

Youth 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

Carleen Watts, Recreation Supervisor (Sports).....	303-655-2208
Tyler Duckworth, Sports Coordinator.....	303-655-2281
Julie Hopko, 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:

Why have you volunteered to coach?

- ✓ **Sincere belief that sports contribute to better growth and development physically, mentally and emotionally**
- ✓ Sincere desire to help youth have fun through sports participation
- ✓ To help offset bad influences youth are exposed to
- ✓ Enjoy children and working with them
- ✓ Belief that good leadership is needed more than ever before
- ✓ To give others what has been given to me; Dedication and effort to help each athlete become a better person and athlete

An effective youth sports coach will:

- ✓ Be interested in youth as people. Each is an individual. Treat each youth as you would like to have your own children 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 motivating 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 their undivided attention for every year old they are.
 - Example: at 8 year olds, they can give you about 8 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, 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! As a coach you have taken the NYSCA's Coaches Code of Ethics and have signed the Volunteer Youth Coaching Contract.
2. Never be alone with a youth soccer 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 the parents being present at all time.

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. Making sure they know how important it is for them to inform you.
3. Listen to your gut feelings. Child predators avoid children who have vocal adults looking out for them.

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:

- Contact the player's guardian immediately for direction
- Call 911 if you feel it is necessary
- 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 at a time and do not put ice in direct contact with the skin).
- Do not ask the participant to return to activity until both you AND they are comfortable

Major Injuries:

- Keep calm and keep participants calm
- Contact parent/guardian immediately
- If not a 911 emergency, wait for parents' direction regarding how to proceed
- 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
- 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 Youth Soccer Rules 6 Year Olds & 7 Year Olds

4 vs. 4

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 and/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 four (4), eight (8), minute quarters.
 - Coaches will need a watch to keep time.
 - Official time shall not stop except for injury or serious safety concerns.
- There will be a 5 minute halftime and 2 minutes allowed between quarters for rest.

Officiating/Coaches:

- One coach or parent will be the referee and one coach will be allowed to be in the playing area for each team, but may not assist his or her team in the handling of the ball. The penalty for a coach handling the ball is that the other team will be awarded possession.

Players/Play Requirements:

- Play will be 4 vs. 4 (No Goal Keepers)
 - Players on the field for each team shall never exceed 4.
 - If teams have fewer than 4 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 unless every player has played 3 quarters.
- Substitutions: Except for injury, substitutions will be allowed only between quarters.

Gameplay/Field:

- A coin toss will determine who will kick-off to begin the game. The winner of the coin toss kicks off.
- Teams will switch sides at halftime and defend the opposite goal.
- Throw-ins:
 - Occur after the whole ball passes over the “touch line”, (out of bounds), on the ground or in the air.
 - Will occur from the point where the ball crossed the touch line.
 - Will be by the opponent of the player who last touched the ball.
 - While delivering the ball the player should:
 - Face the field of play with both feet either on the touch line or on the ground outside the touch line using both hands. The ball shall be delivered from behind and over the player's head.
 - The player may not touch the ball again until it has touched another player.
 - The ball is in play as soon as it enters the field of play.
- Goal Kick:
 - A goal kick is awarded when the whole ball, last touched by a player of the attacking team, passes over the goal line, (line at each end of the field running perpendicular to the sidelines), either on the ground or in the air.
 - The ball will be kicked from any point on the goal line not between the goal posts by a player of the defending team.
 - Opponents must be 4 yards away until ball is kicked.
 - The kicker cannot play the ball again until the ball has been touched by another player.
- Corner Kick:
 - A corner kick is awarded when the whole ball, having last touched a player of the defending team, passes over the goal line, (line at each end of the field running perpendicular to the sideline), either on the ground or in the air.
 - The ball is placed in the nearest corner as close, within approximately 3 feet from the marked corner.
 - Opponents must remain 4 yards from the ball until it is put in play.
 - The ball is kicked by a member of the attacking team.
 - The ball is in play when it is kicked and the ball moves.
 - The kicker cannot play the ball again until the ball has been touched by another player.

Rule Infractions

- Hand Ball: If a player deliberately touches the ball with their hands it is ruled a hand ball. The ball will be placed at the exact spot of the infraction and the other team will have a free kick from that spot. Opponents must be 3 yards away before kick is allowed.
- Tripping/Tackling/Rough Play: No tripping or slide tackling is allowed. If play is deemed to be a trip, slide tackle or excessively rough, it will be handled as a direct free kick. A direct free kick is a kick awarded after a foul in which a goal can be scored direct, (without touching another player first), against the offending side.

