



Methodology: Characteristics of U6's

- Focused on themselves
- “The world according to me” - Unable to see the world from another’s perspective. Asking them to understand how someone else is seeing something or feels is unrealistic
- Everything is in the here and now -they live in the moment
- Unable to think abstractly. Asking them to think about spatial relationships or runs off the ball is unrealistic



Methodology: Characteristics of U6's

- **Enjoy playing, not watching.** They feel no enjoyment from watching others play when they could be playing too...
- **Active imaginations.** If we utilize their imaginations in practice activities, they will love practice!
- **Look for adult approval.** Watch how often players look to you for approval or to see if you are looking



Methodology: Characteristics of U6's

- "Coach, look what I can do!" Be encouraging...
- 2 speeds: extremely fast and stopped. Their heating and cooling systems are less efficient than adults.
- Give frequent water breaks (every 8-10 minutes) or they may just run until they cannot run anymore



Methodology: Characteristic's of U6's

- **Usually unaware of game scores.** We should keep it that way
- **Limited attention span** (on average 10-15 seconds for listening, 10-15 minutes when engaged in a task)
- **Please keep your directions clear, concise and to the point.** When in an open environment, such as a park, their attention span will dwindle towards 10 seconds