

**SCUGOG  
SOCCER  
CLUB  
U4,U5,U6  
COACHES  
PLAN**

**Welcome:**

The following “plan” is just that; it is a plan to help you enjoy the soccer season. The early years of soccer should be based around two concepts: FUN and the BASICS.

The FUN part is very easy for the new coach. Have a smile and the kids will also have a smile! If you show up to the park with an open, happy mind you will soon find that the players on your team will make you laugh every week. It is an enjoyable experience that will help you grow as a person.

The BASICS part of the season some will find a bit more challenging. This is where the “plan” is designed to help. After spending a season attempting to teach the basics to a group of U5 players I realized that a plan was needed for future coaches. Having coached and played the game at the senior level, I was unaware of the challenges of coaching at the lower ages. Following this booklet I feel, will help you and also allow your players an opportunity to learn about the great game of soccer.

Good luck

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## General Rules

1. Four players out with one goalie. The goalie wears a different coloured shirt: a pinnie which is just pulled over their shirt. (supplied by the club)
2. Players switch every 3-4 minutes. Have a parent organizing the players on the bench by keeping them in a row. Have the next goalie ready and have a parent help change the pinnie to the next goalie.
3. Players should be wearing shorts (provided) and some sort of soccer/running shoe. Shin guards must be worn along with their soccer socks (provided). Team shirts should be tucked in. No jewelry (watches, chains) should be worn.

## Specific Rules of Play

1. The ball starts at centre with one team “passing off”. (See start of play page)
2. When the ball crosses the side lines it is a throw in. (to help the game have players stand back and spread out) (note that in many leagues the ball is put back into play by a free kick instead of a throw in)
3. When the ball crosses the goal line it is a goal kick. (to help the game have the attacking team move back to the centre line and spread out)
4. Minor offences such as: hand ball, accidental tripping, or falling on the ball result in a free kick from that area.
5. Major offences such as:
  - Slide tackle: where the player slides to get the ball.
  - Aggressive pushing: where the player shows no intent to play the ball but rather is just pushing players
  - Kicking at players: where the player shows no intent to kick at the ball
  - Yelling out
  - Any other aggressive play

When any of the above major offences occur, you as the coach need to take action immediately. You may have to stop the game or just call the player aside. It must be explained to the player that this kind of play is not allowed and will not be permitted. Follow the outline below.

1<sup>st</sup> offence: One on one talk between you and player.

2<sup>nd</sup> offence: Talk with the player and parent.

If you see no noticeable changes in the behaviour contact the club. This will allow an executive member to step in and deal with the situation. They will observe your next game and make the proper decision to ensure that the behaviour is changed. Possible solutions may involve sitting out a game or having the player removed from the league.

## Typical Nightly Plan: U4/U5/U6

60-70 minutes:

Total Time	Session Time	Topic
Before	Before	Set up area...balls, cones so that when players arrive they can start their warm-up
0-10	10 min	Warm-up (include family members)
10-30	15-20	Skill/Activity* (include family members)
	2 min	Wrap-up (have all players sit down and high light the positives)
30-40	5-10	Break (freezie or drink)
40-60	15-20	Fun Game
60-65	5 min	Wrap-up (stress positives, location of next week's game...other??) Once again have players sitting down

\*Skill Activity: These are the three skills we would like all players to learn (master) before they move onto the next age group. (U7)

1. Receiving the ball
  - Inside of the foot
  - Key Factor: Body behind the ball
  - Need to be done every time they are at the field
  
2. Basic Kicking: Inside of foot!
  - No toe blasting!! "Say NO to the Toe"
  - Key Factor: Accuracy before power  
(p 54 Grassroots Soccer Booklet-Eye on the ball)
  - How: Little fun events/drills/activities
  
3. Kick a moving ball.
  - Inside of the foot
  - Key Factor: Keep moving forward  
(Why? most kids stop the ball then back up then run forward to kick the ball)
  - How: see practice drills in the Grass Roots Booklets
  
4. Basic rules/Throw in
5. General Player Conduct:
  - Keep your hands to yourself/listen to the coach/follow instructions
  - How: Positive support from the coach/manager

NOTE: The two teams can work together on the skill part if they like...one coach can do the warm-up with the other coach setting up the skill area.

