

# REC 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
- 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)

Session Design: One Warm-up, One Small-sided Activity, One Optional Technical Activity, One Scrimmage- 60-minute session

- A. Warm-up (Can be performed with ball)
- B. <http://f-marc.com/11plus/home/>
  - a. <http://www.youtube.com/watch?v=RSJlp7e7fyY>
    - i. Running
    - ii. Hip outs
    - iii. Hip ins
    - iv. Circling
    - v. Shoulder Contact
    - vi. Two up-one back
    - vii. Plant and Cuts
    - viii.  $\frac{3}{4}$  Sprints
- C. Team Meeting (5):
  - a. First day: Introductions, names, years of experience playing, favorite position
  - b. Regular Practice: Greetings, review of previous game/practice, objective for the day
- D. 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. Rondos
  - g. Scrimmage with other teams!
- E. Technical training (10-15 minutes):
  - a. Week 1 Skill: Ball handling/running with the ball
  - b. Week 2 Skill: Passing and receiving
  - c. Week 3 Skill: Ball striking/finishing on a goal
  - d. Repeat this rotation or emphasize specific skills more often based on need.
- F. Scrimmaging: 25-40 minutes
  - a. First week: Open, even-sided play (3v3, 4v4, 5v5, etc.)
  - b. Each week after: Scrimmage with a theme

- i. dribbling in open space
- ii. passing and receiving to “keep possession.”
- iii. defending/attacking/countering

Practice Plans by Age/Formation

<https://www.ncsoccer.org/coaches/coaches-lesson-plans/>