

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)

Under-6 Soccer

The U6 Division is designed to ensure a smooth transition from Micro Soccer to House League. U5 and U6 players will be introduced to the game of soccer once a week on a field sized to their needs. This earlier introduction to playing against an opposing team will ensure players are ready to move to the full house league structure starting at the U7/U8 level.

Your child will be introduced to playing against an opposing team in a 4 vs 4 format (or 3 vs 3 depending on attendance). The field and goal size are smaller than a regular mini-field to accommodate the young players. Each meeting will consist of a 30 minute practice session followed by a 30 minute game. Players will meet once per week for the duration of the season.

Practice Plan - U6 Day 1 - Passing

Activity 1 Freeze Tag Duration

One person is it... no ball
All others run carrying their ball in their arms
When frozen stand with legs apart
To unfreeze roll ball through legs of frozen child

Notes Activity Time Rest Intervals

Change up who is "it"

Activity 2 Partner pass / inside of foot Duration

Odd numbers can have one set of three pass in triangle or one child pass to parent/coach
Say name of kid you are passing to (helps get to know teammates)
Stop the ball with your foot before passing it back

Notes Activity Time Rest Intervals

Vary distance depending on strength and ability
Switch partners after a while

Activity 3 Soccer Golf Duration

Set up cones in a big circle or randomly spread them out. Each kid has a ball and stands at one cone.
Kids use the **inside of their foot** try to pass from the cone they are at, to the next one in the circle. See how many passes it take to touch the cone, once a child has touched a cone try to pass to the another cone. Kids can aim toward any cone, they do not have to go in order

Notes Activity Time Rest Intervals

Coaches check to see if kids are passing with inside of foot
Vary distance of cones

Activity 4 Game Duration

Notes Activity Time Rest Intervals

Practice Plan - U6 Day 2 - Dribbling

Activity 1 Bring home the gold (cones) Duration

Set up your nets about 15 meters apart and put 5 cones spread out in each net
Divide the kids into two teams. Each team starts at one net (their home).
Kids must run to the other team's home and grab a cone and run back to place it into their home

Notes Activity Time Rest Intervals

All kids run at the same time, repeat for a few minutes and see who has more cones
Kids may NOT guard the cones, kids may NOT rip cones out of each other's hands
Each kid should be running trying to collect more cones to bring home, kids can only take ONE cone on each turn

Activity 2 Fish vs. Shark Duration

Make two parallel lines with cones at least 15-20 meters apart. One child is the shark (**no ball**) and stands in the middle of the area. All other kids **have a ball** and stand behind one of the lines (fish). Start conversation - **Shark yells:** "Fishy, Fishy, swimming in the sea."

Fish yell: "Sharkey, Sharkey you can't catch me" Then all fish try to cross the field (sea) to get behind the other line.

Notes Activity Time Rest Intervals

Shark tries to kick their ball away.
Fish need to try to keep ball close to their feet to protect it.
If ball is lost that fish turns into another shark.
Game repeats with remaining fish crossing to the other side trying not to become sharks.
Last fish standing can be shark for the next game.

Activity 3 Dribbling Drill Duration

Set up a LARGE square/rectangle using enough cones for each child (large enough so that all kids can easily fit inside the square and have room to move).

Kids dribble the ball anywhere within the area of the square (using the inside of their foot) and trying to avoid collisions with teammates.

Notes Activity Time Rest Intervals

When coach yells "CONE", kids dribble to a cone as fast as they can and have to stand by cone with foot on the ball.

When coach yells "dribble" they return to middle to dribble randomly.

Activity 4 Game Duration

Notes Activity Time Rest Intervals

Practice Plan - U6 Day 3 - Shooting

Activity 1 Freeze Tag Duration 5m

One person is it... no ball
All others run carrying their ball in their arms
When frozen stand with legs apart
To unfreeze, dribble around the frozen player in a full circle

Notes Activity Time 30s Rest 30s Intervals 5

Change up who is "it"

Activity 2 Kick the Coach Duration 5m

Make a circle with cones, every kid has a ball
Kids need to kick the ball from the outside of the circle and try to hit the coach
Kids collect balls from either inside or outside the circle and dribble it outside the circle to shoot again
Coach can move around within the circle

