

# **COACHES GUIDE**

**AGES 6 AND 7 (U8)**

**2010**

**BRYANT SOCCER CLUB**

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## **PURPOSE**

Individual skill and player development are the sole goals for youth soccer and the Bryant Soccer Club.

This guide is intended to provide our coaches with information that will allow them to assist in reaching those goals. It includes general administrative information, coaching points, skill goals and activities, parent information and references. It may not answer all of your questions and concerns, but will provide basic information that will help you to have a successful season.

## **ADMINISTRATIVE INFORMATION**

1. Get a parent to act as team manager to maintain rosters, registration medical forms and help with phone calls.
2. Call Michelle Alverio 501-944-5925, as soon as you cancel or add any games. Lack of timely notification of cancelled games may require the coach to pay the referee fee. Other schedule changes could result in field conflicts.
3. Practice equipment should include; ball pump, a few colored vests, cones and a first aid kit for scrapes and bumps.
4. Require each player to bring water to practice and games regardless of the temperature.

## MODIFIED LAWS OF THE GAME

**Law 1** – The field of play:      Length:      minimum 40 yards      maximum 50 yards  
                                                 Width:      minimum 20 yards      maximum 30 yards

Field Markings: Distinctive lines not more than 5 inches wide. The lines on the side of the field are called ‘Touchlines’, the lines on the ends of the field are called “Endlines.” The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of (5) five yards is marked around it.

Goal Area:                      12 yard wide 3 yard deep marked box in front of each goal.

Goals:                              Goals must be placed on the center of each end line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. Up to 6’T x 12’W.

Flagposts:                      None.

The Corner Arc:              Each of the four corners are marked with a 2 foot arc.

**Law 2** – Ball: Size three (3)

**Law 3** – Number of Players: A match is played by two teams, each consisting of not more than four players on the field. There are no goalkeepers.

Substitutions: In between quarters.

Playing time: Each player **SHALL** play a **minimum of 50%** of the total playing time, unless the players’ parents request less playing time.

**Law 4** – Players Equipment: Conform to FIFA. Soccer cleats or and shin guards must be worn at all practices and games. Game socks, shorts, and shirts will be provided by the club. Non-uniform clothing is allowed based on weather conditions, but must still distinguish teams.

**Law 5** – Referee: There will be one referee for each game. Their job is to keep the playing environment fun, safe, and focused on the child. Duties are to keep time, enforce rules, and stopping, correcting and restarting play.

**Law 6** – The Assistant Referees: None

**Law 7** – Match Duration: Match is divided into (4) four equal, (10) ten minute quarters. There are (2) two minute breaks between quarters one and two, and another between quarters three and four. There will be a halftime interval of (5) five minutes between quarters two and three.

**Law 8** –Start and Restart of Play: KICKOFFS will start and restart play after each quarter, and after each goal. KICKOFF = ball placed in center of midline, two players on the offensive team stand next to each other near the ball. Players on the opposite team must stand outside the center circle on their defensive side of the field. One player touches the ball softly towards their nearest teammate and play begins. Please do not allow your

players to kick the ball right to their opponent. This is not good soccer.

**Law 9 –Ball In and Out of Play:** The ball is out of play when it completely crosses over the goal line or touchline (sideline).

**Law 10 –Method of Scoring:** Conform to FIFA. Ball must completely cross goal line, between the posts and under the crossbar to be a goal.

**Law 11 – Off-Side:** None.

**Law 12 – Fouls and Misconduct:** Coaches shall manage the game in order to maximize safety, fun and learning for the players. All fouls will result in a free kick. Coach/parent should explain ALL infractions to offending player.

**Law 13 – Free Kicks (Indirect – meaning you cannot shoot at the goal from the free kick, but must pass to a teammate).** If play is stopped and corrected, it will be restarted with a Free Kick. You may set up a Free Kick just like you would a Kickoff from wherever the ball was when the play was stopped.

**Law 14 –Penalty Kicks:** None.

**Law 15 –Throw-In:** Awarded when ball completely crosses sideline to the opponents of the team that last touched the ball before it went out of play. Referee will allow a second opportunity after a foul throw and will instruct the player about what they did incorrectly on the first attempt.

