



GISA U-6 In House Training Objectives

Coaches should schedule practices 45 minutes to 1 hour long. This is at the coach's discretion.

Play is 3v3 using the KINS system of play
Dribbling different surfaces of the foot
Shooting technique
Introduction to passing technique
Turning techniques
Introduction to find space
Pass to space dribbling
Help the players to have "FUN"

At this age we do not play any formations it is free play. The focus is on dribbling and shooting with the instep/laces.

KINS (Kicking Is Not Soccer) OBJECTIVES:

- Aimed at the U 4 through U 6 age groups
- Promote and emphasize the skill of DRIBBLING (the foundation skill)
- Discourage the aimless kicking or booting the ball
- Encourage players to make their own decisions on the field
- Maximize touches on the ball

How it works: The coach should be the only person on the field with their team. They are encouraged to coach while on the field. An assistant for that game should be on the sideline, opposite of the parents to help keep the team organized and ready to sub at the proper time.

Each coach should try to keep a ball in their hands at all times, so that when a ball goes out of play they can give one to the team that now should have possession of the ball. In this instance if the other team is to close just ask them to take a step or two back quickly then get the ball back in play with the proper team. *Please do not give a bouncing ball to this age player, just place the ball on the ground at their feet as quickly as possible.*

The reason for no kick-ins at this age is that too much time is wasted with the ball not in play. Players get better and enjoy the game much more when the ball is in play and this is the best way to accomplish this.