City of Brighton Youth Soccer Rules

8 & 9 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 and/or the consumption of alcohol.
- Removal or misuse of any City of Brighton property.
- Other criminal conduct.

Equipment:

- The Ball: Size 4
- 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 (2), twenty-five (25), minute halves.
 - Coaches will need a watch to keep time.
 - Official time shall not stop except for injury or serious safety concerns.
- There will be a 10 minute halftime for rest.

Players/Play Requirements:

- Play will be 7 vs. 7
 - Players on the field for each team shall never exceed 7 including the goal keeper.
 - If teams have fewer than 7 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 unless every player has played 3 quarters.
- The same player may not play goalie for more than ½ of the game.
 - Goalkeepers shall wear a scrimmage vest or shirt of another color while playing goalkeeper.
- Substitutions: At any stoppage of play and unlimited.

Gameplay/Field:

- A coin toss will determine who will kick-off to begin the game. The winner of the coin toss kicks off.
- Teams will switch sides at halftime and defend the opposite goal.
- Throw-ins:
 - Occur after the whole ball passes over the "touch line", (out of bounds), on the ground or in the air.

- Will occur from the point where the ball crossed the touch line.
- Will be by the opponent of the player who last touched the ball.
- While delivering the ball the player should:
 - Face the field of play with both feet either on the touch line or on the ground outside the touch line using both hands. The ball shall be delivered from behind and over the player's head.
- The player may not touch the ball again until it has touched another player.
- The ball is in play as soon as it enters the field of play.
- Goal Kick:
 - A goal kick is awarded when the whole ball, last touched by a player of the attacking team, passes over the goal line, (line at each end of the field running perpendicular to the sidelines), either on the ground or in the air.
 - The ball will be kicked from any point within the goal box by a player of the defending team.
 - Ball must completely cross the penalty box, prior to any individual touching the ball.
 - Defending players must cross the hash-mark to allow goalie to make goal kick
 - Players, except for the kicker and the goal keeper must be completely outside of the penalty box, in order to let the ball cross the line.
 - The kicker cannot touch the ball again until the ball has been touched by another player.
- Corner Kick:
 - A corner kick is awarded when the whole ball, having last touched a player of the defending team, passes over the goal line, (line at each end of the field running perpendicular to the sideline), either on the ground or in the air.
 - The ball is placed in the nearest corner as close, within approximately 3 feet from the marked corner.
 - Opponents must remain 5 yards from the ball until it is put in play.
 - The ball is kicked by a member of the attacking team.
 - The ball is in play when it is kicked and the ball moves.
 - The kicker cannot play the ball again until the ball has been touched by another player.

Rule Infractions:

- Hand Ball: If a player deliberately touches the ball with their hands it is ruled a hand ball. The ball will be placed at the exact spot of the infraction and the other team will have a free kick from that spot. Opponents must be 5 yards away before kick is allowed.
- Tripping/Tackling/Rough Play: No tripping or slide tackling is allowed. If play is deemed to be a trip, slide-tackle or excessively rough, it will be handled as a direct free kick. A direct free kick is a kick awarded after a foul in which a goal can be scored direct, (without touching another player first), against the offending side.

City of Brighton Youth Soccer Rules

10-12 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 and/or the consumption of alcohol.
- Removal or misuse of any City of Brighton property.
- Other criminal conduct.

Equipment:

- The Ball: Size 4
- Shin guards are mandatory for practices and games. Shin guards must be covered or worn under long socks.
- Molded sole cleats are required for practices and games
 - No metal or metal tipped cleats may be worn.
 - Cleats must be Soccer Cleats, and **Not** Baseball, Softball or Football Cleats.

Time:

- Games consist of two (2), thirty (30) minute halves
 - Official time will be kept by referees.
 - Official time shall not stop except for injury or serious safety concerns.
- There will be a 10 minute halftime allowed for rest.

Players/Play Requirements:

- Play will be 9 vs. 9 for Girls and 11 vs. 11 for Boys
 - Players on the field for each team shall never exceed 9, including the goal keeper.
 - If teams have fewer than 9 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 $\frac{1}{2}$ of the game. No player shall play the entire game unless every player has played at least $\frac{3}{4}$ quarters of the game.
- The same player may not play goalie for more than $\frac{1}{2}$ of the game.
 - Goalkeepers shall wear a scrimmage vest or shirt of another color while playing goalkeeper.
- Substitutions: At any stoppage of play and unlimited.

