpwf.ca), click sport – coaching development – make ethical decisions and follow the steps



FUNdamentals Sample Practices - Coming Soon