



LUSC Coaches Meeting

Spring 2024 Season

March 27, 2024



Lexington United Soccer Club

To develop lifelong soccer players among Lexington youth.

We want every child:

- To be physically active
- To 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)



Why Kids Play

PLAY
is the work of childhood
Mr. Rogers

Why Kids Play

1. It's Fun!
2. To be with their Friends
3. Parents sign them up



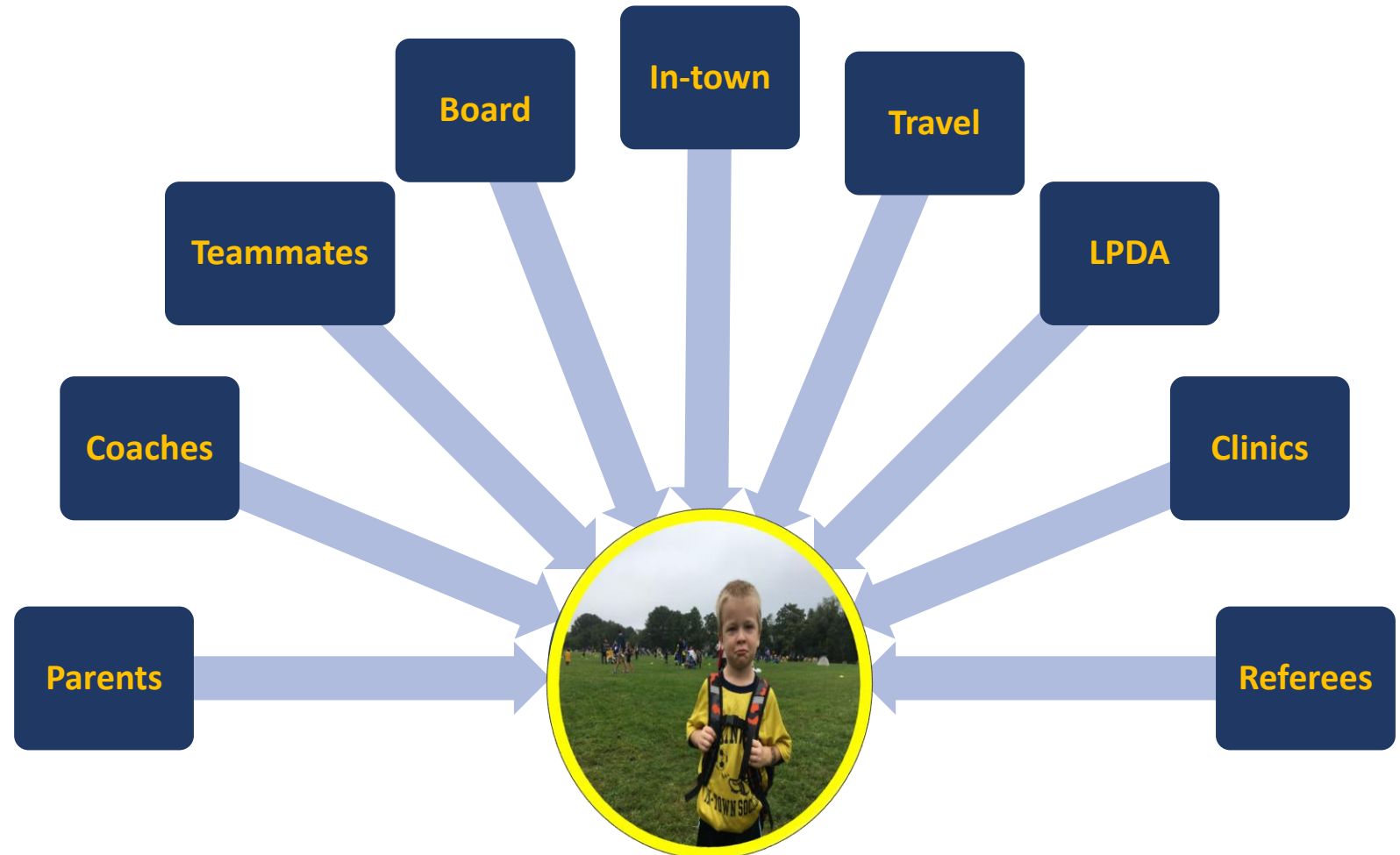
The opportunity to compete is far more important than the result of the competition.



A Player Centered Approach

The main actor of the process is the player, not the coach, not the team, but the individual player.

