

Characteristics of the U6 Soccer Player Psychomotor Development

Movement education approach (Anne Torbert)

Body segments grow at different rates

Differences between boys and girls are minimal

Weight range for boys and girls is approximately 30 – 50 pounds ·

Height range for boys is approximately 35" – 45", girls is approximately 37" – 45" ·

Progress in motor development starts with the head and moves downward to the feet and

Easy fatigue, rapid recovery, heart rate around 90bpm for boys and girls

Emphasis of fundamental movement skills

Locomotor – walking, running, leaping, hopping

Non-locomotor – bending, stretching, twisting, pulling, pushing

Basic manipulative – throwing, catching, striking

Increased use of all body parts

Need to explore qualities of rolling and bouncing ball

Cognitive Development

Thinking is done in a non-logical and non-reversible manner

Memory and imagination are developed

Language use matures

Intelligence demonstrated through the use of symbols

Preoperational Stage of cognitive development (Piaget)

Play consists of a high degree of imagination and pretend activities

Beginning to use symbols to represent objects in environment

Tend to only one task at a time in problem solving situations

Process small bits of information at a time, long sequential instructions are not processed

May understand simple rules that are explained briefly and demonstrated

Immature understanding of time and space relations

Very ego centered