



# Coaching Curriculum

## Chicago Fire Juniors | 6 to 9 Year Olds

### Training Priorities

Motivate and stimulate confidence in young players (2:1 Player to Ball Ratio)

Challenge by setting basic goals for the players and introduce several skills and moves to encourage confidence on the ball

Use of Small Sided games and fun activities to stimulate the players love for the game

#### TECHNICAL

1. Individualization of skills training to address and develop strengths and weaknesses
2. Basic soccer and sports skills (kicking, catching, throwing etc)
3. Develop soccer specific skills (dribbling, shooting, passing and control)
4. Develop touch and confidence with the ball and game sense through basic game principals
5. Develop a willingness among players to practice technical skills at home

#### TACTICAL

1. Basic understanding of the field and positional awareness
2. Implement basic team positions
3. Give players the opportunity to rotate positions at all times
4. Give players a basic awareness of the laws of the game
5. Rotate players through different positions

#### PHYSICAL

1. All activities should involve contact with the ball
2. Begin to develop ABCs of movement Education
3. Efficient movement: encourage players to partake in other sports to develop coordination
4. Multi Directional Speed: decision making reactions, acceleration from different positions, random speed
5. Endurance: Use small sided games to help players understand the demands of the game
6. Body strength is developed only through activities involving own body weight
7. Flexibility: Activities promoting full joint range of movement

#### PSYCHOLOGICAL

1. Achieve success in increasingly challenging practices with coach providing feedback
2. Practice should be designed to encourage decision making. Always have choices in game related practice with support and guidance from the coach
3. Demonstrations and feedback should identify relevant information that will allow players to complete the tasks set for them.
4. Having a positive attitude towards training and performing
5. Players encouraged to encourage the factors they can control and forget about the ones they cannot
6. Players taught to understand their body (i.e. being energized)

#### PERSONAL

1. Work with parents to reinforce the importance of key factors such as hydration, nutrition etc.
2. Accept discipline and structure
3. Develop an ethic of learning to work in a team environment
4. Encourage communication
5. Parental support
6. Commitment to improve/ achieve goals as a group
7. Homework: Dedication to training outside practice

### Low Emphasis Training Priorities

Winning/team results - Performance and improvement comes first at this stage

Team tactical development and specific positioning - We will rotate players around all positions of the field throughout this phase