Van Der Haegen





Top 5 Qualities Children Want in Their Coach

- 1. Respect and encouragement**
- 2. A positive role model**
- 3. Clear, consistent communication**
- 4. Knowledge of the sport**
- 5. A good listener**

A. Visek- George Washington Study

Only 1 out 5 is sport specific





Welcome To Diamond- LUSC's Foundation



Windows of Learning





Development Curriculum Inputs





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



MASSACHUSETTS
YOUTH SOCCER ASSOCIATION





Be Tosh Farrell not Will Ferrell





Spring 2024 Diamond Schedule

75 Minute Program

8:45 to 10:00am	8:30 am Coaching Demo	2nd Grade Boys
8:45 to 10:00am	8:30am Coaching Demo	2nd Grade Girls
8:45 to 10:00am	8:30am Coaching Demo	Kindergarten Boys
10:30 to 11:45am	10:15am Coaching Demo	1st Grade Boys
10:30 to 11:45am	10:15am Coaching Demo	1st Grade Girls
10:30 to 11:45am	10:15am Coaching Demo	Kindergarten Girls

Program will consist of 45 minutes of activities/30 minutes of games



Sample Schedule

Activity Fields (where your team should meet for this week):

- Asteroids Field A
- Battling Bears Field D
- Cobras Field C
- Dragons Field B
- Team Eagles Field E
- Firebirds Field H
- Geckos Field G
- Hurricanes Field F

Teams	Fields
Asteriods vs. Dragons	A & B
Cobras vs. Battling Bears	C & D
Eagles vs. Hurricanes	E & F
Geckos vs. Firebirds	G & H

Field Location:

Each week the players should report to the field that they are assigned to for the week.

Coaches will run the weekly activities at the home field and then play the game against the team next to them



Coaches to Do List

- Contact team prior to the start of the season (by 4/2 if possible)
- Let families know which field to report to
- Email Diamond layout to all families
- Create name tags for players
- Print Team Medical Information to have on site (don't share with families!)
- Steer families to the LUSC website for all cancellations





The Layout





Dual Field

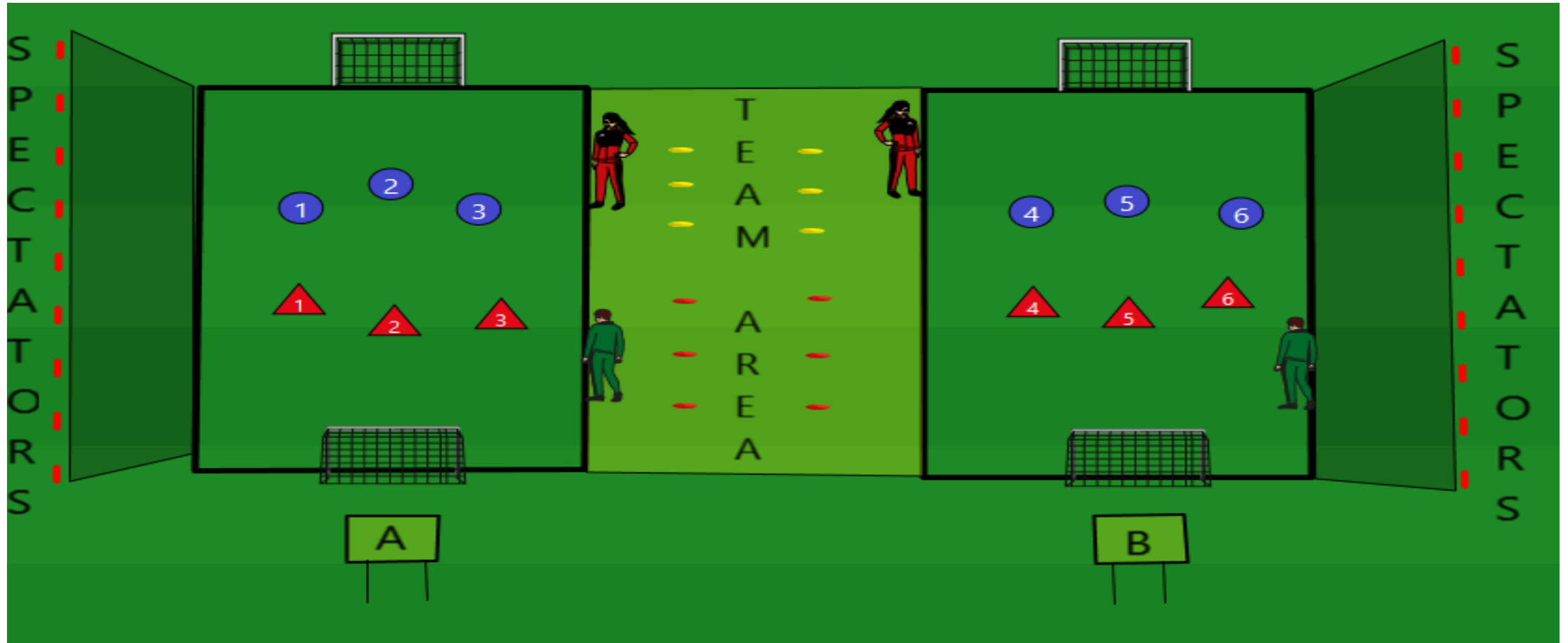
- If team A is scheduled to play team B, they will do so on both fields.
- **The area between the two fields is the designated coaching area** with the opposite side of the field being reserved for spectators.
- The coaching area allows the coach & players their own space and helps the players separate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

