

The image features a dark grey background on the left and a vertical orange-red bar on the right. The text is centered and spans across both background elements.

# **CENTRAL SPORTS SOCCER COACH TRAINING**

# COACHING FOR A LIFE

- A Good coach can change a game. A Great coach can change a life. – John Wooden
- A coach's worth isn't found in their W/L record or on their resume, but in the impact made on the game and in their players lives. – unknown
- A great coach not only inspires, but encourages and supports others to get results. – Richard Schuy
- A great coach realizes it is not about him, but about his players and at times, the other team. - unknown

# IMPORTANT DATES

- First practice: Week of May 22<sup>nd</sup>
- First Game: April 3<sup>rd</sup>
- Last Game: May 22<sup>nd</sup>
- Medals due: April 24<sup>th</sup>

# COACHING KEYS

- 1. Teach the game through drills** – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.

# PRACTICE DRILLS

Make the drills fun, but have a purpose as well.

Teach the players to pass, not just kick it down the field

Teach your team how to spread out, not everyone go where the balls goes.

Purpose is to put the ball in the net and keep the other team from doing the same.

Coach resources can be found at

<http://centralbcs.org/ministries/sports/soccer/coach-resources/>

<https://www.vertimax.com/blog/soccer-drills-for-kids>

<https://www.soccerxpert.com/drills/fun-soccer-drills>

<https://www.roarsports.org/Default.aspx?tabid=971921>

# COACHING KEYS

- 2. Teach the rules of soccer** – For the players to grow in the sport they must understand and apply the rules of the game. Take time to explain rules and why they are important.

# COACHING KEYS (CONTINUED)

- 3. Instill sportsmanship with a competitive spirit** – In sports, winning and losing are a part of the game, just as it is for life. Knowing how to handle both in a positive way builds character in young athletes. Teach your players to play hard and play to win, but also teach them to put others before themselves with a positive attitude and sportsmanship.
- 4. Communicate effectively** – In order to teach the rules, explain drills and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organization are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice.

# Practice Breakdown

- 1. *Pre-Practice Huddle (3-5 minutes)*** – Cover specific soccer rules and the basics of soccer. Teach and review proper techniques for each skill needed for practice drills.
- 2. *Warm-up Activity (3-5 minutes)*** – Provide players the opportunity to practice individually and slowly warm up their muscles.
- 3. *Practice skills through drills (20 minutes)*** – Use drills that reinforce skill development. Focus on only one to two skills per practice.



# Practice Breakdown (Continued)

**4. *Mid-practice huddle (5-7 minutes)*** – Share the practice-specific devotion for each week.

**5. *Scrimmage or games that teach (20 minutes)*** – Guide players in using the skills they are learning through scrimmaging.

**6. *Post-practice huddle (5 minutes)*** – Communicate game times, picture times, etc. After practice is a great time to engage in conversation with parents.

# Mid-Practice Devotion

**At the midpoint of every practice, you will lead a five- to eight-minute devotion during the mid-practice huddle time.**

**You incorporate the best stopping point for you in practice. The interns are not going to tell you when, but don't leave it for last and then run out of time.**

# RULES UNIQUE TO CENTRAL SPORTS SOCCER

## Game Format

- Referees lead both teams in prayer at midfield before the game. Coaches are referees in all divisions except 4<sup>th</sup>-6<sup>th</sup> grade.
- Referees will call and explain all violations.
- The coaches should determine which team will start the game with the ball. The other team will start the second half with the ball.
- Games consist of two 18 minute halves, one minute for substitutions and a brief halftime.
- The game clock is maintained by the referee and will only stop every 6 minutes for the predetermined substitutions.
- Teams will switch goals at halftime (except in the Kindergarten division).

# **GAME FORMAT (CONTINUED)**

- **No division standings are maintained in any division.**
- **Coaches are allowed to walk the sidelines to support players. Coaches are on the field with k-3rd players to help coach during games.**
- **All coaches will adhere to the substitution rules**
- **No yellow cards or red cards are given / used**
- **There is no extended time in Central Sports Soccer.**

# FIELD OF PLAY

***Field Markings:*** The field of play should be marked with two touch lines, two goal lines and divided into two equal sections by the midfield line and a center circle.

