

Soccer School Coach Syllabus

Pre-season coaching check list:

Attend coaches meeting (if possible), call parents of children on your roster and let them know about first practice day, time, team color, and team name. Tell parents to have child bring their own water bottle, size 3 soccer ball, wear shin guards and cleats to practice.

Week 1

Overview:

You will meet your team for your first time on your assigned practice field. Remember to come at least 10 minutes early. This week is an introduction period, which will consist of a meet and greet and basic drills. The team name needs to be chosen if it has not already been done at the coaches meeting.

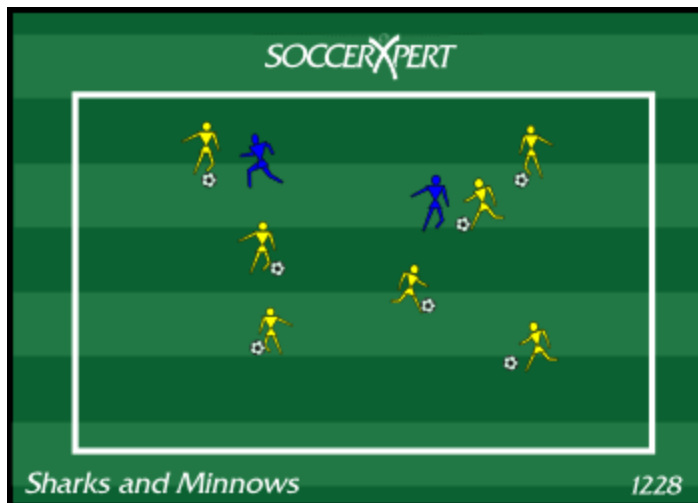
Objective:

The objective is to get the children comfortable with the ball, teammates, and main rules. Also find a team parent to help organize snack schedule for parents.

Drills:

Dribbling- Have cones set vertically at a reasonable distance and have the children dribble the ball from cone A to cone B. Make sure they understand that they should have small touches with either the inside or outside of feet and to keep the ball close in front of them.

Sharks and Minnows- The players with balls (the minnows) attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two changes, and the last 2 minnows remaining become the sharks in the next round.



Things to remember:

Stretch at the beginning and end of practice and water breaks every 15 min

Mission Moment for Team:

Team work – “The body (team) is a unit, though it is made up of many parts and though all parts are many they form one body,” 1 Corinthians 12:12 Discuss that each person on the team has different roles, but are working for the same goal.

Things to Communicate to Parents:

Make sure the players are always equipped with shin guards and cleats

Please stress to parents to check the website: **Wilson.ygametime.com**

The team’s games schedule and any updates, which includes cancellation and rescheduling due to weather. Also it is important for each child to have their own ball at each practice.

Pictures will be on the first day of Week 2

Week 2

Objective:

The objective is to make sure the children are aware of the out-of-bounds to make the games run more smoothly.

Drills:

Passing- Have the children use the inside of foot to pass. Have them pair up with a teammate, set them vertically apart and pass at a reasonable distance. Then after a couple of minutes take each pair individually and pass to them yourself making sure they understand the concept. While you have them with their partner make sure you are concentrating on their stopping skill too. The child can place their foot on or next to the ball when it is received. The best way to teach this is to show them yourself, by using a volunteer teammate.

Things to remember:

Stretch at the beginning of practice and take a brisk run with the kids. Also water breaks every 15 min.

Mission Moment for Team:

Hard work- "Go ant, you sluggard (lazy person); consider its ways and be wise." Proverbs 6:6

Discuss how ants accomplish amazing things (they can carry twice their body weight) through hard work and how we can do the same.

