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QUABBIN SOCCER ACADEMY

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COACHING 3-8 YEAR OLDS

Preschool, U6 & U8

Coaching these age groups are equally challenging and rewarding. It takes a great deal of patience, compassion and understanding to be an effective coach and positive role model for these young players.

Players this age are creative and use their imagination. Create sessions with fun activities that are imaginative and soccer-specific. Kids this age love rules. Explain activities in a child-like way.

This age group is the starting point in development for each player. Creating a fun and learning environment will give your players a positive experience and an enjoyment for the game.

Personally, I have been involved in the 3-8 year old age group for several years. It was certainly a lot of trial and error at first. Trying to figure out what worked and how to run an effective session that kept the player's attention.

The 3-8 year old age group is divided into Preschool, U6 and U8.

Similarities

- Keep instruction to a minimum
- Emphasis on fundamental dribbling
- Repeat activities to build familiarity and confidence
- Players tire easily and recover quickly (lots of water breaks)
- Give positive reinforcements

Are you coaching soccer or coaching kids? Both, but every child learns and develops at a different pace. What works for some doesn't work for all. It is important to learn various methods of teaching / coaching to maximize every player's experience.