***Goal Area:*** Each goal area will be an arc (semi-circle) directly in front of each goal for Kinder – 3<sup>rd</sup> grade divisions.

***Penalty Area:*** There will be no penalty area marked off.

***Flag posts:*** Placed at each of the four corners of the field. A yellow cone will make the corner kick area

***Corner Arc:*** Corner arcs will be a quarter circles with a radius of 3'

# FIELD OF PLAY



K-3<sup>rd</sup> Grade fields are 110X55 ft

4-6<sup>th</sup> Grade fields are 240X120 ft

# NUMBER OF PLAYERS

**Team Format:** 6v6 for kindergarten division

7v7 for 1<sup>st</sup> – 3<sup>rd</sup> grade

8v8 for 4-6<sup>th</sup> grade

**No Goalkeeper:** Because of the goal arc and the size of the goal there is no need for a goalkeeper in the k-3<sup>rd</sup> division. This facet of the format is meant to give all players an active role as field players. Players **WILL** not be positioned in front of the goal arc to act as a goal keeper and not be an active part of the game. As a compromise, coaches may position a player around midfield to play as a defender. There is a goal keeper in the oldest division.

# THE BALL AND GAME DURATION

## The Ball

<i>Kindergarten</i>	<i>Size 3</i>
<i>1<sup>st</sup>-3<sup>rd</sup> Grade</i>	<i>Size 4</i>
<i>4<sup>th</sup>-6<sup>th</sup> grade</i>	<i>Size 5</i>

## Game Duration

- ***Periods of Play*** – The game will consist of two 18-minute halves with each half being divided into three 6-minute periods
- ***Game Clock***– The game clock will be maintained by the referee.



# RULES FOR CENTRAL SPORTS SOCCER

- A kick-off begins each half and after a goal has been scored. Opposing players must remain outside the center circle or 4 yards away until the ball has been put in play.
- The team in possession of the ball at the end of the 1st, 2nd, 4th and 5th six-minute period retains possession of the ball. The team with possession of the ball will start the next six minute period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kick-off will begin the second half of the game with a kick-off.
- **Shooting Arc:** There is no ball contact allowed within the shooting arc. If the ball comes to a stop within the arc, a goal kick is awarded to the defensive team regardless of who touched the ball last.
  - If the ball has broken the plane of the shooting arc and a defensive player touches the ball, but the referee determines that the ball would NOT have gone in the goal, a corner kick is awarded to the attacking team.
  - If the attacking player touches the ball inside the arc, a goal kick is awarded to the defensive team.

# RULES FOR CENTRAL SPORTS SOCCER

- Fouls will result in either an indirect or direct kick. Opposing players must be 5 yards away from the ball. ***Indirect Kick:*** A player other than the kicker must touch the ball before a goal can be scored. ***Direct Kick:*** The kicker may score directly without another player touching the ball.

**Indirect Kicks** – Awarded to the opposing team if one of these fouls is committed:

- **Dangerous play**
- **Obstructing an opponent**
- **Delay of Game**

**Direct Kicks** – Awarded to the opposing team if one of these fouls is committed:

- **Handling the ball**
- **Kicking an opponent**
- **Hitting an opponent**
- **Pushing an opponent**
- **Tripping an opponent**
- **Holding an opponent**
- **Any unsportsmanlike conduct**
- **Slide tackling or any contact with the ball while the player is on the ground**

# **RULES FOR CENTRAL SPORTS SOCCER (CONTINUED)**

- **A penalty kick is awarded for deliberate handling/kicking of the ball inside the goal arc that denies the opposing team a goal or obvious goal-scoring opportunity.**
- **A goal is not scored if a player kicks or throws the ball into his or her own goal. A corner kick is awarded for the opposing team. This removes the possibility of a player scoring for the other team and prevents further embarrassing a player for making this mistake.**
- **A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal on a kick-off or from a goal kick.**

# **RULES FOR CENTRAL SPORTS SOCCER (CONTINUED)**

- **Offside is not called because of the field size and the number player on the field.**
- **Shinguards are required. Socks go over the shinguards.**
- **Slide Tackling is not allowed.**
- **Players who commit two fouls resulting in direct kicks, excluding handballs, in the same 6-minute segment must sit out the remainder of that segment.**

# RE-STARTS

- ***Out-of-bounds:*** The entire ball must go out-of-bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.
- ***Corner Kicks:*** When the ball passes over the goal line after being last touched by the defensive team. The ball is placed inside the corner arc on the side of the field where it went out-of-bounds.