The U4 group may wish to all get together and use the middle microfield as their skill area with the games on the other two fields.

## **The Plan**

### **Organization:**

You the coach will be given a set of balls, one per player, a game ball (different coloured), a ball bag, goalie shirt, some cones, and a coach's bag.

Before the season starts put your team colour and age group (Ex. Blue U5) on every ball. You will be keeping the balls and will give the balls to the players after the LAST game at the end of the season.

You will be given a team list which you are expected to call and outline details of the up coming season. Use the team shirt list attached in your plan booklet to keep track of player's names and number. Have players select their shirt number on the first night. Complete the sheet with names, phone numbers and email. Give out the shorts and socks at this time.

The kids really like to have a freezie break. Ask parents to volunteer to a night or just make the list up your self. Once you have all your shirts assigned and freezie schedule made up, have it copied for all your players. (Note: a parent may not show some night and you may have to go to the canteen and get buy some freezes for that night. Wise to have a set of scissors in your kit bag to cut them)

At these age groups it is not about playing the game but rather developing the necessary skills to be able to play the game properly in 4 or 5 years from now. Therefore more effort is needed in the Skill/Activity part of the hour. You will soon realize that during a game you may have one or two players that dominate the entire game. Many players will rarely touch the ball, and when they do touch the ball they just kick it away.

I strongly recommend that everyone read the "Grass Roots Soccer Coaching" book from front to back before the season starts. The club will be giving you a book. This book is designed for the rookie coach and contains all the Key Factors that a coach needs to be successful.

## Warm -Up

First 10 minutes of the night.

- Make sure that all players have a ball during this event
- Simple
  - Lead the kids around the field dribbling the ball at their feet
  - Keep the ball close to their feet
  - Stop at the line and ask questions...what is the name of this line? What happens when the ball crosses this line?
- Add On
  - Set up different coloured cones: have them dribble through the cones
  - Yell out colour you want them to go through
  - Give them 45 seconds to go through as many as possible...count
  - Have them beat their score
- Stretch
  - Really not needed at this age group but it helps to reinforce following instructions and listening skills
  - Form a circle and work from the feet up to the head
  - Follow the Grass Roots

## Skill/Activity

15-20 minutes...if it is working keep doing it!

The most important skill to learn is receiving the ball. Try to do this at every practice. That said, it hard to start with until you teach the proper way to kick the ball.

Kicking the Ball:

- Inside of the foot
- Work both feet
- Have players pass the ball back and forth to a partner with one ball
  - Start close together, 1 m then move them farther apart
  - 5 with the left
  - 5 with the right
- Progression
  - Set up cones, get points for passing through
  - Move players further back
- Kick a moving ball
  - Roll the ball from centre towards the goal, player runs towards the ball and kicks it towards the net (have players rotate through the net) Parents helping.
  - As they get better start to throw the ball high up into the air (the higher the better as they really like this)

Throw In:

- Always do a throw in outside of the line
- Follow the key points
- Have the entire team move across the field
  - Throw the ball then dribble to the line
  - Go back and forth 4-6 times

Since you have been going across the field, during the game time they now think the ball is suppose to be thrown across the field...this is not the case. The ball is thrown, in most cases, down the line. You will now have to adjust...

- Throw in down the line
  - Have players line up around centre...throw the ball down the line and chase after it ...they then take it towards the net for a “kicking a moving ball” shot on net
  - Progression:
    - Have another player that the thrower throws to. The other player then takes the ball to the net for a shot

During the Skill/Activity you only work on one skill and only for a short period of time (5-10 minutes) depending on how the players are doing. Take a short water break then move into a fun activity for the last 10 minutes of the Skill/Activity part.

### **Fun Games**

1. Sharks & Minnows
2. Simon (Coach) Says
3. Woodpecker
4. Five-hole
5. Relay races
6. Octopus
7. Other

I often like to end this session with a running event.

1. Everyone around the nets and back...around the green garbage can?
2. Roll out a ball...everyone runs around and back
  - a. Roll out another ball...everyone runs around both balls and back
  - b. Roll out another ball... and so on...until all balls are in use
  - c. Last one...get a ball and bring it back.

At this time it is now freeze break... and get ready for the game!



