



Amity AC
Spring Season
U4-U7
Curriculum

Aims and Objectives:

- Have Fun!
- To develop basic fundamentals
- Teach a basic understanding of the rules and regulations of soccer
- Allow every player to have plenty of touches on ball and be involved within games/scrimmages
- No emphasis on winning, focus must be on participation and development
- Introducing players into social and physical activities
- Always encourage
- Yet again, Have Fun!!

Basics of a Coaching Session

- Set up a field with plenty space, gives the players chance to explore and prevents bunching up
- Don't stand in middle of area, don't reduce space available
- Speak in friendly tone
- Enthusiasm is key, must set the tone for the players to have fun
- Try to speak every kid at least once during session
- Try to give every player success, give them something to be excited about
- Praise Success
- Encourage kids to express themselves
- First soccer experience should be a enjoyable one