

Characteristics of U6 & U8 Children

Psychosocial Development of **U6 Soccer Players**

>>>>Beginning to develop self-concept, body awareness and self-image through movement.

>>>>Egocentric, see world only from their perspective, demonstrated through parallel play, **they all want the ball.**

>>>>**Need generous praise, play without pressure.**

>>>>Influential person in their life is most likely their mother or significant parent.

>>>>May verbalize team, but does not understand group or collective play.

Cognitive Development of **U6 Soccer Players**

>>>>Play consists of a high degree of imagination and pretend activities

>>>>Beginning to use symbols to represent objects in environment

>>>>Tend to only one task at a time in problem solving situations.

>>>>Process small bits of information at a time, long sequential instructions are not processed.

**>>>>Simple Rules Only!!!!**

>>>>Limited understanding of time, space relations and boundaries.

Psychmotor Development of **U6 Soccer Players**

>>>>Movement education approach.

>>>>Differences between boys and girls are minimal.

>>>>Weight range for boys and girls approximately 30-50 lbs.

>>>>Height range for boys apprx 35-45” girls apprx 37-45”

>>>>Progress in motor development starts with the head and moves downward to the feet and from the center of the body outward.

>>>>Body segments grow at different rates.

>>>>Easy fatigue, rapid recovery, heart rate about 90 bpm for boys and girls.

>>>>**Emphasis of fundamental movement skills:**

 Locomotor- walking, running, leaping, jumping, hopping

 Nonlocomotor – bending, stretching, twisting, pulling, pushing, reaching

 Basic manipulation- throwing, catching, striking

>>>>Increase use of all body parts

>>>>Need to explore qualities of rolling and bouncing ball.

*\*\*\*\*All above information obtained from NJYS Coach Licensing Program – “F” Certificate Course 2011\*\*\*\**



Characteristics of U6 & U8 Children

Psychosocial Development of **U8 Soccer Players**

>>>>**Self-concept and body image are beginning to develop – very fragile.**

>>>>Great need for approval from adults such as parents, teachers and coaches; like to show individual skill.

>>>>Easily bruised psychologically by both peers and adults**; negative comments carry great weight.**

>>>>Like to play soccer because it is “fun”.

>>>>Their universe is expanding from home to the neighborhood.

>>>>True playmates emerge with the inclination toward partner activities.

>>>>Team identity is limited – club and league concepts are non-existent.

>>>>There is desire for social acceptance**: they want everybody to like them.**

>>>>The influential person is most likely their father or significant parent.

Psychomotor Development of U8 Soccer Players

>>>>Skeletal system is still growing; growth plates are near joints, thus injuries to those areas merit special consideration.

>>>>Cardoivascular system is less efficient than adults; a child’s heart rate peaks sooner and takes longer to recover to full resting rate.

>>>>Temperature regulation system is less efficient than an adults; children elevate their core body temp more quickly with activity and take longer to cool down than adults.

>>>>There is perceivable iimprovement in pace and coordination from U6 to U8, however the immaturity a U8’s physical ability is obvious.

Cognitive Development of U8 Soccer Players

>>>>Still a limited ability to attend to more than one task at a time; **the simple task of controlling the ball demands most of the attention capacity, leaving no capacity for making tactical decisions.**

>>>>Concept of time and space relationship is just beginning to develop and will be limited by capacity to attend to complex multiple tasks, skill sequences are attempted, but rough.

>>>>Limited experience with personal evaluation; **effort is synonymous with performance, “if I try hard, then I perform well” regardless of the actual performance.**

>>>>Beginning to categorize information; some relationships that “do” exist are not recognized and some relationships that “do not” exist are assumed.

*\*\*\*\*All above information obtained from NJYS Coach Licensing Program – “F” Certificate Course 2011\*\*\*\**