



Characteristics of U6 Children

Psychomotor Development

- Movement education approach
- Difference between boys and girls minimal
- Weight range approx. 30-50 lbs.
- Height range approximately 35-45" for boys and 37-45" for girls
- Progress in motor development starts with the head and moves downward to the feet and from the center of the body outward.
- Body segments grow at different rates.
- Easy fatigue, rapid recovery, heart rate around 90 bpm for boys and girls
- Emphasis of fundamental movement skills:
 - Locomotor - walking, running, leaping, jumping, hopping
 - Nonlocomotor - bending, stretching, twisting, pulling, pushing, reaching
 - Basic manipulative - throwing, catching, striking
- Increased use of all body parts.
- Need to explore qualities of rolling and bouncing ball.

Cognitive Development

- Preoperational stage of cognitive development.
- 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.
- Simply rules only.
- Limited understanding of time, space relations, and boundaries.

Psychosocial Development

- Beginning to develop self-concept, body awareness, and self-image through movement.
- Egocentric - see world only from their perspective, demonstrated through parallel play. They all want the ball - their ball!
- Need generous praise and the opportunity to play without pressure.
- Influential person in their life is most likely their mother or significant parent.
- May verbalize team, but does not understand group or collective play.

* Characteristics were re-printed from the US Youth Soccer National Youth License

