

KYSL U10 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. U10 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. The website is 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 the 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 SIPLAY. 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.

U10 PLAYER DEVELOPMENT

So what should your players experience this soccer season? Remember U10 Soccer is about :

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

Players learning to dribble using both feet.

Players learning to pass and receive the ball with both feet.

Learn Rules of the Game.

In U10 Soccer here is no “heading the ball” in practices or games.

Players are learning to play as a team.

Coaches and parents, with players that have never played soccer before, **DON'T PANIC**. It does not take long for young players to catch on to what's going on around them. Player development for U10 Soccer Players should include reinforcing the technical skill of dribbling and passing the ball with both feet and add the skill of combination play (playing as a team). Teaching players how to use triangle passing is the goal. Players should also experiment with the qualities of a bouncing ball and running with the ball, passing with the inside and outside of the foot (emphasis on quality push pass), instep drive, receiving ground balls with the instep and outside of foot (body behind the ball), receiving bouncing balls with the instep (cushion) and the sole, inside and outside of foot (wedge), fakes in dribbling and turning with the ball. Introduce switching direction of play by crossing and centering the ball. Practice throw-ins. For goalkeepers: ready stance, getting the feet set, how to hold a ball after a save, diamond grip, catching shots at the keeper, punting, recovery from down to the ground and up to set position and footwork exercises. Also introduce goal kicks and throwing.

Teach the team to stay connected.

This means the team moves up and down the field together while staying in positions of Forwards - Wingers - Midfielders - Defenders. Correct spacing between players is taught to keep big gaps from forming between Defenders, Midfielders, and Forwards.

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 30 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 backyard, 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 there trying something new and learning from their mistakes. Always be positive and encourage them to try again.

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: U10 Age Division should train 2-3 times a week. Training sessions should last 60 minutes long.

EQUIPMENT: Each player should bring their own Size 4 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: U10 training sessions will require some space. Most activities can be accomplished in a 40 yard x 40 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 U10 training session should be flexible and fluid with no lines or standing still. See References for specific ideas for training methods.

Free play or a warm-up (ball juggling), partner and small group activities, dynamic stretching.-approximately 15 minutes-

Introduce small group activities (four to six players). Add more directional games. Play to targets and/or zones. -approximately 25 minutes-

Introduce and Enforce rules of the game.

Devote the end of each training session to playing 4v4, 5v5 and 6v6 practice games.

Fun games involving smaller numbers can be played, especially 1v1, 2v1 and 3v2 or 5v3 leading up to a final training activity. Always coach for success. It is still important to ensure that each child has a ball and to focus on fun games, but as the players develop psychosocially, they will be ready to participate and cooperate in small groups.

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.

