

# SOCCER SCHOOL



# COACHING MANUAL

Dear Coaches,

The Unionville Milliken Soccer Club welcomes you to a fun filled season of rained out games, half a team showing up, and players running the wrong way up and down the field. Yes, its soccer season and what we need to overcome all these pitfalls are good coaches. Coaches who are dedicated to giving these tiny, up and coming world cup soccer players an equal chance to score that goal, have loads of fun and develop their full potential.

With this in mind, we have provided you with a coaching package, that will help you deliver a quality soccer season.

Hopefully you will find the enclosed information useful. Our help is available to overcome any problems you encounter.

On behalf of the UMSC Executives, we hope you thoroughly enjoy the important contribution you are making to the children of our club.

Have a Great Season!

Sam Medeiros

Head Coach  
td@u-msc.com





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## PROGRAM DESCRIPTION

The focus of Soccer School is on the social group atmosphere of the game; stressing fun, running; with some development of kicking the ball, dribbling, passing and the non-use of hands. The aspects of positions are not introduced at this level.

| AGE   | SEASON                     | TIME  | PRICE    |
|-------|----------------------------|---|----------|
| 4 & 5 | Begins first week of June. | Once a week on Saturday morning (9:00am) or Monday evening (6:30 pm).<br>Your child will be playing on the same day, same time and same place every week depending on which day you choose. | \$125.00 |
|       | Ends last week of August   |   |          |

### **Each child receives:**

- A uniform (shorts, jersey, socks)
- Shin pads
- Size 3 soccer ball
- Team pictures
- Participation medal
- End of season picnic
- No refunds after uniforms have been handed out to kids (The first or second week).
- Soccer shoes are recommended but not mandatory at this stage.

### **Some of the key factors we are attempting to introduce to the children are listed below:**

Regularly scheduled activity  
 Structured program  
 Concept of "training"  
 Concept of a coach, a group of people listening to one "leader"  
 Concept of sharing, multiple players with a single ball performing drills  
 Concept of skills that need to be refined and mastered through repetitive drills  
 Introduction of the "game" of soccer in a non-competitive manner  
 Concept of rules by which a game is governed

Have A Great Season!

Thank You,  
 Soccer School Director  
 Sonia Sidhu

Club Head Coach  
 Sam Medeiros



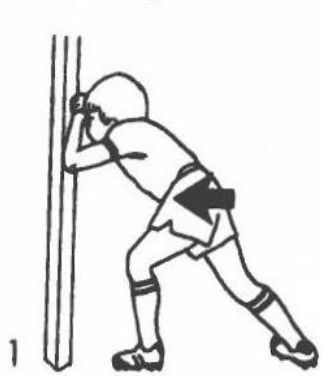
## **SOCCER SCHOOL PRACTICE PLAN**

- 1. WARM UP – 5 min**  
(Warm Up Exercises are on the next page )
- 2. INSTRUCTIONAL (ACTIVITY) – 25 MIN**
- 3. SMALL SIDED SOCCER GAME – 30 MIN**  
(Please view the small-sided soccer rules on page 7)

| <b>TIME INTERVALS</b> | <b>QUARTERS</b>       |
|-----------------------|-----------------------|
| <b>6 MIN</b>          | <b>FIRST QUARTER</b>  |
| <b>2 MIN</b>          | <b>ROTATE PLAYERS</b> |
| <b>6 MIN</b>          | <b>SECOND QUARTER</b> |
| <b>2 MIN</b>          | <b>ROTATE PLAYERS</b> |
| <b>6 MIN</b>          | <b>THIRD QUARTER</b>  |
| <b>2 MIN</b>          | <b>ROTATE PLAYERS</b> |
| <b>6 MIN</b>          | <b>FOURTH QUARTER</b> |

# WARM UP

Stretching must be done at all ages.



1  
20 seconds each leg.



2  
30 seconds



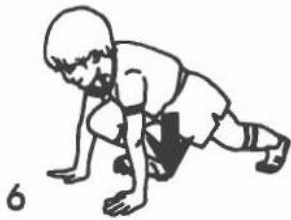
3  
20 seconds



4  
20 seconds



5  
10 times each direction.



6  
20 seconds each leg.



7  
10 seconds each leg.



8  
30 seconds.



9  
5 times each direction.



8 - 10 times.



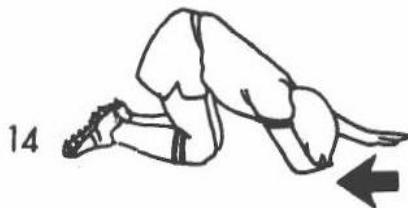
11  
30 seconds each leg.



