

**SPI Recommended**  
**Coaching Guidelines**  
**U-6's and U-7's**

- Adhere to the “ball at their feet” philosophy by making sure players have as much active time with a ball as possible
- Focus your sessions on motor skill development
- Limit the use of long drawn out drills and complex explanations
- Involve yourself in every small sided game being played-use your body to express enthusiasm
- Plan to keep your sessions to **45 minutes** in length
- Do not implement any drills that require stranding in line
- Finish your session when kids are having fun-avoid finishing when the session has gotten stale
- De-emphasize winning and losing as much as possible
- Communicate with parents and trainers often on the specific players’ development and behavior concerns
- Do not treat players as “miniature” adults-be an entertainer and use imaginative games to accelerate learning
- Do not allow players to be disrespectful to you or each other-players need to understand what behavior is appropriate and what is not
- Do not peak to players standing over them. Go down on your knees or sit next to them-this is less threatening
- Select your language appropriately when communicating with players. Make sure it is inclusive and it effectively invites all to participate
- Break your group into small numbers when playing small-sided games-3 v. 3 (highly recommended), 4 v. 4 (acceptable)