Recommended- The players should remain on the same field throughout the game segment and not flip from field to field.





Kindergarten 3v3 Dual Field



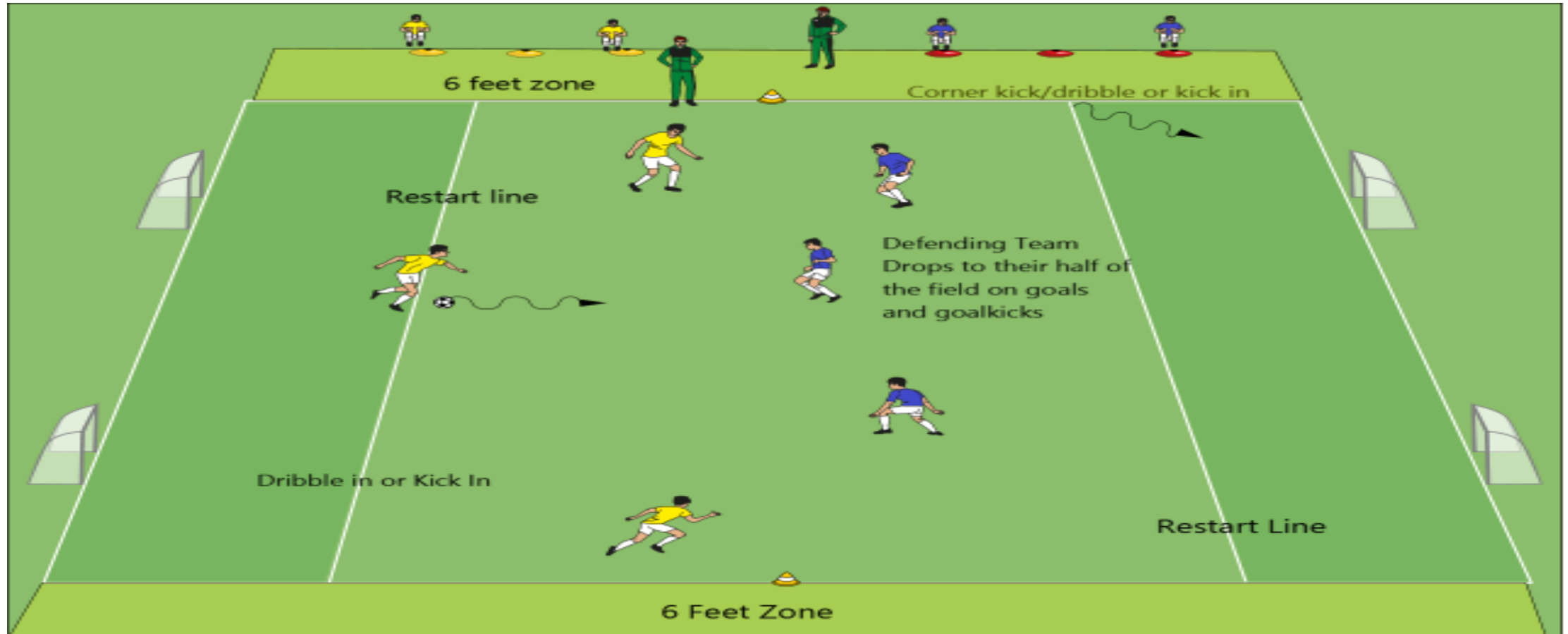


Kindergarten Rules

- **The Game is 3v3!** Please do NOT add players into the game.
- Kick ins or dribble ins (no throw ins)
- 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 4th player
- No Scores are kept!
- No Standings are kept!



