

WCSC Coach Package

2017



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Introduction

The 2017 Board of Directors would like to welcome you to the 2017 season. We welcome new coaches trying this for the first time, or experienced coaches growing with their children through the age divisions.

We are here to support you during the season, and our goal is to make this the best possible experience for you and your team.

Our contact information is on the website at <http://wcsc.ca>, and please contact us at any time if you have any questions.

Good luck, and have fun!

The 2017 WCSC Board of Directors

Expectations

For House League only, the Fair Play rule supersedes the Code of Conduct.

The coach's primary responsibility is to develop the skills of all players on the team. The spirit of the Fair Play rule is that all players must be substituted so that each receives equal time on and off the field. This is to be done each game and throughout each game during the regular season and the tournament.

The exception is the goalie who can play the full game in nets. However, once the goalie has been substituted, the former goalie cannot remain on the field to make up time. In other words, players in goal in one half must be substituted equally in the other half. The rule is extended to situations where coaches have attempted to circumvent the Fair Play Rule by substituting a player in and out of goal during a half without removing the goalie off the field. Again, the executive will interpret these situations as a clear violation of the Fair Play Rule.

The onus is on the coach to ensure the spirit of the Fair Play rule and equal playing time for all players is carried out. Our intention as the WCSC is to develop a love of the game for all involved. Fair Play is in place to support this intention.

Coaching Development

Make professional development a priority. Be open to new ideas. It is recommended that all coaches strive to improve their skills through coaching development. West Carleton coaches are encouraged to participate in coaching workshops, training sessions, and certification programs. Most costs will be paid by the WCSC.

Sideline Conduct

Players respect their coaches and, as a result, will often imitate their behaviour. Coaches therefore, are expected to maintain their composure and self-control during games.

Coaches are responsible for sideline behaviour for their team. Coaches must ensure that their team, parents and fans, understand that the team may be penalized for any inappropriate behaviour. The referee has the authority to stop the game until the Coach gets the team and/or fans to behave appropriately.

Coaches should avoid as much as possible yelling instructions from the sideline. Players need to learn make quick decisions on their own during play. Instructions from the sideline like "Shoot!", "Down the wing!", "Boot it", "Send him" usually serve only to distract players and often result in ineffective action being taken because of the distraction.

Each player responds differently to a coach's criticism during games. A good rule to follow is: Correct don't criticize. Correcting means pointing out to the player the source of the problem,

suggesting ways to correct it, and then, most importantly, working at fixing the problem during the next training session.

Jewellery

No item of jewellery of any sort will be allowed on the field of play, even if it is taped. This includes but is not limited to necklaces, rings, bracelets, earrings, leather or rubber bands or visible body piercings. Loose beaded hair is also not permitted unless tied back or covered by a net. This rule follows Law 4 issued by the Canadian Soccer Association and is in place to ensure the safety of everyone on the field. For parents - please, DO NOT GET YOUR CHILD ANY PIERCING DURING THE SOCCER SEASON, THEY WILL NOT BE ABLE TO PLAY WITH STUDS IN.

LTPD

LTPD stands for “Long Term Player Development”, and is a structured approach for teaching and coaching soccer designed to be consistent with the capabilities and development of each age group.

The goal is to develop life-long soccer players (of any level).

With the Canadian Soccer Association and the Ontario Soccer Association, all of our development decisions are made with this approach in mind.

For further reading, please visit:

<http://www.canadasoccer.com/canada-soccer-pathway-ltpd--s16879>

<http://www.ontariosoccer.net/player>

Tips and Tricks

This section is a guide to some tips and tricks that different board members and coaches have gathered over the years that might be of help to new coaches.

Freezies and Snacks

One of the highlights for the kids is the freezie schedule for games (and/or practices).

At the first practice, the coach can bring the freezies. Bring a form where parents can sign up for particular game nights to bring treats, and you won't have to scramble.

Don't forget to ask if there are any food allergies and let everyone know.

Sidelines

Once the warmer weather starts, some handy gear if you happen to have them in your basement:

- A beach tent or other source of shade
- Folding bench
- Dollar store electric fans + water spray

Please note that parents are not allowed on the same side as the team.