**Law 16 –Goal Kick:** Conform to FIFA with the following exceptions:

- A. Goal kick may be taken anywhere within the goal area.
- B. Opponents must be five (5) yards away from the ball.

**Law 17 –Corner Kick:** Conform to FIFA with the following exception:

- A. Opponents must be five (5) yards away from the ball.
- B. Corner Kicks are Indirect Free Kicks.

**Law 18 – Be good sports and have fun!!!! All players and coaches will line up and shake hands at the end of all games.**

## RECOMMENDATIONS

- Spectators (Parents, coaches, friends, family, etc.) should be there to enjoy and encourage the activity of the players.
- Players should take turns bringing a small inexpensive snack at halftime to share with the rest of their teammates. This is often the highlight of the game for this age group.
- Make sure that players stay hydrated and rested. For many of these players, this is the first time they have had any vigorous exercise in their short lifetimes.

## PRACTICE ORGANIZATION

- Note: 15 minutes of preparation will make for an extremely more productive practice!
- Organize the practice session into *three* parts;
  - o 1<sup>st</sup> - *Individual / warm-up* activities that relate to your selected focus for the practice and has a 1:1 / Player:Ball ratio. i.e. technical skill activities that remain pretty constant. (tapping the top of the ball by switching feet as fast as possible, dribbling, stopping, turning, shooting, throwing the ball up and stopping it from bouncing using the foot, shooting or passing off a wall, etc.
  - o 2<sup>nd</sup> – *Partner* activities that are game related and focus on a specific skill or two. 2:1, Player:Ball ratio. i.e. passing, 1v1, etc.
  - o 3<sup>rd</sup> – *Small Group* activities. Up to 6:1 / Player:Ball ratio. i.e. small scrimmages, 2v1, 2v2, passing, shooting, etc.
- Get the kids moving in under 1 minute by starting out with easy or previously mastered activities.
- Then bring them back for some small talk and a few of positive remarks about the previous training session or match to set the right tone for more focused activities.
- Where possible, use questions to teach.
- Try to stay on topic as much as possible. (i.e. when working on dribbling, spend the whole training session on dribbling.)
- Try to ‘go to goal’ (have the kids shooting at a soccer goal) as much as possible.
- Always have a “go to” exercise or drill to try and get the players’ attention and to keep the coach (yourself) from getting frustrated when practice breaks down. This “go to” should be anything fun that at least gets the kids exercising.
  - o An example of this is “chase the coach”.
  - o Picture this scenario: You are trying to get the kids to successfully do your drill. They are having a hard time progressing through drill and learning the skill. They start wrestling (boys) or holding hands and giggling (girls), you start to get stressed. Right then, announce that we are going to “chase the coach” for 2 minutes. Before you know it, they are getting exercise, having fun, and smiling. Then take a break and give your drill another try.
- A good practice is like teaching; have plan, observe, stop and correct improper execution (make quick specific corrections show them how, then have them repeat it correctly and get back to the activity).
- **HAVE FUN AND BE SAFE!**

## PLAYER SKILL EXPECTATIONS

- **Technical (Execution):**
  - Dribbling – Change directions and stop ball with different parts of the foot on visual signals. Shield the ball by keeping body in between ball and defender.
  - Passing – Hit a 2 yard target at 5 yards with proper technique: approach, plant foot, strike on ball, follow through.

- Shooting - Hit a 2 yard target at 5 yards with proper technique: approach, plant foot, strike on ball, follow through.
- Receiving – Receive, control, and pass a ball in three or fewer touches (receive with inside of foot)
- Throw-in – Executed properly, both feet remain on ground, one hand on each side of the ball, ball comes over and behind head and is released by both hands at the same time.
- Heading – Head a gentle ball in a general direction (contact with forehead between eyebrows and hair line, eyes open, mouth shut).
- **Tactical (Decision Making):**
  - Go in the right direction
  - Be a first defender (get between the ball and the goal and delay the player with the ball)
  - Decide whether to shoot, dribble, or shield.
  - Use basic principles of play; communicating, taking the ball where the defenders aren't, spreading out offensively, being compact around the ball defensively.
  - Deciding when to pass to another player in a better position (includes decision making a really big challenge)

