

# Micro 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"><li>● Redirect player quickly</li><li>● If the players are enjoying the activity in a different way, consider repeating it</li></ul>
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!
  - Help get kids dressed
  - Psychological support (positive cheering; no instruction)
  - Soothe hurt feelings and hurt knees and elbows
  - 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
- Micro players do NOT need to wear masks 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- 30-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. 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:

- 24-minutes playing time (30 minute duration including breaks)
  - 3 8-minute periods
  - 2 12-minute halves
  - This can be determined by the general interest and flow of the game. For example, if the game flow and level of engagement is high, play past the eight minute mark. Otherwise, give one break after each 8-minute period.
- Coaches are game managers and referees
  - You might ask your parent group for a sideline volunteer to help manage those sitting on the sideline.
  - Both coaches should coach from the field.
- Three players can play at the same time “by the numbers” in a 1-2 formation (triangle formation with one player back and two players forward).