

# 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.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)

# Practice Plan - U8 Day 1

## Activity 1 Small-Sided Game Duration

Set up two fields before the start of practice, send players into game as soon as they arrive  
Start with 1v1, move up to 1v2, 2v2, 3v2, 3v3 on each field as players are added

**Notes** Activity Time  Rest  Intervals

Working on spreading out. Pass or dribble forward when you can, or hold the ball.  
Looking for engagement, energy to start the practice off - no standing around as players arrive

## Activity 2 Ball Tag Duration

In a 15Wx20L yard grid each player has a ball and is dribbling around. Players will try to "tag" other players' soccer ball by passing their ball to hit another dribbler's ball. Every time a player hits (tags) another player's ball they get a point. Encourage passing with the inside of the foot. For safety, if a pass (tag) hits a player above the knees and not the player's ball, the passing player loses all their points.

**Notes** Activity Time  Rest  Intervals

**Round 1-2:** Players get a point every time they hit (tag) another soccer ball.

**Round 3:** Coach(es) play. Players get 50 bonus points for tagging the coach's ball.

**Round 4:** Players are in teams of 2 and work together with one ball to tag other soccer balls.

## Activity 3 Pattern Dribbling Duration

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet.  
1. Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside".  
2. Inside right foot to inside left foot then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

**Notes** Activity Time  Rest  Intervals

**Round 1:** Players do pattern #1 w/both feet, then pattern #2 with both feet, repeat

**Round 2:** Add new pattern #3. Push the ball twice w/the laces then draw a circle around the ball, "laces, laces, circle", use other foot, "laces, laces, circle", repeat.

**Round 3-4:** Combine patterns #1, #2, & #3, "Talk to your feet!"

## Activity 4 4v4 Scrimmage Duration

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

**Variations** Activity Time  Rest  Intervals

# Practice Plan - U8 Day 2

## Activity 1 Small-Sided Game Duration

Set up two fields before the start of practice, send players into game as soon as they arrive  
Start with 1v1, move up to 1v2, 2v2, 3v2, 3v3 on each field as players are added

**Notes** Activity Time  Rest  Intervals

Working on spreading out. Pass or dribble forward when you can, or hold the ball.  
Looking for engagement, energy to start the practice off - no standing around as players arrive

## Activity 2 Doctor, Doctor! Duration

In a 15Wx20L yd square, players are in two even teams w/a ball. Each team will need a doctor who will start in their smaller area (doctor house) without a ball. When coach shouts "go", both teams start dribbling. Players try to "freeze" other players by passing their ball off of their opponent's. When frozen, players stop with their ball held over their head yelling "Doctor Doctor". The Doctor can run out and "unfreeze" by tagging. Game ends if the Doctor is hit with the ball (gently below the waist) or all players are frozen.

**Notes** Activity Time  Rest  Intervals

Encouraging shielding of the ball by getting your body in the way, and keeping the ball close.

Rotate doctors for each session.

## Activity 3 Shooting Gallery Duration

In a 20Wx30L field with 2 goals on each end line. Make two equal teams on either side of the coach. Coach plays a ball on the field and a player from each team enters the field. After a goal, a shot, or out of bounds next players enter the field of play.

**Notes** Activity Time  Rest  Intervals

### Variations:

-Play 1v1, 2v2.

-A goal from past the marker is worth 10pts.

-Play 3v3, continuous play for 1 min before new group enters field.

Questions -- When you're ready to shoot what should you do? How should you shoot close to the net? Far away?

## Activity 4 4v4 Scrimmage Duration

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

**Variations** Activity Time  Rest  Intervals

# Practice Plan - U8 Day 3

## Activity 1 Small-Sided Game Duration

Set up two fields before the start of practice, send players into game as soon as they arrive  
Start with 1v1, move up to 1v2, 2v2, 3v2, 3v3 on each field as players are added

**Notes** Activity Time  Rest  Intervals

Working on spreading out. Pass or dribble forward when you can, or hold the ball.  
Looking for engagement, energy to start the practice off - no standing around as players arrive

## Activity 2 4v0/5v2 Buildup Duration

**4v0** - Half field with a regular goal and two small counter goals, 4 players + goalie. The GK passes to any player. Everyone must touch the ball before scoring, no opposition. Repeat to see how many goals can the team score in one minute.

**5v2** - Divide into two groups - offence (pennies), defence (no pennies). The GK makes a pass to an offensive player and the 2 defenders at the mid-line will enter the field. The offence team scores in either small goal and the defence team scores in the regular goal.

