

Professional Training Expectations for the U5-6 Age Group

As a parent and/ or a coach, you can expect the following from the professional training staff during their training sessions. The U5-6 age group is one that must be dealt with in a delicate manner. The players' first images of the game must be one of enjoyment, so training will be always conducted in an enjoyable atmosphere. This will be created by the use of a variety of games to give them a good basic understanding some of the skills of the game. The belief in the Plainfield Soccer Association is that ball control and foot skills are the foundation of the game of soccer especially at this age.

Training sessions will last no more than an hour. All sessions will feature one head PSA professional staff coach. Each of the PSA professional staff coaches are highly qualified coaches with licenses from the United States Soccer Federation or the National Soccer Coaches of America Association. The professional staff coach will draw the session up and instruct all parent coaches from the teams involved what the session will entail. **There will be different stations set up with one or two parent coaches at each one to instruct a small group of players on the specific skill.** The professional staff coach will oversee all stations and parent coaches to make sure all players are using the correct technique.

The following skills can be expected to be taught during the training sessions:

- Dribbling using all parts of the foot
- Coordination with and without the ball
- Balance with and without the ball
- Basic striking of the ball with both feet
- Small sided games to goal