

MiniKickers vs. YDP U5/U6

Many parents struggle with the decision of whether to sign their child up for the MiniKickers Program or the Under 6 (U6) Program. We've created the following chart to help parents compare the two programs to determine which is best for their child.

	MiniKickers	YDP U5/U6
Who's Eligible	Players between 4 and 5 years old	Players between 4 and 5 years old
Practices	Once per week, on Saturdays Same time every Saturday Each session is 45-50 minutes	Once per week, on a weekday evening Practices usually run approximately 1 hr
Games	No Games	Games once per week (45 -60 minutes) Games are normally held on Saturday Game times vary from week to week
Uniform	Players receive a MiniKicker t-shirt	Players receive 2 t-shirts
Required Equipment	Players & Parents will need: <ul style="list-style-type: none"> ▪ A #3 soccer ball ▪ Cleats or sneakers ▪ Shinguards 	Players will need: <ul style="list-style-type: none"> ▪ A #3 soccer ball ▪ Cleats or sneakers ▪ Shinguards
Parent Participation	Required; a parent or adult must be on the field with the player throughout the duration of the session.	Not required, players only on the field

Additional Information on the MiniKickers Developmental Program



Concept

The objective of the MiniKickers program is to replicate the back garden environment in which most young players are introduced to soccer by helping to educate parents on activities that can be used in this situation.

How does it Work?

The sessions involve both the parent and their own child participating within the practice. The head coach oversees the practice, demonstrating the skill activities focused on that day. The head coach moves around the group supporting those who require help and ensuring that parents are relaying the correct techniques.

Philosophy

The activities are based on a philosophy that utilizes the child's imagination to create a positive, exciting, and fun soccer environment. As a result of this soccer philosophy, we create a fun, yet highly active, pressure free practice that supports skill development.

Coaching Methodology

The huge advantage of having parental involvement is the greater amount of attention that each child receives. By having an adult observe and assist each child, distractions are limited and the child focuses more on the specific soccer activities. This ratio of one parent to one child also ensures constant positive adult support and encouragement, a constant focus on maximum ball contact, and encourages greater repetition of game situations i.e. one v one activities.

The curriculum is based upon individual ball work and introduces the basic concepts of passing, shooting, and control with different parts of both feet. The parental involvement allows these skills to be taught more effectively with the requirement that parents may have to physically support their child helping to ingrain the movement patterns that are required for a particular skill. The ethos for the parents is that if you don't have dirty knees by the end of the practice then you haven't participated!