



Coaching Guide

Jr. Pee Wee

Fall 2021/Spring 2022

Coaching Guide Jr. Pee Wee



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HISTORY: The Beacon Soccer Club (BSC) has been in existence since 1978, as started by Patrick Kerr and a group of dedicated volunteers. Our club has been delivering quality soccer to the youth of Beacon and the surrounding community ever since. BSC continues to be a 100% volunteer organization, fueled by dedicated people who donate their time and energy to the young people of our community. BSC offers an In-House intramural program and an advanced Travel Soccer program. Our programs are designed for players from age 4 to 19. Our Midget program is for 4-5 yr. olds, Jr. Pee wee 6-7 year olds, Pee wee 8-9 year olds, Intermediate 10-13 year olds and Senior for 14-19 year olds. Our Travel program ranges from U9 to H.S. and level of play ranges from developmental up to the highest available.

Jr. Pee Wee Coaching Guide – Introduction

Welcome to coaching Jr. Pee Wee for the Beacon Soccer Club. This coaching manual has been put together to guide you and your Jr. Pee Wee team throughout your upcoming season. This document contains an aspirational vision for you as you lead your team in the finer points of dribbling, passing, shooting, and teamwork. All activities are appropriately designed for the U7 and U8 age range and every activity and game can be modified and adjusted to your own team's needs and abilities. Also included are some coaching guidelines and coaching points to refer to and use when working with this age group in teaching them basic skills.

In the Appendix of the packet are Game Procedures, Helpful Links, and an activity called Alphabet Soccer. This is a season long project where each letter of the alphabet is associated with a skill or activity. The players can practice and challenge themselves throughout the Spring and Fall seasons. When they complete an activity, they cross-out the corresponding letter, with the goal to have all of the letters crossed out by the end of the Spring season. The activities range from easy to challenging and touch upon various aspects of soccer. This is a good activity that the players can do in their own time or as a team at the start of each practice, on their own, during the winter months or anytime your young players see fit!

This document is meant to act as a guide to help you set your players up. The Executive Board of the Beacon Soccer Club respects each coach's autonomy, but we recognize the needs of our young athletes must come first. It is with this spirit that we offer you these suggestions for how to work with your soccer players. Everything offered here are simply thoughts and ideas for you to utilize. We are happy to advise and discuss anything in this booklet with you. If you have any questions, please feel free to contact us by email.

On behalf of the Beacon Soccer Club, I want to wish you a very successful soccer season.

Respectfully,
Virginia Dotson
Jr. Pee Wee Coordinator

Coaching Philosophy/Expectations

BSC Philosophy: BSC strives to give our youth an opportunity to learn and play the game of soccer and in doing so, also teach the principles of sportsmanship, honesty, cooperation, teamwork and respect. We provide a supervised, orderly and progressive program of instruction (curriculum) and competitive soccer games. All Officers, Directors, Members, Coaches, Players, Sponsors, and Supporters shall bear in mind that the attainment of exceptional athletic skills or the winning of a game is secondary, and that the molding of future adults is of primary importance. The Club and its Board of Directors strives to provide reasonably equal benefits and opportunities to all registered players whether recreational, instructional or competitive travel.

“The coach’s long-term goal is to prepare the player to successfully recognize and solve the challenges of the game on his or her own. It is vital that the coach approaches soccer with this in mind.” – US Soccer

Coaching Requires:

**Kindness
Patience
Respect**

Referee Expectations

Our referees are learning how to referee a soccer game.

Referees calls are to be respected during games.

Do not argue, questions, criticize, or yell at a referee.





COACHING CHALLENGES

BLOWOUTS

Soccer is most fun and instructive for everyone when it is a challenge. At the start of our season, our Division Directors work to create balanced teams. This is not a perfect science and there may be teams that have advantages over other teams. So, there might be blowouts during the season. In our league, a blowout is defined as a seven (7) goal differential. Coaches of both teams should be able to notice a blowout beginning at around a four (4) goal differential.

The goal of each division is to ensure individual player development for ALL players on the field. So, blowouts should be a rare occurrence. If you find that your team is regularly blowing teams out or are regularly on the receiving end of blowouts, please let the division director know.

Below are some strategies to help both teams manage a game with lopsided scoring:

Simple Solutions:

- Move scoring players to a defensive position (consider limiting their advancement to the build-out line).
- Put scoring players in as goalkeeper.
- Scoring team can play down a player (this will give the other team the ability to play in field that is less constrained by crowds of players).
- Put non-scorers up-front in the “offensive” positions.
- Non-scoring team can play “up” a player.
- Stop scorers from scoring – those players are to work on passing and distributing the ball.
- Play without a goalie.
- Use the lines on the field as boundaries – tell the offensive players that they cannot cross midfield to help on defensive players (lets other team have a numbers advantage).

Challenging Solutions:

- Work with the other coach at halftime to divide up the teams and play a “scrimmage” style in the second half.
- Distract a key player – call him/her over to discuss strategies while the game is going on to give other team the opportunity to create play.
- Put in passing rules, such as everyone must pass the ball after two dribbles (this is difficult in our division as passing is not part of their developmental level...but give it a try!).