Gameplay/Field:

- A coin toss will determine who will kick-off to begin the game. The winner of the coin toss kicks off.
- Teams will switch sides at halftime and defend the opposite goal.
- Throw-ins:

- Occur after the whole ball passes over the “touch line”, (out of bounds), on the ground or in the air.
- Will occur from the point where the ball crossed the touch line.
- Will be by the opponent of the player who last touched the ball.
- While delivering the ball the player should:
 - Face the field of play with both feet either on the touch line or on the ground outside the touch line using both hands. The ball shall be delivered from behind and over the player's head.
- The player may not touch the ball again until it has touched another player.
- The ball is in play as soon as it enters the field of play.
- **Goal Kick:**
 - A goal kick is awarded when the whole ball, last touched by a player of the attacking team, passes over the goal line, (line at each end of the field running perpendicular to the sidelines), either on the ground or in the air.
 - The ball will be kicked from any point within the goal box by a player of the defending team.
 - Ball must completely cross the penalty box, prior to any individual touching the ball.
 - Players, except for the kicker and the goal keeper must be completely outside of the penalty box, in order to let the ball cross the line.
 - The kicker cannot touch the ball again until the ball has been touched by another player
- **Corner Kick:**
 - A corner kick is awarded when the whole ball, having last touched a player of the defending team, passes over the goal line, (line at each end of the field running perpendicular to the sideline), either on the ground or in the air.
 - The ball is placed in the nearest corner as close, within approximately 3 feet from the marked corner.
 - Opponents must remain 10 yards from the ball until it is put in play.
 - The ball is kicked by a member of the attacking team.
 - The ball is in play when it is kicked and the ball moves.
 - The kicker cannot play the ball again until the ball has been touched by another player.

Rule Infractions:

- **Hand Ball:** If a player deliberately touches the ball with their hands it is ruled a hand ball. The ball will be placed at the exact spot of the infraction and the other team will have a free kick from that spot. Opponents must be 10 yards away before kick is allowed.
- **Tripping/Tackling/Rough Play:** No tripping or slide tackling is allowed. If play is deemed to be a trip, slide-tackle or excessively rough, it will be handled as a direct free kick. A direct free kick is a kick awarded after a foul in which a goal can be scored direct, (without touching another player first), against the offending side.

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.

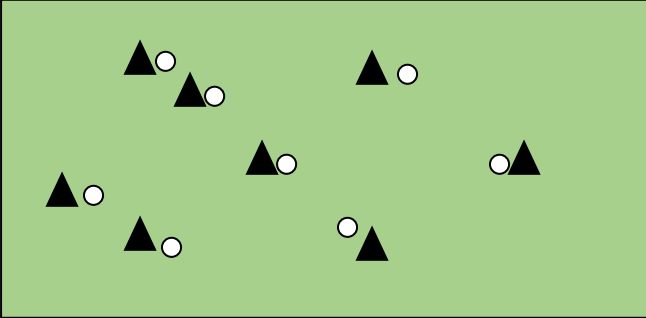
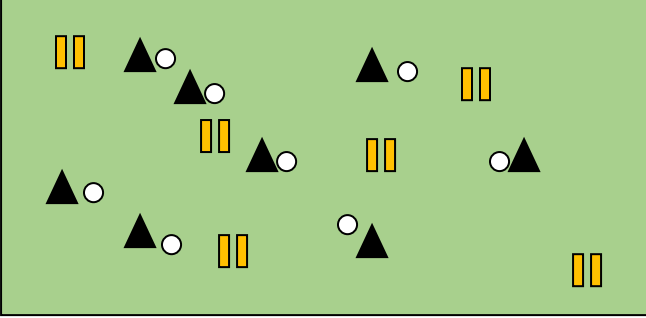

- Cover all muscle groups including hamstrings, calves, neck and back.
- Try to make it relevant to the sport you're coaching. Exercises that focus on sport-related movements serve the dual purpose of getting the kids loosened up and simulating game action. One simple way to do this kind of exercise, 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