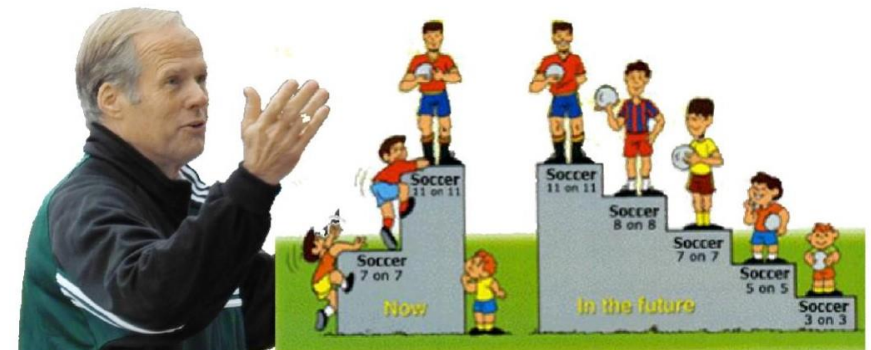
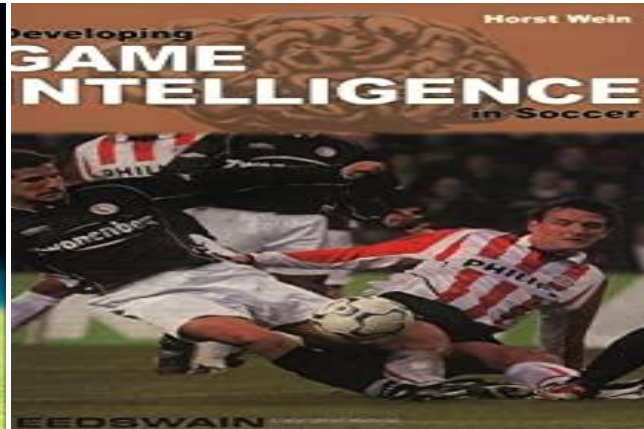
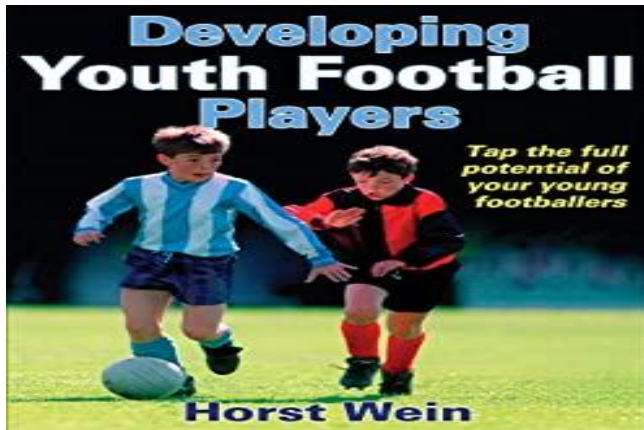
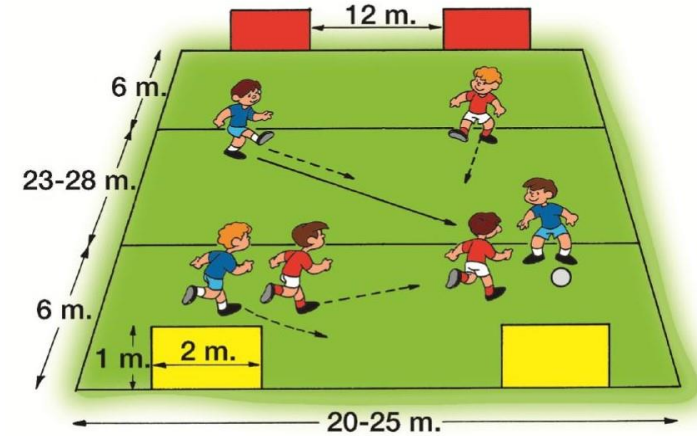
1st Grade Format