COACHING CHALLENGES

EXPERIENCED & INEXPERIENCED PLAYERS

One major reality of this age group is that all of the players have different skill levels and physical abilities. You might have players who have been organized soccer for a couple of years and players who might be starting their soccer experience. The job of the coach is to give both experienced & inexperienced players a chance to develop their soccer abilities. We suggest giving each player simple, achievable goals for every game, such as:

- **Experienced Players** – Set goals for them to make soccer moves they are learning in the Coerver training, get other players involved in the game, focus on defense and/or try to distribute the ball. After the game, highlight a specific move or maneuver to encourage their continued exploration of advanced level play.
 - BSC offers travel team opportunities for boys and girls at around the age of 9yo. Tryouts for these teams occur in the late spring. Encourage these players to tryout for the travel team programs. The BSC travel programs are focused on player development while exploring soccer in a more competitive environment.
- **Inexperienced Players** – Give these players specific and achievable goals – touch the ball a certain amount (ie. 6) of times during the game or take three or more dribbles with the ball. After every game, offer them encouragement for a specific play they did during the game (got in the way of an attacking player or kept their feet on the ground during a throw-in).
- **OTHER SUGGESTIONS:**
 - Create your sub plan before the start of game with equal playing time for all players in attendance. This will alleviate the pressure and tendency to play your best player(s) for the entire game. Give all players the chance to play.



Girls Versus Boys & Boys Versus Girls

The BSC recognizes that there are some fundamental differences in the ways that boys and girls experience organized sports. To honor those differences, the BSC offers a Girls Soccer Workout night during the spring season.

Usually on Wednesday nights, the night allows for girls who are U10 to experience soccer in a friendly and competitive environment. In the spring, encourage the girls on your team to come out for the Girls Soccer Workouts. More information will be shared during the season.

Communication – Players and Parents

One of the more important things that you will do throughout the Fall and Spring season will be to communicate with your players and their parents. Below are some thoughts and ideas for how you can communicate with your players. Appendix 2 includes some sample letters and emails that can be sent out to the families of your players.

Each coach will get a “Team Page” thru Sports Sign UP. On this website/app you can find your team roster, send emails, and create a schedule. The app has some unique features. The most important feature is sending email reminders to your player’s parents about your upcoming practices and games. Each coach will receive their website information via email.

Your schedule should take about 15 minutes to create on the website/app. It is very easy - you can even cancel a practice at the last minute from your smart phone if it suddenly starts to rain.

Communication with Players

- Keep comments POSITIVE and ENCOURAGING.
- Soccer specific information should be limited to basic ideas (keeping the ball in bounds or maneuvering in tight spaces).
 - Ball handling is most important at this level passing is secondary.
- Field positions and functions will be explained. Encourage players to play proper positions on field.
 - Formations should not be addressed at this level.

Communication with Parents

Should also be positive and encouraging
Let parents know what expectations will be for playing time
Important for parents to understand sideline ethics

- Model the Model of good behavior
 - Parents should be cheering...but, not coaching.
- No yelling at or criticizing the referees and/or the calls that they make.
 - Not taunting other players or referees
- Parents sit on the end line - behind the goals. Never between fields.
- Cheering for their child, the other players on the team, and the opposing players is encouraged!



Jr. Pee Wee Practices

Practices at the U8 level are meant to be fun-inspired opportunities for children to explore their creative sensibilities with a soccer ball. The coach's long-term goal is to prepare the player to successfully recognize and solve the challenges of the game on his or her own. It is vital that the coach approaches soccer with this in mind. The BSC hopes to provide coaches with a clear goal and idea of what should be accomplished at a practice:

- **NO LINES, NO LAPS, NO LECTURES.** Create exercises/games that replicate and repeat the movements and situations that are found in soccer and that allow the player to grow comfortable and confident with the ball.
- **ONE BALL PER CHILD (size 4).** Encourage players to move with the ball at his/her feet and deal with boundaries, opponents, teammates and goals.
- **PLAYERS ARE TAUGHT BY WATCHING AND COPYING.** Keep in mind that soccer is a pretty simple game. If you are involved in soccer for long enough, you begin to realize that all the many little games that work are really just variations on the same basic concepts.
- **When drilling keep numbers from 1v1 to 4v4 never more.** As long as the parameters that you have established in your exercises/ small-sided games are true to soccer (goals for scoring and defending) , creates the problems that you want the kids to solve (protecting the ball while dribbling, etc .), and allows your players to be challenged and find some success, you're on the right track.

"I don't believe skill was, or ever will be, the result of coaches. It is a result of a love affair between the child and the ball" – Manfred Schellscheidt

Characteristics of Game/Activities

Dynamic
Organized but unstructured
Free Movement
Fun
Decision Making
Age Appropriate



Most Importantly – HAVE FUN!