Running a Game

Once the game starts, in cases where you don't have two lines of kids, it can be tough to manage the substitutions to make sure that each child is receiving equal playing time.

Using a copy of the game sheet with your roster to track is a good trick, using a pencil or pen to mark who has been on.

The other big area that can be chaotic is deciding who takes a free kick/kick in from the sideline. The referee will place the ball, but there can be a large group of kids hoping to kick the ball. It helps to be able to quickly tell the kids whose turn it is, or for older age groups, deciding on an order (alphabetical?) so the kids can decide for themselves.

TeamSnap Instructions

TeamSnap is a website that is very handy for posting your team schedule, tracking attendance and easily communicating with your parents.

It's free, and once you have your registration list and parental emails, you can follow the instructions at:

<https://helpme.teamsnap.com/hc/en-us/articles/227889047-How-do-I-get-started-with-Team-Snap-Tips-Tricks-for-getting-started-for-coaches-and-managers>

Division Rules

Please consult the age group website on <http://wcsc.ca> for the latest rules for your division and the latest information from your coordinator.

Helpful Resources

Practice Plans

- http://www.mayouthsoccer.org/coaches/session_plans/
- <http://www.ontariosoccer.net/grassroots-practices>
- <https://www.soccerxpert.com>

Questions + Answers

- <http://www.wcsc.ca/DisplayPage.aspx?PageID=5335> (WCSC FAQ)

Micro Soccer (U5)

At the Micro level, the emphasis is on learning movement and athletic skills in a zero-pressure, non-competitive environment.

Things to remember at this level:

- The kids can generally only last about 45 minutes.
- Frequent water breaks are encouraged, both for hydration and to give the kids a break before the next activity.
- Scrimmages at this level are very tempting but generally very difficult to manage until the later portion of the year. Expectations from parents can be challenging in this regard.
- Repetition is key. The example practice plan progression only changes a few activities from week-to-week to keep consistency and give kids a chance to try out new activities. They won't get bored, and will get less frustrated with the repetition.
- Don't assume that the kids know the "basic" games already, many at this level have not been to school and may not be familiar yet. Take your time to explain them, and the repetition from week-to-week will help as well.
- The practice plans include 4 activities, but it's handy to have the "Games Collection" document printed out and with you. Some days where the kids' attention span is shorter, it's a huge help to have the additional ideas/games.

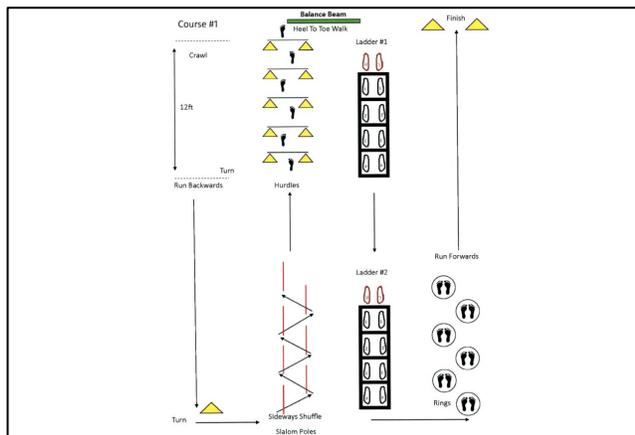
Practice Plan - Micro Day 1

Activity 1 Obstacle Course Duration

Using the kit of equipment, construct an obstacle course (see diagram). Feel free to be creative!

Notes Activity Time Rest Intervals

For the first few sessions, it is totally ok to have the parents assist in leading their little ones through the course.
It's usually helpful for other parents and/or helpers (siblings make great helpers) stationed around the course to fix it as the activity occurs, as it will get knocked around/messed up as the kids move through it.



Activity 2 Red Light/Green Light Duration

All players have a ball and dribble in a limited space (or towards the coach). When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast.

Notes Activity Time Rest Intervals

Coach controls this game with the frequency of "light" changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.).

Activity 3 Body Part Dribble Duration

In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible.

Notes Activity Time Rest Intervals

Coach should vary body parts and rate at which they call out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet).

