



# Lexington United Soccer Club

## K through 2<sup>nd</sup> Grade Coaches Meeting

*“When you work with young people, you are a difference maker, you’re a game changer. Don’t ever underestimate the power of coaching. You are there to inspire the kids. The payback may not be immediate, but it’ll come later on in life”*



# New Adult Registration Process for Fall 2019

- Starting in the Fall 2019 Season, MYSA is introducing a new Adult Registration process and system
- MYSA will run National CORI and SORI checks for all coaches
- Coaches will be required to take an online SafeSport Training Course
- These changes are for the Fall 2019 Season (not the current Spring Season)



# Lexington United Soccer Club

*To develop lifelong soccer players among Lexington youth.*

We want every child:

- to be physically active and have fun playing the game of soccer.
- to develop a comfort level with the ball at his/her feet
- to be allowed to make decisions with minimal instruction during the game segment.
- to learn basic positional sense (covering space).



# The Foundation



**A, B, C's**  
before  
Reading and writing







# Foundational Skills



## Things kids can learn:

1. **Stopping and Starting**
2. **Changing direction at different angles**
3. **Using both feet**
4. **Pulling the ball back with the sole of the foot**
5. **Cutting and turning with the ball**



# Diamond Layout

Diamond Layout



Note: Please Avoid laying out a field with the Sewer cap on it (yellow field app. 3rd from bottom).



# Coaches To-Do List

- Contact team approximately 2 weeks to 10 days prior to the start of the season
- Let families know which field to report to
- Email Diamond layout to all families
- **Create name tags for players**
- Set up snack rotation for the season
- Print Team Medical Information to have on site (don't share with families!)
- Steer families to the LUSC website for all cancellations



# Kindergarten Program Overview

- 15 minute professional coaching demo of activities (8:30am & 10:30am)
- practice plan and feedback provided weekly
- 30 minutes of Activities (Team A= Field A)
- 45 minute game segment (2x 20 minute halves)
- Dual field approach
- Balanced teams (mix of schools)





