

Peewee Soccer Coach's Handbook



**Brighton Recreation
Center**
555 N. 11th Avenue
Brighton, CO 80601
(303) 655-2200

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City of Brighton Youth Sports Contact Numbers

Amanda Aburto, Recreation Supervisor (Sports).....	303-655-2208
Tyler Duckworth, Sports Coordinator.....	303-655-2281
Julie Hayden, Sports Coordinator.....	303-655-2203
Brighton Recreation Center.....	303-655-2200
Sports Hot Line (Weather/Cancellations).....	303-655-2210
Ambulance/Emergency/Police.....	911
Police Non-Emergency.....	303-655-2304

Schedules & league information can be found at:

www.teamsideline.com/brightonco

City of Brighton Coaches' Code of Ethics Pledge

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering that there is a large range of emotional and physical development at all age groups.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice the basic first aid principles needed to treat the injuries of my players.
- I will do my best to organize practices that are fun and challenging for ALL of my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players and the opposing team.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach and that the game is for children, not adults.

How to treat the Officials

- Are you aware that most youth referees are learning just like your child? They are members of our community who have come up through our programs just like your child is doing.
 - And did you know they often do twice the work as a professional referee...most college/professional games have a referee and two (sometimes three) additional referees to assist them! Most of our youth games have one or two referees who do it all!
- **Never, and we mean never, criticize a referee for making a mistake or bad call. It is disrespectful and not conducive to the lessons our program strives to teach our youth.**
 - In addition, would you want a spectator criticizing your child in that manner? Please put yourself in their shoes! We hope your child will become a referee in the future...so, think about how you would feel if that young referee was your own child! Also, it is very likely that the referee's family may be sitting next to you!

Positive Coaching Alliance

The Brighton Sports Department is proud to announce a partnership with Positive Coaching Alliance. The Positive Coaching Alliance teaches coaches and parents how to encourage their athletes with positive reinforcement. A combination of truthful, specific praise and constructive criticism has shown to improve an athlete's performance along with increasing their chances of sticking with sports longer. As well as, learn the valuable life lessons inherently available through organized sports.

Positive Coaching Alliance's mission is to transform the youth sports culture where all youth and high school athletes have a positive, character-building experience that results in better athletes, and better people.



BETTER ATHLETES
BETTER PEOPLE

Youth Coaching Guidelines

Reasons why people love to coach youth sports:

- ✓ **Sports contribute to the physical, mental, and emotional growth and development of our youth**
- ✓ A sincere desire to help youth have fun through sports participation
- ✓ To help offset bad influences youth are exposed to
- ✓ Working with children brings joy
- ✓ Belief that good leadership is needed more than ever before
- ✓ To give others back to the community; dedication and effort to help each participant become a better person and athlete

Whatever your why, we are happy you're here!

An effective youth sports coach will:

- ✓ Be interested in youth as people. Each as an individual. Treat each youth as you would like your own children to be treated.
- ✓ Be aware at all times that you are dealing with younger youth, not high school, college or professional athletes.
- ✓ Treat the sport as a game while maintaining a fun atmosphere.
- ✓ Help each child both on and off the field.
- ✓ Achieve a balance between fun and improvement.
- ✓ Work to understand how to motivate young athletes - aim to inspire, motivate, and understand children.
- ✓ Understand the attention span of children at each age level.
 - Rule of thumb: Children can give you 1 minute of undivided attention for every year old they are.
 - Example: at 5 year olds, they can give you about 5 minutes of undivided attention.
- ✓ Exercise caution and safety in every drill.

