

# Recreation Soccer



# K & 1<sup>st</sup> Grade

## Coaches Handbook



Dear Kindergarten and 1<sup>st</sup> Grade Recreation coaches,

The document will provide basic information about practice organization and coaching young players. If you are an experienced or beginner coach it is always useful to go back to the basics and familiarize yourself prior to the season beginning.

**Note: No heading allowed at practice or games for 5<sup>th</sup> Grade and under as US Soccer set this mandate January 2016.**

**6<sup>th</sup> Grade and older can head in games but should only send limited time heading the ball in practice.**

**What is Rec Soccer:**

- Fun
- Develop as soccer players
- Creating a love for the game
- Develop as people
- Social
- Competitive-where winning isn't everything.

**Recreational Soccer Mission Statement**

To provide an enjoyable youth soccer experience where our GHSC core values, player development and social progression can be achieved in a safe, positive and fun environment within the Glastonbury community.

**Stages and Ages**

Grades:

K and 1<sup>st</sup>- Me and my ball

2 & 3rd -Me and My Partner

4 & 5th -The Start of Us

6th and above – Us

**The role of a coach**-To provide a **FUN, SAFE** and **EDUCATIONAL** environment where social development can occur. Also focus on player development solely, not team wins or team play. As a coach we DO NOT play in the session, LET THE CHILDREN PLAY!

**Organizing your practice-** Print and read your practice, each session and activity should focus on a specific technique e.g. dribbling. Each practice in your coaching plan should teach, practice and improve the particular skill.

**Coaching Grid** -Use a marked area to provide boundaries, supply pressure and organize players. Make the grid according to the age, number and ability of players and the type of activity being practiced.

**Get them going-** As soon as players arrive for practice you should encourage them to play alone or with others until the full team have arrived ready to start. By doing juggling alone, dribbling within an area or passing to a partner. No child should be sat waiting for practice to start.

**Stopping practice-** When you want to stop the practice to make a coaching point or to change the activity use a short sharp command such as “FREEZE” or “STOP STAND STILL”. Try to avoid stopping the practice at every mistake you see as the session will lose its flow and the children will become frustrated.

**Restarting practice-** To restart the practice use commands like “PLAY” or “3-2-1 LIVE” by using the same catchy commands the children will pick up these cues from week one and react to them throughout the season.

**During the practice-** Give the players a clear picture of the technique you are coaching and a limited number of coaching points. Allow them to get lots of repetition, players will take some time to feel their way into new skills and learn through discovery.

**Communication-** Do NOT commentate throughout the session, the children will switch off and tune out. Be prepared to make both general coaching points to the group and step in to correct individual specific player’s techniques.

**Coaching Position-** Do NOT stand in one spot, you should move continually throughout the practice area and be seen watching the players all equally.

**Questioning-**Try to avoid talking AT your players during practice, involve them in the process of guided discovery. Ask lots of questions like “Can you do it this way?” or “How many ways can you do this?”

**Demonstration-** Demonstration should be used multiple times in a practice, children are visual and verbal learners so explain the practice verbally then demonstrate it to help the visual learners. If you are not comfortable demonstrating, ask a skilled player to do it.

**Recap-** Conclude each session with a recap of the key areas covered and check to see if the players can remember the coaching points.

### **Coach Education**

If you are looking to develop your soccer knowledge the US Soccer Grassroots Licenses are online. The new licenses are online and in-person which cover 7v7,9v9 and 11v11 content. I strongly recommend all coaches do this course appropriate to the age you coach.

Our travel head coaches are licensed to meet our club requirements:

E License for U9-U14/15 Coaches. CISA website will list out courses offerings. [www.cjsa.org](http://www.cjsa.org)

### **Club Policies**

**Player rotation:** All players should “rotate” positions. We want children to play positions they like and get a chance to develop all over the field.

**Playing time:** Hartwell policy is that everyone will play at least 50% of the game. Player’s time is directly connected to practice and participation. If a player regularly misses practice, it will affect playtime.

**Player Sharing:** If one team has a full team and you have player missing, please share players and give your children as much playing time as possible.

**Goal differential:** Hartwell monitor games for this. Differentials of 3-4, teams should start getting creative by limit touches, move positions, restrictions on finishing(outside box, one touch only, weak foot only, passing mandates, etc.)

### **Code of Conducts**

As a club we have code of conducts in place for players, coaches and parents. Coaches, please sit down with your teams to review our conduct policy. Any persistent issues contact the Rec Director or Coordinator.

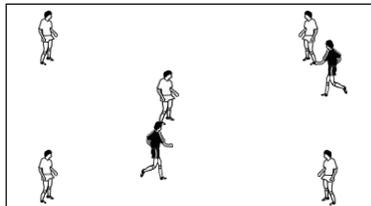
## Kindergarten and 1st Grade Curriculum

Kindergarten and 1st Grade have an weekly Curriculum which will be sent to you prior to each practice. Each session is made up of fun activities to engage the children using soccer.



### Kindergarten Spring Soccer: Week 6 Dribbling

#### Warm Up: Disco Tag



##### Implementation

Each player is without a soccer ball. Moving around the grid, trying to stay away from the taggers'. If the tagger catches someone they have to 'dance' in place. Other players can free the dancers with a high five.