Practice Logistics

At the Jr. Pee Wee level, teams will practice once a week for one hour (usually on Tuesday or Thursday). The BSC strongly recommends that teams ONLY practice once a week. Below is a suggested outline for how a one-hour practice session should look like:

1. BSC contracts with Coerver Soccer to coach ball mastery skills for our Jr. Pee Wee, Pee Wee and Travel Teams.
2. Teams should follow the model of 30 minutes of small-sided practice and then 30 minutes of Coerver Training.
3. While playing small-sided games, coaches should reinforce the ball skills that are being learned in the Coerver sessions.
4. **Team coaches should be working with their teams during the Coerver session - helping the Coerver trainer to manage the players and reinforcing what the Coerver trainer is introducing during the session.**
5. After the full-hour practice session, the players should be dismissed back to their parents

Small-Sided Practice (Suggested Format):

5-Minute Welcome/Warm-up

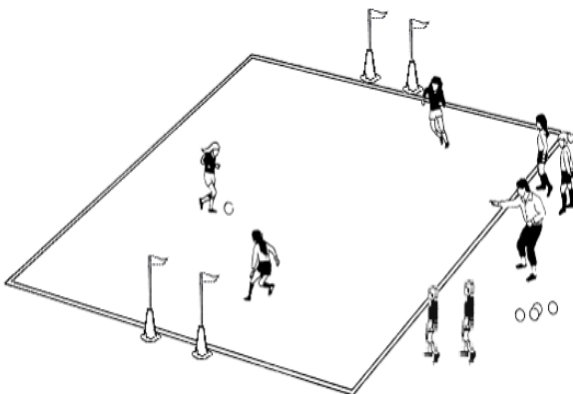
10 Minute Small Sided Game (1v1,3v3)

Water Break

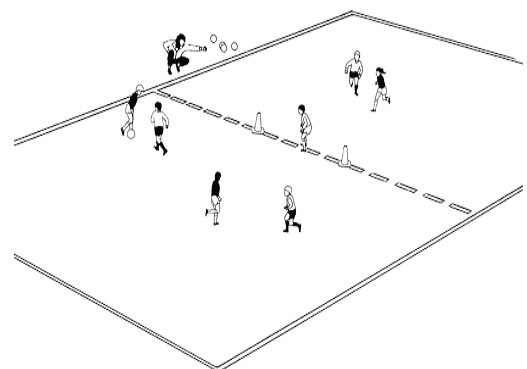
10 Minute Small Sided Scrimmage (3v3 or 4v4)

Wrap-Up and then switch to go to Coerver

Examples of small-sided games:



1v1 or 1v2 – Players work on Foot Skills



3v3 (with goal in the middle)

Game Principles

So, by now you have realized that we are about to put you in charge of 10-11 children that you have never met before. On top of that, we are going to expect you to manage a soccer game, find a way to get everyone equal playing time, and make sure the children are having fun! Believe it or not, this is the most manageable part of coaching youth soccer.

Please know that winning games should not be and, most likely, will not be a child's motivation. Consider the following excerpt from the United State's Soccer Federation's "Best Practices For Coaching Soccer In The United States":

"At the younger ages (6 to about 10), soccer is not a team sport. On the contrary, it is a time for children to develop their individual relationship with the ball. The fact that younger children are placed into team environments is not their fault. Do not demand that the more confident players share the ball. Encourage them to be creative and go to goal. Do the same with the rest of your players. Work to bring all your players up to that level of confidence and comfort with the ball. Coaches should avoid the impulse to "coach" their players from "play to play"-in order to help them win the match. Coaches should not be telling their young players to "pass rather than dribble," to "hold their positions" or to "never" do something (like pass or dribble in front of the goal)."

But let's be honest...soccer games are the best. Kids are wearing awesome looking uniforms, parents are cheering on the sidelines, the grass is cut, the canteen is open, and the fields are lined perfectly. Saturday morning soccer games will fill parents and children with memories that will last a lifetime. One of our goals as a league is to make sure those memories are positive and the lessons learned in games are valuable.

Objectives of Jr. Pee Wee Soccer

- Handling the ball with both feet (passing, dribbling, shooting, trapping and turning).
- Communication on the field amongst players.
- Positioning, to start game, during, and after an action.
- Moving ball towards goal (offense)
- Stopping goals (Defense)
- Turning ball around (Transition)



Game Logistics

Saturday morning logistics are what cause coaches the most challenges. You should have met all of your players by the first game and now realize that you have to find playing time for all of these players. You have done the math and can't possibly figure out how to get an awesome amount of playing time to the 11 players on your team. Below is a suggested sub plan to manage and maximize minutes in a soccer game.