Notes Activity Time 30s Rest 30s Intervals 5

Depending on # of kids set up a second circle with an adult inside

Activity 3 Shoot on net Duration 10m

Mark a semi-circle around the net using cones (about 1-2 meters out from the net)
Kids stand behind semi-circle, all shoot at the same time
Kids can back up for a run up and kick on the word "go"
Try to kick with their laces not their toes (hard to teach this young)

Notes Activity Time 10m Rest NA Intervals 1

Can adjust distance depending on strength and accuracy of shots

Variation - Dribble and Shoot:

Use semi-circle from above

Kids start with their ball about 5-10 meters away from the semi-circle.

Kids dribble up toward the net but must shoot BEFORE crossing the semi-circle.

Activity 4 Game Duration 30m

Notes Activity Time 30m Rest NA Intervals 1

Practice Plan - U6 Day 4 - Speed and Balance

Activity 1 Chain Tag

Duration 5m

One person is "it"
Set a confined area in which kids can run
When you are caught you join the person who is it (hold hands)
As people are caught chain gets longer

Notes

Activity Time 30s Rest 30s Intervals 5

Change up who is "it"

Activity 2 Ball Collector

Duration 5m

Set up two or three squares with cones about 10 meters apart (depending on # of kids)
Each square has balls in it
Divide kids into teams, one team per square, each team is assigned a "home square"
Kids run to another team's square and **dribble** a ball from that square to their home square

Notes

Activity Time 30s Rest 30s Intervals 5

Kids cannot "guard" their home or stop others from taking balls
Add challenges such as hop to the other square instead of run... Crab walk, crawl, etc...

Activity 3 Balance Game

Duration 10m

In partners (throw and catch):
Stand on one foot try to catch a ball
Stand on one foot try and throw the ball
(This can be done with another child or with a parent)

Notes

Activity Time 10m Rest NA Intervals 1

Variation - All kids stand in a circle (facing sideways, so each kid sees the back of the person beside them), try to pass a ball around the circle through their legs, can time them to see how long it take and try to beat their time
Try it with two balls at the same time see if one ball can catch the other one
Then, try passing the ball over their head, then alternate passing over head and under legs

Activity 4 Game

Duration 30m

Notes

Activity Time 30m Rest NA Intervals 1

Practice Plan - U6 Day 5 - Passing

Activity 1 Pass + Follow Duration

Set up cones in a big circle (with the same number of cones as kids). Each player stands at one cone. Every kid has a ball.

The kids pass the ball to the next player in the circle (counter clockwise).

They then dribble the new ball to the next cone. (same direction as they passed) and repeat by passing to the next player. With or without the ball, every player still moves to the next cone after each pass.

Notes Activity Time Rest Intervals

Remind them to turn to receive the ball being passed to them.

Stop the ball being passed to them by putting their foot on it.

If this is too difficult have every second kid start with a ball, so they EITHER pass or receive each turn.

Activity 2 Passing Chain Duration

Spread all the kids out evenly spaced in a straight line from one side of the field to the other.

All balls start at player 1. Player 1 passes to player 2 then waits a few seconds and takes the next ball to pass to player 2. Meanwhile player 2 passes the first ball to player 3, then player 3 passes it to players 4, etc., till all balls have been passed across the field from player to player.

All balls are now by the last player. This player passes them back in the same manner, till all balls are back to player 1.

Notes Activity Time Rest Intervals

Might be best to mark the positions with cone and have each kid stand next to a cone

Make sure kids are close enough to pass from one person to the next, so if you don't reach the other end of the field that is fine.

For extra challenge introduce passing with the OUTSIDE of the foot. (Players may need to move closer together for this)

You can time them to see if they can beat their time.

Activity 3 Pass and Score Duration

Make two lines of players.

Line 1 is about 5 meters away from the net and has NO balls. Line 2 is about 3 meters away from the net and DOES have balls.

First Player from Line 1 runs toward the net and receives a pass from the first player from Line 2 then shots on net. The player who passed the ball now joins the end of line 1.

The player who took the shot grabs their ball and joins line 2.

Notes Activity Time Rest Intervals

Activity 4 Game 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

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