

# K-2<sup>nd</sup> Grade Coach's Guide



- **Day For Kids (Team Picture Day): Saturday, March 9**
  - Schedules and uniforms distributed at Picture Day
- **Season (Saturdays): March 16 – April 27**



## I am a Youth Athlete.

**"I am Brave and strong and talented.** But I'm Still just a kid. I am not perfect. I am a work in progress. I need you to be patient while I test the limits of my body and work through the emotions that come with success and failure. When I make a mistake, I wonder if you'll be disappointed. When I reach my goals, I look to see if you are watching. I am a youth athlete. I love my sport. You call it competition. I call it playing the game. I want to win and have fun. I am a youth athlete. I am **Your** youth athlete. Winning feels great, but your praise feels infinitely better. Please remember these things, and I promise to do my best to make you proud".

**Thank You Coach!** You make a huge difference and we appreciate you providing time and effort in making this season positive, fun & successful! If you haven't already, please fill out a [BACKGROUND CHECK FORM](#), these are required annually to volunteer with the Club.

The purpose of this guide is to help you! Please take a few minutes and read the ENTIRE guide. The guide will help you know your role and responsibilities as a volunteer coach so the kids will have a fun learning experience and will grow to love sports and appreciate the benefits of physical activity. In this guide you will find important information to help you with all aspects of coaching- everything from conducting your first parent meeting to teaching fundamentals. If you ever need access to more coaching information it is available in the [COACH'S CORNER](#) on our website at [www.PowerOfTheClub.org](http://www.PowerOfTheClub.org). **Thank you for volunteering!!!**

## WHY YOU'RE IMPORTANT

Why do you want to coach? Do you want your kids to have an opportunity to play? Do you want to teach your kids to be the best they can be? What kind of coach do you want to be? People underestimate the effect that coaches have on young players. Coaches occupy a central role in the athletic setting, and their influence extends into other areas of their players' lives. As a coach you will have an impact on your players in their sports careers and in life, long after their organized playing days are over. You are a role model. Your actions and the attitudes you express shape their view of the world and of themselves. Your attitudes and actions also represent the Boys & Girls Clubs of the Lewis Clark Valley (BGCLCV), your team, and yourself. Please keep in mind the reason you want to coach, and remember your actions have a great impact on young lives!

## ATHLETE FIRST, WINNING SECOND

THE MISSION OF THE BGCLCV IS: TO ENABLE ALL YOUNG PEOPLE, ESPECIALLY THOSE WHO NEED US MOST, TO REACH THEIR FULL POTENTIAL AS PRODUCTIVE, CARING, RESPONSIBLE CITIZENS. The BGCLCV youth athletic programs encourage participation, sportsmanship, developing skills and providing a fun, safe and supportive experience for children. Our programs are **NOT** intended to be miniature professional leagues. Coaches can get caught in the "winning is everything" philosophy that characterizes our pro sports culture. This thinking leads coaches to lose sight of what youth coaching is really about. The value of playing far exceeds winning and losing. The MOST important youth coaching product is not a win-loss record, but lifelong character lessons, skills, knowledge, and enjoyment by the players.

## YOUTH DEVELOPMENT STRATEGY (BUIC)

How do we teach character lessons, skills, knowledge, and enjoyment? Coaches create an atmosphere with four club tested tools: Belongingness, Usefulness, Power or Influence and Competence. These four tools create the environment needed for boys and girls to reach their full potential.

**Belongingness-** A setting where players know they are accepted and belong. What we do not want is the sense that there are "groups or clicks," which create an uncomfortable environment for your players.

**Usefulness-** This gives your players the opportunity to do something of value for other people. For example, use a player to demonstrate a certain skill like dribbling.

**Influence or Power-** Creates the chance for the players to be heard and to influence other people's decisions. Power is knowledge and knowledge is the key to influence others.

**Competence-** The sense that a player can do something and do it well. This is a coach's obligation to find that players niche, where they fit in and have the ability to do something well as a player or as a teammate.