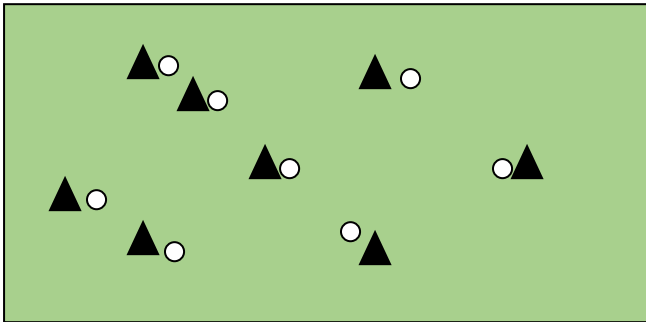
- Passive stretching is the most beneficial for children. Passive stretching allows children to move into a position slowly, without discomfort. Remind kids they should only feel mild tension and not pain. For example, players should slowly bend down and touch their toes and count to five and return 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 Plans

U-6/7 Practice Plan

<p style="text-align: center;"><u>Warm-Up Activities/Games</u></p> 	<p>Each player with a ball dribbling anywhere in the grid, keeps control of the ball and avoid hitting the other players and balls.</p> <p>Body Part Dribble– players must stop the ball with the body part the coach calls out, e.g. knee, elbow, ear, etc... and then dribble again in the opposite direction</p> <p>Ballnastics – players roll ball around feet with feet together and legs straight, roll ball as a figure 8 around feet with feet apart, etc...</p> <p>Tag – all players are “it” and attempt to tag the others while maintaining control of their ball, players receive a point for each tag; tag the player’s back</p> <p>Red Light Green Light – players move across grid or towards moving coach dribbling the ball on coaches’ green light command and stop the ball on coaches’ red light command</p>
<p style="text-align: center;"><u>Main Activities/ Games</u></p> 	<p>Dribbling Gates – all players with a ball; players must dribble through the gates to score a point; How many points can each player score?</p> <ol style="list-style-type: none"> In a limited amount of time... e.g. 1 minute Before the coach scores a certain number of points Score going backwards through the gate Score with different body parts (how many different ways?) <p>Red Rover- (remove gates) all players on one side of the field with a ball; coach stands in the middle of the field, on coaches’ command players attempt to dribble across the field to the other side without the coach getting their ball from them. Players’ who lose their ball join the coach for the next round.</p>
<p style="text-align: center;"><u>Game</u></p>  <p>20 x 30 yard field marked with cones and small goals.</p>	<p>3v3 or 4v4 Game to lines – play across the field; to score player must dribble across the line in control of the ball</p> <p>3v3 or 4v4 Game to small goals – play normally on the field; place small goals (or us cones) on each goal line.</p>

Warm-Up Activities/Games



Hospital Tag (with and without ball) – all players are it and attempt to tag the others; first time a player is tagged they must hold that spot with a hand, the second time they must hold that spot with the other hand, the third time they must go to the 'hospital' and see the doctor (coach), coach has the player do an exercise e.g. number of ball touches and then they are back in the game.

Ballnastics- (see U-6 Practice Plan)

Tunnel Tag- all players with a ball except one who is "it" and tried to tag the other players; if tagged, the player is frozen and holds the ball on their heard with feet apart. Other players may unfreeze them by passing the ball between the frozen players legs

Math Dribble – all players with a ball dribbling anywhere in the grid; coach calls out a math problem (1+1), players solve it and form the appropriate sized group. In that case would be 2.

Main Activities/Games



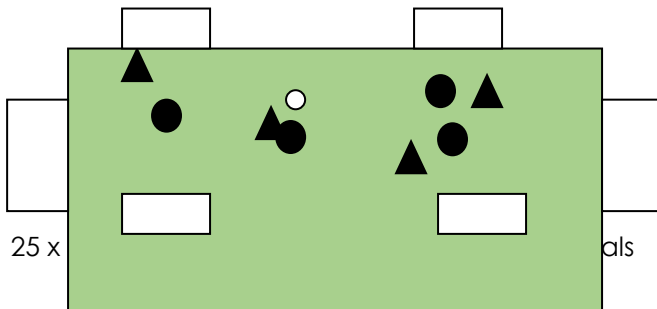
Goal on the Move – players are in pairs (from math dribble) with a ball; 2 coaches form a goal by holding a bib between them; the 'goal' moves about the area; players pass the ball through the moving goal to their partner to score. How many goals can each pair score?

Passing through Gates – for gates (see U-6 Practice Plan), pairs pass the ball though gates to score; How many points can each pair score?