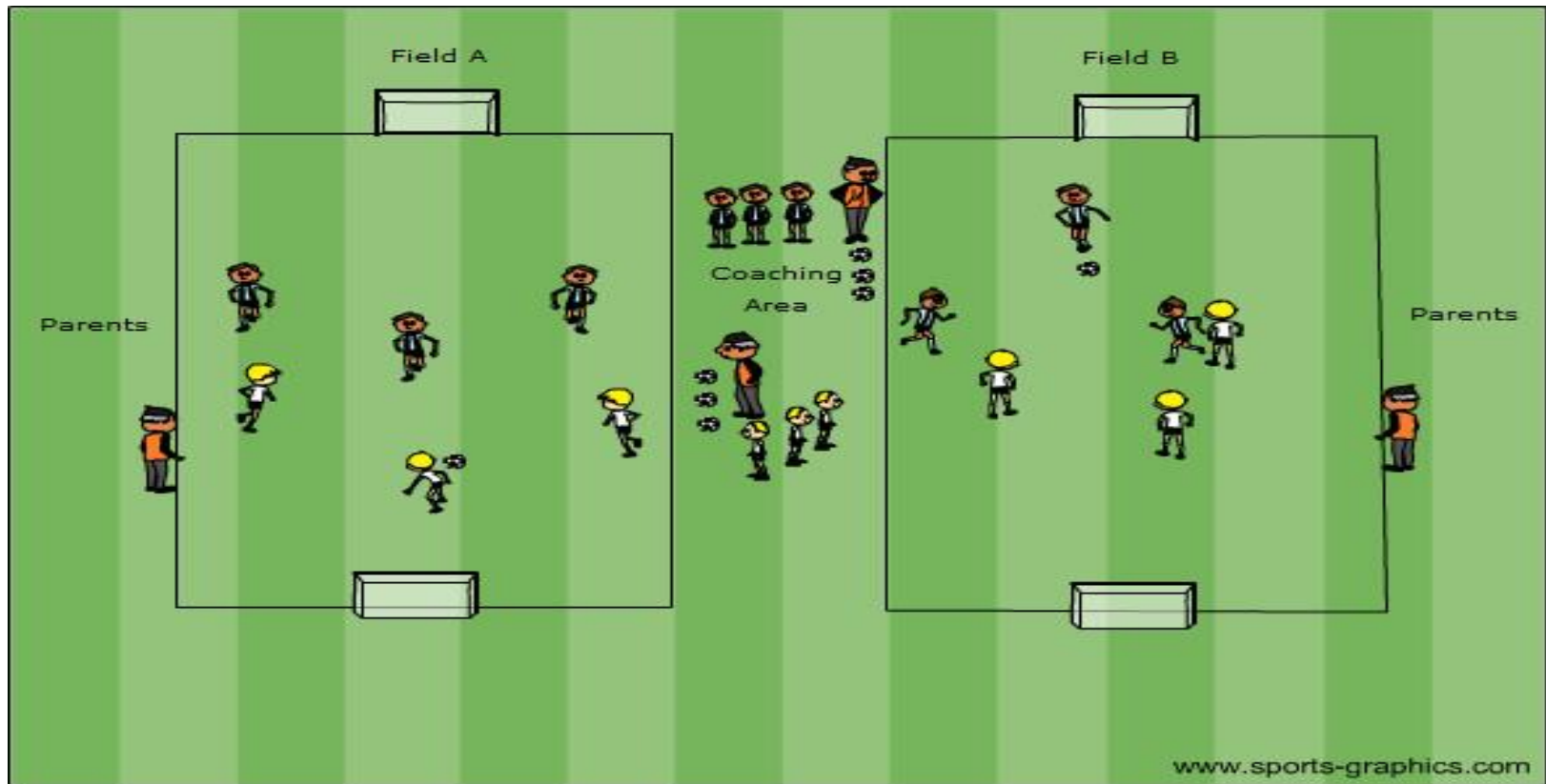
# Dual Field Concept

- Each team will have a home field to meet at where they will run their activities each week. Example **Team A meets at Field A**, Team B meets at Field B etc.
- If team A is scheduled to play team B, they will do so on both fields.
- **The area between the two fields is the designated coaching area** with the opposite side of the field being reserved for spectators.
- The coaching area allows the coach & players their own space and helps the players separate from their parents which is an important part of the developmental process.



# Kindergarten Game Format

## 3v3 Dual Field





# Kindergarten Rules

- **Kick in's or dribble in's** (no throw in's)
- Scoring team drops to their own half of field after a goal is scored
- No Corner Kick's- ball over the end-line is always re-entered by the defensive team
- **3 Goal Margin Rule- team trailing by a 3 goal differential can add a 4<sup>th</sup> player**
- No Scores are kept!
- No Standings are kept!



# 1<sup>st</sup> and 2<sup>nd</sup> Grade Program Overview

- 15 minute professional coaching demo of activities (8:15 & 10:15am)
- practice plan and feedback provided
- 45 minutes of activities (Team A= Field A)
- 45 minute game segment (2x 20 minute halves)
- Dual field approach
- Balanced teams (mix of schools)



# 1<sup>st</sup> Grade Game Format





# Why 3v3 to 4 Goals?

- The 3v3 to 4 goals format is one of the best exercises for players to learn to “read the game” and make decisions without coaches telling them what to do. This is consistent with the LUSC approach that the game is the greatest teacher.
- In 3v3 the defense cannot defend both goals equally. This should, in time, teach the players to recognize the 2v1 situation and which goal is the best one to attack. This is why I prefer to play 3v3 over 4v4.