## ACTIVITIES *(to adapt and make your own variations of)*

- DRIBBLING
  - Red –Light Green-Light
  - Gate Maze
  - Follow the leader
  - Sharks and Minnows
  - Everybody dribbling in a small area you can kick any body's ball out of the area
- PASSING
  - Pass in Number Sequence
  - Pass and run through; In groups of three pass to one run between the receiver and the third player; repeat
  - Pass to the Square; two small squares (4x4) 10 yards apart a player in each square, passer must pass the ball into the square, receiver must keep it in their square, keep score
  - Man in the Middle; Two players 15 to 20 yards apart with a third between them, one end pass to the middle, the middle player receives turns and pass to the other end, repeat.
- Sign in to [Soccerrom.com](http://Soccerrom.com) for hundreds more activities. 1<sup>st</sup> year is free to Arkansas coaches. Select to 'pay by check' and enter code 'AR10CED118', the wait 48 hours to log-in.)

## FOR PARENTS

Please read the following article: courtesy of Soccer America's Youth Soccer.

**Game Day *Helpful Tips for Parents***

**Parent Education Series - Number 1**

**By Tom Goodman, M.Ed.**

**National Director of Coaching Education, US Youth Soccer**

Parents of young athletes play a vital role in their children's development in sport. Some parents struggle in their efforts to positively influence their children in this sporting environment. Well-intentioned, much of the time, some of their methods employ over-questioning, critical comments and unrealistic demands toward their children. The situations that many young soccer athletes deal with before, during and after games and training sessions could bring a grown adult to tears.

Consider the following story about Mr. John Jones and his 11-year-old daughter Jean as they experience "Game Day".

### **"Interrogation on Wheels"...Pre-game**

The car door closes. Jean seat belts herself in. John starts the engine. The car begins to move and John starts the interrogation:

"What position is coach going to play you in today?"

"Are you going to start?"

"Take some shots yourself today; you don't have to pass to Mary all the time."

"Be more aggressive on your tackles."

"Don't take any grief from the other team!"

"Work on your mental toughness today."

### **"Match Mouth"...The Game**

Mr. Jones and Jean arrive at the field. Jean is gathering her stuff. John locks the doors of the car. He still has a few minutes to walk with Jean to the field and bestow upon her a few more tidbits of advice:

"Don't be lazy this game!"

"Keep your head in the Game."

"Don't forget to ask the coach to put you at forward."

The match begins and Jean is not starting. John's body tenses, his teeth begin to grind and negative **self-talk** (talking to oneself) begins:

"This guy doesn't know what he's doing!"

"I bet he won't let her play forward."

"I should have put her on another team."

Jean finally gets into the game. She is playing left defender. More negative **semi-self-talk** (becoming audible):

"What is he doing?"

"It's clear that he doesn't like her!"

"She can't even kick a ball with her left foot!"

As the game progresses, an opposing player, on Jean's side of the field, receives the ball and dribbles straight at her. John's negative "coaching" comments begin so that Jean can hear them:

“Stop backing up...be aggressive...step up!”

“Come on...get the ball...tackle her!”

Jean trips and falls as the opponent dribbles by her. The opponent proceeds to cross the ball and a goal is scored against Jean’s team. John is beside himself with rage! He just can’t stand it! He throws his arms down vigorously and begins to pace the touchline for a few steps. His negative comments become extremely vocal...he is willing to share them with anyone who will listen!

“Jean...Get up...what are you doing?!”

“I knew it...this coach doesn’t have a clue!”

“Hey ref...she knocked her down...call something for a change!”

“He should have never put her in the back.”

“This is ridiculous!”

The game ends and Jean’s team loses 1-0. The coach is talking to the team and Mr. John Jones decides that he must talk to the coach RIGHT NOW...IMMEDIATELY! It cannot wait! He walks over to where the team is sitting, interrupts the coach in an angry tone, and informs him that he wants to talk to him. Jean is embarrassed. The coach suggests that Mr. Jones step away and wait until he is done speaking to the team. Then he will speak with Mr. Jones privately. John Jones storms off and says, “Forget it!” His anger has reached a pinnacle:

“I can’t believe this guy!”

“He has no respect for the parents!”

“I’m taking my daughter off this team!”