Use these key elements to teach players life lessons, skills, sport knowledge, love of the game, and make a difference in a kid's life.

## SUCCESS IS FOUND IN DOING ONE'S BEST

Children should be taught that success is found in striving for victory. Your players need to know they have complete control over the amount of effort they put forth. Youngsters should be taught that they are never a “loser” if they give their best effort. Focus on your player’s effort and enjoyment rather than on success as measured by wins and losses. Emphasize and reward “doing your best,” “getting better” and “having fun” as opposed to “win at all costs.”

With this in mind always reinforce effort as much as results. It’s easy to recognize and praise an athlete who makes a great play. It’s your job to recognize the athlete who tried hard but did not make the play. Be on the lookout for effort to encourage your players to continue or increase their output. In the quote on the title page Coach Wooden emphasized to his teams that success lies in doing one’s best, in giving maximum effort regardless of the final score. Let that be the message you send your players and always let them know that you appreciate their efforts.

## WINNING & LOSING – NOT A FOCUS AT THIS LEVEL

While we do NOT keep score at this level, it’s important to lay the groundwork/foundation for kids (and parents) to understand the fundamentals of teamwork & sportsmanship. IF we’re successful in teaching the basic skills and what good sportsmanship looks & sounds like before, during & after the game, then these positive characteristics & actions will transfer to the next level – where we do keep score...and there is a winning team & losing team.

## SPORTSMANSHIP

Sportsmanship can be taught by encouraging clean/fair play; while discouraging inappropriate behaviors/actions and developing a positive relationship with the officials AND opposing teams. These are all lessons that can be taught at practice and re-enforced before players step onto the field on Saturdays. A large part of teaching sportsmanship is having the courage to enforce it if one of your players misbehaves. As the coach, it’s up to you to model appropriate behavior with both your words AND your actions. Remember- you are a role model!

## COACH’S CONDUCT

As coaches we have a responsibility to promote high standards of behavior in athletics. Sportsmanship is a key component of our athletic program. This includes respecting game officials (referees) and opponents. The BGCLCV enforces two major policies- first is our Coaches-At-Will Policy stating The BGCLCV is free to terminate a volunteer for any reason at any time. Our No Tolerance Policy (see below) is the key to promoting and enforcing the expected standard of behavior. Please make sure you understand it.

## No Tolerance Policy

The Boys & Girls Clubs of the Lewis Clark Valley are proud of everyone involved in our athletic programs. In an effort to encourage and create a positive, safe & enjoyable environment we adhere to the NO TOLERANCE POLICY for all athletic events. We want everyone involved to enjoy athletics in a mature and responsible manner. Please remember that children play for FUN. Thank you for setting a good example of sportsmanship.

- Know and follow the rules and the intent of the rules
- Respect players, fans, referees and the referee’s decisions
- Place safety, enjoyment and education of others above all else, including winning
- Remember that children play for FUN
- Never engage in unsportsmanlike behavior
- Never use abusive or foul language
- Encourage in a manner that inspires without belittling others
- Encourage players to respect opponents, coaches and referees
- Avoid criticizing players for mistakes, because mistakes are part of the learning process
- Be supportive of all teams & represent yourself in a positive manner

Inappropriate behavior may result in expulsion from the current game and/or future games. If needed, a meeting with the Athletic Director will be set up to discuss further action. Decisions made will be fair and in the best interest of the athletic program and its members.

**The Boys & Girls Clubs appreciates your support by setting a good example of sportsmanship.**

## GETTING READY TO COACH

### PARENTS/PARENT MEETING

**PLEASE contact each parent immediately after the coaches' meeting or the next day.** They are expecting your call ASAP! Our office will literally get hundreds of phone calls/emails if you don't contact your players' parents. Let them know when and where your parent/team meeting will be.