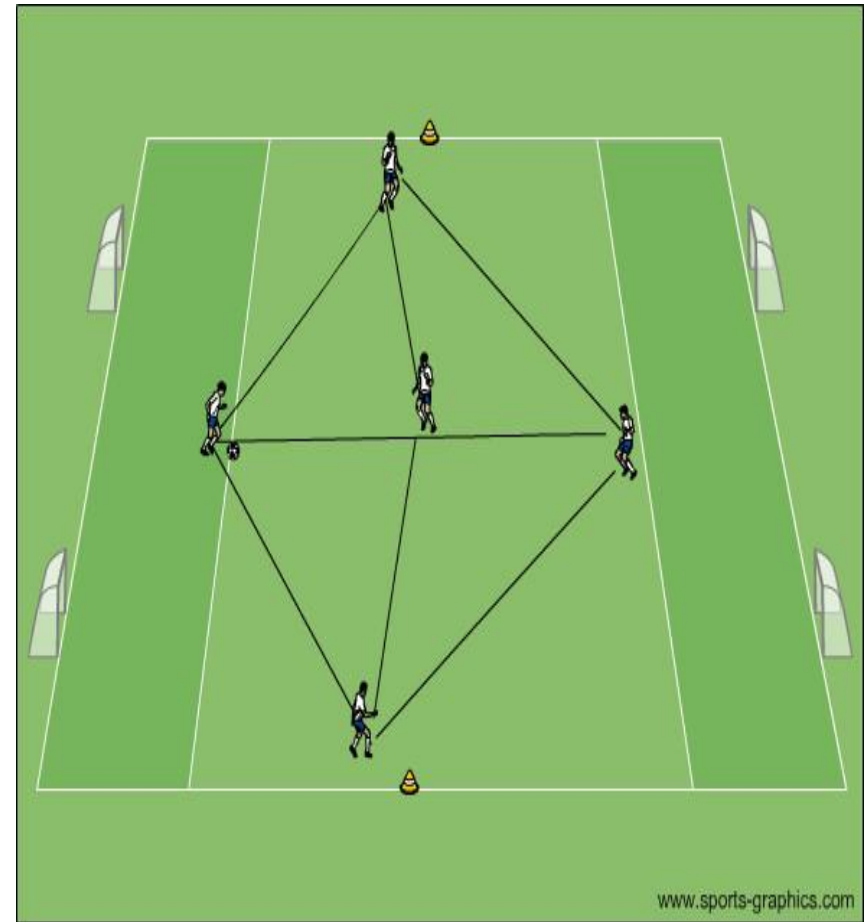
# 2nd Grade Game Format





# Why 5v5?

- To ease the transition to the 7v7 game format mandated by US Soccer for the fall of 2016
- To encourage more spacing (width and depth) on the field by asking all teams to follow a 1-3-1 system of play



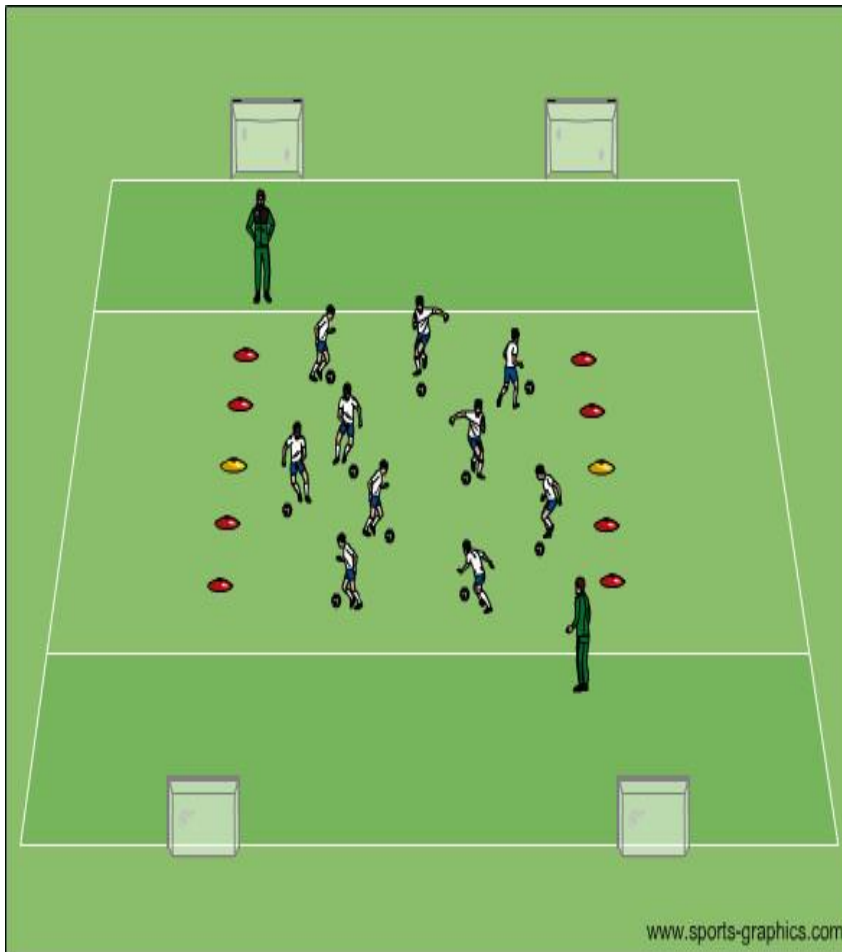


# 1<sup>st</sup> and 2<sup>nd</sup> grade basic rules

- All restarts are done with a dribble in or a kick in.
- After a goal is scored, ask the scoring team to return to their half of the field.
- When the ball goes out over the end-line, the ball is re-entered from the restart line.
- Coaches should police (ref) the game to ensure that it is safe, but it is best if they remain 2 to 3 yards from the sideline. No need to run up and down the field with the players.