Anyone within earshot has heard John’s comments... including the players.

### **Interrogation on Wheels Again”...Post-Game**

Mr. Jones gets into his car and tells Jean to hurry up and get in. Once out of the parking lot, it begins...

“Didn’t you ask him if you could play forward?”

“He doesn’t know what he is doing anyway!”

“What have I told you about diving in on the tackle...you have to stay balanced and be aggressive!”

“We are going to another club, where you can play forward!”

Mr. John Jones and his daughter Jean get home. Jean gets out of the car in tears, goes up to her room...and decides to quit soccer!

### **Friendly Advice:**

I am sure that you, as parents of a youth soccer player, have witnessed some of this parental behavior. Here are a few ideas on “Game Day” that might help to make a positive difference in your child’s development in sport.

#### ***Pre-Game***

Make a few positive, support comments to your child...”I can’t wait to see your game today. Have some FUN!”

Help your child get the proper nutrition she needs prior to the competition.

Prior to a game, any good sports psychologist or coach will tell you that it is important for the athlete to get mentally ready for the competition through “positive self-talk”. The ride to the game is a good time for this.

Some athletes like to listen to music during this time. Some athletes want to talk a bit...let your child start the discussion or ask the question if they desire. It is very difficult for your child to mentally prepare for the competition when you are hording all of the time with your questions and advice!

#### ***The Game***



Cheer on the athletes for both teams. They are trying their best. They are youth players and what you say really does affect them...whether you are their parent or not!

Please DO NOT try to coach your child or the other players. The players must focus their attention on the game and, at times, their coach and the referee. There is a lot to think about in the game of soccer. Let them focus.

### ***Post-Game***

Good parents and coaches know that immediately after the game it is time for mental, emotional and physical regeneration.

A positive word about their efforts in the game is very helpful and means a lot to your child.

Please don't analyze the game or your child's performance in the game. The coach will do this at the next training session.

### ***Final Thought***

Enjoy watching your children play...it will be much less stressful on you and, certainly, on them.

## **PARENT DON'TS**

1. Don't shout instructions to the player with the ball. The player has enough problems maintaining possession while making quick and difficult decisions about what to do next. He or she must learn to make decisions without your input during games.
2. Don't use such phrases as "boot the ball," "kick it," or "send it." You will create panic and mindless kicking rather than self decision-making and possession.
3. Don't try to control the game from the sidelines. You can't! A soccer parent is not an active participant in the game. Soccer is played, controlled and ultimately coached by the players on the field.
4. Don't abuse game officials, or show disrespect for opponents. Referees make mistakes. So do coaches, players, and opponents; they are not your enemy. Be aware of the example you set for your players.

## **PARENT DOS**

1. Do offer suggestions to players not currently playing in a game or practice about what is happening on the field. Brief words of advice are helpful to players who have time to consider them.
2. Do encourage players to use the skills they are being taught. Encourage - and sometimes push - players to experiment in scrimmages and games. If this approach costs goals, learn to accept temporary setbacks as the price of progress, and recognize them as opportunities to help players improve. Soccer is best learned through trial and error.
3. Do teach players to coach themselves on the field. By the time they find themselves on a full-size field they will be unable to hear you anyway. Players must learn to assist each other in making hundreds of split-second decisions each game.
4. Do teach players the game's skills, and encourage them to hold the ball long enough to make good decisions about what to do next. Teach the skills that generate confidence; encourage players to believe in themselves.

## REFERENCES / CONTACTS

Rainout hotline – 501-213-KIKK (5455)

Referee Coordinator - 847-5327

Bryant Soccer Club Website <http://eteamz.active.com/BryantSoccerClub>

Central Arkansas Soccer Association Website [www.glowar.com/casa/](http://www.glowar.com/casa/)

Arkansas State Soccer Association Website [www.arkansassoccer.org](http://www.arkansassoccer.org)

United States Soccer Federation Website [www.ussoccer.com](http://www.ussoccer.com)

Coaching Information Website [www.finesoccer.com](http://www.finesoccer.com)

Coaching Information Website [www.soccerrom.com](http://www.soccerrom.com)

International Soccer Federation Website [www.fifa.com](http://www.fifa.com)