Charlie- G				
Emilio	Brayden	0-6mins		
Madeline	Sarah			
Ava	Vivi			
Joseph	James			
Cole				
Silas				
Charlie- G				
Brayden	Emilio	6-12mins		
Sarah	Madeline			
Vivi	Ava			
James	Joseph			
Cole				
Silas				
	Charlie- G		12-18mins	
	Emilio	Cole		
	Madeline	Silas		
	Ava	Vivi		
	Joseph	James		
	Brayden			
	Sarah			
		Charlie- G		18-25mins
		Cole	Emilio	
		Silas	Madeline	
		Vivi	Brayden	
		James	Sarah	
		Ava		
		Joseph		

1st Half Sub Plan

- You will probably have 11 players on your team
- In a 50 minute game, each player should get about 25-35 minutes of playing time.

Substitute Rotation

- Plan to call for subs every 6 minutes.
- Two players will stay on the field during every rotation (those players are in bold).
- Repeat rotation in the second half with different players playing the most minutes.

Suggestions

- Players who do not start in the first half should start in the second half.
- When you have less players, then players can get more playing time.
- If you have even one sub, then your best player should not play the whole game.

Appendix

#1

Jr Peewee 6-7 (No Standings) - Operating Procedures

Size 4 ball

Field Size 40x25

7v7 Each team will play 6 on field with 1 goalie

Practice 60 minutes once a week- games 2-25 minute halves

No Forfeits (If a team does not have enough players, either play down or even out teams).

Cancellations: In the rare instance that games are cancelled, coaches have the option to set-up a make-up game (usually an evening game sometime during the week).

- Set the reschedule date and time with the other coach.
- Notify Age Group Coordinator to confirm field availability and referee

Game Operating Procedures

- 2 X 25 minute halves
- All players must play at least half of every game and should play an equal amount of time as all of the other players on the team.
- Throw ins are introduced
- No penalty kicks in the box (Direct kick outside the box which can be defended)
- All laws of the game to be followed except the following:
 - Offside will take effect in the Spring (Fall season explanation will be given but not awarded).
 - Fall season players will redo thrown ins, Spring season improper throw ins will lose possession.
 - During goal kicks and goalie kicks, players from the other team should return to the “build-out line” or mid-field line.
 - On goalie kicks, the ball should be thrown or rolled - Goalies may NOT punt the ball
 - **Max 7 goal differential.** No team shall score more than 7 goals over their opponent. Coaches should try to find ways to prohibit high scores either by moving players around (i.e. best player moves to goalkeeper)...This should be assessed by the 4th goal over opponents score.
- Formations (i.e. 3-3 or 3-2-1) should not be addressed at this level.
- No player shall play goalie every game or full game (players need to learn all positions).
- All players should be substituted to ensure that all players play an equal amount of time in each game.
- Players should not engage in HEADING, in either games or practice.
- The goalie cannot punt the ball.

Jr Peewee 6-7 (No Standings) - Operating Procedures

Build-Out Line

The purpose of the build-out line/midfield line is to allow goalkeepers and defenders more time to control the ball before being pressured from opposing players; to play the ball without pressure and build play from the back.

- At all goal kicks and goalie possessions, opposing players must move out of the build-out area. Opposing players must remain on the other side of the build-out line/midfield line until the ball touched by the offensive team.
- Ball is in play once an offensive player touches the ball OR if the ball passes the build-out line.
- There are NO punts allowed by the goalie.

Sponsors Tournament

- The Spring season will culminate with a morning-long soccer tournament
- Teams will play 3-4 games in a round-robin style
- The games will be 15-18 minutes in length
 - Each game will have a running clock
 - There will be NO half-time in these games
- Each player must play at least half of every game
- While medals will be awarded to the top three team finishers, the goal of these games remains the development of each player's soccer skills.

Spring Picnic

At the conclusion of the Spring season (mid-June), the Beacon Soccer Club hosts a barbeque picnic to celebrate the year's successes and honor our player's accomplishments.

- All families within each division are asked to provide a specific item for the picnic (water, brownies, cookies).
- The BSC will provide hamburgers, hot dogs, and buns.
- Along with the picnic, coaches are asked to bring their teams over for a presentation of trophies. All players receive a trophy to commemorate their year of Beacon soccer!
- The Elks Soccer Shootout takes place during the picnic. Have your players get ready to take aim at some small goals. Players with the highest points receive a trophy and the chance to move on to the Regional Shootout.

Communicating With Referees

- Our referees are learning roles and responsibilities of being a referee. They will make good calls and they will miss calls.
- There should be no speaking to, criticizing, questioning, or "yelling" at referees.
- If you have any questions about the referees, contact your division director.

Appendix

#2



U-8: 1st and 2nd Graders

Soccer is still all about having fun with the ball and encouraging the children to want to have the ball at their feet. The numbers should still be one and two players to a ball.

GAME APPLICATION

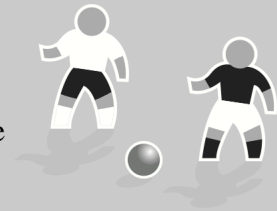
Game Form: 3 v 3 is best option for these ages

GK Status: Optional. Players should not be limited to playing one “position”

Field Size: 4 v 4 (40 yards x 25 yards)—3 v 3 (30 yards x 20 yards)

Ball Size: 3

When ball goes out of bounds, the game is restarted with a kick-in or dribble-in. No throw-ins.



