



IMPACT DEVELOPMENT PRINCIPLES

GRASSROOTS U4-U6

Running with and dribbling the ball are a key focus in this age group

Physical literacy is a focused development area; coordination, running, and changing direction.

A key priority in this age group is to allow children the opportunity to explore soccer, have FUN, and fall in love with the game.

Game is learned through play with lots of ball striking and goal scoring opportunities

KEY DEVELOPMENT GOALS

OWN THE BALL BEFORE YOU SHARE THE BALL



The coach should not be the main problem-solver during training, constantly instructing the athlete how to complete a task rather, it is the coach's challenge to place the athlete at the center of the learning process and design the training environment around their needs.

“Grassroots is the most important part of the player pathway. This is where we give children their first experience in soccer. Ensuring that this experience is fun and enjoyable and revolves around child-friendly soccer (LTPD) is essential. The coaching objective here is simple: have them fall in love with the game.”



**Technical
Tactical**

Individual ball mastery
Change of direction
Feel for the ball
Discover the ball

Understand game direction.



Physical

Simple movement, coordination, and running exercises.

Lots of activities with running, jumping, changing direction.

Use game with lots of mobility



Mental

Stimulate players with varied activities. No line activities.

Attach stories to games for greater engagement.

Positivity to promote love of soccer



**Social
Emotional**

Players are individual focused (me and the ball)

Encourage players to explore and use skills

Utilize fun games

Provide positive 1st experience.