Things to Communicate to Parents:

Make sure the parents have logged into our ygametime.com website and entered in their information so that they will receive text and email updates from the sports staff

Week 3

Objective:

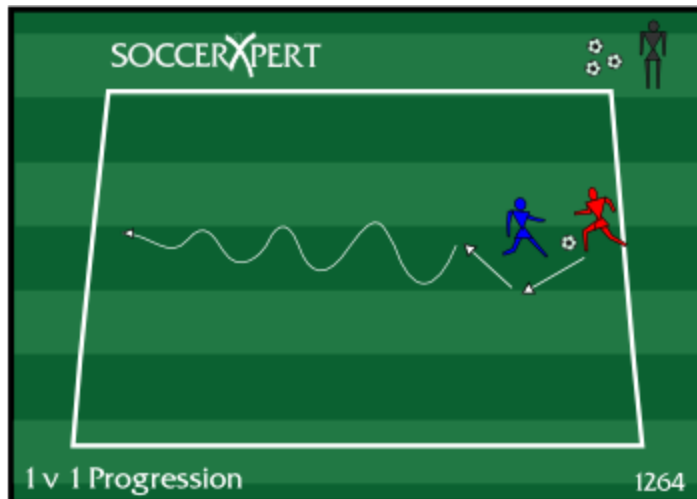
The objective this week is to establish the children's ball handling, which would also include defensive and offensive recognition (what you do when the other team has the ball and where you go when you have the ball).

Drills:

Soccer tag or Soccer freeze tag- Select some players to be the taggers. (Make sure to designate an area that the players have to stay within) the players that are tagging must have a ball and to tag another player they have to kick the ball to hit the non-tagging players. If they are hit with the ball (if you are playing regular tag) the child that has been tagged is out and must leave the playing area to prevent injury and (if your playing freeze tag the child must freeze until another player that is not a tagger touches them)

1 v 1 Progression

Have the attacker start at their end-line with the defender directly in front of the ball and attacker. Instruct the defender to not move until after the attacker has touched the ball. The attacker should use body tricks in order to off balance the defender, then push the ball past the standing defender with a burst of speed. The defender should attempt to not let the attacker reach the other end-line. A point is awarded for each time the attacker reaches the end-line. After each attempt to beat the defender the attacker and defender should change roles so each player gets a chance to even the score.



Things to remember:

Stretch before and after practice. Take a water break every 15 min. The best result for a player learning experience is positive reinforcements and feedback.

Mission Moment for Team:

Encouragement- "Do not let any unwholesome talk come out of your mouths, but only what is helpful for encouraging others." Ephesians 4:29

Discuss ways to encourage teammates.

Things to Communicate to Parents:

Make sure to remind parents about games and what field the games are going to be on. That information is on the ygametime.com website. Also encourage the parents to practice what you have taught at home with their children

Week 4

Overview:

This week is the halfway point for the season. Depending on the progress of your players continue to work on their passing and dribbling skills if they are struggling, but if they are grasping the concept then feel free to move on to more advanced skills.

Objective:

Have the players stretch before and after each practice. Take a water break every 15 min

This week's objective is to improve on the players understanding of the game and rules.

Drills:

Follow the leader- Have an obstacle course set up before playing this game (set cones up in different patterns for the players to weave in and out of). Have the players line up behind you with their own ball and go through the obstacle course after a couple of times ask a player to be the leader and continue the game.

Soccer tag or Soccer freeze tag- Select some players to be the taggers. (Make sure to designate an area that the players have to stay within) the players that are tagging must have a ball and to tag another player they have to kick the ball to hit the non-tagging players. If they are hit with the ball (if you are playing regular tag) the child that has been tagged is out and must leave the playing area to prevent injury and (if you are playing freezes tag the child must freeze until another player that is not a tagger touches them)

At this time in the season it is good to have your players scrimmage. If possible ask the parents if they would like to join in

Things to remember:

At every practice and game the players must have on the appropriate gear including shin guards, cleats, size 3 ball, and water bottle.

Mission Moment for Team:

Respect- "Do to others as you would have them do to you." Luke 6:31

Discuss respect for coaches, teammates, referees, and opponents.

Things to Communicate to Parents:

Continue positive reinforcement and remind the parents to work at the skills at home.

Week 5

Overview:

The basic overview for this week is to continue with advancing skills such as ball handling, teamwork, and understanding of the game. The first day will be practice and the second day will be a game.

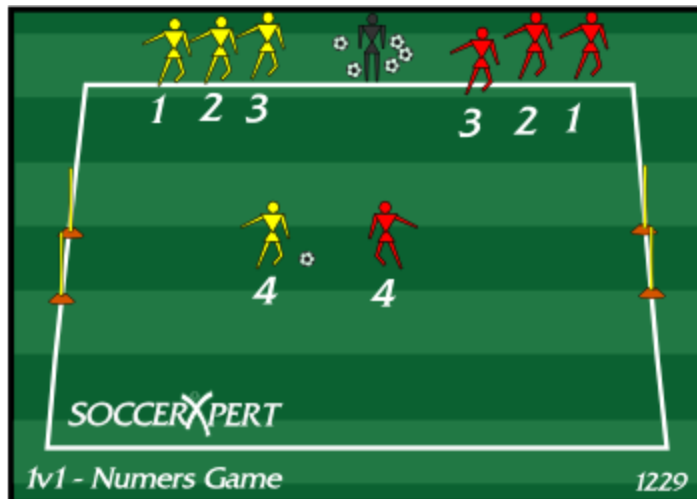
Objective:

Have the players stretch before and after each practice. Take a water break every 15 min

The objective for the week is to teach the players how to work as a team, which include passing and communication (have them call the players name that they are passing to).

Drills:

The Numbers Game- The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.



Red light Green light- This game has all players start on the same line with their own ball. There will be a "caller" who either says red, green, or yellow. Red=stop Green= Go Yellow= Slow. The children will advance towards you and the first player to get to you or cross the line wins and becomes the "caller."

Things to remember:

Remind parents of game days and make sure each player has on the proper equipment, which is shin guards, cleats, and a water bottle. Remember positive reinforcement towards the players will motivate and increase their moral.

Mission Moment for Team:

Caring- "Each of you should look not only to your own interests, but also the interest of others." Philippians 2:4

Discuss ways to be caring toward teammates and others. Also discuss caring for the gym, sport equipment, and sports fields (picking up trash you have left on fields)

Things to Communicate to Parents:

Make sure they are being notified of who is bringing snacks for each game. Also remind parents to practice with their child at home.

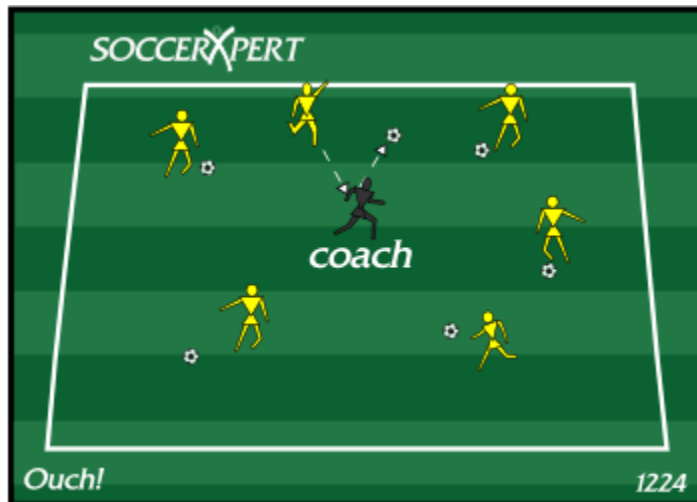
Week 6

Objective:

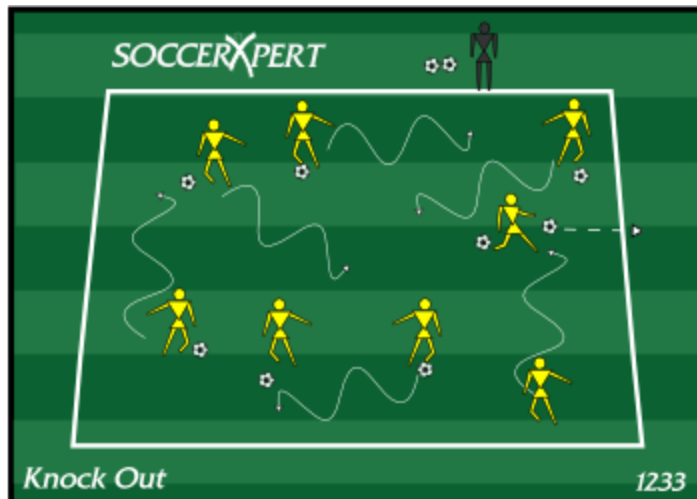
Have the players stretch before and after each practice. Take a water break every 15 min.
Positive reinforcement

Drills:

Ouch- The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell OUCH each time they are hit to make the game FUN. Make sure the players are striking the ball with the proper part of the foot.



Knock out- Instruct the players to protect their own ball while trying to knock out the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. Players can only be knocked out 2 times where they do 5-10 pushups and get back in the game. On the 3rd time, they are out.



Things to remember:

Remember you can always refer back to earlier drills if the players start to get bored and restless. Also a reminder at this age the players do not need to run as much as an older team would. This is supposed to be fun. If the kids are wearing a smile then you are doing something right.

Mission Moment for Team:

Discipline- "Do you not know that in a race all the runners run, but only one gets the prize. Run in such a way as to get the prize." 1 Corinthians 9:24

Discuss the importance of being disciplined and training hard at sports and in school

Things to Communicate to Parents:

Let the parents know that we are getting close to the end of the season and the last games will be in two weeks. Also remind them to work with their kids on what they have learned in practice.

Week 7

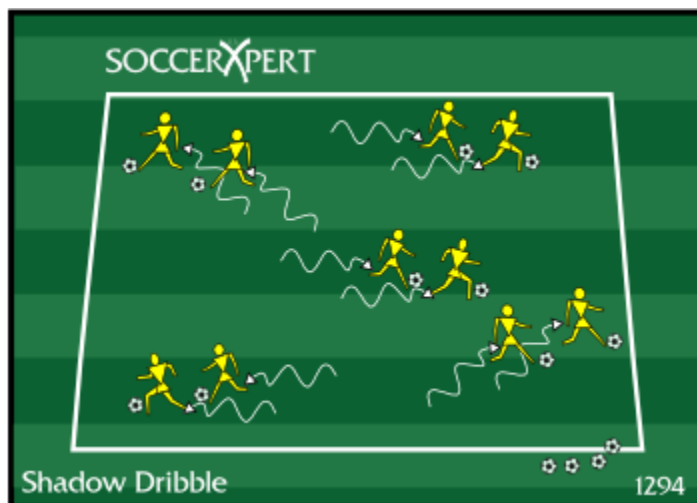
Objective:

Have the players stretch before and after each practice. Take a water break every 15 min

This week needs to be focused on teaching the concept of soccer, which could be getting into more detail with rules and fundamentals.

Drills:

Shadow Dribbling- The lead dribbler dribbles around inside the grid while the following dribbler attempts to mimic the lead dribbler every move and keeping a good close distance. Change leaders after a minute.



Soccer tag or Soccer freeze tag- Select some players to be the taggers. (Make sure to designate an area that the players have to stay within) the players that are tagging must have a ball and to tag another player they have to kick the ball to hit the non-tagging players. If they are hit with the ball (if you are playing regular tag) the child that has been tagged is out and must leave the playing area to prevent injury and (if you are playing freezes tag the child must freeze until another player that is not a tagger touches them)

You can refer back to games from previous weeks

Things to remember:

All players must wear appropriate soccer gear at all times, which includes shin guards, cleats, water bottle and a size 3 soccer ball

Mission Moment for Team:

Goals- "Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me." Philippians 3:12

Discuss the value of setting goals and what goals the team might have.

Things to Communicate to Parents:

Remind parents that next week is the last week of games and players will get medals next week.

Week 8

Overview:

This is the last week and will consist of 2 games on both days.

Objective:

Have the players stretch before and after each practice. Take a water break every 15 min

The objective for this week is to have fun and enjoy your team. This is your last week with them so you should end it with a bang.

Drills:

You can choose from either of the past drills

Things to remember:

We appreciate everything you have done for us and the kids. If we didn't have volunteers we would not have our programs. Also medals will be handed out to each team this week

Mission Moment for Team:

Thankfulness- "Give thanks in all circumstances." 1 Thessalonians 5:18

Ask kids to thank their parents, coaches, teammates and anyone else who helped make this a fun season

Things to Communicate to Parents:

Thank the parents for being a part of this program and welcome them back for next season.