

# Soccer Coaching U4

Being a soccer coach for this age group does not require soccer skills. All you need is a positive attitude, a willingness to be silly (even at the expense of embarrassing yourself), and of course a little patience. The goal for this age group is to introduce them to the basic concepts of soccer (dribbling, kicking, scoring goals!), help them improve their social skills, and most importantly...Have Fun!

Practices should be held once a week for 30 minutes. The day for practices should first be a day that you the coach can make without causing yourself constant inconveniences, second a day that most of the players (parents) can attend. There will always be a schedule conflict where “such and such day/time is not good for me.” You can ask the parents what days are best for them, but you need to pick the day. Everyone ultimately will adjust their schedules to make it work for them.

## What Should You Be Coaching?

- Fun!!! – the absolute most important aspect of U4 soccer is the fun aspects of the game
- Dribbling – When a player advances the ball while controlling it with his feet
  - Dribbling can be accomplished with all parts of the foot
  - At this age it should be encouraged to dribble in all directions (forward, sideways, backwards, all over the field)
- Kicking – When a player advances the ball away from their body with their foot.
  - Kicking can be accomplished with all parts of the foot, proper ball striking with the inside of the foot should be encouraged. However, at the U4 age any kicking is considered good kicking!
  - Check out this YouTube video Passing the Soccer Ball for a good example and explanation on what we should begin to teach our young soccer players  
<https://www.youtube.com/watch?v=VRhPX9v3VrI>
- Scoring Goals! – goal scoring helps to teach the game of soccer.

*Note for the U4 age level it is important not to teach/ expect beyond the outlined list above.*

Also, some helpful websites for games to play and instructional information are:

- <http://www.footy4kids.co.uk/index.htm>
- <http://www.soccerxpert.com/u6-u8-soccer-drills.aspx>
- <http://www.dprsports.com/drills.htm>
- <http://www.aysova.com/coaches.htm>
- [http://www.insidesoccer.com/learn\\_it/coaches/drills\\_practices/858](http://www.insidesoccer.com/learn_it/coaches/drills_practices/858)