

## Under 6 8 Program - Best Practice delivery

**Option 1:** **Team Coach Method** - Clubs assign a coach to each under 8 groups. That group is given a team name. The parent volunteer coach, under the guidance of the curriculum set out by the club, plans and delivers the session.

**Advantages:** Players get used to the familiarity working with one coach

Coach can plan session to specific needs of their players

**Disadvantages:** Coaches can be inexperienced with the needs of this age group.

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**Option 2:** **Master Coach Method** - Clubs assign a coach to each under 8 group. That group is given a team name. The Master Coach determines the content of the session. The master coach will show the first "drill of the day" to all the volunteer coaches. Each coach will go off and execute that drill with their team. The master coach then will bring everyone back in to observe the next drill or progression.

**Advantages:** Players get used to the familiarity working with one coach

Master Coach is experienced in planning sessions for the needs of this group

**Disadvantages:** Require a master coach with experience

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**Option 3:** **Paid Technical Staff** - Clubs assign a paid technical staff member to each group. That group is given a name. The staff coach plans and delivers the session to the players

**Advantages:** Children get familiar with the staff coach

Responsibility for running session in the hands of staff coaches with experience

**Disadvantages:** Technical staff - may be hard to find appropriate staff, particularly in outer regions.  
Additional cost to program - paid staff coaches

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**Option 4** **Jamboree Style** - Players in each program arrive at the field and are divided into teams at the time of arrival. Group sizes are always between 8 and 12. Players then move through a series of stations. Head Coaches/Staff Coaches remain at the same station and players with parents move. By the end of the session all groups have been to each station.

**Advantages:** Leaders always have the same # of players. Helps in session planning.

Coach only has to plan one activity -repeats for each group

**Disadvantages:** Players do not become familiar to their coach