■ SOME THOUGHTS ABOUT THIS AGE

These children are still young. By the end of this phase, (around eight- years-old) children are beginning to be able to apply past experience to the present situation. For example, at a simple level, they can remember what they were shown or what they tried with the ball from last practice. At the same time, this ability is not present on a consistent basis. They are still not able to imagine consequences (i.e., if you do this, what will happen?). Let them learn through experience.

Do not attempt to replicate organizational schemes that you have seen older teams doing. Seven and eight year olds are not capable of playing anything that resembles organized soccer. For example, team concepts such as combination play or positions should not be introduced at this age.

Do use older players as mentors and role models. Often the younger players will learn simply by watching how the older players move or by what they can do with the ball.

GOALS FOR PRACTICE, GAMES AND SEASON

■ PRACTICE:

There should be a lot of playing with the ball in small numbers for relatively short periods of time. A key focus for this age is to encourage players not to fear the ball. Give each player plenty of opportunities to experience the ball at his or her own pace. For example, organizing games where there are multiple goals and balls for the players to work with. Also, games where they are changing direction and changing how fast they run, and dealing with balls on the ground and with bouncing balls.



“I don’t believe skill was, or ever will be, the result of coaches. It is a result of a love affair between the child and the ball” – Manfred Schellscheidt

■ **DURATION, RATIO OF BALL: CHILD**

Practices should last 45 to 60 minutes. For most of the practice, each player should be actively involved with a ball. Games of 1 v 1 or games up to 3 v 3 with multiple balls involved (2:1 ratio of player to ball) and games to goals are also enjoyable and effective for this age.

■ **GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING DURING PRACTICE**

No Lines. No laps. No Lectures. Attendance is still optional. Provided there is adequate supervision, children at this age should be allowed to come in and out of practice as they please. At this point, if you have not already done so, you may want to introduce some boundaries. However, don’t allow the boundaries of the environment to hinder the training time by producing frequent stoppages of play because the ball goes ‘out of bounds.’ Try to keep the flow of the game going. Encourage informal play without pressure to “perform.” Encourage the basic skills and give the players a lot of time with the ball. This will ultimately build their confidence. Make sure to always include games to goals.

■ **GENERAL DESCRIPTION OF INFORMATION THAT IS COMMUNICATED TO THE PLAYERS BY THE COACH**

Similar to the U-6 age group, the coach/parent should be positive and encouraging of each child. Specific soccer-related information should be limited to basic ideas of how to best keep the ball from running out of bounds too often, as well as some simple ideas for maneuvering in tight spaces and past opponents. Coaches should exclude discussions about positions or other team concepts. When addressing technique, consider that kids learn much by watching and copying. A good picture of proper technique can be a very powerful learning tool. Coaches should say things such as, “See if you can make it look like this.” Limit time spent breaking down the mechanics. Instead, try to do most of your teaching of technique by offering a picture and then set up fun games where the objective of the game is for players to practice certain ways to control the ball. This approach allows the player a certain amount of freedom to develop their ball control and accept that there is more than one way of doing it. This is applicable at least through U-12.

■ **GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING IN MATCHES**

U.S. Soccer recommends that there be no organized matches at this age. Consistently set up mini games at practice for your kids to compete with and against each other, according to their age. There will be no need to keep score or even be very involved, except to enjoy the players and their effort and joy. Every player should look forward to opportunities to have the ball at his or her feet



and to score. It is the coach's responsibility to encourage this fear-free culture. For the 7- and 8-year-old groups, these games should only be seen as another fun activity that happens to include a soccer ball. They are not ready for specific soccer type information and there should be no emphasis on team concepts or positions. They will have plenty of opportunities to play in "real soccer games," as they get older. Most of the information from coaches during these times will pertain to each player's individual relationship with the soccer ball — to want it, how to find it, deal with it, feel more comfortable with it, keep it close, etc.

■ BEST QUALITIES OF A COACH FOR THIS AGE PLAYER

This coach must clearly understand the capabilities and limitations of this age and appreciate the power of learning by watching. He or she must have the ability to demonstrate or to use older players to demonstrate.

■ NUMBER OF MATCHES PER CALENDAR YEAR

No organized matches where the score is recorded.

■ BREAKS FROM ORGANIZED/MANDATORY SOCCER

Children at this age should not be participating in a mandatory soccer program and should be free to participate at their own pace. There should not be a penalty or consequence for missing practice and no discussion about "commitment." An effort should be made to include any child that wishes to play soccer. It is healthy and appropriate to group players according to ability level, but movement between groups should be open and fluid in order to reflect changes in ability and individual development from year to year or every six months.

■ TRAVEL

None.

■ TOURNAMENTS, FESTIVALS, ETC

None.

■ STATE, REGIONAL AND NATIONAL CHAMPIONSHIPS

None.