Coaching Hints

- Be specific with your praise.
- Stop practices to point out when players do something well rather than when they make a mistake.
- While providing feedback use the “sandwich” method by placing a critical remark between two encouraging comments.
- Give high praise to kids giving their best and displaying good sportsmanship.
- Provide constant positive reinforcement - It's the key to improvement.
- Focus on fun and safety over wins and losses.
- Be passionate and enthusiastic. It carries over to your players.
- Have reasonable expectations and set attainable goals for the players. Children need clear guidelines and expectations.
- Remember that kids will make mistakes, it's all part of the process.
- Youth athletes show great motivation and enthusiasm, which should be developed and encouraged.
- A “professional sports” model for coaching is not effective for youth sports.
- Each child's individual needs should be considered.
- Understand that the coach has a great deal of influence on a child's perception of sports.
- The greatest qualities a youth sports coach can have are ENTHUSIASM, UNDERSTANDING and PATIENCE.
- Fear is not an effective motivator for youth sports.
- Confident athletes develop more effectively and quickly.
- Involve every child into team activities 100% of the time.
- Become aware of each individual child's needs, strengths and weaknesses, each child will have some of each.
- Allow your players to tell you their feelings, expectations, and use their feedback often.
- Positive reinforcement creates improvement, while negative reinforcement fosters fear and frustration.

Protecting Our Youth from Potential Predators

As Coaches it is important to:

1. Recognize that you are part of a network of people committed to protecting kids in youth sports!
2. Never be alone with a Pee-Wee player except in the case of an emergency.
 - Coaches should not meet with participants without parents or other participants accompanying them.
3. Be aware of body contact.
 - Coaches should limit the amount of contact made with their participants and create healthy boundaries that make all participants feel safe.
4. Do not host sleepovers or events outside of practice.
 - Team building activities are encouraged but should take place only at approved youth sports locations. Our program prohibits coaches from hosting events outside of practice without parents being present at all times.

As Parents it is important to:

1. Create a buddy system for your child when you are not around.
 - There is safety with numbers and your child needs to know it's important not to be alone.
2. Encourage open communication with your child, even when it may be an uncomfortable topic.
 - If someone inappropriately touches or speaks with your child, your child may become embarrassed and become reluctant to tell you. Make sure they know how important it is for them to inform you.
3. Listen to your gut feelings.

Safety & First Aid

Prevent accidents by:

- Making sure players have proper equipment and the equipment is being used properly
- Make sure the field is safe and clear of safety hazards (muddy spots, sprinkler heads, water boxes, etc...)
- Do not allow "horseplay" during practices or games
- Concentrate on fundamentals of the game that can prevent injuries
- Make sure all practices and drills have supervision
- Have basic first aid supplies available

If you have a situation that requires medical attention:

- Call 911 if you feel it is necessary
- Contact the player's guardian immediately for direction
- Submit an Accident Report to the Recreation Center (blank reports located in this manual)

Minor Injuries:

- Offer water, bandages, or ice (no more than 20 minutes of ice at a time and do not put ice in direct contact with the skin).
- Do not offer medications (Ibuprofen, Acetaminophen, inhalers, etc.)
- Do not ask the participant to return to activity until both you AND they are comfortable

Major Injuries:

- Keep calm and keep participants calm
- Do not hesitate to call 911 if the situation is serious. It is up to YOU to call if the situation is serious enough to do so, even if you've not heard from a parent/guardian
- If not a 911 emergency, wait for parents' direction regarding how to proceed
- Complete and submit an incident report to the Recreation Center, blank reports located in this manual.
- Do not transport a participant. Never administer anything other than water and bandages.

City of Brighton Peewee Rules

4 Year Olds & 5 Year Olds

Goals & Expectations:

Strict Behavior Policy: During any Youth Sports event Brighton Parks & Recreation Department prohibits behavior by parents, coaches, spectators or participants, which is inappropriate, such as:

- Profanity, abusive language or behavior of any kind.
- Smoking, vaping, or the consumption of alcohol.
- Removal or misuse of any City of Brighton property.
- Other criminal conduct.

Equipment:

- The ball: Size 3
- Shin guards are mandatory for practices and games. Shin guards must be covered or worn under long socks.
- Molded sole cleats or tennis shoes are recommended.
 - No metal or metal tipped cleats may be worn.
 - Shoes must be worn; no bare feet.
 - If utilizing cleats we strongly suggest use of soccer cleats. **NOT** baseball, softball or football cleats.

Time:

- Games consist of two, 15 minute halves.
 - Coaches will need a watch to keep time.
 - Official time shall not stop except for injury or serious safety concerns.
- Halftime is 5 minutes in length.

