



PreK Recreational Coaching Packet



Rec Coaches Contact

Cindy Lopez (Speaks Spanish)

asasoc1@alexandria-soccer.org

Office: 703-684-5425

Getting Started Pre-season

- Must have completed Risk Management (KidSafe) within last 24 months
- Please sign and abide by the Coaches Code of Conduct
- Obtain practice equipment
- Complete the practice field request form to secure a location and time for the season
- ASA will distribute the team rosters with contact information
- Communicate to your team the time and location of practices ASAP

In-season 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 practice

Game Information

- 3v3 - players on field
- Four, six minute quarters
- Fields side by side
- Size three ball
- No referee
- No free-kicks or offsides
- Substitutions anytime
- No kick-off
- No goalkeeper
- Continuous play
- Field size 15 yd wide by 20 yd long
- Playing time should be 50/50
- Home Team: **RED**, Away Team: **BLUE**

Practice Information - One per week

- 45 minute training session
- Three: 8-10 minute activities
- One: 10 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

PreK Rec Player/Coaching Goals

- Season long goals
 - Learn 6 parts of the soccer foot & Learn which is their left and right foot
 - Inside, Outside, Toe, Heel, Laces, Sole
 - Learn how to do the following:
 - Sole taps
 - Roll the ball
 - Pull back
 - Develop motor skills
 - Jumping, rolling, hopping
 - Develop cognitive skills
 - Listening, focus, thinking
 - Develop social skills
 - Interacting with adults and teammates

Characteristics of PreK Players

- Short attention spans
- Understands basic and simple rules
- Very little understanding of time and space
- Always on the move; running, jumping, rolling
- Easily becomes tired, rapidly regains energy
- Starting to learn to share with teammates but still very much 'me' orientated
- Just becoming aware of hand/foot coordination
- Psychologically easily bruised. Always needing positive encouragement

Things to Expect from PreK Players

- Player will cry. A lot. When something hurts, and when something doesn't go their way.
- Don't bother teaching tactics or positional play (moths to a light).
- Within seconds of the start of a game, players will swarm to the ball.
- Players will accidentally pick up the ball, or hit it with their hand. Just keep playing.
- A player will run off the field to talk to mom or dad. Let them.
- 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
- Week 2
 - Dribbling
- Week 3
 - Dribbling & Turning
- Week 4
 - Dribbling & Turning
- Week 5
 - Turning & Change of Direction
- Week 6
 - Turning & Change of Direction
- Week 7
 - Dribbling & Passing
- Week 8
 - Dribbling & Passing
- Week 9
 - Fun Practice

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 team of next practice and game