Coach’s Guide
Soccer 2019

“Create teams, create memories, create communities”
Progression: Curriculum

- Kinder- Sport specific skills, Direction, Activity.
- 1st & 2nd Grade- Passing, game procedures, defense, no goalie.
- 3rd & 4th Grade- Combination passing/scoring, Goal Keeper play, Fouls, Competitive play,
- 5th & 6th Grade- Set plays, penalties and fouls, Competition as a tool to teach.
Kinder Curriculum

Sport Specific Skills:
- Dribbling the ball
- Stopping the ball
- Kicking the ball into the goal
- Passing

Direction
- Offense vs. Defense
- Getting open for a pass

Activity
- Clinic Style: Everyone plays all the time
1st & 2nd Grade Curriculum

**Passing**
- Forward and backward

**Game Procedures**
- Throw-ins
- Starting in the middle
- Re-setting to the middle after a goal
- Substitutions

**Defense**
- Taking the ball from the ball carrier
- Intercepting passes
- Marking
3rd & 4th Grade Curriculum

Combinations passing/scoring

- Give and go's
- Runs
- Pass Back and go the other direction

Goal Keeper play

- 1st year we allow goalie play
- Basic techniques; ready to move in any direction, diving, catch vs. punch away

Competitive play

- This age group should feature more competitive play; focused on scoring goals on offense and not letting goals in on defense.
- Use competition as a tool for developing perseverance, teamwork, and creating a moment to learn from.

Fouls

- Understanding what is allowed on the pitch
5th & 6th Grade Curriculum

Set plays
- Plays from a corner kick
- Plays from a free kick

Penalties and fouls
- Understanding more of the rules and ethics involved

Competition as a tool to teach
- Put kids into situations that will allow them to grow as a player and as a teammate

Formation Strategy
- Explaining formations as they relate to game time strategy
Progression: Developing an Athletic Mindset

*Athletic Mindset:* Attitude that many athletes possess that allows for perseverance, collaboration, high effort, and empathy.

Kinder- Running after getting tired, informal intro to teamwork,

1st & 2nd Grade- Formal introduction to teamwork, playing with great effort and a great attitude.

3rd & 4th Grade- Playing with great attitude and great effort through situations like: Score, weather, inexperienced players. Teamwork: to be competitive collectively.

5th & 6th Grade- Teamwork focused: Team talks, Team goals, Team Rewards
Kinder- Athlete’s Mindset

Running after getting tired

• Building an idea for persevering past situations that seem difficult

Informal intro to teamwork

• Passing to a partner
• Celebrating with a friend
• Drills that require working together
1st & 2nd Grade - Athlete's Mindset

Formal introduction to teamwork

• Team talks

• Team mascots

• Challenge each player to work together

Playing with great effort and a great attitude

• Fundamental to creating an athlete’s mindset
3rd & 4th Grade- Athlete’s Mindset

Playing with great attitude and great effort through situations like: score, weather, inexperienced players.

- Understanding perseverance in different types of situations.
- Solving problems with empathy

Teamwork to be competitive collectively.

- Inspiring teammates to persevere
- Collective energy; team cheers, team celebrations, high-fives
Teamwork focused:

Team talks

• Talk about strategy together
• Talk about “why you are out here”
• Talk about what sports means to you and your family

Team goals

• Set achievable goals specific to your team’s performance
• Set achievable goals as it relates to competing against another team
• Set seasonal goals that your team can work towards at practice

Team Rewards

• At this age, the experience is all about being on a team. Part of being on a team is celebrating with your teammates with some sort of reward. Rewards can be fun drills or even pizza parties, milkshakes, etc.
Creating a Coach

*Every new team, every season, every sport; you will have to re-establish yourself as a coach.*

**HOW?**

- Build Trust
- Hold players accountable
- Have an attitude conducive to developing young people
- Sport specific knowledge - demonstrations
Building Trust

Without trust, who are you?

- **Handshakes, tricks, “Have your thing”**
  
  Develop something that helps each player feel comfortable around you.

- **Questions about what happened in school/that day**
  
  Show that you are interested in each player.

- **Praise**
  
  Be excited about each milestone, celebrate with your players as they achieve.

- **Encouragement**
  
  Simple things like, “You can do it”, “Every time you try, you get better.” goes a long way with young players.

- **“I know this information, trust me to help develop you into a better player and teammate.”**
  
  Remind your players that you have their best interest in mind regularly.
Holding players accountable

- **On task**
  Create an expectation for staying focused with the task/drill.

- **In tune with strategy**
  Players should know their role in strategy

- **Playing your role**
  Players should have a role that is clearly defined, something they can focus on.

- **Encouraging strong effort and great attitude**
  Players really only control 2 things: Attitude and effort. Hold players accountable for making the choice to have a good attitude and give good effort.
**Having an attitude conducive to developing young people**

*Understand that as a coach, your attitude is the guide that lights the way for your players.*

- **Take the high road**
  - Be a role model for your players on the field. Stay in control of your emotions, you will gain respect and trust from players and parents.

- **Adapt**
  - Score, setting, roster, opponent: Adapt to situations so that your team has a gainful experience. You set the tone.

- **“Fake it till you make it”**
  - Everyone has something going on in their life that might make it hard to be super excited. Working with kids means taking a step back and becoming incredibly selfless. Be a consistent source of energy and happiness. The experience is built for the kids.
Sport specific knowledge - Demonstrations

- **Refresh your memory with skills and techniques.**
  - Your knowledge will build trust with your top players

- **Be prepared to demonstrate skills and techniques with detailed explanation.**
  - Demos will help you gain credibility from the group.

- **Practice plans can help you prepare for those demonstrations.**
  - Having a plan keeps every player on task and building focus.

- **Even the best practice fundamental movement skills**
  - Jumping over cones, toe taps on the ball, weaving through cones; These are all great for young players as they develop movement skills. Keep it fun by allowing them to score and celebrate after getting through the movement drill.