Officiating/Coaches:

- Coaches will be the referees for the Peewee Division

Players/Play Requirements:

- Play will be 3 vs. 3,
 - Players on the field for each team shall never exceed 3.
 - If teams have fewer than 3 players present, both teams will play with the number of players present for the team who has fewest players.
- Playing Time: Every player present shall play ½ of the game. No player shall play the entire game.
- There is no goalkeeper
- Substitutions: Unlimited amount of substitutions.
- Goals are counted, but a score is not reported. Both teams are winners.

Remember: HAVE FUN!

Stretching & Warming-Up

Stretching and warming up can prevent injury to players. Coaches will want to develop a pre-game and pre-practice warm up and stretching regimen. The following points are important when having players warm up.

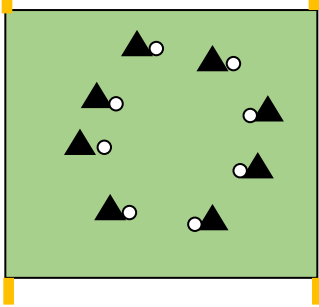
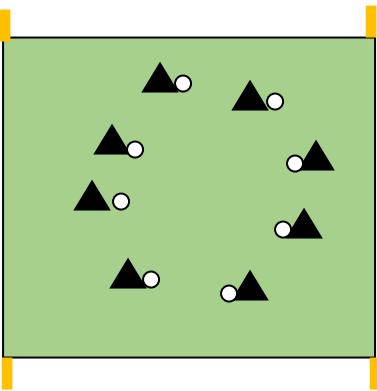
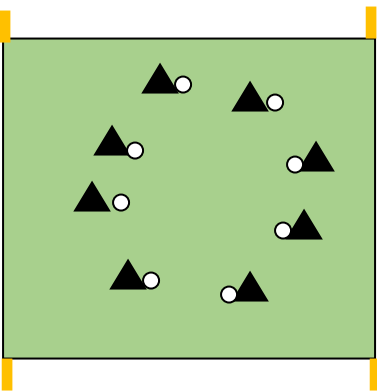
Warming Up Tips

- Cover all muscle groups including hamstrings, calves, neck and back.
- Try to make it relevant to the sport you're coaching. Exercises that focus on sport-related movements serve the dual purpose of getting the kids loosened up and simulating game action. One simple way to do this for soccer, is to have each child pass a ball back and forth between his feet, using the inside of each foot. Doing this while jogging in place builds ball-handling skills and warms up the body in the process.
- Keep the exercises light. You want the kids to get loosened up gradually. Remind them to go at no more than half speed in the beginning. You don't want them going full speed throughout the entire warm-up so that by the time the game begins, they're fatigued.

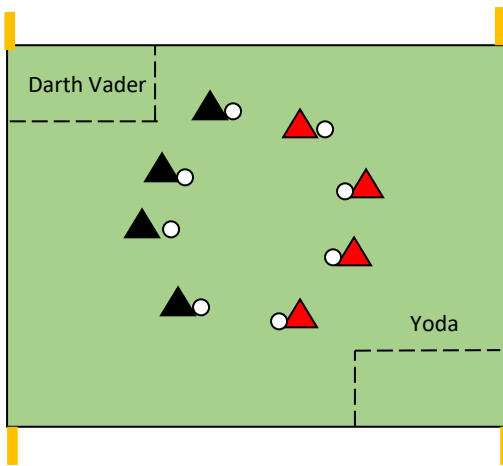
Stretching Tips

- Passive stretching is the most beneficial for children. Passive stretching allows children to move into a position slowly, without discomfort. Remind kids they should only feel mild tension and not pain. For example, players should slowly bend down and touch their toes and count to five and return to an upright position.
- Don't allow horseplay during these exercises. Focus attention on stretching.
- Emphasize slow movements. Younger children can complete just a couple of repetitions of each stretch. This repetition also helps ingrain in them at an early age the importance of always stretching before performing an activity.
- **Join in!**
 - As the coach, you're running around and teaching and instructing during the course of the practice, so joining the kids for the stretches is a good idea for you and your assistants. This participation further instills the importance of warming up to the youngsters and helps you avoid being sidelined with a strained or pulled muscle. For a practice or scrimmage, ask the parents to come out and join too, it's always fun for players to see their parents participate!