CONSIDER THIS: How can the coach help all his or her players to develop to their potential? First, help your weaker players to develop their confidence with the ball. At the same time, continue to challenge your stronger players to expand their creativity and confidence. Confidence is the key. The more time they spend during practice and games with the ball at their feet, the more comfortable they will become, the more confident they will become, the more they will look to get involved, and the more fun they will have with soccer.

Remember that the level of skill and competence that a 9-year-old exhibits is no indication of the skill and competence that he or she will exhibit at 16 or 18 years of age. You cannot predict which 9-year-old will develop into a real player. Therefore, work to encourage all your players to be competent and comfortable with the ball. This will give all your players the same opportunity to reach their potential.

Work during practice to move all your players forward at their own pace. Do not be concerned with match results. Be concerned that all your players want the ball at their feet and they want to score. If you can accomplish this, you have successfully allowed your group to grow as soccer players. Unlike practice, you cannot add more balls/goals during games to give kids more chances with the ball. But you can emphasize certain themes for the players to focus on, such as getting involved, attacking the goal, taking chances, and then spend the length of the game reinforcing these points. This approach will give your players the green light to experiment and be creative - qualities that, unfortunately at the younger ages, are often discouraged on game day, in the name of being safe and winning.

Appendix

#3

Beacon Soccer Club Helpful Links:

These links are meant to help guide you as you frame your coaching ideals for the upcoming season (you will also receive this manual as a PDF, so that the links can be opened easily). Check them out as per your needs.

Programs affiliated with Beacon Soccer Club:

Beacon Soccer Club - <https://www.beaconsoccerclub.com/>

Red Bulls Soccer Camps - <https://www.redbullsacademy.com/training/camp-programs/>

Coerver Coaching (NY) - <https://www.coervernewyork.com/>

Soccer.Com - <https://www.soccer.com/>

Coaching Websites (some have a fee and some don't):

Soccer Coach Weekly - <https://www.soccercoachweekly.net/>

The Coaching Manual - <https://www.thecoachingmanual.com/>

Smart Soccer Coaching - <https://www.smartsoccercoaching.com>

If you would like to further your understanding of youth soccer coaching, please check out the Grassroots Soccer Certification program offered by US Soccer. The program is a two-hour long online course.

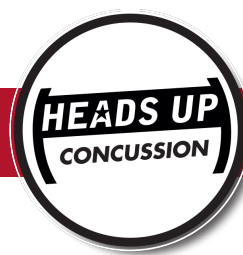
Grassroots Certification is offered in 7v7 coaching.

US Soccer Learning Center (create an account and click on Grassroots Soccer) - <https://learning.ussoccer.com/coach>

Appendix

#4

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

► **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall

JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO [>> WWW.CDC.GOV/CONCUSSION](http://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

Appendix

#5

Sample Welcome Letter

Dear Yankee Clipper Parents,

I trust that you are as excited as I am about the start of our soccer season. Our team is made up of first and second graders with various soccer experiences, from first time players to kids who play for Beacon's Travel Teams. As we approach our first game, I want to share with you some goals, ideas and intentions for the upcoming year. These aspirations come from various sources, whether they are US Youth Soccer, Beacon Soccer Club, or my own views:

- **Play** – Soccer is known as the beautiful game and as such I will be encouraging skill and player development. Winning games should not be and, most likely, will not be a child's motivation. They want to be having fun. We will be focusing on skill-development, self-esteem, teamwork, good sportsmanship and fun!
- **Parent Responsibilities** – Come to the games in the spirit of fun and play. Meet other parents and coaches. Make sure your youngster comes ready to play – with proper equipment and attitude. Help them develop the skills and tactics for the game. Go to a pro or college game with your child or watch a game on television. Kick the ball in the backyard. Soccer is NOT an easy sport, so don't criticize a player for making mistakes – applaud good effort.
- **Sideline Ethics** – Let the players play, let the coaches' coach, and let the referees judge. It is very important that the adults "model the model" of sportsmanlike behavior. So cheer for your children, cheer for the team, honor the referees, and appreciate the work done by the volunteers who are making Beacon Soccer Club a wonderful experience for the players.
- **Perseverance** – Players will meet many obstacles on the soccer pitch. A missed call by a referee or getting knocked down by an opposing player will present challenges for our children to overcome. Perseverance is a skill that is learned through athletics and every obstacle presents an opportunity to persevere. So when challenges are presented to our players, I hope that you will join me and help them to persevere beyond those challenge.

I look forward to coaching your child and seeing you throughout the season. **Please plan to arrive 15 minutes before every game to allow for pre-game preparations.**

Please contact me if you have any questions.

Sample Spring Welcome Back Letter

Dear Yankee Clipper Parents,

I trust that you are ready for the snow to end and for Spring weather to upon us.

Last season, my coaching focused on individual player development. This season, I will have the players begin to explore the concepts of offense and defense. During each game, players will be assigned to be an offensive or defensive player and they will experience how to intuitively respond to that assignment. In soccer, all players (forwards, midfielders, backs...and even the goalie!) play both offense and defense. This will NOT be an exercise in positioning, but rather an opportunity for players to independently respond to the ongoing changes that happen during a soccer game.