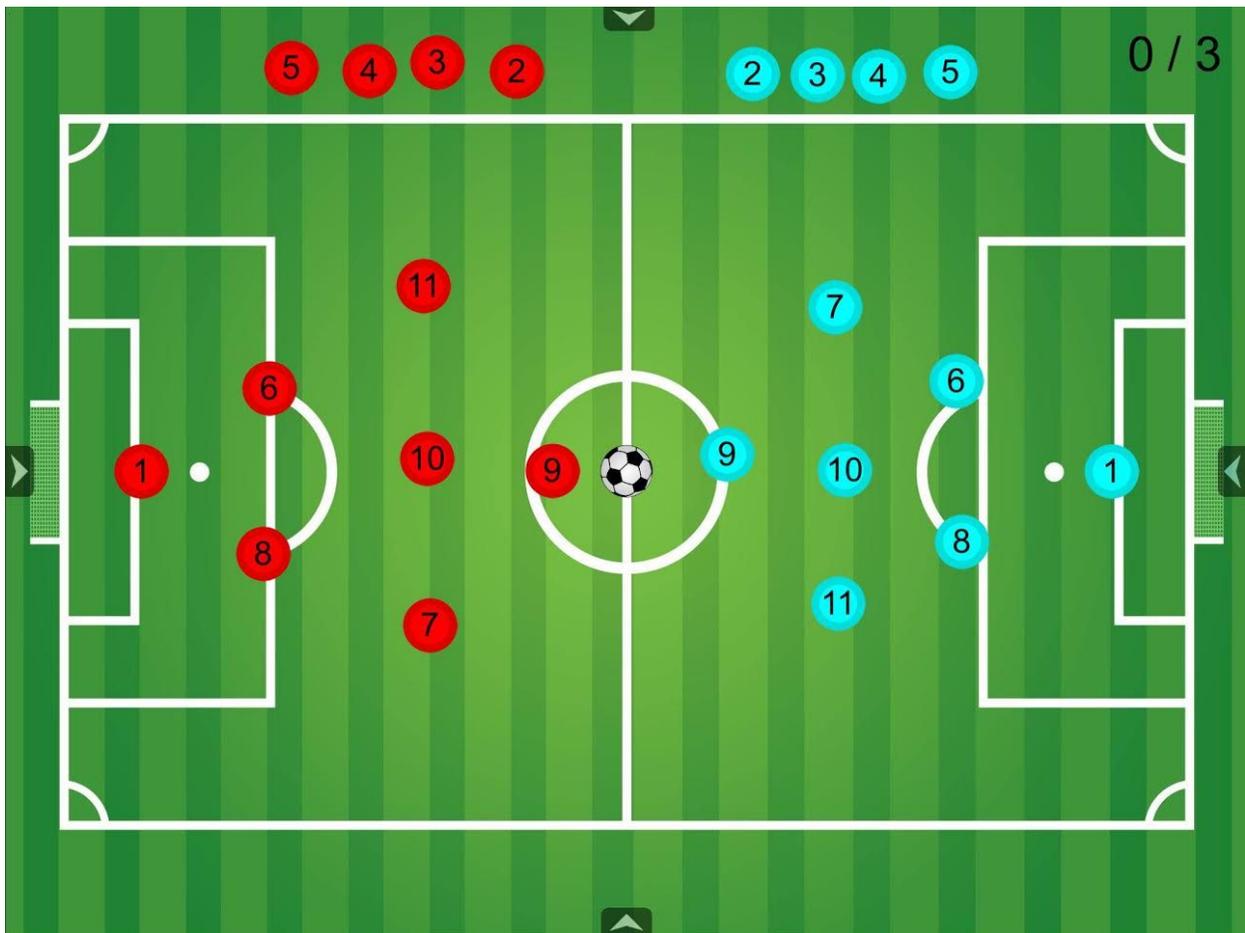
U10 GAME DAY

For complete Laws of the Game go to

<https://ussoccer.app.box.com/s/xx3byxqgodqtl1h15865/1/7594344289/109933501929/1>

U10 Age Division 7 vs 7 Example

(1) Keeper, (6)defensive midfielder, (8) midfielder, (10)attacking midfielder
(7)right wing, (11)left wing, (9)forward.



All players play all positions.

U10 Rules of the Game

Updated Thursday May 4, 2017 by Adam Dean.

All our coaches are volunteers and we encourage parents to volunteer in any way they can to bring this fun experience to the children.

Below is a list of Rules for the 2017 season. Please read these carefully and e-mail our Director of Referees, Adam Dean [contact@kingmanrefs.com] with any questions.

- PLAY 7V7 ACADEMY, INCLUDING GOALKEEPERS
- SIZE 4 BALL
- NO HEADERS
- OFFSIDE ENFORCED
- EACH PLAYER PLAYS A MINIMUM OF HALF THE GAME UNLESS INJURY OR ILLNESS.
- PLAYERS LINE UP TO SHAKE HANDS AFTER THE GAME

EQUIPMENT

The league will deliver equipment to the field before the first game of the day and pick up equipment after the last game of the day.

Coaches with the first and last games of the day are responsible for setting up/taking down goals, nets, and corner flags and placing them in the bags.

KEEPING IT POSITIVE ON GAME DAY

Positive behavior is expected of all players, coaches, and spectators.

Spectators must sit on the opposite side of the field from the coaches and their teams and at least 3 feet back from the touchline (side line).

No spectators can sit behind the goal areas.

It is the coaches' responsibility to **help enforce the above policies**.

GAME TIMES

- Two, 25-minute halves
- 10-minute halftime

SUBSTITUTIONS

Player substitutions may be made at kick off, goal kick, injury, or for the team taking a throw in.

Except in the case of a player injury and a kick off following a goal or halftime; substitutes must be present at the halfway line, 1 yard behind the halfway line prior to the ball going out of play.

Coaches will request a substitution from the referee who will signal when the players may substitute. The referee will stop play and/or prevent the restart until the substitution has been completed. Play will resume with a signal from the referee (whistle, play on, etc.).

Players may leave the field at the closest possible point. Substitutes must wait for the player to leave the field before entering. Substitutes must enter from the halfway line.

KICK OFFS

Each half begins with a kickoff, alternating teams. Kickoff after goals.