Practice & Drills for Peewee

<p><i>"Body Parts"</i></p> 	<p>Skill – Ball Control Set-up – Cones surrounding a 20x30 grid. Each player has a ball. How to – Have players dribble around. The coach tells out a body part and they must stop the ball with and put that body part on the ball as fast as they can.</p>
<p><i>"Walk the Dog"</i></p> 	<p>Skill – Ball Control, Familiarizing themselves with touch. Set-up – Cones surrounding a 20x30 grid. Each player has a ball. How to – Coach tells their players that they are "walking their dog" by slowly dribbling around the practice area. The coach will yell "Oh no, my dog got loose" and the players will kick their ball hard and then chase it. But they need to be quick or the "dog catcher" (coach) will get their dog. Reset and repeat.</p>
<p><i>"Soccer Cars"</i></p> 	<p>Skill – Ball Control Set-up – Cones surrounding a 20x30 grid. Each player has a ball. How to – The soccer ball is your car. Play red light, green light making sure the kids are keeping the ball close so they can stop it when a red light is called. Add super green light to go real fast. Have them "gas" up their car by adding "fuel" teaching them to do ball taps with their foot. As the coach, you can be the "police" and try to take their car away from them. Coaching Points: Keep head up and avoid traffic.</p>

“Star Wars”

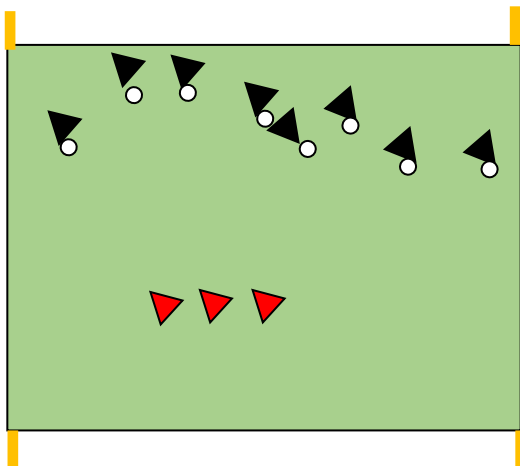


Skill – Dribbling

Set-up – Cones surrounding a 20x30 grid. Two teams, and a “safe zone” on opposite corners. Each safe zone has a player without a ball. All other players each have a ball.

How to – Players kick their ball at the other teams balls. The player whose ball was hit must hold their ball over their head and call for help from the leader (Darth Vader or Yoda). The leader must run from the safety zone and touch the players who have the ball over their head to free them. Game ends when the leader is hit from the waist down by a ball from the opposing team.

“Sharks & Minnows”



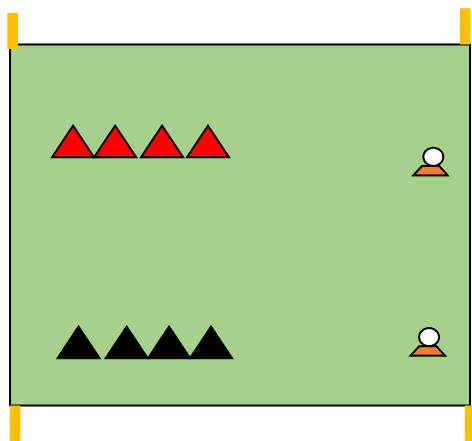
Skill – Dribbling in Traffic

Set-up – Cones surrounding a 20x30 grid.

How to – Three players start as sharks, and the rest are minnows. Minnows start on one end of the grid each with a ball. Sharks start in the middle of the grid. Coach says “go” and each minnow must try and cross the water to the other side without getting the ball kicked out by a shark. If a ball is kicked out the minnow becomes a shark. Game ends when only one minnow remains.

Coaching Points: Keep head up and avoid other players as much as possible.

“Relay Races”



20 x 30 Grid

Skill – Fun warm up for the kids

Set-up – Small Grid. Two teams of players on one end. Balls on Disc Cone on the other end.

How to – Have the two teams line up. Object is to race each other and toe-tap the ball without having it fall of the cone. If it falls the player has to put it back on the cone (using hands is fine). The player then runs back after toe tapping and gives the next player a high five. That signals it is the next player’s turn. Mix it up, when they are done with the relay have them all sit in a line. In order to win everyone needs to be sitting.