

Introduction

- Overview of the program - 30+ years

Goals

- 1. Player Safety
- 2. Have Fun

Coaches

- Assigned by computer algorithm
- Parent-led
 - No experience coaching - basic rules of soccer
 - Need parents to step up or no program
- PRC check - FAQ step-by-step to complete

Parents

- Talk to / intro to parents on first day
- (1) parent / guardian must be present for the entire session!
- Parent location at Games / Tournament:
 - **4-5** and **6-7** - Parents sit opposite field of players - not behind goal
 - **8-10** - Parents sit on outer rim of fields - not behind goal - players ONLY in middle lane between fields
- Snacks - only packaged snacks to share - do not share fruit with players

Referees

- **4-5** and **6-7** - Coaches are referees
- **8-10** - Referees are volunteers

Schedule

- Start at 6:00pm - arrive early (10 minutes if you can)
- **4-5** - Mon+Wed - 7:15 at Pushman
- **6-7** - Tue+Thu - 7:30 at Pushman
- **8-10** - Mon+Wed - 7:30 at Greenboro
- Arrive early if you can
- 12 sessions - 2X per week
- Tournament (3 hours) - kids get medal + snack
- Team photo day - will be announced

Teams

- 8 teams per age group

Session

- 30 minute practice
- 1 hour game (45 min for 4-5)
- Half-time with 5 minute break
- Team that starts game does not start with ball at half

Equipment

- Footwear
 - **4-5** - Shin guards optional
 - **6-7** - Shin guards suggested
 - **4-5** and **6-7** - Cleats not allowed - running shoes - no flat bottom
 - **8-10** - Shin guards + Cleats highly recommended
- Uniform
 - Day 1 receive shirt, shorts, socks
 - Line up the players - shortest to tallest - hand out shirts (over tshirt)
 - At end - hand out shorts and socks - for next session
 - Jewelry or hats - not permitted

Rules

- No score keeping / standings
- Don't run up the score - put stronger players on defense
- No headers
- No throw ins - only kick-ins
- No high kicks
- No slide tackling
- No offsides - discourage cherry picking
- On foul - free kick restart
- Restart distance - 6 yards
- Substitutions - only on stoppage

- **4-5 and 6-7** - players cannot enter keeper crease (half circle)
- **8-10** - players cannot enter keeper crease WHEN the keeper is doing a goal kick
- Players
 - Injury - automatic stoppage!
 - Frequent water breaks - hydrated
- Foul language - swearing - physical - not tolerated
 - Pull the player and seek coordinator
- Congratulate successes - minimize negativity - don't focus on mistakes
 - Stop any kids from berating others

Practice

- When kids arrive before 6:00pm - will want to kick at net
 - Rotate keeper → coach keeper
- Warm up with a jog - mindful of heat/weather
- Static stretch
- Chasing the coach - ½ field - teaching defense
- Drills
 - Look at Youth REC videos on YouTube for your age group
 - Dribbling in space - Red light/Green light
 - Receiving pass (2 lines)
 - Kick across - receive by stopping ball - control - kick back
 - **8-10**
 - Dribbling (3 lines) - through cones - left foot only - right foot only
 - Shooting (2 lines) - on sides - coach defender / player defender
 - Breakaway - start near center - run towards keeper and kick

Game

- 7v7 - 6 players and 1 keeper
- Strive for equal play time
- Some will be timid - some will be assertive - just play
- Rotate the keeper
- **4-5**
 - Don't worry about lining up
 - Pack of wolves - "peanut butter"
 - Focus on just moving the ball
- **6-7**
 - Start the game with 3 forward and 3 defense
 - Do NOT focus on position (e.g. left wing)
 - Try to engage in passing
 - Try to have them spread out from the ball to receive passes
 - Defensive players play between keeper and ball
- **8-10**
 - Create lines - 3 forward and 3 defense - rotate in players
 - Do NOT focus on position (e.g. left wing)
 - Opposite rule - tell them about rule - keep rule and shift into season to their ask
 - Should engage in passing
 - Have them spread out from the ball to receive passes
 - Defensive players play between keeper and ball (keeping a line)
 - Offense and defensive players support each other
 - Offense spread wide in the field
 - Defense contract in the field
 - Work on breakaways (practice)

Bad Weather

- Check website by 5:00pm the day of session (remind parents)
- We will send out an email but in case do not receive check website
- Thunder / lightning
 - Shelter (car/building)
 - NOT Trees
 - Environment Canada Rule
 - Coordinator Restarts or Ends