Activity 4 What Time is it, Mr/Ms Wolf? Duration

Kids line up on the goal line with a ball, facing down the field. The coach is the Wolf, standing 20 yards away from the kids with your back to them. The players will start off by calling "What time is it, Mr. Wolf?". The Wolf answers with a time of day, and the players should dribble closer to the Wolf taking the same number of steps as the time. This repeats until the Wolf answers "LUNCHTIME", and chases the kids back to the goal line.

Notes Activity Time Rest Intervals

Encourage dribbling with only the feet, especially when the kids are being chased back to the goal line!

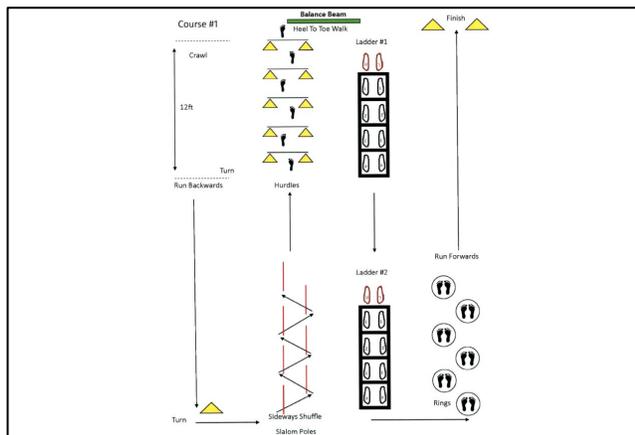
Practice Plan - Micro Day 2

Activity 1 Obstacle Course Duration 10m

Using the kit of equipment, construct an obstacle course (see diagram). Feel free to be creative!

Notes Activity Time Rest Intervals

For the first few sessions, it is totally ok to have the parents assist in leading their little ones through the course.
It's usually helpful for other parents and/or helpers (siblings make great helpers) stationed around the course to fix it as the activity occurs, as it will get knocked around/messed up as the kids move through it.



Activity 2 Red Light/Green Light Duration 5m

All players have a ball and dribble in a limited space (or towards the coach). When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast.

Notes Activity Time Rest Intervals

Coach controls this game with the frequency of "light" changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.).

Activity 3 Capture the Balls Duration 10m

Set up three or four "home bases" (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base.

Notes Activity Time Rest Intervals

Players cannot use hands and there is no pushing each other or sitting/laying on the balls.
Coach calls time and counts up how many balls are in each base to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.

Activity 4 What Time is it, Mr/Ms Wolf? Duration 5m

Kids line up on the goal line with a ball, facing down the field. The coach is the Wolf, standing 20 yards away from the kids with your back to them. The players will start off by calling "What time is it, Mr. Wolf?". The Wolf answers with a time of day, and the players should dribble closer to the Wolf taking the same number of steps as the time. This repeats until the Wolf answers "LUNCHTIME", and chases the kids back to the goal line.

Notes Activity Time Rest Intervals

Encourage dribbling with only the feet, especially when the kids are being chased back to the goal line!

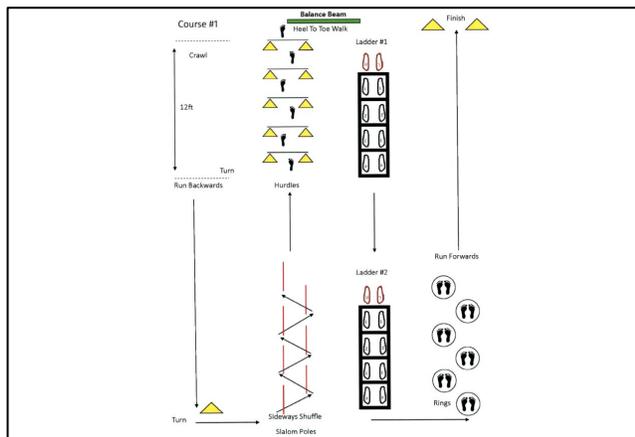
Practice Plan - Micro Day 3

Activity 1 Obstacle Course Duration 10m

Using the kit of equipment, construct an obstacle course (see diagram). Feel free to be creative!