- a) in a limited amount of time
- b) score with different body parts

Steal the Bacon – divide players into two teams, each player is given a number (we will use 1 through 4); coach has all the balls on one side kicks a ball out and calls a number. Each teams number will compete to score a goal so if the coach calls 3's than it will be 3's v 3's . The coach can call one number or 2, or 3 or all the numbers so that at the end you have two teams playing against each other.

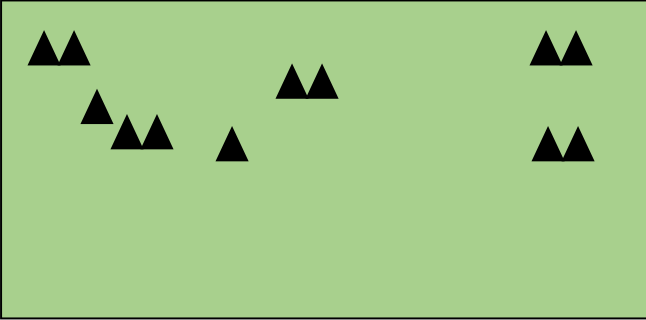
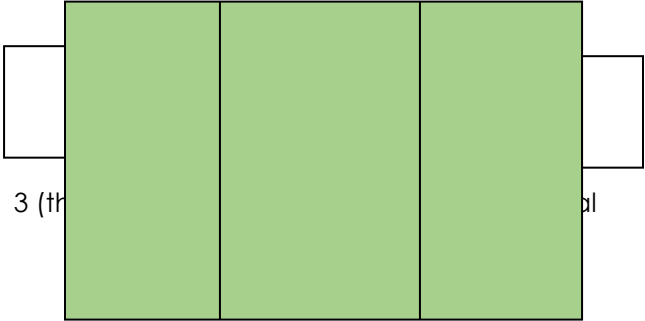
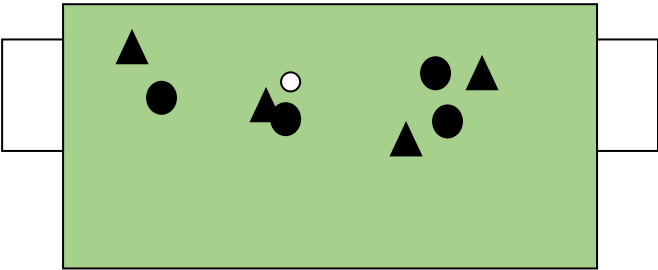
Game



4v4 Game to 4 small goals – play across the field; each team defends two small goals (marked with cones) and scores on the opposite two small goals (marked with cones)

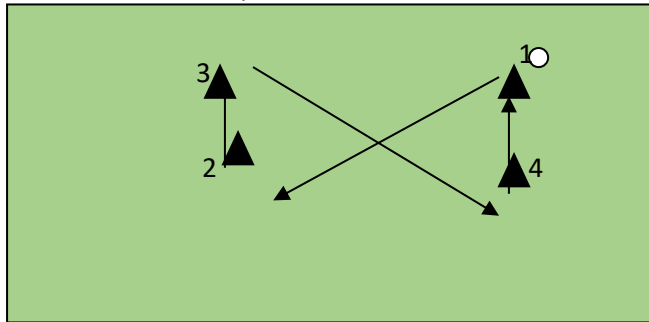
4v4 Game to 2 goals – play normally on the field; place small goals (or use cones) on each goal line