The most important team meeting of the season should take place before the very first practice. Parents are part of the team. The younger the athlete the more parental involvement is needed. Make certain you let the parents know that this meeting is mandatory. Prepare for the meeting and be ready for questions that could be asked by parents. This is usually the only chance to set the correct tone with the parents. Here are some tips/reminders for your first team meeting:

- **Introduce** yourself and any other team volunteers – go around the group and have parents introduce themselves/children
- **Let parents know how they can help.** Have a list of volunteer jobs with responsibilities –an assistant coach, a telephone/text “tree” person, a snack list parent, etc.
- **Handout a copy of the parent guide** - Players will participate, have fun & gain skills (main goals). Winning is secondary.
- **Stress their role** as a parent and the foundation of good sportsmanship in how they treat referees, opponents, etc.
- **Let the parents know your expectation of the players.** Have a short rule list: Be on time, be respectful, practices & games are positive places-no negative talk, good sportsmanship is to be shown at all times.
- Have parents bring **EQUIPMENT** to practice if needed (most kids have a soccer ball at home).
- **Communicate practice and game field rule:** we are guests at our practice sites, drug free, no pets or weapons. Keep them clean. No food or drinks, water is okay.
- **NOTE** – let them know of any **COVID-19 rules/restrictions** that could be in play (i.e. limiting number of fans, no shared drinks, snacks, optional face coverings, social distancing, etc.) depending on state & national guidelines.
- Let the parents know you will be in charge of games and practices. Ask them to avoid using coaching language when cheering. For example, have them avoid yelling: “shoot,” “pass,” etc. - this allows you as the coach to do your job with no interference.
- **Check to see if any child has special medical issues** you need to know about, answer any questions and let them know you're available to speak with them when your schedule permits (after practices, games, etc.)
- **Let them know the practice schedule**, consistent is best. For example, every Wednesday from 5-6 @ Camelot.

### DISCIPLINE

**Be fair, consistent, quick and clear.** There will be times during the season you will need to discipline misbehaving players. Let the team know you expect them to behave in a sportsmanlike manner at all times. Set the tone early if a player is misbehaving. Confront the behavior as soon as it happens. If a player isn't following a rule, then have them sit out for a period of time. Correct the behavior, not the person; and don't make it personal. Identify the specific action “your level of effort and attention is not acceptable.” Kids enjoy playing and won't want to sit out long they will usually change their behavior so they can get back into the action. **Do Not** discipline players for physical errors - this produces fearful play. Mistakes in sports are an essential part of the growth process. Successful coaches teach how to fail, recover quickly, and to try again. Players are fearful of the coach's reaction to a mistake, play to not make a mistake and therefore, compete fearfully.

## CORRECTING PLAYERS

**You don't have to be soft to be a good coach.** In fact, to coach well, you're going to have to correct players. To be effective when correcting players, you must do it at the right time and the right way. Almost all correction should happen in practice. In the heat of a game technical skill correction rarely works. If you must correct a player during the game wait for a break in the action like a half time period and make brief simple adjustments. In most situations it is best to correct players privately unless there are several players who will benefit from hearing the same correction at the same time.

## INJURY PREVENTION/TREATMENT

- *Dehydration/Soreness*- Drink plenty of fluids and stretch before, during, and after practice and games. Get plenty of rest.
- *Cuts* - clean in cold water, dry thoroughly, applying dressing such as Neosporin and band aid(s).
- *Sprains & strains*- Use RICE method=Rest, Ice, Compress, Elevate. Rest the injured area. Apply ice to area to help reduce swelling. Compress with bandage wrap and elevate to help reduce swelling.
- *For severe injuries*- Call 911 immediately. Notify the athletic director ASAP if medical care is required as the result of an injury at practice or a game. Notify athletic director ASAP if a player is ever taken in for medical care.
- **Concussions**- Brain and head injuries are not to be taken lightly. Always err on the side of caution: **"When in doubt, sit them out."** After sustaining a head injury player must be cleared by a physician before returning to physical activity.