Notes Activity Time Rest Intervals

For the first few sessions, it is totally ok to have the parents assist in leading their little ones through the course. It's usually helpful for other parents and/or helpers (siblings make great helpers) stationed around the course to fix it as the activity occurs, as it will get knocked around/messed up as the kids move through it.



Activity 2 Freeze Tag Duration 10m

Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again).

Notes Activity Time Rest Intervals

Progression: Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet.

Version 3: Coach can be the freeze monster and try to tag all the players; players can unfreeze each other.

Activity 3 Capture the Balls Duration 10m

Set up three or four "home bases" (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base.

Notes Activity Time Rest Intervals

Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Coach calls time and counts up how many balls are in each base to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.

Activity 4 Snake Duration 10m

In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake.

Notes Activity Time Rest Intervals

The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss.

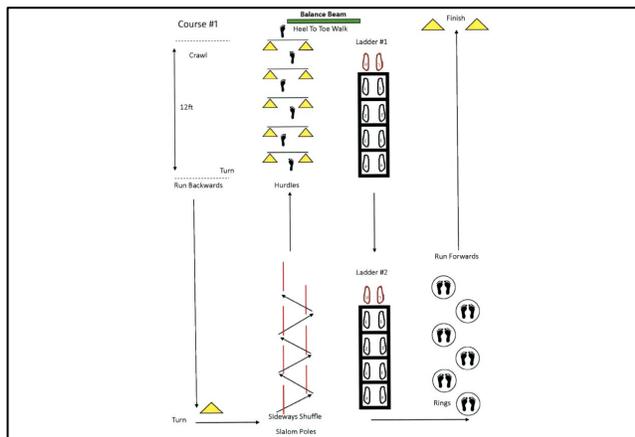
Practice Plan - Micro Day 4

Activity 1 Obstacle Course Duration 10m

Using the kit of equipment, construct an obstacle course (see diagram). Feel free to be creative!

Notes Activity Time Rest Intervals

For the first few sessions, it is totally ok to have the parents assist in leading their little ones through the course.
It's usually helpful for other parents and/or helpers (siblings make great helpers) stationed around the course to fix it as the activity occurs, as it will get knocked around/messed up as the kids move through it.



Activity 2 Freeze Tag Duration 10m

Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again).

Notes Activity Time Rest Intervals

Progression: Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet.

Version 3: Coach can be the freeze monster and try to tag all the players; players can unfreeze each other.

Activity 3 Kangaroo Jill Duration 10m

All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos.

Notes Activity Time Rest Intervals

Activity 4 Snake Duration 10m

In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake.

Notes Activity Time Rest Intervals

The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss.

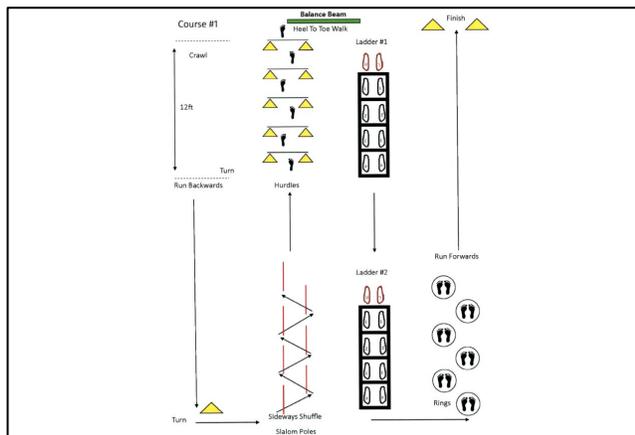
Practice Plan - Micro Day 5

Activity 1 Obstacle Course Duration 10m

Using the kit of equipment, construct an obstacle course (see diagram). Feel free to be creative!

Notes Activity Time Rest Intervals

For the first few sessions, it is totally ok to have the parents assist in leading their little ones through the course. It's usually helpful for other parents and/or helpers (siblings make great helpers) stationed around the course to fix it as the activity occurs, as it will get knocked around/messed up as the kids move through it.



Activity 2 Paint the Field Duration 10m

Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid.

Notes Activity Time Rest Intervals

Progression: Can ask them to paint with only their left foot, then their right foot.

