



Coach Education 6U Nuggets

Psychosocial

- Rapid, unpredictable mood swings
- Sees world only from their perspective
- Need attention, praise and encouragement
- Easily bored
- Limited grasp of group play

Technical

- Instep kick
- Dribbling

Physical

- Lots of energy
- Tire quickly
- Can run, stop, start, jump and skip
- Can't sit still too long

Attacking

- Score!
- Advance ball

Defending

- Prevent scoring
- Pressure



Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



6U is a time for freedom and exploration!

Training should be based on fun games, adventures, storytelling, and colorful landscapes. Talk in their terms and language.

Animate! Paint vivid pictures! Demonstrate! Keep sessions moving, or boredom will quickly creep in.

FMS (balance, walking, running, jumping, etc.) should be highlighted and combined with the ball.

Most activities should be individual (one ball per player) to develop familiarity.

Let them play!