## ABUSE PREVENTION

- The BGCLCV prohibits being alone with a player that isn't your own child. This protects you and the children on your team.
- Make sure that anyone who helps coach your team has a completed background check on file with the Club.

## OFFICIALS/REFEREES/MONITORS

All BGCLCV officials are honest, impartial, trained and most have previous referee experience. **HOWEVER, they are still human and they will make mistakes.** Please act like a mature & responsible adult and monitor your players/fans' actions. Whether you believe it's the right call or not, we ask that you **ALWAYS** respect the referee's decision. **Follow the No Tolerance Policy.** There is a time and a place for having conversations with officials. Please wait for a game break like half time, before or after a game to speak with the officials and approach them in a non-confrontational manner. Be a positive role model for your players, parents & fans! Site monitors will be available at each facility. They are there to supervise and assist. If you have an issue the referee can't resolve, then let the site monitor know. If they need further assistance, they will contact the Athletic Director.

## GENERAL

### Promote Fun

Avoid getting too serious. Don't get crazy about winning, winning is not our ultimate goal. Make sure you smile. Above all else, make sure the kids are having fun. If they're having fun they'll continue to play.

### Be patient

Young players are going to miss shots. They're going to make crucial turnovers. They're going to commit needless fouls. They need the freedom to make mistakes. This is how they learn the game and develop their skill. It's your job to help them learn from those mistakes, this takes time and patience.

### Focus on the Fundamentals

Fundamentals learned at this level are going to be used for the rest of these player's lives. Don't waste an opportunity to teach your players that hustle and good work ethic is also a fundamental skill.

### Understand the rules of the game

Read the rulebook. The Boys & Girls Club leagues have rules tailored to the age of the player. Youth athletics have specific rules that aren't the same as other levels of athletics. As the coach, it is essential that you learn the rules and attend the preseason coaches' meeting and that your assistants read and understand the rules; including any specific rules for the level you are coaching.

## UPCOMING SCHEDULE (TEAM PICTURE DAY, FIRST GAME DAY, MID-SEASON)

### Team Picture Day– Saturday, March 9 – here at the Lewiston Boys & Girls Club

- Team shirts/uniforms will be given to coaches once they check in on team picture day. Coaches will then distribute shirts/uniforms to players by size listed on roster and get team in line for team/individual pictures.
  - Distribute picture packet forms at the back of your packet at parent meeting.

### First Game Day

- **Saturday, March 16.** Please sign up for our Club text/email alerts (and encourage your players' parents to register). There is always a chance that we cancel games and/or change schedules during the season. Our text/email alert system (and our website) are the best ways to stay informed. We'll do our best to contact you IF/WHEN there are any changes.

### Mid-Season

- Monitors will distribute team/individual pictures, upcoming sport flyers, and [PARTICIPATION CERTIFICATES](#) to head coaches. [PASS OUT PICTURES](#) ASAP. Sign the certificates and give them to each player after your last game.

## COACHING SOCCER

Many Americans grow up playing. Because it's such a big part of our culture most of the US thinks they know all there is to know about the sport of soccer. A few problems stem from this culture- most people don't truly understand soccer and coaching soccer doesn't come as naturally as we might think. The rest of your guide will teach you more specific soccer techniques and tactics you can also find a copy of our coaches guide and other great resources on our Coach's Corner link, located on the front page of our website- [www.PowerOfTheClub.org](http://www.PowerOfTheClub.org)

### INTRODUCTION

AT THE YOUTH LEVEL THERE ARE A SET OF PRINCIPLES THAT MUST BE CONSIDERED BY ANYONE INVOLVED WITH SOCCER. PLAYERS SHOULD BE ALLOWED THE OPPORTUNITY TO EXPERIMENT, AND WITH THAT, SUCCEED & FAIL. THE COACH'S LONG-TERM GOAL IS TO PREPARE A PLAYER TO SUCCESSFULLY RECOGNIZE AND SOLVE THE CHALLENGES OF THE GAME ON THEIR OWN. IT'S VITAL THAT COACHES APPROACH THEIR ROLE & RESPONSIBILITIES WITH THIS IN MIND.

