

Sarnia FC U5/U6 Academy Player Development



These are the key areas of development for the U5/U6 age group in each of the four components of player development (Technical, Tactical, Fitness, and Psychological).

Player Development Across the Spectrum

	First Priority	Second Priority	Third Priority	Fourth Priority	Keeper Development
U5/U6	Fitness	Technical	Psychological	Tactical	Goal Keeper
Concepts:	<ul style="list-style-type: none"> How to Warm Up Movement Ed Balance Walking & Running Starting & Stopping Jumping & Hopping Rolling Skipping Changing Direction Bending Twisting Reaching 	<ul style="list-style-type: none"> Dribbling: Start & Stop Shooting: Inside of Foot Experiment with the qualities of a rolling ball 	<ul style="list-style-type: none"> Sharing Fair Play Parent Involvement How to Play Emotional Management 	<ul style="list-style-type: none"> Boundary Lines Which Goal to Shoot At Playing with the ball wherever it may go 	<ul style="list-style-type: none"> No Goalkeeper Skills Taught