

Jay Community Center
Boomer Soccer Coaches Manual
Ages 3-6



Coaches,

Thank you for agreeing to be a coach in our Boomer Sports Program. As a coach you are introducing a group of young people to the game of soccer. We ask you to not only teach the skills and rules of the game but make it fun for them as well. The goal of this program is not all about winning all your games and destroying the other teams. The goal is simple, teach them the game, have fun, and be respectful while doing it.

In this guide you will find information you can use to be successful as a coach. We will talk about JCC's philosophy, your job as the coach, how to work with this age group, and a season's worth of practice plans to utilize and make your "job" easier.

Please read through the information and utilize it the best you can. Again, thank you for coaching and remember that being a great mentor for life will go much further in a child's life than winning a championship.

Sincerely,

JCC Staff

JCC Coaching Philosophy

- Everyone Plays: Each player should play 2 quarters. The exception is if of course if the player doesn't want to play do not make them.
- Safety First: Do not over exert the children. Make sure that equipment and practice facility are adequate. Do not play injured players without parental permission.
- Character Development: We want the players to learn the following characteristics Honesty, Respect, Responsibility, and being a Caring person. As a coach, all of these characteristics start with you and your players are like sponges that hold onto your actions and words. If you are arguing with refs, parents, other coaches and etc the players will do the same. You need to set a good example for these children on and off the field.
- Stay Positive: Even when your team doesn't do exactly what you want them to do, it is important to stay positive with them. If you don't it is very likely that many of those kids will not want to play as they get older. You don't have to reward someone for making an error, but an, "It's ok do it next time." will go a long way.
- Ask for parent involvement: The best coaches have plenty of help. It would be a great idea to find a few parents on the team that would like to help you during practices and games. It doesn't have to be a one man show so to speak and your team will benefit from it more if you ask for help.

Coaching Duties

- Teach the skills of soccer to the best of your ability: Use our practice plans if needed and make sure to be prepared each practice. A detailed 45 min practice is much better than an unorganized 2-hour practice.
- Familiarize yourself with the rules
- Do fun drills to condition the players.
- Help each child feel like they have a role on the team and that they are needed.
- MAKE IT FUN

Practice Overview

Week 1

- **5 min Warmup**- have players free kick the ball around using just half the field. Spot kicks at the goal.
- **Skills/Drills (15 Minutes)**-
 - Dribbling- using the inside and outside of each foot with or without cones.
 - Bowling cone game- Have the players stand about 10 feet from 3 cones lines up like they are bowling pins. Have the players kick at the cones to see how many they can knock over. Have parents by the cones ready to reset them.
 - Red light/green light- have players with balls on the goal line. When you yell green light they dribble up the field as fast as they can. When you yell red light they stop as well as control the ball. If they lose the ball when you yell red light they go back to the goal line.
- **Game/Play (15 Minutes)**-
 - Kicking at cones- The players should be placed in a circle, approx 20 feet wide. Place 6 cones inside the circle in various positions. Give the players 3 balls and tell them that they must kick the balls and knock the cones down. Parents can assist by returning the balls that get kicked out of the circle. You could time them and try to improve the amount of time to knock down all the cones. This will teach kicking accuracy and receiving a pass.
- **Review and mentoring time (10 Minutes)**- Review practice and talk to them about all of the things that they did well. Also, it is fine to talk about things that weren't so great, but try not to single someone out. Lastly, talk to them about how being on a team can translate in everything that they do and that it is important to work together and support each other.

Week 2

- **5 min Warmup-** Have players practice close dribbling. Tell players to keep the ball close when you run. Also, tell players that you will blow the whistle sometimes during practice and that when you do, they should stop and put their foot on the ball kind of like red light/green light.
- **Skills/Drills (15 Minutes)-**
Egg Hunt- Kids line up on the goal line. Scatter balls (eggs) on the field. Release kids to get eggs into the opposite goal (basket). Key is to have at least as many balls as kids.
- **Game/Play (15 Minutes)-**
Relays/Kicking- Players should be in two single file lines. Place 4 cones in a line directly in front of them. Cones should be approx 10 feet apart. The first player in each line should attempt to dribble the ball around the cones and double back to the line. After each player has had a turn, start a relay against each other. Try to maximize the amount of time the players will touch the ball.
- **Review and mentoring time (10 Minutes)-** Review practice and talk to them about what it means to be responsible. Something like ask them to pretend that they were playing soccer and they were eggs. Now ask them what would happen if they were running for a ball and slammed into each other. Of course the egg would break. Then tell them that you don't want them to try and slam into each other but work on keeping your space.