12  
30 seconds.



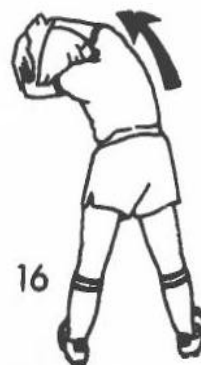
13  
20 seconds.



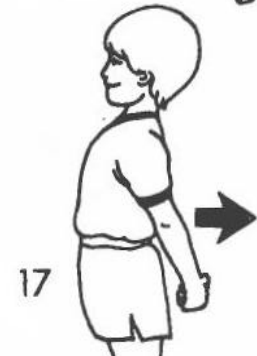
14  
10 seconds each arm.



15  
15 seconds.



16  
10 seconds each side.



17  
15 seconds.



# **SMALL SIDED SOCCER GAME RULES**

- ¼ of a regular sized field is used – see appendices for field dimensions.
- The ball shall be a size 3.
- Games scores are not recorded, there are no league standings, emphasis is on fun.
- Equal number of players on each side 3vs.3
- There is no goalkeeper, please prevent kids from standing in goal.
- No referee will be supplied, one coach/assistant can act as referee to ensure safety.
- One parent will act as timekeeper on each side.
- Duration of the Game – See Soccer School Practice Plan page 4.
- Mandatory player rotations every 6 minutes so kids have equal time on the field.
- There are no Free-Kicks, Penalty-Kicks, Throw-Ins, Corner Kicks or Off Side rules.
- The ball is out of play when it has wholly crossed the goal line or touchline.

## **The Start of Play**

**Kick Off** — A kick off is a way of starting or restarting play

- At the start of the match
- After a goal has been scored
- At the start of each quarter

## **Procedure**

- All players are in their own half of the field
- The ball is stationary on the center mark
- The ball is in play when it is kicked and has moved forward

## **Drop Ball**

A dropped ball is a way of restarting the match after a temporary stoppage. The ball is dropped at the place where it was located when play was stopped. Play restarts when the ball touches the ground.

## **Fouls and Misconducts**

### **Recognition**

The following players fouls and misconducts need to be recognized by the coach.

- Kicks, trips, holds an opponent or attempts these acts.
- Handles the ball deliberately.

### **Punishment**

A drop ball will soccer at the point of foul or misconduct. The coach should explain to all players involved what they did wrong. Return the ball back into play as soon as possible.

## **WHY SMALL SIDED SOCCER?**

**Participation is maximized, allows players to frequently touch the ball.**

**Absence of goalie presents many opportunities to score goals.**

**Eliminates complicated rules that may confuse and hinder youngsters from playing.**



## SECTION B – ACTIVITIES

The hard copy Soccer School Coaching Manual includes more activities that focus on developing the following soccer skills listed below:

### **“Key” Coaching Points:**

#### Dribbling:

- Change of speed.
- Change of direction.
- Head-up.

#### Passing:

- Use inside of foot, lock ankle.
- Non-kicking foot pointing in direction of pass.
- Follow through to target.

#### Ball Control:

- Get into the flight of the ball.
- Choose surface.
- Cushion ball.

#### Shooting:

- Use laces, lock ankle.
- Non-kicking foot pointing in direction of shot.
- Follow through to target.

## UMSC SOCCER SCHOOL GAMES & ACTIVITIES

### **Bees**

⚽ Players dribble their ball in a defined area (tell them they are bees and to buzz), then after awhile, the coaches (or a few parents) walk inside the area. It is the job of the "bees" to "sting" the big people with the ball. A sting = a pass or kick.

### **The Monster Walk**

⚽ This game teaches them to carry out an inside kick/pass. Teach them the "monster walk"! We will help you with this technique at the coaches clinic. Take a step and drag the back foot sideways. (Tell them to stand up and act like a big monster with a bad leg.) Then add a ball to this technique so they are dragging the ball with their back leg.

### **Star Wars**

⚽ You can get parents involved with this game. Players line up at one end of the field (goal line) and the parents line up adjacent to them on the other side with multiple balls. The goal is for the kids run to the end of the field without getting hit with a ball kicked by the parents. If a player is hit with a ball (always below the waist- no ball should be kick hard or high) they are out and become one of the shooters – you can make this game more complex by directing players to dribble across the field while avoiding being hit.

### **Egg Hunt**

The Story: Mother bird's eggs have fallen out of her nest. The players must find all the eggs and bring them back into the nest so they are safe.