### COACH AS A PROFESSIONAL- ORGANIZE AND PLAN

- The most important factors in team improvement are attention, effort, your teaching ability and use of practice time.
- Find drills and techniques for performing specific skills that can help your players improve.
- Understand your teaching environment before you begin teaching a drill. Know your time limits, # of players, and space to prevent wasted time and maximize use of assistant coaches.
- Plan your practice so that drills that are new or require more thinking occur early in practice and drills done at the end of practice are the ones that require execution of fundamentals done correctly while tired.
- Start on time, stay on time and end on time.
- Don't confuse activity with achievement. Achievement is activity that produces improvement in skill level.
- If a skill is going to take 20 minutes to teach, consider breaking it up into smaller periods (4 five-minute segments).
- Write your plan and follow your plan. Keep a record with comments in case changes need to be made next time.
- For increased intensity and motivation make all drills as competitive as possible.

### COACHING YOUR OWN CHILD

- Define all roles: understand when to be "coach" and when to be "parent." Teach your child the responsibilities they have and how to separate "player" from "son or daughter." During practices and games, you are "coach" and they are a "player." Have them call you "coach" during practices and games.

- Leave your instruction, coach's voice and whistle on the field and make a quick transition back to the unconditional love of a parent. Don't be the coach to your child at home; and don't parent your child on the field. Develop a clear separation of roles. Of the two roles, you will be a parent for life. You will only be a coach for the season.
- Be careful about leaning too far either way when it comes to preferential treatment. Showing favoritism to your child will strain their relationship with teammates. But being too tough on your child can make the child question why they are being "punished," or treated unfairly. Treat them as a member of the team – Nothing more, nothing less.

## COACH AS A TEACHER

- Teaching is the key to skill improvement.
- **DDADA** - Describe. Demonstrate. Ask for Questions. Do it. Then Adapt it if necessary.
- Talk little and DO a lot. Keep instruction to a minimum number of words and keep lines short with lots of reps & movement.
  - Talking too much while players are not moving will cause you to lose the most active of players.
- The game is the best teacher for players. Coaches and parents should think of themselves as guides to provide a rich environment for the kids to learn from and enjoy.

## MOTIVATE

- Great coaches encourage, motivate and allow players to enjoy playing.
- Coaches that find the correct mix of being demanding AND positive are the best motivators of young players.
- Motivation is relationship based- Do your best to care for, respect, and understand your players.
- Things that get rewarded get done and they perpetuate themselves.
  - Choose to reward effort and behavior not outcome or people.
- Use positive direct communication correct privately and praise publicly.
  - Attach the name and the action to every praise and every correction. Look for positives on a daily basis.
  - The closer in time the correction is made, the stronger the learning effect
- Build on successes – small successes will lead to bigger successes.
- Be creative and enjoy your work- show your enjoyment. End each practice & game on a positive note.
- Be positive, it's contagious for your team.
- Teach, find and model individual worth. Find the good in every kid.

## MOTIVATION DURING THE GAME

- Be a model of confidence, concentration and poise.
- A lot of your messages will be sent through your body language be aware of what you're saying and showing.
- Provide and model positive energy and direction for your team.
- Focus on the things you can control and don't waste your energy on anything out of your control.
- Keep games simple. Teach less during games than at practice- players are already overloaded and don't need much more.
- Stay positive and aggressive. Enjoy the games and your player's efforts with quick, simple expressions of appreciations.
- Keep your focus on your players. Don't be the center of attention. Your activity, yelling, and strategy makes the player learn to wait for other people to do their thinking for them.
- After the game, if you can't end on a positive note, then you're NOT trying hard enough!