**Notes** Activity Time  Rest  Intervals

**When should players try to play forward?** When the players have space in front of them to dribble forward or when there are passing lanes to put the ball through to a teammate.

**What do you do if players keep losing the ball?** You stop the activity, recreate the situation and ask them what can they do better.  
Rotate goalie, offence and defence.

## Activity 3 Pattern Dribbling Duration

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet.

**1.** Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside".

**2.** Inside right foot to inside left foot then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

**Notes** Activity Time  Rest  Intervals

**Round 1:** Players do pattern #1 w/both feet, then pattern #2 with both feet, repeat

**Round 2:** Add new pattern #3. Push the ball twice w/the laces then draw a circle around the ball, "laces, laces, circle", use other foot, "laces, laces, circle", repeat.

**Round 3-4:** Combine patterns #1, #2, & #3, "Talk to your feet!"

## Activity 4 4v4 Scrimmage Duration

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

**Variations** Activity Time  Rest  Intervals

# Practice Plan - U8 Day 4

## Activity 1 Small-Sided Game Duration

Set up two fields before the start of practice, send players into game as soon as they arrive  
Start with 1v1, move up to 1v2, 2v2, 3v2, 3v3 on each field as players are added

**Notes** Activity Time  Rest  Intervals

Working on spreading out. Pass or dribble forward when you can, or hold the ball.  
Looking for engagement, energy to start the practice off - no standing around as players arrive

## Activity 2 3v2/2v2 Midfield Buildup Duration

**3v2/2v2** - Divide the middle into two 20Wx30L fields and play 3v2's or 2v2's. Play to score in the opponent's goal. Goal is to work from the middle of the field.

**Notes** Activity Time  Rest  Intervals

- Spread out to make room and space
- Pass or dribble forward when possible or hold the ball if no space
- Occupy space and triangulate (3 people on offence should form a triangle to make easy passes to each other)
- Use Receiving, Dribbling and Passing skills

## Activity 3 End Zone Dribble Duration

In a 15W x 20L field, a 5 yard end zone at each end. Players have a ball at one end zone. Players(Attackers) dribble their ball into other end zone. Defenders try to steal the ball. If defender steals the ball they become an attacker. Phase 1: 1 defender, 5 min  
Phase 2: 2 defenders, 5 min  
Phase 3: 3 defenders  
Phase 4: 4.

**Notes** Activity Time  Rest  Intervals

**Key Questions:** How can you get the ball into the end zone? When there's only one defender how do you dribble past them?

**Answers:** Dribbling, running fast w/the ball, using long & short touches, looking around. Keep the ball close, using short touches, moves and fakes to dribble past the defender.

## Activity 4 4v4 Scrimmage Duration

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

**Variations** Activity Time  Rest  Intervals

# Practice Plan - U8 Day 5

## Activity 1 Small-Sided Game Duration 10m

Set up two fields before the start of practice, send players into game as soon as they arrive  
Start with 1v1, move up to 1v2, 2v2, 3v2, 3v3 on each field as players are added

**Notes** Activity Time 2.5m Rest 30s Intervals 5

Working on spreading out. Pass or dribble forward when you can, or hold the ball.  
Looking for engagement, energy to start the practice off - no standing around as players arrive

## Activity 2 2v2 Defending Duration 21m

Two grids of 15Wx20L grids with a small goal at each end. Defenders pass the ball to the other team to start the game. Play to score in the opponent's small goal.  
Goal is to prevent the opponent from playing forward or deny penetration from dribble. Prevent goal scoring opportunities. Offence plays towards goal, defenders play towards small goal.

**Notes** Activity Time 6m Rest 1m Intervals 3

- Pressure the Players with the ball, Make it compact (defenders don't spread out), Keep it compact  
- Angle Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Types of Tackle - Poke or Block

## Activity 3 Pairs Passing with Defenders Duration 20m

In 15Wx20L yd grid w/a goal on each end, players are in pairs w/a ball. Select a pair to be Defenders w/out a ball. Defenders try to steal ball from passers & put it in a goal. Passing pairs can steal the ball back from Defenders. If Defender puts the ball in a goal, passing pair become Defenders.

**Notes** Activity Time 90s Rest 30s Intervals 10

Emphasize skills around short and long passes (side of foot, yell name of person being passed to)  
For defenders, practice individual defending skills - Angle Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Types of Tackle - Poke or Block

## Activity 4 4v4 Scrimmage Duration 10m

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

**Variations** Activity Time 30m Rest NA Intervals 1

# 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