⚽ Line the players on one end of the goal line. The balls are scattered on the field. Release the kids to gather all the balls and bring/dribble them into the opposite goal. Try to have at least as many balls as kids-more is better.

### **Farmer and the Foxes**

⚽ This game teaches players to use their body to protect the ball. The farmers have to catch the foxes. Players insert their shirt into their pants, giving them 'tails'. You, then release 1, 2, or 3 farmers (parent volunteers or other players) to catch the foxes tails, rendering them "out". Immediately after 2 or 3 games, have players do the same game while dribbling the ball and then they can play with balls and no tails!

## UMSC SOCCER SCHOOL ACTIVITIES – Shooting, Dribbling

### **Find The Coach**

⚽ Each player has their own ball and is spread out around the field. The players get on their knees while placing their foreheads on the ball; they close their eyes. The coach moves to a far away area (inside the field). When the coach blows the whistle the play begins. Players must get up quickly from the ground (an important concept for 5 year olds), find the coach, and then dribble to the coach and shoot at him. The first one to have a ball strike the coach wins. In addition to keeping their head up while dribbling, this drill also teaches quickness shooting, and dribbling with a crowd. You can alter the drill by adding additional coaches (parents) and have coaches move rather than stay stationary.

### **Hit The Coach**

⚽ Players stand shoulder-to-shoulder facing the coach who is about 5 steps away. On "Go", the Coach runs slowly away while the players dribble to chase him. The objective is for the players to hit him with the ball by shooting at him. They get 1 point each time they hit him. Recruit parents to provide more than one target. Have fun with this game, say if they hit you 5 times say you will make the sound of their favorite animal. When you are hit 5 times, stop & let them choose a sound. 5-10min

### **Run and shoot**

⚽ Players dribble toward the net and shoot. You should normally avoid any drills with line-ups, however this one works because the kids move quickly through the line. You should have lots of parents help collect the balls and keep kids moving through the lines. Minutes: 5 - 10

### **1vs 1 shoot on goal**

⚽ Same as above except involving two players. On signal from the coach the two players first in line run near the goal. As the player get close to the goal the coach will throw, roll, or kick (vary how ball is introduced) the ball to the players. The players try to control and dribble for a shot on goal. The coach can give favorable balls to weaker players to even things up and give them a chance with the ball. Variations: Call names randomly so they have to listen for their name and react.

Objectives: Shooting, improves ability to win 50-50 balls. Minutes: 5 - 10

### **Many Goals Game**

Objectives: Passing, Controlling, Supporting. Enhances the players chances of scoring.

⚽ Using cones randomly place small goals around the field. Divide players into two groups. Play with 1-4 balls. The number of goals, the area size, and the number of balls should increase as the number of players increase. You may need to experiment to find a good balance. There are no boundaries and no restarts, play is continuous. A goal is scored when a team completes a pass through one of the goals. Coaches should keep score.

### **Warm-Up: Relay Race (10min)**



Objective: Dribbling, Passing, Team work

⚽ Make as many groups of 3-4 player as you can. X1 sprints around far cone and back passes to X2 and goes behind the line and sits down. The group whose players come around first and sits down wins.



# EXHIBIT A

## TEAM SHEET

| <b>TEAM NUMBER</b>     |            |           |       |                      |         |
|------------------------|------------|-----------|-------|----------------------|---------|
| <b>LEAGUE</b>          |            |           |       | <b>PHONE NUMBERS</b> |         |
| <b>COACH</b>           |            |           |       |                      |         |
| <b>ASSISTANT COACH</b> |            |           |       |                      |         |
| <b>SPONSORE</b>        |            |           |       |                      |         |
| NO:                    | FIRST NAME | LAST NAME | PHONE | BIRTHDAY             | COMMENT |
| 1                      |            |           |       |                      |         |
| 2                      |            |           |       |                      |         |
| 3                      |            |           |       |                      |         |
| 4                      |            |           |       |                      |         |
| 5                      |            |           |       |                      |         |
| 6                      |            |           |       |                      |         |
| 7                      |            |           |       |                      |         |
| 8                      |            |           |       |                      |         |