# Sample Activity



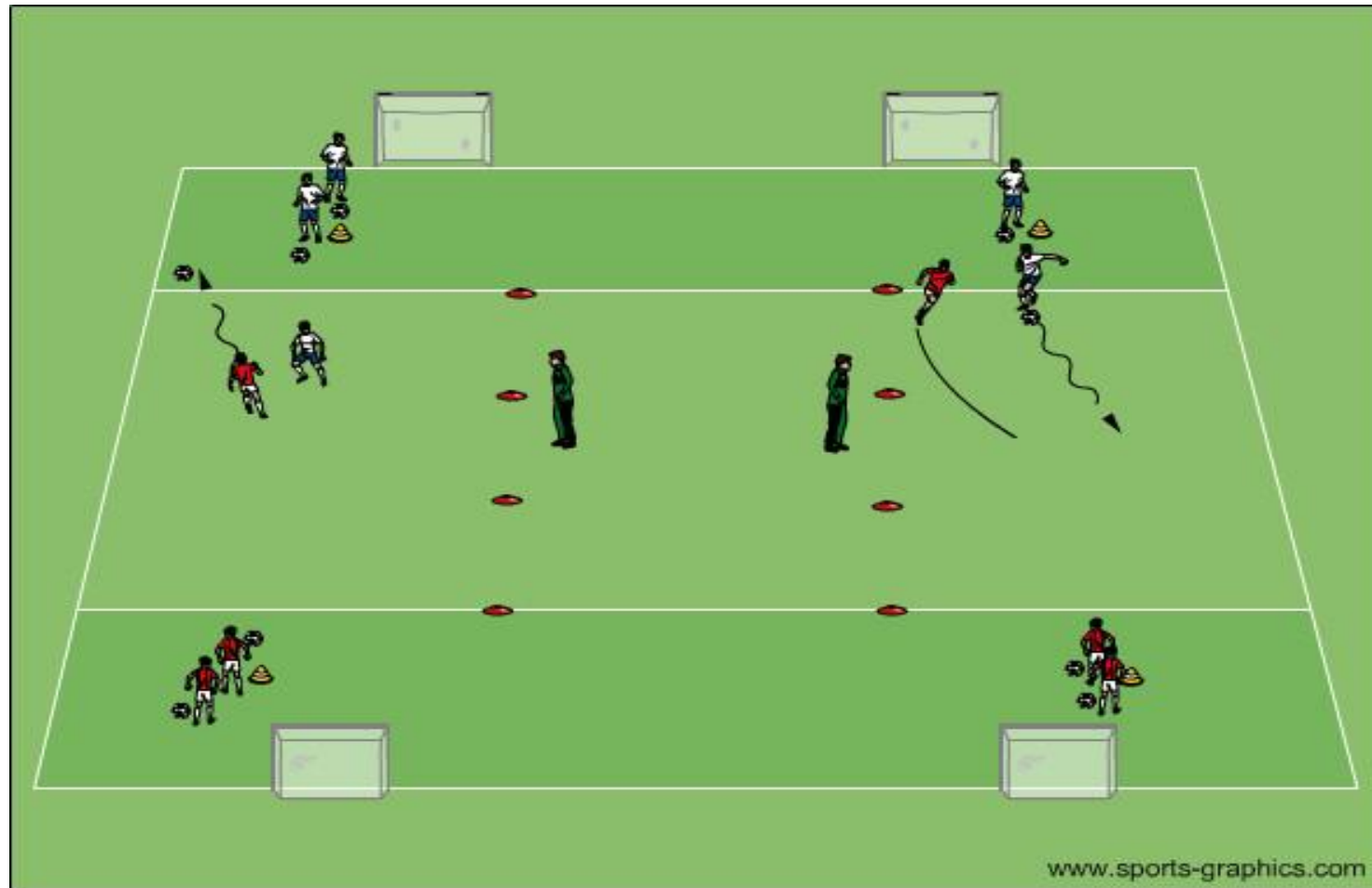
**The Game:** Players dribble throughout the inner grid. The coach can use this free dribble segment to offer several options. When the coach yells:

- **Turn-** players must change direction
- **Ball Taps-** players must perform toe taps on the ball
- **Foundation-** the players must pass the ball back and forth between their legs
- **Change-** step on your ball, move quickly to another ball and continue to dribble

*Progress to **Spiderman***



# Activity Leader





# Coach like Steve!

## “Guided Discovery”

- Pose questions
- Lead them to the answer, don't provide the answer

**Can the Lessons of *Blue's Clues* Make you a Better Coach?**







# TOPS- The Outreach Program for Soccer





# Upcoming Events

## Coaching 3<sup>rd</sup> Grade Soccer

**When:** March 30th 12:00pm to 4:00pm

**Where:** Fiske Elementary School Room 183  
& gymnasium

## Rising 3<sup>rd</sup> Grade Parents Night

**When:** Tuesday May 28<sup>th</sup> 7:00 to 8:30pm

**Where:** Clarke Hall, Hancock Church





**Thank You for Volunteering**