

Montclair Soccer Club U5/U6 Program Manual

Welcome to the U5/U6 program at Montclair Soccer Club. Thank you for stepping up to coach this season. We would not have such a great community and such a successful program without each of you. This is the most fun age to coach! You are truly just encouraging a love for the ball and a love for the game. This short manual will give you the tools you need to run structured, successful sessions each week. Please read it through before our pre-season meeting.

Our U5/U6 program covers 10 weeks in the Fall, and 8 weeks in the Spring. Sessions are held once per week for 1 hour each.

Program Goals

For players to develop a love for soccer. This comes in 2 ways. A love for the ball: dribbling, moving the ball around, protecting it, playing based on the situation, etc. And a love for the game itself: scrimmages and small sided opposed game scenarios.

Session Structure

Arrival/Ice Breakers - 5 min
(Juggling, balance/coordination games)
Warm up - 15 min
(Fun games with a ball per player)
Small sided games: to goals and/or opposed - 10-15 min
(1v0, 2v0, 1v1s, 2v1s, 2v2s, dribbling/shooting games...)
Game: 4v4, 5v5, or 6v6 based on team size - 25-30 min
(Goalies optional, new-ball rule)

Fields and Equipment

Your field will be set up upon arrival, please be sure it looks organized and is marked clearly. All equipment is provided by Montclair Soccer Club. You can find balls, cones, pinnies, etc in the storage container. Please clean up the equipment you use and put it away for the next group. Fields remain set up.

Field Rules

Please help us in ensuring that all families remain on the track or in the bleachers. Families should not be on the turf. There is a strict NO DOG policy at ALL MSC venues. Please help us keep families off the high jump pit, and any other school athletics equipment. Our use of these venues relies on the good relationships we've built over the years. Failure to follow these rules could result in a loss of our permits here. Please help us promote good habits by enforcing these rules amongst your teams.

Coach Uniform

We have spare Coach jerseys available year round for pick up at Skyline High School in our storage container. Please let us know if you need to arrange pick up.

Player Uniforms

Player uniforms are sold at Soccer Pro in Berkeley. U5/U6 players should have a red jersey, red shorts, and red socks. Players are required to wear shin guards covered by their socks, and cleats or turf shoes. Jersey numbers are not relevant at this age.

24/7 Coaching Support

24/7 UK Soccer Academy Trainers will be at the field weekly to offer coaching support. They can teach you fun games, jump into part of your session, help get equipment, and offer any other supports you might need. Utilize them! They will be floating around and are happy to come help, don't hesitate!

Contacts

Sarah King - Recreational Technical Director
(510) 862-6786 (urgent game-day issues only)
sarahk@24-7.me (preferred)

Jason Gumataotao - Recreational Commissioner
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Evelyn Torres - Club Administrator
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Ray Head - Club Registrar
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