Week 3

- **5 min Warmup-** Each player with a ball. Using different parts of the body (Foot, elbow, head, etc) players make shapes with the ball as ordered by you. Ex: Using your right foot only make a circle.
- **Skills/Drills (15 Minutes)-**
Dribbling- First have the players work on increasing their pace and dribble straight down the field. They can start out walking with the ball and see how fast they can get. Next have the players try to dribble the ball while keeping their head up going down the field starting slow and going faster. Lastly, have them do it through cones with all of the concepts.
- **Game/Play (15 Minutes)-**
Relays/Scrimmage- Set up goals with cones. Goals should be approx 8 feet wide. Pair up the players. Ask parents to be goalies. Players will try to score against the parents. They should be encouraged to pass to each other before trying to score. After about 30 seconds have them rotate to a different goal. Have them keep track of how many goals they get.
- **Review and mentoring time (10 Minutes)-** Review practice and talk to them about what it means to be respect. Explain to them how important it is to show everyone respect. Make sure that they understand that how they react to situations matters much more than if they won the game.

Week 4

- **5 min Warmup-** Do the relay games from week 3 as a warmup.
- **Skills/Drills (15 Minutes)-**
Passing- Stationary short passes with a partner using the inside of the foot. Slowly back the players up using the same technique and both feet. Lastly, have the players pass the ball back n forth from 1 goal line to the other.
- **Game/Play (15 Minutes)-**
Small-Sided Scrimmage- Set up goals with goals similar to week 3. However, instead of parent goalies, this will be a 2 on 2 scrimmage. Parents need to assist. 2 players will play defense and 2 players will play offense. Try to separate teams evenly. After a few minutes rotate you can rotate teams.
- **Review and mentoring time (10 Minutes)-** Review practice and talk to them about what it means to be honest. Talk to them about how it is important to be honest with you when they are hurt. It is also important to be honest when they make a mistake.

Week 5

- **5 min Warmup-** Break into groups of 3 or 4 players. Have them pass the ball around the group to one another.
- **Skills/Drills (15 Minutes)-**
Passing/Receiving- Have them pass the ball back n forth about 3 yards apart. Make sure that they are passing to each other using the inside of the foot. As one player passes show the other players how to properly receive the pass by stopping the ball in front of your foot so that you can in turn pass it back.
A game to use is to give ½ the players balls and tell the others to take a ball away and try to keep it. Players with the ball after a minute win. Repeat 2 or 3 times
- **Game/Play (15 Minutes)-**
3 on 3 keep away: When doing 3v3, consider using a neutral player to help the team with the ball. Again, reinforce the need to move to get open. Point out what happens if you hold the ball too long before passing (you get ganged up on). Make sure when players are moving up and down the field encourage them to make the longest pass they can, do not use the word “kick”.
- **Review and mentoring time (10 Minutes)-** Review practice and talk to them about what it means to being caring. Talk to them about how everyone on the team has a role and try to show them the importance of them caring for each other and how much better your team will be.

Week 6

- **5 min Warmup-** Play a shorted version of 3 on 3 keep away
- **Skills/Drills (15 Minutes)-**
Positioning- Refer to the field grid and definition of positions. Wristbands could be useful. Forwards (Yellow), half-backs (Green), and full backs (Red). Discuss what each position is supposed to do. We understand that the kids will still manage to play “bee-ball” but it is a good idea to introduce them to proper terms.
- **Game/Play (15 Minutes)-**
Scrimmage- Divide the teams up evenly and have each team rotate from offense to defense for an equal amount of time. At the end, have the kids play the parents/other kids and make sure to let the kids win.
- **Review and mentoring time (10 Minutes)-** Review practice and talk to them about what it means to be perseverant. Explain to them that mistakes are part of the game and you will not be the best player every game, but that it is very important to play hard no matter what.

Week 7

- **5 min Warmup-** Groups of 3. Players play 2 vs 1. in an area 20 ft by 10 ft with a small goal. They must pass three time before they shoot a goal.
- **Skills/Drills (15 Minutes)-**
Goalie position- Make sure that they understand how to defend the goal (Without using hands) Explain to them that they are the last line of defense and to try and stop the ball from going in no matter what.
- **Game/Play (15 Minutes)-**
Keeper Wars Goal- This is for 2 players. Use cones to mark a 15x20 yard area, with on goal. Place a goal keeper in the goal and have the other players shoot at the goal. Give the goalie five tries to stop the ball. Rotate from shooter to goalie for 3 rounds. A perfect score would be 15 points.
- **Review and mentoring time (10 Minutes)-** Review practice and talk to them about what it means to be involved with your family. Explain to them how important that their family is to them and that they will always be important.