



### **Youth Soccer Guidance for Parents (U6-U14)**

Providing parents with a roadmap for their child's soccer journey, from foundational skills to advanced techniques, at Fremont Rush Youth Soccer Club.

We understand that navigating your child's soccer journey can be challenging, which is why we are committed to providing helpful information and resources to parents at every stage. Below, you will find a brief overview of what children should be doing in each age group, from U6 to U14. Our goal is to provide parents with a better understanding of their child's development in soccer and to help them support their child's progress both on and off the field. We hope that this guide will be a useful tool for parents as they navigate their child's soccer journey with Fremont Rush Youth Soccer Club.

#### **U6 (ages 4-5)**

At this age, the primary focus should be on having fun and introducing the basics of soccer. Children should be encouraged to play with the ball and work on basic skills such as dribbling, passing, and shooting. Small-sided games and activities that involve lots of movement and ball control will help build coordination and confidence on the field. Additionally, we are excited to introduce SAQ (Speed, Agility, and Quickness) and motor skill programs for this age group. These programs will help improve a child's physical literacy, which is an essential foundation for developing soccer-specific skills. The SAQ and motor skill programs will be integrated into training sessions and games to help players develop better coordination, balance, and overall athleticism.

#### **U8 (ages 6-7)**

Children at this age should continue to work on basic soccer skills while also learning the rules of the game. Small-sided games with modified rules will help children develop their understanding of positions, teamwork, and sportsmanship. Encourage your child to play with both feet and practice passing and receiving the ball. In addition, SAQ (speed, agility, and quickness) and motor skills development should also be emphasized at this age. Biomechanical movements that incorporate cognitive training assessments can be integrated into practice sessions to further enhance your child's physical and cognitive development.

#### **U10 (ages 8-9)**

At this age, children should start to focus on more advanced skills such as crossing, finishing, and defending. They should also be learning how to read the game and make decisions based on what is happening on the field. In addition to technical and tactical skills, it's essential to focus on SAQ (Speed, Agility, and Quickness) and motor skills as well. Biomechanical movements improve cognitive training and explain why these skills are important. Encourage your child to watch professional soccer games and practice their skills outside of practice.

#### **U12 (ages 10-11)**

As children approach their pre-teen years, they should start to develop their individual strengths and skills while also expanding their tactical understanding of the game. Encourage your child to experiment with different positions and roles on the field, such as playing defense or midfield, and to start thinking more strategically about their movements on the field. This is also an excellent time to start working on fitness and endurance as soccer games become longer and more demanding.

#### **U14 (ages 12-13)**

It's crucial to implement and work on the players' needs based on their level and age. Some children may start playing soccer later than others and require additional support to catch up with their peers. At this age, children should be focusing on their team play and developing their tactical skills. They should be able to read the game and make decisions based on their position and the strengths of their teammates. Encourage your child to communicate with their teammates and develop a strong understanding of how the team works together.

Overall, we believe that the most important thing for children in youth soccer is to have fun and enjoy the game. While it's essential to develop soccer skills and techniques, we believe that a love for the game is what keeps children engaged and motivated to continue playing. At Fremont Rush, we prioritize creating a positive and inclusive environment where all players feel welcome and supported.

It's important to note that some children may start playing soccer later than others, which can affect their development in the game. However, it's never too late to start playing soccer, and we welcome players of all skill levels and experience. Our coaches are equipped to work with children who may be starting later in their soccer journey and will provide them with the necessary skills and support to catch up with their peers.



That being said, it's beneficial for children to start playing soccer at a young age and to continue the process throughout their youth. Starting young helps to establish foundational skills and techniques, which can be built upon as they progress through different age groups. It's also a great way for children to develop social skills, build confidence, and establish a love for the game. We encourage parents to consider starting their child's soccer journey as early as possible to maximize their potential on and off the field.

As children progress through different age groups, they will continue to learn new skills and develop their understanding of the game. It's important for parents to remember that every child develops at their own pace, and it's okay if their child doesn't excel in every aspect of the game right away. Our coaches are trained to provide age-appropriate instruction and support, and we encourage parents to communicate with their child's coach if they have any concerns or questions about their child's development.

We are honored to be a part of your child's soccer journey and look forward to helping them achieve their goals.