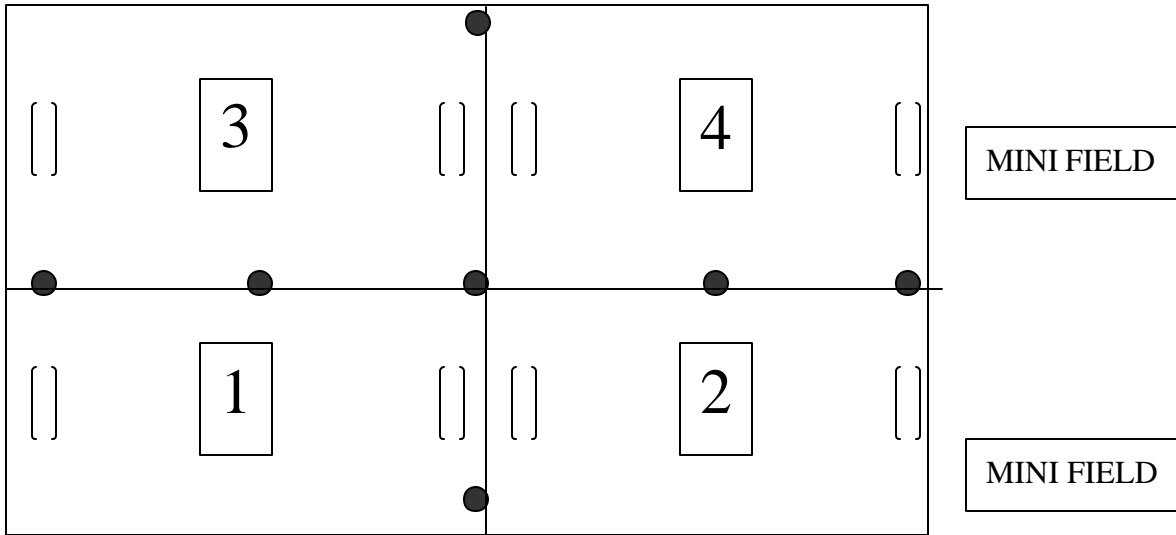






# EXHIBIT D

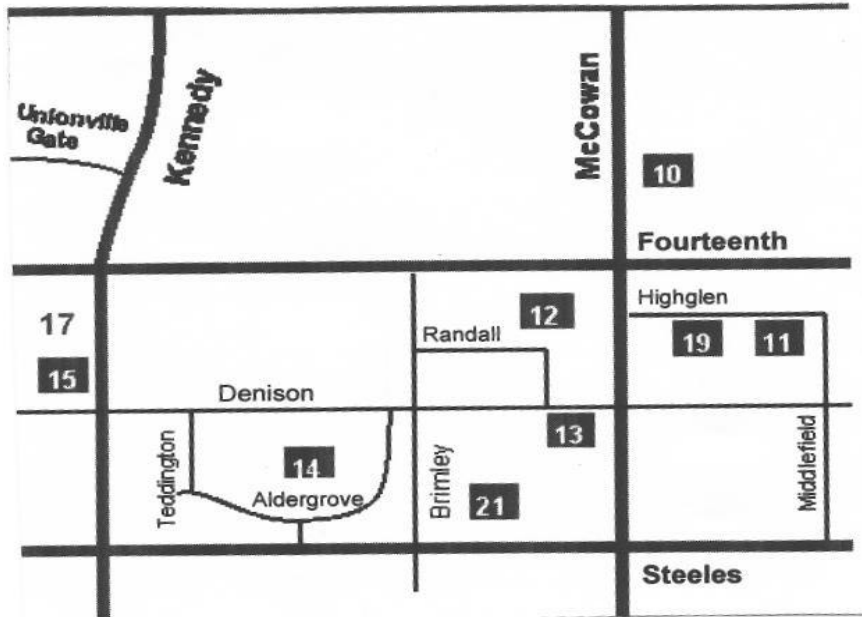
## Field Location and Set-Up

### ALDERGROVE FIELD



-  Pug Net/ Goal
-  Mini pylons

Games will be played at Aldergrove #14 on the map.





## EXHIBIT E

### Resources

E Teams

<http://eteamz.active.com/soccer>

Footy 4 Kids

<http://www.footy4kids.co.uk>

World of Soccer:

[www.worldofsoccer.com](http://www.worldofsoccer.com)

Pill's Drills:

[www.eteamz.com/soccer/pills/jpill.htm](http://www.eteamz.com/soccer/pills/jpill.htm)

Fair Turn Soccer Guide

[http://www.fairturn.com/pdf/FairTurn\\_soccer\\_coachguide.pdf](http://www.fairturn.com/pdf/FairTurn_soccer_coachguide.pdf)

Bishops, Dr. Klaus. Coaching Tips for Children's Soccer. Vienna: Meyer & Meyer Sport, 1999.

Luxbacher, Joe. Soccer Practice Games. New York: Human Kinetics, 1995.

Van Lingen, Bert. Coaching Soccer. Amsterdam: KNVB, 1996.

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