All players must be on their half of the field until the kickoff.

The defending team must remain outside of the center circle until the ball is kicked.

The ball can be kicked in any direction (backward towards their team or forwards towards opponents).

The kicker cannot touch the ball a second time until it has been touched by another player. Allow one do-over and then a turnover (indirect free kick) to the other team.

THROW IN

Throw in after the ball goes out of play, completely over the touchline (side lines).

Opponents must be at least two yards away from the thrower.

Ball must be thrown over the top of the head with both hands on the ball. Both feet must remain on the ground.

Turnover (throw in) to the opposing team in the event of an illegal throw.

The thrower cannot touch the ball until it has been touched by another player. Turnover (indirect free kick) to the opposing team in the case of a double-touch.

CORNER KICK

Taken from the corner after the ball goes out of play over the goal line from any defending player.

Kicked by the attacking team. Any player may take the corner kick.

Opponents must be at least 10 yards away from the kicker.

The kicker cannot touch the ball until it has been touched by another player. Turnover (indirect free kick) for the opposing team in the event of a double touch.

GOAL KICK

Taken from anywhere inside of the goal area after the ball goes out of play over the goal line from any attacking player.

Kicked by the defending team. Any player may take the goal kick.

Opponents must remain behind the halfway line (*build-out line*) until the ball is kicked and leaves the penalty area.

During the taking of a goal kick the ball must be kicked and completely leave the penalty area. If the ball does not completely leave the penalty area allow a do-over.

The kicker cannot touch the ball until it has been touched by another player outside of the penalty area. Turnover (indirect free kick) for the opposing team in the event of a double touch.

BUILD-OUT LINE

The build-out line is used to promote playing the ball out of the back in an unpressured setting.

When the goal keeper has the ball, or during the taking of a goal kick, the attacking team must move behind the build-out line (halfway line).

Once the opposing team is behind the build-out line the goalkeeper can pass, throw, or roll the ball to a teammate (no punting or drop kicking allowed).

After the ball is put into play by the goal keeper the opposing team can cross the build-out line and play resumes as normal.

** Please see the section regarding goal kicks for details.*

FOULS & MISCONDUCT

It is the duty of the coach to understand the Laws of the Game and explain fouls to their players (pushing, holding, tripping, handling, etc.). **REFEREES WILL NOT STOP OR DELAY PLAY TO EXPLAIN THEIR CALLS.**

** Please refer to the U.S. Soccer Laws of the Game for clarification on fouls, misconduct, and the appropriate restart for various offenses.*

OFFSIDE

A player will be flagged for offside if, in the opinion of the referee, he/she gains an advantage by being in an offside position (closer to the goal than the second-to-last defender). A player may be offside and not flagged if he/she is not involved in the play.

The restart (indirect free kick) is taken from the point where the offside player becomes involved in the play. While a player cannot be in an offside position in their own half of the field, the offense (becoming involved in active play and gaining an advantage) may occur in the player's own half of the field.

DIRECT V. INDIRECT FREE KICKS

A goal may be scored directly from the taking of a *direct* free kick (this includes corner kicks, goal kicks, and kickoffs).

During the taking of an *indirect* free kick the ball must touch another player before a goal can be scored. If the ball enters a goal during the taking of an indirect free kick without touching another player the restart is a goal or corner kick depending upon which player kicked the ball out of play.

The kicker cannot touch the ball until it has been touched by another player. Turnover (indirect free kick) in the event of a double touch.

GAME CANCELLATION OR FORFEITS

Games may be cancelled at any time at the discretion of KYSL or the match official in the interest of player safety due to weather or field conditions. Games cancelled after the halftime break will be considered complete; games cancelled prior to the halftime break will be rescheduled at the earliest possible convenience.

Each team must have a minimum of 6 players. Teams without the minimum required players will forfeit the match. Forfeited matches will be recorded as a win (1-0) for the non-forfeiting team. Matches where both teams forfeit will be recorded as a tie (0-0).

IMPORTANT: Minimum squad must be present at the field, fully and properly equipped to start the match at the scheduled start time. Our games must be kept on time to avoid issues with games that follow throughout the day.

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

Manuals:

https://usys-assets.ae-admin.com/assets/979/15/US_Youth_Soccer_Player_Development_Model.pdf

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/>

Videos

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

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

<http://www.usyouthsoccer.org/FileDownload.aspx?D=nDaG/Fty94rUEQCmOIPnPsTwLhNCjyElR6/XtuTeKbY=>

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

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

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