



# Recreational Coaching Packet



Rec Coaches Contact  
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## Coaching Guides

- Reach out to your team weekly via template email provided
- Safety of game and practice area, always check the field for dangerous objects
- Always keep field permit on hand at practices
- Must have completed Risk Management (KidSafe) within last 24 months
- Please abide by Coaches Code of Conduct and help enforce Parent Codes of Conduct

## Game Information

- 4v4 - players on field
- Two, 20 minute halves
- Fields side by side
- Size three ball
- No referee
- Free-kicks, No offsides
- Substitutions anytime
- Kick-off
- No goalkeeper
- Kick in from sidelines/goal lines
- Field size 30 yd wide by 35 yd long
- Playing time should be 50/50
- Home Team: **RED**, Away Team: **BLUE**

## Practice Information - One per week

- 60 minute training session
- Three - 12 minute activities
- One - 15 minute scrimmage
- Practice area should be similar size to game field
- No heading in practice or games

## Long Term Rec Player Development

- Develop the player's appreciation of the game
- Keep winning and losing in perspective
- Each player will develop at a different time
- Allow players to try all positions
- Players need to have fun and receive positive feedback
- Training should be revolving around enjoyment and learning
- Help each player reach their full potential, some players will play at a casual level and other will look to move on to more competitive settings

## **2nd Grade Rec Player/Coaching Goals**

- ● Season long goals
  - Learn 6 parts of the soccer foot
    - Inside, Outside, Toe, Heel, Laces, Sole
  - Technical
    - Learn what foot we use to dribble
      - Inside, outside, laces, shielding
    - Learn what part of the foot we use to pass/shoot
      - Inside, where does the plant foot go?/Laces, toe down and strike through the center of the ball
  - Learn proper block tackling technique
  - Tactical
    - Learn 1v1 and 2v2 attacking/defending principles
  - Develop motor skills
    - Jumping, rolling, hopping
  - Develop cognitive skills
    - Listening, focus, thinking
  - Develop social skills
    - Interacting with adults and teammates

## **Characteristics of 2nd Grade Players**

- Attention spans increase
- Understands more complex rules
- Gaining knowledge of time and space
- Still on the move constantly
- Still lacks sense of pace
- Inclined to team or group activities
- Developing physical coordination
- Starting to show off skills. Always needing positive encouragement

## **Things to Expect from 2nd Grade Players**

- They will fall, and they will usually pick themselves back up.
- They will want to wear the jersey everywhere.
- School conflicts will arise.
- Players will want to start to imitate their favorite players.
- They will undoubtedly do something they think is funny. Enjoy the moment with them.

## **Basic First Aid/Injury Information**

- Prevention of Injuries - Proper equipment, monitor playing surfaces, ample water and rest periods, avoid hottest times for practices
- Injury care - Stay composed, determine airway is clear, player is conscious, determine how injury occurred, ask about the location of injury, if necessary call for emergency help

## Practice Sessions

Practices for the season will cover certain topics. Coaches can use the session provided for each week, or create their own from prior experience, YouTube videos, or other resources. ASA would like coaches to follow this particular format for what do each week, and impart their own creativity as they know what will work for their players. Make it fun!

Practices will follow this format:

- Week 1
  - Dribbling & Turning
- Week 2
  - Passing & Receiving
- Week 3
  - Defending
- Week 4
  - Shooting
- Week 5
  - Dribbling & Turning
- Week 6
  - Passing & Receiving
- Week 7
  - Defending
- Week 8
  - Shooting

## Game Days

- Before the game
  - Arrive 15/20 minutes early and set yourself up by the field. Check the field for dangerous objects
  - Round up players 10 minutes prior to the start time
  - Lead a fun warm up for 5 minutes
  - Remind them of the skills they tried in practice. Encourage them to try it in game!
  - Make sure the players get a drink of water, have all their equipment on, shoes tied
  - Divide players up equally for each simultaneous game field
  - Have a team cheer right before kick off! Go Alexandria!
- During the game
  - Act as the referee/timekeeper, and keep the ball in continuous play
  - Equal playing time for the kids, try to have a substitution pattern
  - Let them play and have fun!
- After the game
  - Have the players come to coach. Shake hands with the other team
  - Give a few words of encouragement
  - Remind the team (and parents) of practice and next game