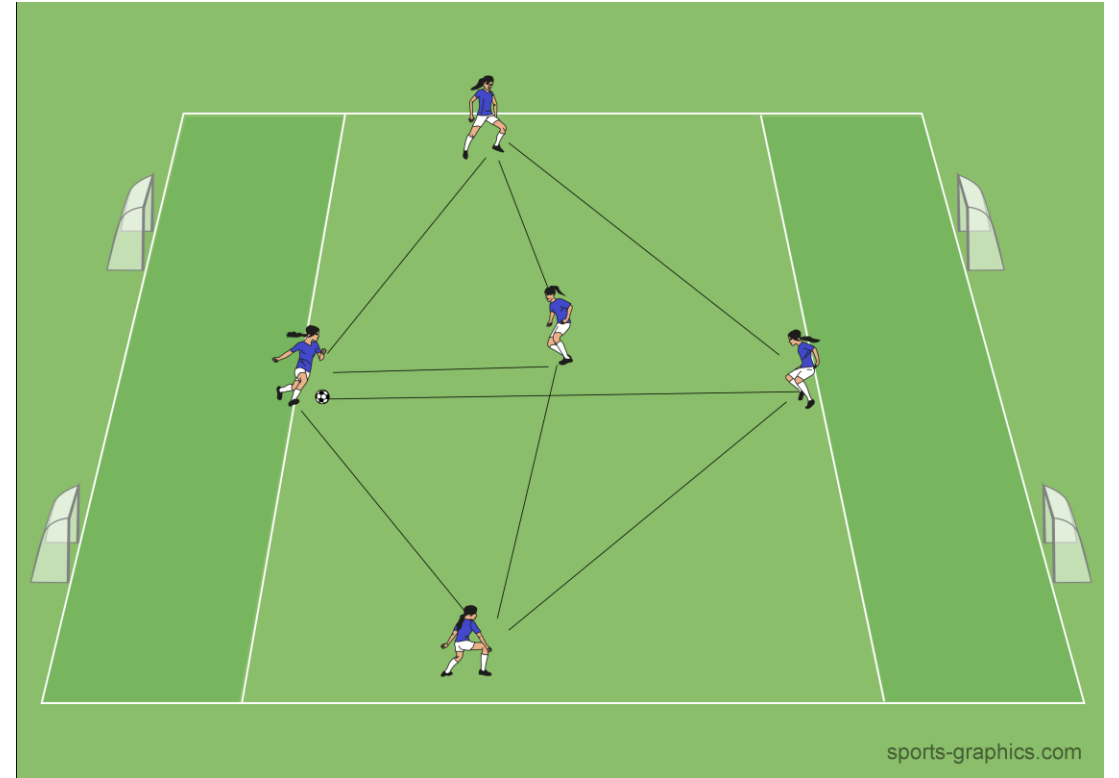
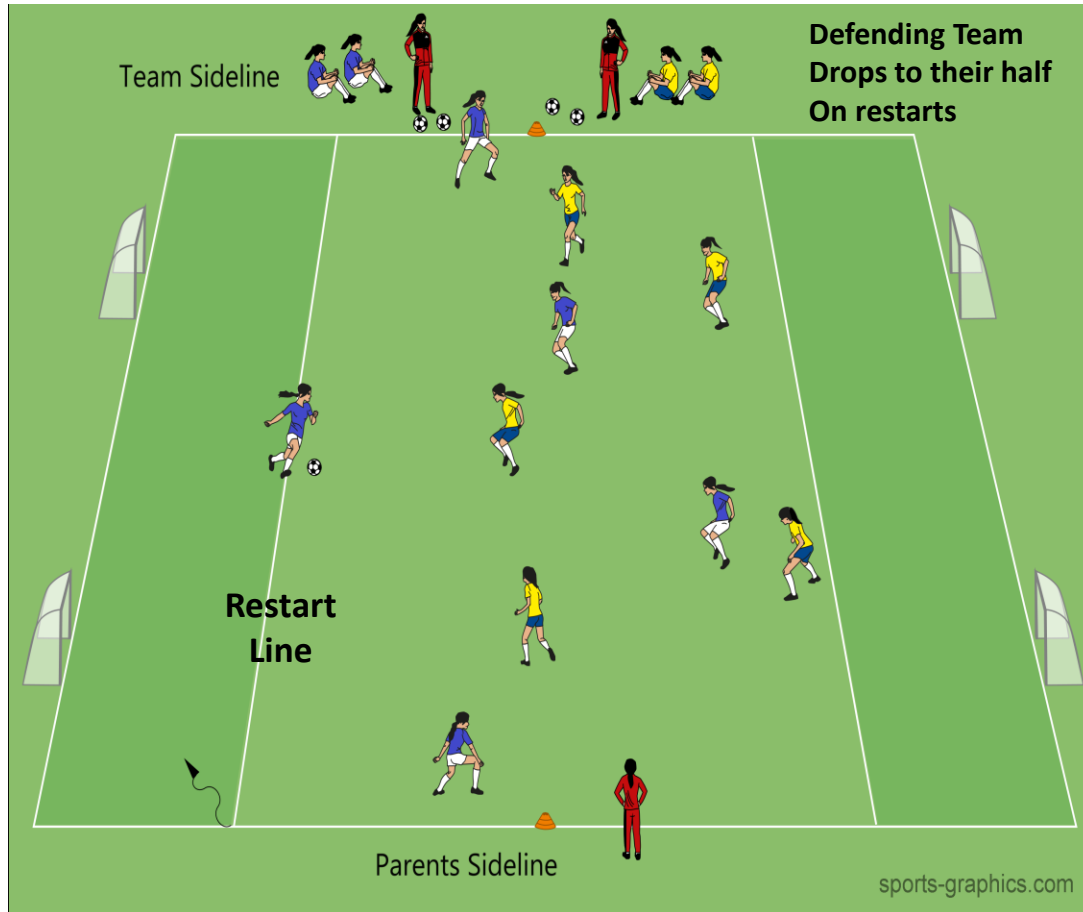
Why 3v3 to 4 Goals