# RE-STARTS (CONTINUED)

- **Goal Kicks:** When the ball passes over the goal line after being last touched by the attacking team or if the ball comes to a stop within the goal arc. The ball is placed on the goal line, 5 yards from the goal arc on the side of the field where it went out-of-bounds
- **Throw-ins:** When the ball passes over the sidelines, the team to touch it last loses possession and the opposing team takes a throw-in.

# SUBSTITUTIONS

**This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that:**

- **Every child will play at least half of the game.**
- **No child will sit out more than six minutes at a time.**
- **The starting lineup shifts down one player every game allowing every child to be in the starting lineup.**
- **Coaches are not open to making unfair substitutions.**
- **Coaches are free from monitoring playing time for each player.**
- **Playing time for all players is virtually even over the course of the season.**

# FILLING OUT THE SUBSTITUTION FORM

Player's Name		18 Min	12 Min	6 Min
A Gabrielle		X		X
B Rachel		X		X
C Emily				X
D Madison	X			
E Samantha		X		
F Ashley		X		
G Grace				X

## Step 1 -

Rank players by ability starting with slot "A". This player ranking order should not change at any point during the season.

## Step 4 -

Continue this process for the remainder of the segments

## Step 2 -

For Week 1, begin with Player "A" and work down the column (A-D). These are your starting four.

## Step 3 -

Begin the rotation where you left off in the previous segment. If you are at the bottom of your list, be sure to go back to the top until you have four players in the segment.



# FILLING OUT THE SUBSTITUTION FORM

## Week 2

Player's Name		First Half				
Name		18 Min	15			n
A	Gabrielle					
B	Rachel	X				
C	Emily	X				
D	Madison	X				
E	Samantha	X				
F	Ashley		X	X		X
G	Grace		X		X	X
H						

Using the method we just learned, fill in the rest of the substitution for Week 2.

# SUBSTITUTION SCENARIO

It's Week 3 and, as game time approaches, Samantha has not arrived (she is supposed to be in the starting lineup for Week 3). She did not call prior to the game and inform you that she will not be present.

***What do you do?***

# Week 3

Player's Name		First Half			Second Half		
Name		18 Min	12 Min	6			
I							
t							
t							
(							
(							
(							
G	Grace	X		X		X	X
H							

For the second segment, start with the next person in the rotation (Gabrielle) and work down the form to include Rachel, Emily and Madison.

or Ashley.

If Samantha arrives during halftime, continue with the proper rotation including Samantha in the following segment. Then continue with the rest of the rotations through the end of the game.

# END OF SEASON MEDALS

- Each child will receive one medal at the end of the season.
- Each medal represents a different skill or characteristic.

Offense

Defense

Effort

Sportsmanship

Dribbling

Character

Shooting

Encourager

Leadership

Passing

You will tell us how many of each of these you want by April 24th.

This does not mean that the player is the best offensive player on the team but rather their strength OR area of most improvement is offense.

# MINISTRY SAFE

1. **Make Central Sports the safest environment for players and volunteers.**
2. **Abuse Awareness training – stop before it happens**
3. **Make you a more prepared coach and parent.**
4. **Watch the video and take the test – about 45 minutes total**
5. **It is good for 2 years.**
6. **It will help protect your kids, you, and the church**
7. **You will receive a link in an email and ask that you complete it within a week upon receiving it.**
8. **This will make this program the safest and it can possibly be.**

# ***LAST GAME DAY***

**On the last game day of the year we are throwing a party. We will provide the awards for the kids, the coach gifts and the inflatable games. Teams can have their end of the year party on site if they so choose.**

**We will provide 3 pizzas per team!**