

Ian Barker: Edina Coaches Clinic

Coaching U6-U12 soccer player

Coaching Principles:

1. Activity is “**developmentally appropriate**” (**Passing**)
2. Information given “**clearly, briefly, and was relevant**” (**Bandit**)
3. Activity is conducted in “**safe and appropriate space**” (**Gates**)
4. Activity develops from “**simple to complex**” (**Hospital Tag**)
5. Activity allows for “**decision making**” (**Steal the Bacon**)
6. Activity has “**implications for the game**” (**Kickout**)

No: **Elimination Games**

No: **Lines**

No: **Laps**

No: **Lectures**

**Physical Ability**

**Cognitive Ability**

**Social Ability**

### **U6-U8 Activity**

Tag games

Retrieval games

Maze games

Body awareness games

Simple Scrimmage

1. Tail-tag
2. Ball retrieval
3. Knock-out
4. “I can do something..”
5. Line soccer

### **U8-U12 Activity**

Tag games

Partner/Group games

Problem solving games

Target games

2 vs.2 + Scrimmage

1. Freeze-tag
2. Passing/dribbling gates
3. Capture
4. Shoot-goal retrieve
5. “Get out of here”

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