- 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.
- 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.





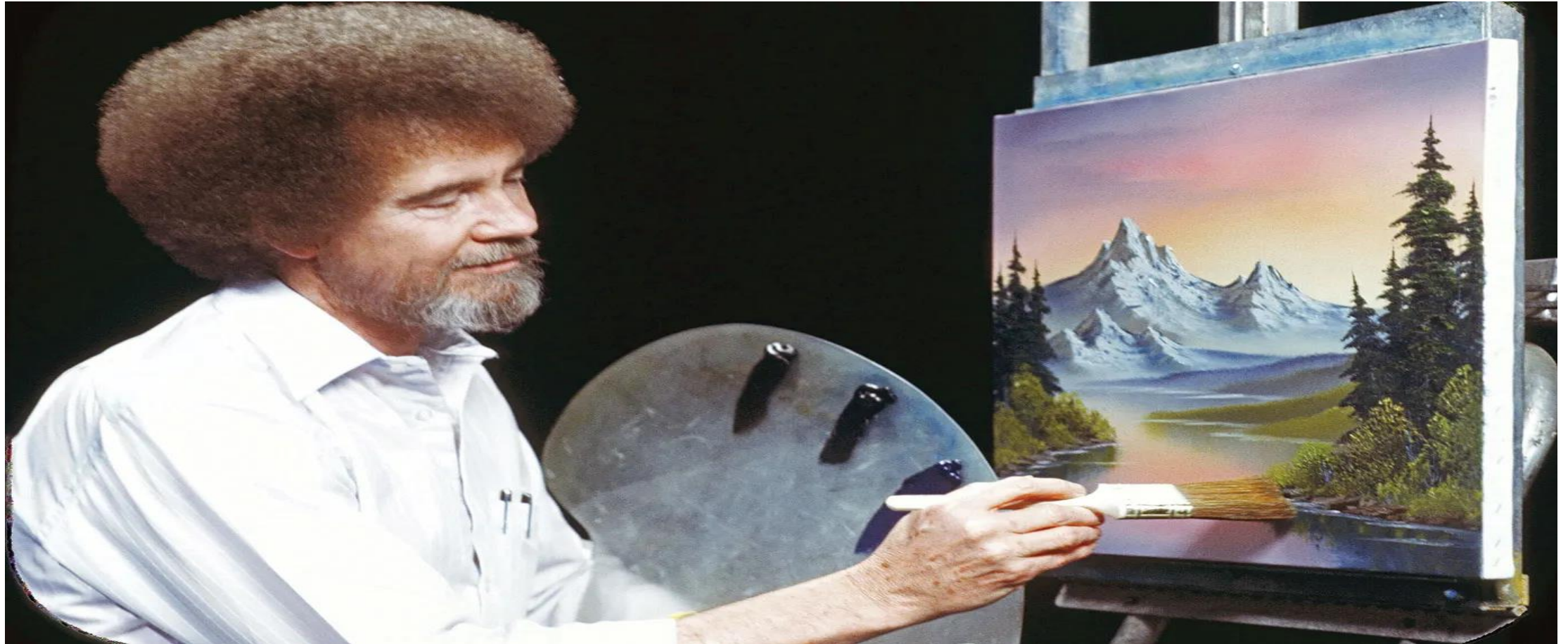
2nd Grade Format (5v5 option)



"Its final purpose is the player passing the ball enjoys two or three possibilities for playmaking"