Activity 3 Kangaroo Jill Duration 10m

All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos.

Notes Activity Time Rest Intervals

Activity 4 Beach Ball Soccer Game Duration 10m

Find a giant bouncy beach ball/play ball at your local big box store. Divide the entire group into two teams and direct them to try to get the ball into each other's net. Boot the ball into the middle of the field to begin.

(This has been a historical favourite)

Notes Activity Time Rest Intervals

May need volunteers stationed around the field area to keep the beach ball contained. Works best in a fenced field.

Micro (U4/U5) Soccer Games

Tag

Every child dribbles a soccer ball in a defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the first game. Version 2: Players must tag other players' knees.

Hospital Tag

Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body where they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal the injuries of all the little soccer players so they can continue playing the game.

Body Part Dribble

In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet).

Red Light/Green Light

All players have a ball and dribble in a limited space (or towards the coach). When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Coach controls this game with the frequency of "light" changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.).

Snake

In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss.

Freeze Tag

Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters.

Progression: Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet. **Version 3:** Coach can be the freeze monster and try to tag all the players; players can unfreeze each other.

Capture the Balls

Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach’s command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others’ home bases. Coach calls time and counts up how many balls are in each base to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.

Free Dribble

Everyone dribbling a ball, using insides, outsides, and soles of their feet. Players can dribble with speed (outsides of the feet and toes), try moves of their choice or moves that the coach introduces, or they can change direction. The Coach can manipulate the session by calling out different commands...”stop, go, turn, tap”. Kids can carry the ball towards someone and try a move. Version 2: As players get comfortable, the coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction.

Kangaroo Jack

All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos.

Ball Tag

Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player’s feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. Options: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc.

Moving Goal

2 coaches use a pennie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by kicking their ball through the goal. However, the coaches constantly move and turn to force the players to keep their head up and to change direction as they dribble.

Paint the Field

Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid. **Progression:** Can ask them to paint with only their left foot, then their right foot.

Pirate Ship

Set up a 20x20 grid (Pirate ship deck) with a small 6x6 grid (safe shark cage) just in one of the corners of the field. Coach makes up variations and adds them to their pirate ship journey one at a time. Variations on the ship can be: Scrub the deck-players must roll the ball back and forth with the sole of their foot, then coach can ask them to do this while moving all around the Pirate Ship deck. Hoist the sail-players can knock the ball back and forth between their feet (foundation), then dribble all around the Pirate Ship deck as fast as they can. Walk the plank-players must do toe touches on their soccer ball, then dribble all around the Pirate Ship deck as fast as they can. Shark attack-Coach (aka: 'Shark') runs after players and they have to try and dribble their soccer ball into the 6x6 (safe shark cage) before the 'shark' catches them.

Gates

Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score in 30 seconds and when playing a second time ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this.

What Time is it, Mr. Wolf?

All kids line up on the goal line facing down the field with a ball. The coach is the Wolf, standing about 20 yards away from the kids with their back to them. The players will start off by calling "What time is it, Mr. Wolf?". The Wolf will answer with a time of day, and the players should dribble closer to the Wolf taking the number of steps as the time. This repeats until the group moves down the field, when the Wolf answers "LUNCHTIME", and chases the kids back to the goal line.

Practice Plan

Activity 1 _____ Duration

Notes Activity Time Rest Intervals

Activity 2 _____ Duration

Notes Activity Time Rest Intervals

Activity 3 _____ Duration

Notes Activity Time Rest Intervals

Activity 4 _____ Duration

Notes Activity Time Rest Intervals

Practice Plan

Activity 1 _____ Duration

Notes Activity Time Rest Intervals

Activity 2 _____ Duration

Notes Activity Time Rest Intervals

Activity 3 _____ Duration

Notes Activity Time Rest Intervals

Activity 4 _____ Duration

Notes Activity Time Rest Intervals

Practice Plan

Activity 1 _____ Duration

Notes Activity Time Rest Intervals

Activity 2 _____ Duration

Notes Activity Time Rest Intervals

Activity 3 _____ Duration

Notes Activity Time Rest Intervals

Activity 4 _____ Duration

Notes Activity Time Rest Intervals