"I don't believe skill was, or ever will be, the result of coaches. It is a result of a love affair between the child and the ball." - Manfred Schellscheidt (longtime coach with US Soccer)

As with last season, the goal for each player will be for them to be involved, dribble with the ball, attack the goal, experiment and be creative.

Below are a couple of updates and reminders for the approaching season:

- **Parent Responsibilities Reminder** – Come to the games in the spirit of fun and play. Meet other parents and coaches. Make sure your youngster comes ready to play – with proper equipment and attitude. Help them develop the skills and tactics for the game. Go to a pro or college game with your child or watch a game on television. Kick the ball in the backyard. Soccer is NOT an easy sport, so don't criticize a player for making mistakes – applaud good effort.
- **Sideline Ethics Reminder** - *Let the players play, let the coaches' coach, and let the referees judge.* It is very important that the adults "model the model" of sportsmanlike behavior. So cheer for your children, cheer for the team, honor the referees, and appreciate the work done by the volunteers who are making Beacon Soccer Club a wonderful experience for the players.

I look forward to coaching your child and seeing you throughout the season. **Please plan to arrive 15 minutes before every game to allow for pre-game preparations.**

Sample Emails To Families



Dear Yankee Clipper Parent,

This is a friendly reminder that the Sponsors Tournament will happen this Saturday - **please have our players at the field by 9am.**

After the tournament, the Beacon Soccer Club will host the annual BSC picnic. Parents from our team are being asked to bring brownies or cookies. These can be dropped off at the big food tent at the fields.

I look forward to seeing everyone on Saturday.



Dear Yankee Clipper Parents,

I hope that many of you plan to join our team for Sunday's West Point Game Day Experience. Watching college athletics is a great way for young athletes to begin understand some of the nuances of specific sports. Below are some details for th

- Plan to arrive around 5:30pm. I suggest you pack dinner and do a tailga parking lots (my family usually brings a pizza to the game). The concess stand is very expensive
- Gametime is at 6pm.
- The event is free.
- Our players will be able to hang around after the game for autographs frc team - this is a memorable experience, as every West Point player will lii and give our kids their autograph.
- Dress appropriate - it should be a brisk fall evening. Bring blankets.
- Bring siblings and family!
- **EVERY PERSON OVER THE AGE OF 16 MUST HAVE A VALID IDENTIFICATION (DRIVERS LICENSE, ETC.)**
- **GPS Directions - 51 Cullum Road, West Point NY**

Please let me know if you have any questions.



Dear Barb's Butchery Parents.

I hope that you had an enjoyable winter.

The upcoming soccer season is quickly approaching. We are slated to start the seas on Saturday, April 7th (pending on whether or not the fields are ready). Also, team pictures are schedules for April 5th and 6th. I do not know any details beyond that. Please pencil those dates into your calendar.

In the meantime, I suggest that you take a moment to find your child's uniform in preparation for our first game. Also, check their shoe size - it has been almost 5 mon and your child's cleats may no longer fit.

If you are planning to withdraw your child from Beacon Soccer please let know so we make proper roster accomodations.

If you have any questions, just let me know.



Dear Roundhouse Parents,

As your child progress through the Beacon Soccer Club, he/she will be given opportunities to play at a more competitive level. Tryouts for the Beacon Travel Teams will being next week. The closest age bracket for our division is the U9 (boys) team (girls may participate on the boys team). I believe that everyone has recieved an email about this, if you have not I have pasted it below.

If you have any questions let me know.

