



MINI KICK CAMP

(AGES 5 - 6 YEARS)

A New York Red Bulls Mini KICK Camp is targeted to players ages 5-6 years. Research shows that a player that is just starting out needs to immediately experience the fun aspect of the game. Therefore, the Mini KICK Camp focuses on teaching soccer fundamentals in a fun based play environment.

CHARACTERISTICS OF A U6 PLAYER

- Short attention span
- Learn through fun and games
- Easily fatigued, quick recovery, play at two speeds - on or off
- Lack balance and coordination

THE MINI KICK CAMP CURRICULUM FOCUSES ON TWO MAIN AREAS: (1) PHYSICAL LITERACY & (2) BALL AWARENESS

(1) PHYSICAL LITERACY

- Tag based activities to promote changes in speed and direction
- Movement based activities to promote development of motor skills
- Small sided games to promote healthy competition

(2) BALL AWARENESS

- Ball related activities to promote physical literacy and technique familiarity
- Imaginative, cartoon based games to promote fun and maintain players focus

SESSION STRUCTURE

- 5 day camp, each session last for 90 minutes
- Individual sessions consist of many short, fun activities
- Lots of short breaks
- A non directive, fun based coaching style is adopted

HOST LOCATIONS

- The program can be hosted by any sports organization that has the ability to provide a suitable field