

EDP Spring 2021

Goals:

- Design fun, age-appropriate sessions
- Model positive behavior on and off the field
- Interact well with players
- Share fun experiences above teaching techniques and tactics
- Be a parental figure AND teammate AND coach AND entertainer
- Stress LOVE not WINS
- <http://www.soccerindiana.org/UserFiles/file/Vince%20Education/Small%20Sided%20Games/Small%20Sided%20Games%20Not%20by%20Dr.%20Tom%20Turner.pdf>

Problems:	Solutions:
One child does not want to participate.	Check on the player, then leave him alone and continue playing with the others
Some don't complete activities as intended.	<ul style="list-style-type: none">• Redirect player quickly• If the players are enjoying the activity in a different way, consider repeating it
A player wants to leave the field.	Have the player stand with the parent and continue playing with the others.
All players volunteer for a task.	Take turns. All players need individual attention.
One of the children is without a partner.	Coach plays!

Good Coaches:

- Maintain discipline but aren't too strict with the rules
- Avoid interruptions and penalties (especially in front of peers)
- Just let the kids play!
- Get parents involved!
 - o Help get kids dressed
 - o Psychological support (positive cheering; no instruction)
 - o Soothe hurt feelings and hurt knees and elbows
 - o Organize a parents vs kids scrimmage once a month

Email:

- Send simple email to team to identify practice time and location.
 - Describe what you look like and perhaps what you will be wearing.
 - Copy the safety protocol below.
 - Send basic equipment requirements and encourage a visit to the bathroom before practice begins.
 - Provide contact information.

Safety:

- One parent/guardian per player maximum-MASK REQUIRED
- EDP players DO NEED to wear masks during practice and games because of their age.
- Parents must keep six feet from other parents. Use the same location for player water breaks and time outs.
- Bring hand sanitizer to use during breaks and after practice.
- Coaches do NOT touch players.
- Coaches keep six-feet from players as much as possible.
- Coaches are required to wear masks. If you do not want to wear a mask or cannot wear a mask, please notify your age-group commissioner immediately. We will find a replacement for you.
- Benches cannot be used during practices nor games. Substitutes must sit on the sideline or in a fold-out chair placed six feet apart.

Soccer Skill Objectives:

- Ball “feeling”
 - toe touches
 - boxing or ping-pong
 - changing direction
 - pulling the ball back with the sole of the foot
- Running with the ball (pinky toe down technique)
 - dribbling/changing pace (speed)
 - changing direction
 - starting and stopping
- ball striking
 - heel down, toe up pass
 - heel up, toe down strike (shooting technique)
- Activities and games should be designed to incorporate all skills

Session Design: One Warm-up, One Fun Game, One Scrimmage- 60-minute session

- A. Welcome (1-5 minutes): High fives and hellos
 - a. Learn names
 - b. Ask about each child's soccer experience and what they like most about soccer.
 - c. Ask about how their day went and if they remember what they did in the last practice.
 - d. Ask them character questions. Who knows what sportsmanship is? Who knows what to do if someone gets hurt or begins to cry? Who knows how to celebrate a goal?
 - e. First day: Review general rules by asking questions:
 - i. Who knows how to play? How long have you played?
 - ii. How do we score goals? Can we throw the ball in the goal with our hands?
 - iii. When we play games on Saturdays, can we score on any goal?
- B. Individual Soccer training (10-15 minutes): Give directions to these activities as a storyteller would. The coach demonstrates. The coach participates with exaggerated enthusiasm. How do we incorporate ball-striking in each game?
 - a. Free Play
 - b. Dribbling and kicking races (Traffic)
 - c. Sharks and Minnows
 - d. Red Light, Green Light (What would other colors look like?)
 - e. Follow the leader
 - f. Ball Crash
 - g. Good dog, bad dog
 - h. Numbers Game
 - i. Snakes on a Field
 - j. Zoo Keeper
 - k. Star Wars
 - l. Crab Soccer
 - m. Pirates' Treasure
- C. Small-sided play (10-15 minutes) Vary the dimensions, the objectives, vary the goal locations (DO NOT ALWAYS PLACE GOALS IN GAME LOCATIONS)
 - a. 1 v 0, 2 v 0, 3 v 0
 - b. 1v1s
 - c. 2v2s
 - d. 2v1s

- e. 3v1/2s
 - f. Scrimmage with other teams!
- D. Cool down and closing (2-5 minutes): Movement Training and Closure-Players copy coach and are offered the opportunity to create new movements. Try to incorporate the ball.
 - a. Elephant
 - b. Kangaroo
 - c. Bird
 - d. Giraffe
- E. Meet with kids, review session skills by asking questions, high fives and good-byes

Games:

- 40-minutes playing time (50-minute duration including breaks)
 - 4 10-minute periods
 - 2-minute breaks between periods
- Coaches are game managers.
 - You might ask your parent group for a sideline volunteer to help manage those sitting on the sideline.
 - You CAN coach from the field.
 - Work with the referees to keep the game in play.
- After each goal, players should return to the numbers ("Back to the numbers").
- The midfield line is the build-out line. Most "restarts," like goal kicks or keeper possessions can be started by players returning to the numbers.
- De-emphasize corner kicks and throw-ins. These pause the game unnecessarily. Our referees will try to keep the game flowing as much as possible.
- Coach learning, not winning.
- Coaches are responsible for keeping games as close as possible.
 - Do not play strongest players the whole game
 - Divert strong players to assist rather than score or pass rather than dribble.
- Referees will call the game. Work with them. Before the game, referees will hold a "check-in." Help the referee line up players and complete the check-in.