



## U5–U8s Coach Flexibility Guide

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The given training program for the age groups are a guideline, not a script. Some team will not have the skill level to complete it or it may not be age appropriate. Coaches are encouraged to design sessions that best suit the needs, attention span, and ability level of their players. Activities may be simplified, shortened, or adjusted at any time. You can use the training program as a foundation to tweak to suit your teams needs.

### If an activity feels too complex:

- Reduce the rules
- Remove progressions
- Make the area bigger
- Turn it into a simple dribbling or shooting game
- Keep everyone moving with a ball

### Priority at This Age

At U5–U7 level, the focus is on fun, confidence, and building comfort with the ball. Sessions do not need to look perfect or highly organised. Chaotic play is normal and part of development. If players are engaged and enjoying themselves, the session is successful.

### Practical Coaching Guidance

- Keep instructions under 20 seconds
- Avoid long rotations and waiting lines
- Use games instead of drills where possible
- Join in the activity if attention drops
- Change activities quickly if engagement decreases

Coaches are free to replace any structured component with a fun football game that keeps players active and involved. The goal is not technical perfection — it is building love for the game.