



# 4th Grade 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

- 7v7 - players on field
- Two, 25 minute halves
- Fields ½ of full size field
- Size four ball
- Goal size: 6.5x18
- Assigned by ASA referee
- Free-kicks and offsides
- Substitutions when referee allows
- Kick-off
- Goalkeepers
- Throw-in
- Field size 45 yd wide by 65 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

## 4th Grade Rec Player/Coaching Goals

- Season long goals
  - Technical
    - Learn the best ways to receive the ball (inside of the foot, sole, etc.)  
Receiving bouncing or aerial balls.
    - Learn the other parts of the foot for shooting/passing technique (outside, laces, etc.)
    - Learn best ways for longer passes, on the ground or in the air
    - Learn proper block tackling technique, poke tackling
  - Tactical
    - Learn 1v1 and 2v2 defending principles
      - Pressure & cover for defenders
    - Learn 1v1 and 2v2 attacking principles
      - Introduce width and depth into game play (by making the players spread out into the wide areas, and pushing forward it stretches out the defense)
  - Develop motor skills
    - Foot eye coordination improvement (trapping a ball out of the air)
  - Develop cognitive skills
    - Problem solving on the fly
  - Develop social skills
    - Interacting with adults and teammates
    - Interactions with opposition, referees
    - Find a team leader or leaders
    - Have them help with breakdown, responsible for gear they use

## Characteristics of 4th Grade Players

- Attention spans increases even more
- Understands more complex rules, how they apply to the game
- Gaining knowledge of time and space
- Starts to understand when to relax, when to go hard
- Inclined to team or group activities
- Developing physical coordination
- Starting to show off skills. Always needing positive encouragement
- May develop an attitude towards authority, or towards activities they don't want to do

## Things to Expect from 4th Grade Players

- They will want to wear the jersey everywhere.
- Greater diversity in playing ability and physical maturity.
- Become more independent as a soccer player.
- Start to form stronger, more complex friendships and peer relationships.
- Players will want to start to imitate their favorite players.
- Inclined towards small group activities.

## 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
  - 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