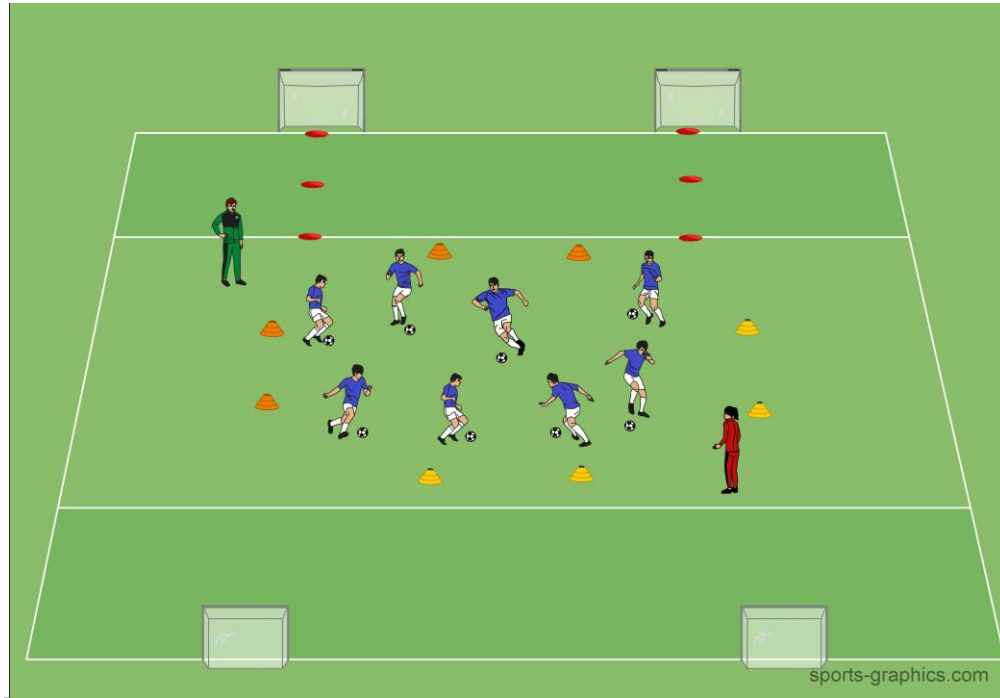


Demo- Paint the Picture





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:

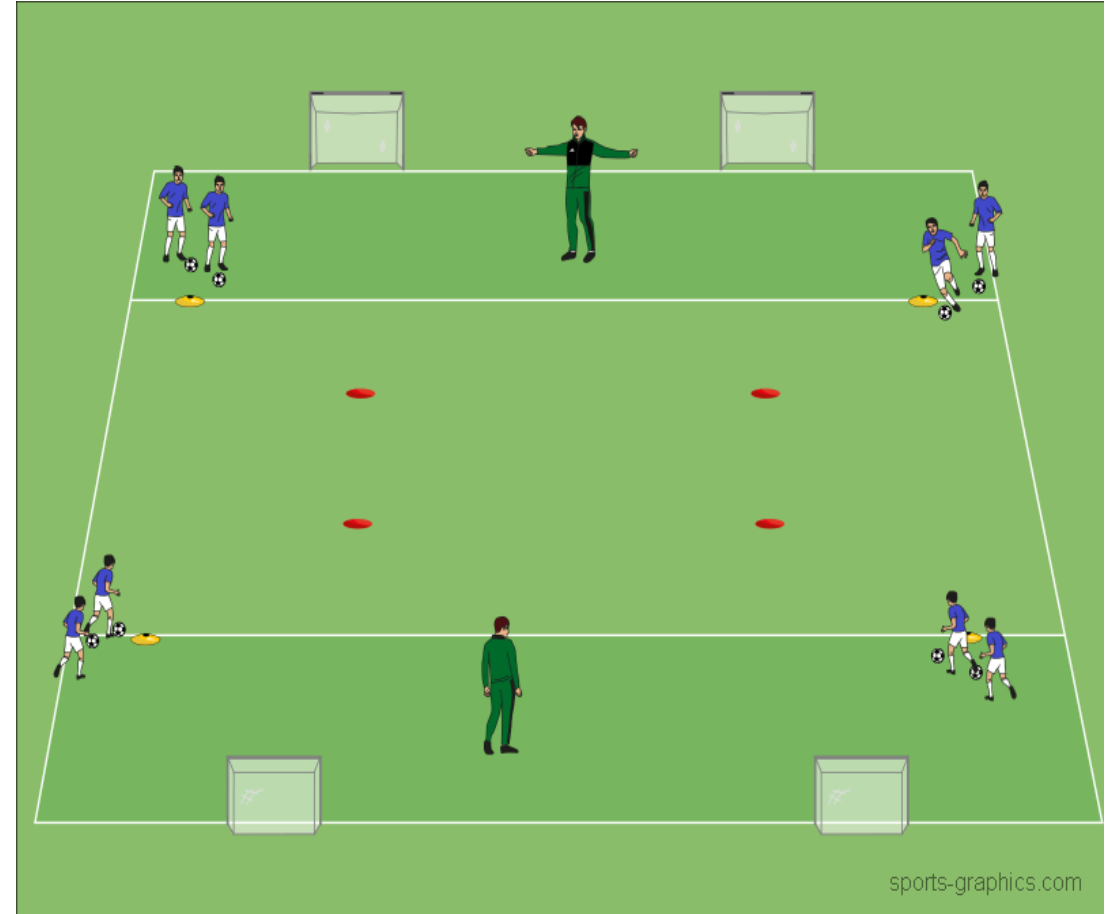
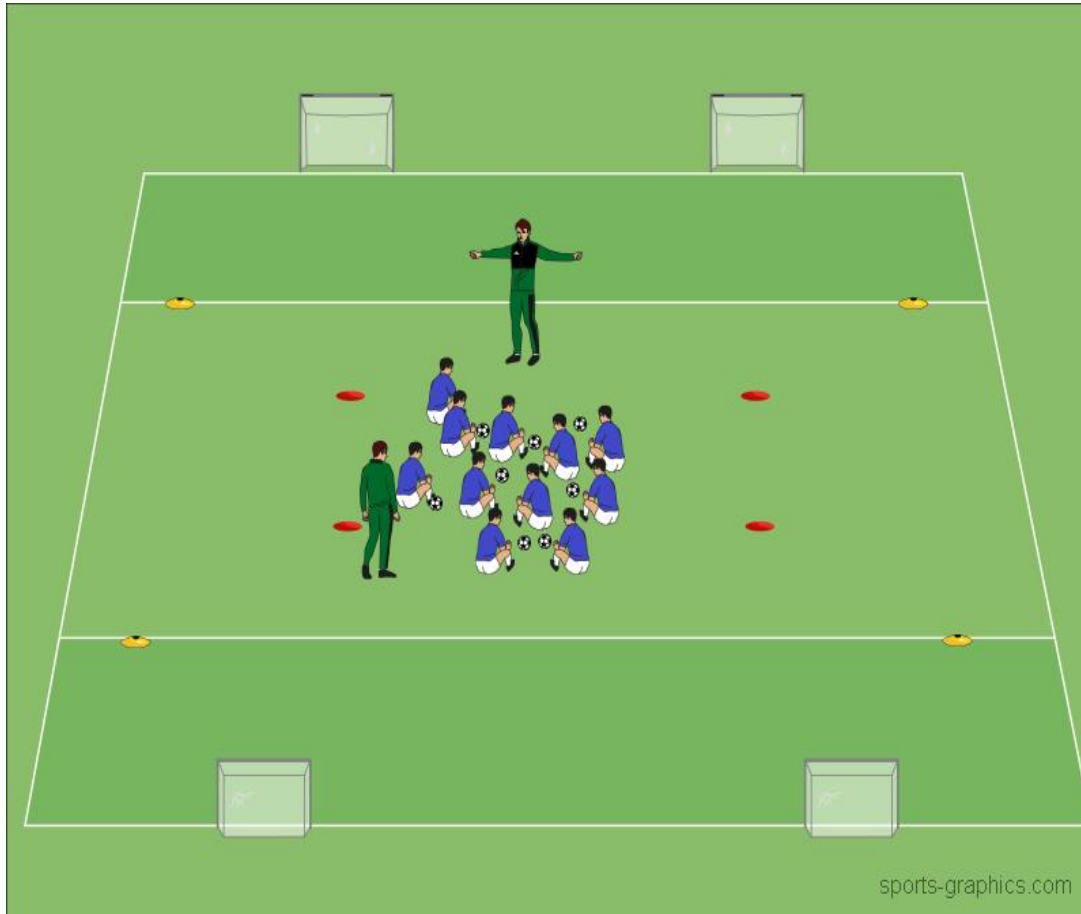
- **Turn-** players must change direction
- **Ball Taps-** players must perform toe taps on the ball
- **Foundation-** the players must pass the ball back and forth between their legs
- **Change-** step on your ball, move quickly to another ball and continue to dribble

*Progress to **Spiderman***

Layering allows the coach to control the tempo and provides an opportunity for brief moments of rest and refocus for the players



Coaching Tip





Final Thought



Meet them where they are at, not where we want them to be!



Q&A

Thank You



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