**WCSC Coaching**

**Micro Division**

Opening remarks:

* Thank you for volunteering! Our community soccer could not operate without your help.
* WCSC has a goal to provide quality grassroots soccer in our communities, at an affordable price. Volunteer coaches and local referees help us achieve this goal.
* Rowan’s Law is for concussion awareness and protocols for return to play. As coaches, we should try to reduce risk of concussion, be aware of when concussion is a factor after a hit or a fall, and make a coordinated effort for a safe return to playing.
* The Rule of Two is ensure coaches aren’t one-on-one with a player, there should always be two adults present if a player needs to be spoken to or whatever the situation may be.
* Canada Soccer has developed Grassroots Standards. What I find really motivating is that our future National Team players will start their careers in community soccer. The Grassroots goals are for developmentally appropriate play to happen in the age divisions to ensure a fun, healthy, lifelong enjoyment of soccer and an active lifestyle.

Micro Division:

* In this division, the focus is on fun and enjoying being active. Players have a shorter attention span. There may not be the ability to have team play, or even passing. Players can understand simple rules. Keeping the practice fun, engaging, and pressure-free is important.
* Players are encouraged to be creative and expressive without the fear of failure.
* Coaches should try to remind the players that we don’t use our hands at all during practice, feet only!
* Focus on player touches on the ball and moving it forward.
* Practices should run 45 minutes and usually finish with a team snack. Practice can be structured as follows:
  + - Warm-up without ball to start (5 minutes, water break)
    - Drill #1 introduce ball (10 minutes, water break)
    - Drill #2 (10 minutes, water break)
    - Drill #3 or Small Sided Game [ex 3v3, if you think your team can handle it] (10 minutes)
    - Cool down with a couple easy exercises and lots of positive encouragement about their efforts (2-3 minutes)

Drill/Game Ideas for Practice:

* Red Light, Green Light
* What Time Is It Mr Wolf
* Simon Says
* Sharks and Minnows
* Musical Balls (great warm up with ball)
* Obstacle course to dribble through
* Freeze game (while dribbling)
* Shooting into net

Resources:

[Active Start U4/U5](https://www.ontariosoccer.net/active-start)

[Ontario Soccer Grassroots Coach Guide](https://www.ontariosoccer.net/player-grassroots)

[Rowan's Law](https://www.ontario.ca/page/rowans-law-concussion-safety)

[Rule of Two](https://coach.ca/responsible-coaching-movement/rule-of-two)

[More Soccer Drills](https://thechamplair.com/soccer/drills-for-4-year-olds/)

[Soccer Drills](https://soccerblade.com/soccer-drills-games-5-year-olds/)

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