## TEACHING THE FUNDAMENTALS

Emphasize soccer is a TEAM sport. Teach them no team is going to win unless each player contributes. Make it clear that unless everybody does their part, the team has very little chance of playing well. This is the first step in building a team mentality. The team always comes ahead of the individual. Stress the idea every player is important, and that everyone must contribute to the team's effort. Most importantly, you have to mean those words. Don't fall into the trap of playing the same three players and not following the participation rule. Let every player know that he or she is going to be called upon to play and perform during every game.

## EXERCISES

Best Practices, the more times a player runs through a drill and the less a player stands around watching others, the better. Try and break down your drill groups to three or four players each (with a coach) if you can. Use as much of the field and as many goals that are available. Run players through drills as many times as possible. If you must conduct drills with the entire team as a group, make sure you're finding ways to keep the players waiting in line (or on the sidelines) engaged.

## ORGANIZATION OF PLAYER DEVELOPMENT BY AGE AND STAGE

Children do not learn the same way as adults, especially when it involves both intellectual and physical activity. We can't train 6-year-old players the same way as 13-year-old players. Practices must be adapted to the age of the players.

### 5-8 YEAR OLDS (INITIAL STAGE)

At these age children don't have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children, build their own experience, many exercise will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

*\*Kindergarten Characteristics:* Love to run, jump, roll & climb; Hand-eye/foot coordination is primitive; No sense of pace-go flat out; coordination is immature-can balance on dominate foot; ball control is a complex task; Only understand simple rules; individually oriented (me, my mine)-little or no concern for team activities; Psychologically, easily bruised-needs generous praise; Short attention span-tends to one task at a time; Limited understanding of time and space; Practices should be based on fun games. Spend as much time possible in contact with the ball and experiment by themselves, basic motor skills like walking, running or jumping should be combined with ball handling & ball control.

*\*1<sup>st</sup> & 2<sup>nd</sup> Grade Characteristics:* Like to show skills-need approval; Begin to develop physical confidence (most can ride a bike); Lack sense of pace – go flat out, chasing ball until they drop; Still like running, jumping, climbing, etc.; Slightly longer attention span than Kindergarten; Developing playmates; More into imitation of the big guys (sports heroes becoming important); Still sensitive- dislikes personal failure in front of peers, making ridicule from the coach in front of the group very destructive; Still don't have great grasp of team; Inclined more toward small group activities.

Here is a key for the terminology used below:

- Tactical= Game understanding (General soccer knowledge, vision and awareness is important)
- Technical= Quality Technique
- Physical= Intensity
- Psychosocial = Competitiveness (opposed or facing opposition helps create)

## ADDITIONAL SOCCER WEBSITES & PRACTICE PLANS

Coaches' Corner (All Things Boys & Girls Club Soccer) – click on the "whistle" on our Athletics' website and scroll down to the appropriate sport to find these links & resources:

- <http://PowerOfTheClub.org/>
- <https://coachingamericansoccer.com/>

## EXPECTED OUTCOMES AND OBJECTIVES FOR THIS SEASON

**OVER THE COURSE OF THE SEASON WE EXPECT EACH PLAYER TO GAIN AND DEVELOP SKILL, BELOW ARE THE SKILL OUTCOMES BASED ON GRADE LEVEL:**



## Kindergarten / 1<sup>st</sup> Grade / 2<sup>nd</sup> Grade

Objectives	Expected Season Skill Outcomes
<p><i>Scrimmage:</i> Take up good positions during the game</p> <p><i>Technical:</i> Improve basic individual technique</p> <p><i>Physical:</i> Develop coordination and basic motor skills with and without ball</p> <p><i>Psychosocial:</i> Feel comfortable and increase confidence with ball</p>	<ol style="list-style-type: none"> <li>1. Dribbling the ball with at least one foot</li> <li>2. Occupying original position during the game once an action is finished</li> <li>3. Running, jumping and stopping with and without the ball</li> <li>4. Understand concept of boundary lines &amp; which goal to shoot at</li> </ol>
Objectives	Expected Season Skill Outcomes
<p><i>Scrimmage:</i> Balance in relation to the ball &amp; teammates during game</p> <p><i>Technical:</i> Individual &amp; collective basic soccer techniques</p> <p><i>Physical:</i> Develop speed, coordination &amp; basic motor skills with &amp; without ball</p> <p><i>Psychosocial:</i> Interact with teammates during practice session</p>	<ol style="list-style-type: none"> <li>1. Stopping &amp; running with the ball at speed</li> <li>2. Moving forward when attacking &amp; retreating when defending</li> <li>3. Basic quick movements with and without the ball</li> </ol>