U9 Practice Plan

<p style="text-align: center;"><u>Warm-Up Activities/Games</u></p> 	<p>Island Tag – Players in pairs making “islands”, coach breaks apart one pair. Of the pair, one player is “it” & chases the other trying to tag them. If player is tagged the roles are reversed; the player being chased is safe on an “island”, but one two are allowed on an “island”, so the player on the other end must leave & is now being chased. You can also use different variations, have the “islands” lay down or sit down.</p> <p>Ballnastics- (see U-6 Practice Plan)</p> <p>Switch-Out-Reverse – all players with ball dribbling anywhere in area. Coach calls “switch” players leave their ball & find another ball and start to dribble again. Coach calls “out” players must dribble out of area as fast as possible. Coach calls “reverse”, players reverse ball & dribble in opposite direction.</p> <p>Knock-Out – all players, but one, are dribbling the ball in the area. On coaches command the one tries to kick the others’ balls out of the area. If ball is kicked out, the player joins in kicking out balls.</p>
<p style="text-align: center;"><u>Main Activities/Games</u></p> 	<p>Freeze Tag- Three teams of 3 to 4 players; One team is “it” each player on the “it” team has a ball and tries to pass the ball and hit players on the other teams “freezing” them. Frozen players stand with legs apart and can be unfrozen if another player crawls through their legs.</p> <p>3 Zone Game – teams on the end try to pass the ball through the center area to the opposite side without the center team winning the ball. If center team wins the ball, they change places with the end team. Teams score a point each time they pass a ball through the center area.</p> <p><i>Alternative</i>- “Center” players with teams in each area making a 3v1 or 4v1 scenario.</p> <p><i>Alternative</i> – Use goals, and utilize the “center” area as a neutral free area, where the team with the ball can “regroup” and plan a attack.</p>
<p style="text-align: center;"><u>Game</u></p> 	<p>5v5 Game or 6v6/7v7 with Goal Keepers</p>

U-12 Practice Plan

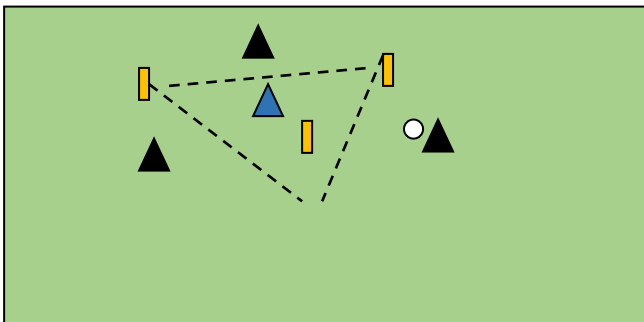
Warm-Up Activities/Games



Tail Tag- All players wear a "tail" (bib) out of the back of their shorts; one player or all players are it and try to pull the other's tail out. First with a ball, then without a ball.

Sequence Passing - players in groups of four with a ball; players number themselves 1 to 4. Ball starts with number 1. 1 passes to 2. 2 passes to 3. 3 passes to 4. 4 passes back to 1. All players continue to move, no one should be standing still. After a pass is made the player must move into a space as not to interfere with the next pass. Once the players get into a passing rhythm, add a second ball and challenge them to maintain control.

Main Activities/Games

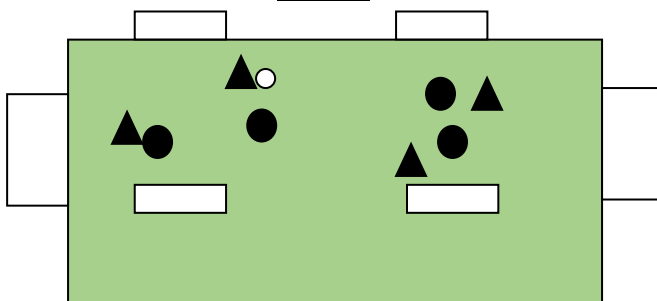


Triangle Tag- 3 players form a triangle placing arms on each other's shoulders. 4th player is outside of the triangle. The group designates one player to be a target, and the 4th player tried to tag the target, while the other 2 players move the triangle to protect & prevent target from being tagged. Players change roles.

Keeper's Nest – One player (keeper) guards, but cannot touch the ball; the other three players try to get the ball away from the keeper without being tagged & frozen by the keeper. Keeper tries to freeze all three players. Once a player is frozen they must remain frozen until all are frozen or the ball is stolen.

Keeper's Nest 3v1- 3 cones form a triangle. 3 Players on outside possess the ball. The sides of the triangle are "goals". 1 player (keeper) is in the middle & tries to prevent the ball from penetrating the through the triangle from a pass. The three players try to pass the ball between them and move the keeper out of position so the ball may be played through two sides. If the keeper intercepts the ball, the player who played the ball last becomes new keeper.

Game



4v4 Games

To Lines- Play across the field. To score player must dribble across the line in control of the ball.

4 Small Goals – Play across the field; each team defends two small goals (marked with cones) and scores on the opposite two small goals.

2 Normal Goals w/ Keeper – Play a scrimmage with two normal goals plus keepers. Throw in obstacles e.g.. Pass the ball five times without it getting intercepted before you can shoot. You can only score a goal off of your head. Only score a goal off of a volley. Before you shoot player "x" has to touch the ball.