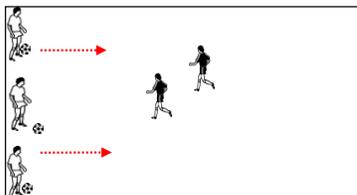
##### Progression

- Change the movement around the grid: running, walking, jumping, skipping etc.
- Add a soccer ball to each player.

##### Coaching Points

- Keep their head up looking for space and taggers
- Change speed and direction
- Communicate for help if froze

#### Fun Game: British Bulldog



##### Implementation

Each player has a ball except the Bulldogs who have to steal there ball away as the dribble through the grid. The soccer players go back and forth across the grid until everyone is caught by the Bulldog. If you are caught you turn into a Bulldog.

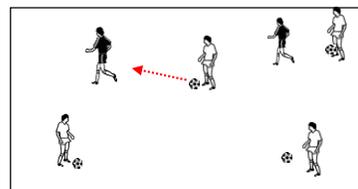
##### Progression

- Change the movement around the grid for Bulldogs: running, walking, jumping, skipping etc

##### Coaching Points

- Promote the use of both feet
- Keep both knees bent and lean over the ball
- Players should keep the ball close to them
- Keep their head up and look for space

#### Fun Game: Coach Robot



##### Implementation

Each player has a ball and attempts to kick their ball to hit the coach. Every time the coach gets hit, they lose body part. Arms, legs, then kneel and move around, to crawl on all fours until the next hit comes and the Coa is defeated.

##### Progression

- Change the Robot to new players each game.

##### Coaching Points

- Head up, to look for the Robot
- Promote the use of both feet
- Keep both knees bent and lean over the ball
- Players should keep the ball close to them
- Laces or inside of the foot to kick the ball

All sessions end with small sided games- play two 3v3's.  
Play for 15 minutes at least

## Session Structure

**Foot skills** -Each child will have a ball at their feet for 15/20 minutes, we encourage the use of inside/outside/laces/sole of the foot. Let them explore and be creative.

**Fun activities**- we will move to fun practices incorporating a technical focus into the game. These should be fun but provide a learning environment.

**Small sided games**- The session will conclude each practice with a couple of 3v3 games.

## **K and 1<sup>st</sup> Grade Recreation Soccer Guidelines**

	<b>Kindergarten &amp; 1<sup>st</sup> Grade</b>
Roster size	<b>10-12</b>
Games	<b>3v3 x2</b>
Goalkeeper	<b>No</b>
Game duration	<b>2x20mins</b>
Referee's	<b>No</b>
Practice	<b>1 hr</b>
Ball size	<b>3</b>
Field and goal size	<b>30x20 6ft Puggs</b>

**-All divisions have coaches and teams on one side and spectators on the other. NO spectators are allowed behind the goals also.**

### **K & 1st Grade Game day**

-3v3 with Pugg goals.

-Teams divide in two and play 2 simultaneous games.

-NO GOALKEEPERS.

-No throw ins. Always dribble on or pass on, always from the side. Opposing players should give 5 yards of space for the ball to enter.

-No offside rule.

-Substitutions on any dead ball. Have substitutes ready to enter for quick turnaround.

-Coach from the sideline, one coach maybe on the field to help if needed.

## ***Recreation Coaches Cheat Sheet***

### How to break down a skill

**Dribbling-** Dribbling is arguably the most important skill that a soccer player needs to master at an early age. Dribbling leads to comfort on the ball, confidence to keep the ball at your feet.

- Promote the use of both feet and to use the inside/outside/lace and sole of the cleat.
- Keep ball within 1 "big" step
- Use arms to help maintain balance
- Keep your head up (once comfortable with ball at feet)
- Keep both knees bent and lean forward over the ball

**Passing-** passing is a basic skill which all ages should be exposed to. Promote all players to pass with both feet.

- Place your body square to the target
- Non kicking foot placed parallel to the ball, toe pointing to the target
- Use the inside of the foot (middle of the instep)
- Lock your ankle
- Strike the middle of the soccer ball

**Shooting** -Shooting is the most important factor in attacking play, the laces technique is great skill to learn at any age.

- Keep ankle of shooting foot locked with toe down
- Place non-kicking foot is placed parallel to ball and facing the target
- Strike through the middle of the ball and follow through to the target
- Keep head down to see what you are kicking
- Strike ball with laces so that ball strikes through a large surface area for power.

**Ball Control-** is the ability to move the ball and prepare it for your next touch, whether it be shot, pass or dribble. It is one of the most essential skills needed for a soccer player at any age or level.

- Meet the ball, stay on their toes and lock your eyes on the ball.
- Before the ball arrives, present the ankle of your controlling foot.
- Try to cushion the ball using the instep of the cleat.
- Look to settle the ball right front of you.
- Promote the use of inside and outside of the cleat control in skilled players.

***Please also visit our website to see video demonstrations to the techniques above- see the link under Demonstration Videos:*** <https://leagueathletics.com/Page.asp?n=41455&org=glastonburysoccer.org>