### YOUTH COACHING

**Be the coach you would have liked to play for.** Think back to your own experience as an athlete. What kind of coach would you like to play for? Normally, coaches who are happy, positive, knowledgeable, and demanding in a way that is never demeaning will inspire people. Analyze your reasons for coaching – what is your motivation to coach? What is driving your heart? Coaches of significance are leaders who aren't in it for themselves but for the good of those they lead. Coach and teach with the idea of being a positive influence on each of the young people in your care. Your success or failure as a coach will be in direct proportion to your ability to plan, teach, relate, motivate and to create a positive team climate.

Know that your experience coaching at this age group/level can be challenging at times, but also very rewarding. Sports are a small part of life but are one of the best opportunities to learn lessons that can stay with a player for a lifetime. Remember this as you lead your team through this season. Do your best to create a positive and supportive atmosphere for your players. Remember that working with children requires patience, kindness and respect. Use the Coaches Guide as a road map in creating a fun and rewarding experience for your players. Please use the Coaches Corner on our website for additional resources (practice plans, videos, etc.). If you have any other questions don't hesitate to contact the Athletic Director. Thank you again for all that you do!

**Your participation as a coach/role model is crucial in the overall success of our athletic programs; as well as the development of the next generation of athletes and citizens. We cannot thank you enough for your commitment and support!**

**For more information, please contact:**

**Scott McClure, Athletic Director**

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# Kindergarten - 2nd Grade Practice Plan




## Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p><b>Body Part Dribble: (Movement Education and Coordination):</b> All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.</p> <p><b>Coach:</b> Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>		<ul style="list-style-type: none"> <li>• Are most of the players engaged in the activity?</li> <li>• Are the players balanced and coordinated to perform the activity?</li> <li>• Are the players using different surfaces of their feet to dribble?</li> <li>• Are the players keeping the ball close to themselves?</li> </ul>
Activity 2	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15Wx20L yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes.</p> <p><b>Variation 2:</b> Now the colors are the surfaces: <b>Yellow</b>= outside of the foot, <b>Blue</b>= inside of the foot, <b>Green</b>= Laces push, <b>Red</b>= Stop.</p>		<ul style="list-style-type: none"> <li>• Are the players using both feet to dribble?</li> <li>• Are the players coming up with the different colors and tasks to perform?</li> <li>• Are the players able to stop the ball almost immediately on red light?</li> </ul>

### Let's Play the Game

### Recommended Rules

	<b>Dimensions in Yards:</b>	<b>Long:</b> 30 max-20 min <b>Wide:</b> 25 max-15 min
	<b>Ball</b>	Size 3
	<b>Number of Players</b>	3 Players per team on the field - No Goalkeepers needed
	<b>Referee</b>	No Referee needed
	<b>Duration</b>	No more than 30 minutes max – Can play in quarters
	<b>Fouls and Misconduct</b>	No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game
	<b>Free Kicks</b>	All free kicks shall be direct
	<b>Out of bounds - Side Line</b>	<ol style="list-style-type: none"> <li>1. When the ball goes out bounds, please say <b>RED LIGHT</b> (all the players shall stop)</li> <li>2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field</li> </ol>
<b>Out of Bounds – End Line</b>	<ol style="list-style-type: none"> <li>1. When the ball goes out of bound, Please say <b>YELLOW LIGHT</b> (opposite team will regroup by the mid line)</li> <li>2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate</li> </ol>	
<b>Corners (optional)</b>	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball	