

U8 VOLUNTEER COACHING PLAN

Welcoming to the KYSL Recreational Soccer Season. For those returning Volunteers, welcome back. If this is your first time volunteering we are excited to have you. U8 Soccer is an exciting time for young players and parents to learn new things. Together, Coaches and Parents are expected to create a safe environment for players to have fun and develop a love for the game of soccer. Below are a few tips you will need as a Coach to make this happen.

Commit to your team. Set aside the time necessary for practices and games. Let the players on the team know you're their Coach and you want them on your team. Learn their names as fast as possible.

Consistency keeps the team together. Both Coaches and Team Parents should meet and discuss scheduling ASAP. Consult with parents about times and days for training then set a schedule you can keep and KEEP IT. Use the online scheduling system provided to you by KYSL. Use the website for all your scheduling and communications with parents. Kids need a safe familiar place to learn; parents need consistency to plan their busy schedules. Adjust schedules when necessary such as weather but the more consistent you are the better off your team will be.

Educate yourself. Players and parents will be looking to you to explain and teach. Take the time to learn so you can help your players learn and develop the right skills for this age division. Player Development is a step by step process and these young players are taking that first step.

Have a positive attitude. Be excited that your players are making mistakes because that means they're trying new things. A Positive Coach makes for Positive Players makes for Positive Parents makes for a Positive Experience for all. Nothing kills fun faster than a negative attitude. Your attitude will set the tone for the whole team, parents, and season.

COACHING SCHEDULE

The most important things as a coach is to have a plan. The season will look like this.

Preseason- Register as a Volunteer Coach and start or continue your coaching education. The more you can learn the better coach you will be. Take online courses, watch training videos, and search for information that will help you. Refer to the Coaching Resources provided in this manual. Become familiar with website.

Volunteer Training Meeting- This is a meeting for all Volunteer Coaches, Assistant Coaches, Team Parents, and Parents. Information and Training is provided at this meeting.

Team- Your team will be assigned and sent to you through the website at kingmansoccer.com. Watch for it. Contact your players and parents through the website by text, email or both. Schedule all trainings and other events through the website.

Team/Parent Meeting- As soon as possible have a meeting to introduce yourself to the parents and players. Set the training schedule and location if possible. If you still do not have an Assistant Coach encourage a parent to sign up. Elect a Team Parent and ask them to register as a Volunteer Team Parent at kingmansoccer.com for your team. Turn all non-coaching responsibilities over to them (snacks, photos, fundraisers, parties.....). Talk about the website.

Training Sessions- Decide the times and place for training sessions and stick with it. Set the schedule through the website and alert parents as soon as possible of changes occur. Each player should bring their own ball, shin guards and water to every practice. Coach should have cones, extra balls and a whistle. Pennies and pugg nets if possible. Plan your training sessions each week around the player development goals. Coordinate your training plans with your assistant coaches and parents. Players know when you're faking it. Keep it simple, keep it fun. There are lots of resources available to you. Ask for them, find them, use them.

Games- The schedule is set on the website. Ask Parents/Players to come 30 minutes early to each game. Train parents to indicate on the website if a player will be missing or attending the game. This will help you plan your substitutions before the game begins. Have a specific goal for each game. Something you worked on in training that week. Let your parents know what that goal is so they can cheer when they see it happen (example: Throwing the ball in the right way). Remember if you are the first game of the day you put nets up. Last game of the day you take nets down.

Team Pictures- Set the schedule on the website. Look sharp and have fun.

End of Season- Thank the Parents for supporting you. Give your thought and feedback to KYSL on how the season went and what you would like to see next year.

U8 PLAYER DEVELOPMENT

So what should your players experience this soccer season? Remember U8 Soccer is about having fun. Player development at this age is simple.

Help each player fall in love with “their” soccer ball.

Each player should have their own soccer ball. Players at this age do not share (pass the ball). Training sessions should be all about having a ball at the feet of each player all the time.

Players should learn to dribble using both feet.

Dribbling using both feet is the number one Technical Skill players should be learning at this age. Players need to learn to use all the parts of their feet. Inside, outside, laces, bottom, heel and toe. Simple ways to change direction, to go around objects not through them and keeping the ball under control are all goals to set with your players.

Players should learn to pass and receive the ball with both feet.

Teach players how to properly make a Push Pass is the goal. Players should also be experimenting with the qualities of a rolling or spinning ball. Introduce ball lifting, juggling, receiving ground balls with the inside and sole of the foot, shooting with the inside of the foot, toe passing and shooting and dribbling while changing direction.

Learn Rules of the Game.

Players and Parents need to learn the simple rules of the game. Find fun simple ways to help players remember how to put the ball in play. Kickoffs, free kicks, throw-ins, goal kicks and corner kicks all need to be taught. Coaches, Learn the rules so you can teach.

In U8 Soccer here is no “heading the ball” in practices or games.

Heading the ball is when a player intentionally contacts their head with the ball in any way. Players should feel safe at practice and games so learning can occur.

Practice, Practice, Practice

Coaches should encourage parents to practice with their players. I repeat dribbling using both feet is the number one Technical Skill players should be learning at this age. The 60 minutes at “soccer practice” will never be enough time for this to happen. This skill will be learned from hours of playing with “their” ball in the back yard, living room, at the park or anywhere you provide a ball and space for them. Parents need to be excited when players “mess up”. Messing up means they are trying something new and learning from their mistakes. Always be positive and encourage them to try again.

Summary

Players need to be able to dribble the ball with both feet, move the ball around objects, and change direction with the ball. Players should also pass and receive the ball with all areas of their feet. This, and helping them learn the rules and falling in love with a game they will be able to play throughout their life. It is really that simple.

TRAINING SESSIONS

Training sessions should be held in a safe place. Consider all your players needs in setting Location, times and days. Parents need consistency to set their busy schedules. Once the training times and days are set enter them into the website Schedule so parents get notifications. Use the website for Messages, Texts and Emails to alert parents of changes when they occur. The website is the best way to manage your season.

LOCATION: Find a safe location and stick with it throughout the whole season. Parents need consistency in setting schedules so if possible don't change locations.

DAYS AND TIMES: U8 Age Division should train no more than twice a week. Training sessions should only last 45-60 minutes long, no more.

EQUIPMENT: Each player should bring their own Size 3 Ball, shin guards and water for every training session. Coaches should have cones, extra balls and a whistle. Pennies and pugg nets if possible.

SPACE REQUIRED: U8 training sessions will require a small area. Most activities can be accomplished in a 30 yard x 30 yard square. (one large adult step equals about a yard)

PLANNING: Plan your training sessions each week around the player development goals. Coordinate your plans with your assistant coaches and parents. Keep them simple and fun. Players know when you're faking it. Keep it simple, keep it fun. Use the resources available to you. Ask for them, find them, use them.

TRAINING SESSION: A U8 training session should be flexible and fluid with no lines or standing still. See References for specific ideas for training methods.

Setup- Arrive early to set up your area.

Gathering Activity- As players start to arrive have a fun "gathering" game in place that will keep the players attention while other players filter in.

Review Something Old-When you're ready to start training review something "old" such as a skill you learned last training session. See if they remember what you taught. Apply that skill in a fun drill.

Teach Something New- Introduce something new to your players each training session. Keep it simple and fun. Do not create lines. When learning a new skill or drill start without the ball first. Get the movements down and then add the ball. Involve parents in drills so they can practice at home with their players.

Play Soccer- End with a fun game. Make sure the game emphasizes the new skill learned in that training session. Incorporate rules of the game so that players can be familiar with the flow of the game.

SAFETY- Have lots of water breaks when hot, be aware of weather, and have players picked up by approved adults only at a set location. Keep it safe, Keep it fun.

U8 GAME DAY

Coaches with the first and last game of the day are responsible for setting up/taking down goals/nets and corner flags and placing them in the bags. The league will ensure this equipment is delivered to the field prior to the first game and picked up after the last game.

U8 game is 5v5 Academy (use of the build out line). 4 Field Players and 1 Keeper.

Size 3 ball is used.

12-minute quarters with 2 minute quarter breaks and a 5 minute half-time.

Each player plays a minimum of half the game unless injury or illness.

No direct free kicks or penalty kicks

Center referee officiates the game.

NO HEADERS

Buildout line (halfway line) is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team should move behind the buildout line. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the the ball to a teammate. Punting is not advised. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. On Goal Kicks the ball must pass over the Penalty Box line before Attacking players can touch the ball and Defending players can cross the buildout line.

Each quarter begins with a kick-off, alternating teams. Kick off after goals. The defending team should stay outside the circle until the ball is kicked. Ball must move forward or allow a do-over. The kicker cannot touch the ball a second time until it has been touched by another player.

Throw In is after a ball goes completely over the sideline. Field players must be at least two yards away from thrower. Ball should touch back of neck and be thrown over head with two hands, both feet on the ground. Explain illegal throw-in and allow a do-over. The thrower cannot touch the ball until it has been touched by another player. Allow a do-over.

Kick Ins done from the corner after a ball goes over the goal line. Kicked by the opposing team of person who kicked it out. Field players must be at least two yards away from kicker. The kicker cannot touch the ball until it has been touched by another player. Do-over.

This is a learning league so coaches should explain fouls (pushing, holding, tripping, handling, etc.) Restart with an indirect free kick so the ball must touch another player to score a goal.

Dropped ball must touch another player in order to score a goal.

Teams line up to shake hands after the game.

For complete Laws of the Game go to

<https://ussoccer.app.box.com/s/xx3byxqgodqt1h15865/1/7594344289/109933501929/1>

COACH CODE OF CONDUCT

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and the six core principles of trustworthiness, respect, responsibility, caring and good citizenship.

Therefore I agree to:

Contribute to the overall success, physical and athletic growth of my team.

Be a good instructor and role model.

Understand that the score comes second to the health and well-being of my team. Learn and follow the rules of my division in all games.

Follow league guidelines in regard to equitable playing time.

Remember that soccer is a game and should be fun! Understand that the way my team and I conduct ourselves can have a positive influence on our opponents.

Emphasize winning without boasting and losing without bitterness.

Respect the Referees and ensure my team does the same.

Support the Referees' decisions to my team and spectators.

I understand that I am responsible for the behavior of my team and spectators.

Referees and league officials have the right to remove from the field and surrounding area persons who cannot conduct themselves within the spirit of recreational soccer and/or in compliance with the Code of Conduct. The KAYSL Board will review any such incidents

RESOURCES

Online education all age divisions:

<https://www.usyouthsoccer.org/coaching-resources/>

<https://dcc.ussoccer.com/>

http://www.nscaa.com/web/Education/web/Education/Coaching_Courses.aspx?hkey=5278475e-c172-44bf-8dda-e8504eade786

<http://www.coachingsoccerweekly.com/>

U8 Soccer Resources to help you.

<http://www.freeyouthsoccerdrills.com/free-soccer-drills.html>

http://www.soccerxpert.com/u6-u8-soccer-drills.aspx#google_vignette

<http://www.coachingsoccer101.com/drills.htm>

<http://www.usyouthsoccer.org/FileDownload.aspx?D=x2FN/MOCrVYNU0N3a8CKcKe3rgL13Ymh87Yb05Agvqw=>

https://youtu.be/_dscVGPYIUE

<https://youtu.be/XSmwKK4IK6s>

<https://youtu.be/oqnopsia-mc>

<https://youtu.be/NAxiwrnzzCo>

<https://www.youtube.com/playlist?list=PL805D77038B88D895&feature=plcp>

For more information, resources or encouragement feel free to contact me.

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