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How to Coach U-6 & U-8. With both of these age groups do not try to teach too much in one practice; their attention spans are too short & it won't be fun.

There are 9 things you should be concerned about when coaching U-6:

1. Make it fun & try to have fun yourself. Whether your players continue to play soccer will depend on whether it's fun. Coaching U-6 is the most fun you will ever have as a soccer coach because you really don't have to know or do much except have fun and keep your players from getting hurt. A simple way to coach U-6 and have fun is by following Practice Plans (Pre-Planned Practices)
2. Lots of touches and a ball for every player at practice. It is very important that every player at practice has a ball. Each child should have a ball with their name on it. Your objective should be at least 100 touches per child per practice and for each child to be doing something with a ball for at least 50% of the practice (as opposed to watching, listening to instructions or standing in line)
3. How to choose Practice Games. There are thousands of drills on the Internet, but most are not well thought out, efficient, effective or fun. Most drills and games do not provide enough touches on the ball or the activity level is too low (i.e., there is too much standing around). Believe in positive motivation and don't believe in punishing a child who has tried their best but lost a Practice Game. Be fun, keep players active and teach important skills or concepts.
4. Have your players dribble and kick the ball a lot so they get used to using their feet. "Driving School" Practice Game is a good way to teach basic dribbling and turns.
5. Don't let anyone get hurt.
6. Teach the following concepts and rules.
 - a. Not using hands (except the Goalie) and not tripping, holding, pushing or hitting other players (it is good to "fight" for the ball, but not to use hands to hit or push).
 - b. The concept of a "field" that has lines (or is outlined by cones) that you should stay inside.
 - c. The concept of "our goal" (the one our Goalie is in) and "their goal" (the one the other team's Goalie is in) and that when we have the ball we should go toward "their goal" (to "attack" it) and when the other team has the ball we should "defend" our goal by kicking the ball away from it. Demonstrate what this means in a slow and patient way and repeat it in several practices.
 - d. The concepts of "attacking" and "defending" and how we try to kick the ball into the other team's goal and how we try to kick it away from our goal.
 - e. The very basic idea of "positions" and that some players play in different areas of the field and don't just run all over the field (e.g., that there is a "Goalie", "Defenders" and "Scorers").
7. How to do a simple Throw-In if your team is expected to inbound the ball by using a Throw-In.
8. Start teaching your players to use the inside of the foot and the "instep" of the foot (i.e., the top of the foot where the shoelaces are) to kick the ball and discourage them from kicking it with their toes. Show your players how it is better to use the inside of the foot and the "laces" to kick the ball instead of using their toes, and encourage them to use the inside of the foot and the instep when they practice kicking and shooting. The natural tendency will be for beginners to use the toe to kick the ball. In soccer, the toe is only used to "poke" the ball (on defense as a way to "dispossess" the ball from the ballhandler or on offense as a way to take a short shot near goal). The toe is an inferior surface for kicking the ball because it is too small. It is easier to kick the ball accurately for long distances by using larger surfaces such as the top (instep) of the foot or the inside or outside of the foot. The instep can be used to kick both low "power" drives or for "lofted drives". Don't expect U-6 players to become great at kicking the ball, just try to get them to start kicking with the inside of the foot and the "laces".
9. Consult your age-group advisor to discuss what your League expects you to teach.