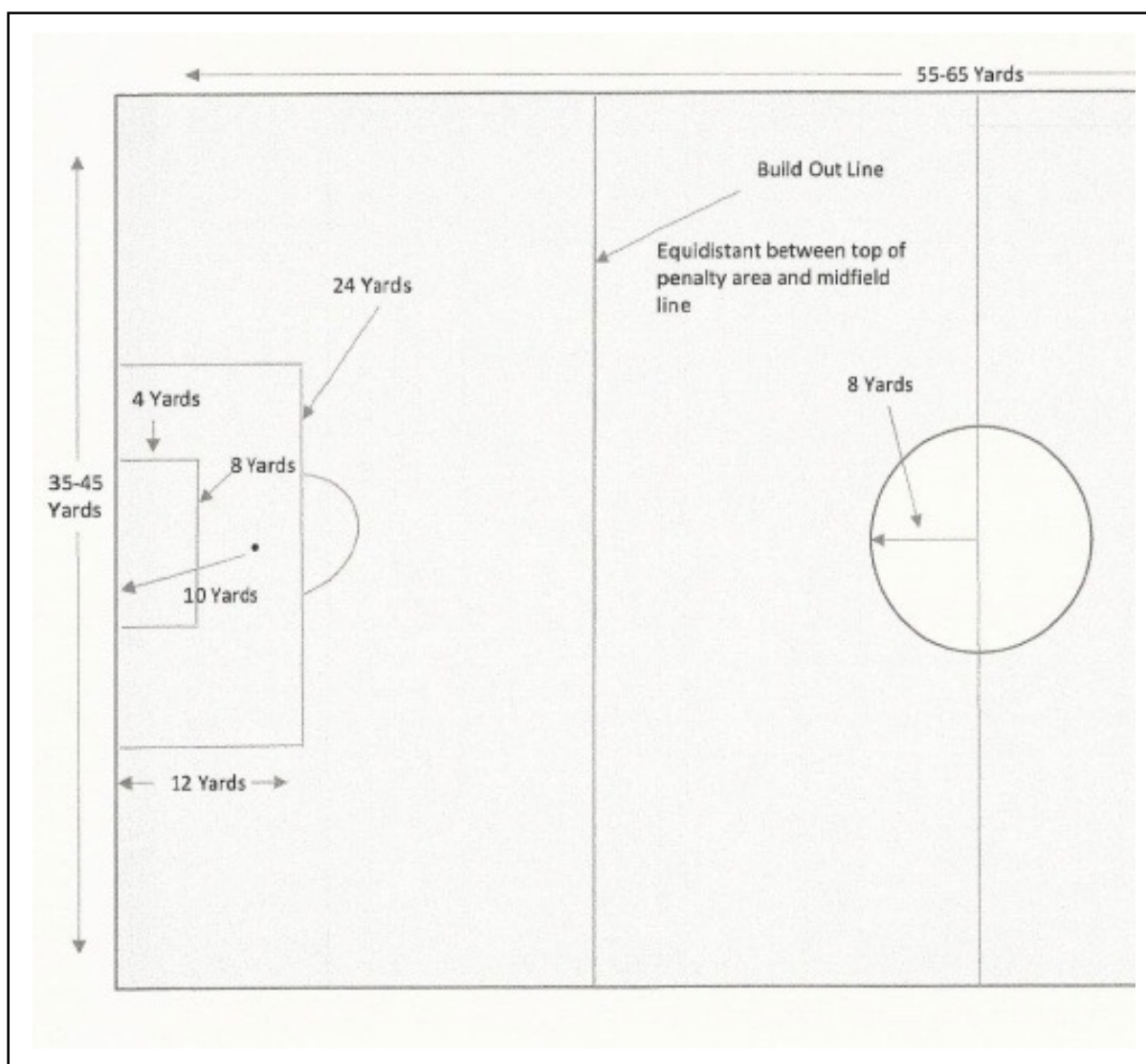
Appendix

#6

Build-Out Line

The purpose of the build-out line/midfield line is to allow goalkeepers and defenders more time to control the ball before being pressured from opposing players; to play the ball without pressure and build play from the back.

- At all goal kicks and goalie possessions, opposing players must move out of the build-out area. Opposing players must remain on the other side of the build-out line/midfield line until the ball touched by the offensive team.
- Ball is in play once an offensive player touches the ball OR if the ball passes the build-out line.
- There are NO punts allowed by the goalie.



(Sample Build-Out Line – Jr. Pee Wee may use midfield as a build-out line)

Appendix

#7

ALPHABET SOCCER



- A** - Agility - 20 Toe taps without stopping (tap your toes on top of the ball)
- B** - Balance – balance the ball on your foot for 3 seconds.
- C** - Control – Trap 5 passes in a row with the sole of your foot.
- D** - Dribbling – Dribble in and out of 5 cones 5 yards apart without touching them
- E** - Exercise – Do 10 star jumps
- F** - Feet – dribble around for 1 minute and touch the ball with your feet 20 times
- G** Goal – Have 5 shots at the goal and score at least two of them
- H** Handling – Don't touch the ball with your hands!
- I** Instep pass – Stand opposite your partner and make 5 passes with the instep.
- J** Juggling – Juggle the ball two times with one bounce in-between each touch
- K** Kicking – Place a ball on a cone stand 5 yards away, knock the ball off cone
- L** Laces – A part of the foot used when shooting – Score a goal with your 'laces'
- M** Moves – Ask your coach to teach you the 'Pull Back' move
- N** National Team – Name a player on the Men's/Women's National Team.
- O** Open – When you are open for a pass you must shout 'open'
- P** Passing – How many passes you and your partner can make in 1 minute
- Q** Quickness – Time how quick you can run from one goal to the other
- R** Receiving – Control the five passes with the instep of your foot
- S** Shooting - Have 5 shots at the goal and score at least three of them
- T** Turns – Have your coach teach you a turn
- U** U- Turn – Do a turn any one you like to go the other direction when dribbling
- V** Victory – Make up your own celebration when you score a goal
- W** World Cup – name the team that won the World Cup ()
- X** "X-terminate" your coach – dribble in a square and hit your coach with the ball
- Y** Yelling – Support your team mates, "yell" for them when they race
- Z** Zidane – French soccer player that does the step over – Do the Zidane!

**CROSS OUT THE LETTER WHEN YOU
HAVE ACCOMPLISHED THE TASK**

A B C D E

F G H I J K

L M N O P

Q R S T U

V W X Y Z