

GAME PLAN

PRE-K

**K
G**

**COACHES
GUIDE**

A PROGRAM DEVELOPED BY:

TEAMEXCEL
SOCCER

www.teamexcelsoccer.com

Thank you ...

for volunteering to coach within SCOR's Pre-K, K and G1 House Program. We are sure you will find your efforts rewarding. The players you will work with and the community at large will benefit from your unselfish gift of time, energy and knowledge.

This guide has been provided to help you face the challenges of coaching this age group. I hope you can find the following pages helpful along the way.

Foreword

It is difficult to formulate a step-by-step approach to learning how to play soccer, because the learning process depends largely on practice. Soccer is best learned by playing, and the time children spend playing the game is important for their soccer development. Lack of time is probably enemy number one as far as learning to play soccer is concerned. Nowadays, soccer is experienced in an environment controlled and organized by adults with games and drills devised, started and stopped by a coach.

The coach has to have the tools to compensate for lost time by accelerated learning in a shorter period through a range of age appropriate soccer activities including matches. Because House coaches only have limited amount of time per week at their disposal to influence their players, the most important objective is to accelerate the development of children's soccer potential by means of simplified games such as the ones outlined in this guide. The challenge as

adults is to unlock the game within each child so they have the opportunity to become the best they can be.

We hope the information and activities described in this handbook are helpful in making your next season a fun and competitive one. With the support of all of you we are well underway to making sure all our players have the opportunity to reach their full potential.

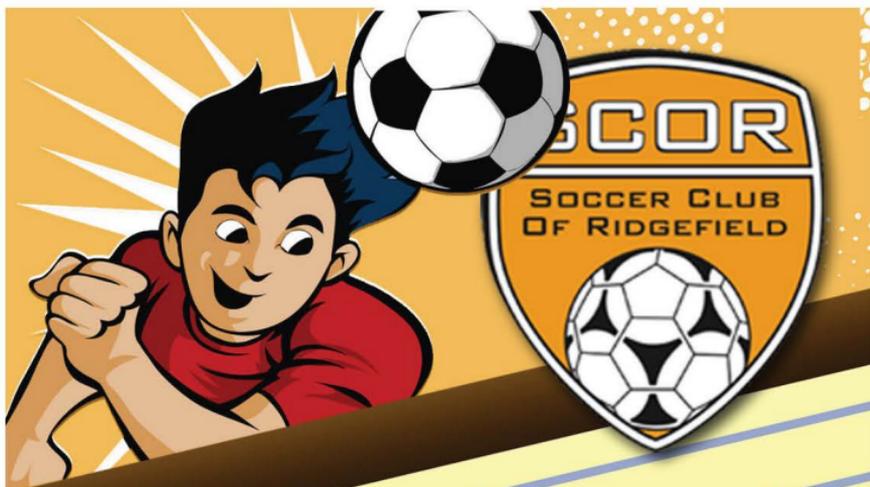
The Fundamental Ideas of S.C.O.R. Coaching Philosophy

All over the world and in some of the most progressive youth soccer clubs here in the United States, young players develop their love for the game and their fundamental skills and instincts in largely, if not entirely in unstructured environments. Children learn the game in a natural way, by playing and exercising for hours and hours if they choose to. Children learn the game from playing the game, endless repetitions, fun and imagination.

As a result, children acquire a genuine passion for the game at an early age and build the foundation for future development. In this environment, children develop a sense of empowerment, experiment with the game, take chances and develop their own individual style of play. We want to simulate this environment as well as we can, especially with our youngest players, so that they indeed will have the opportunity to become the best they can be and get all the enjoyment the game can offer.

We Play 4vs4 or 5vs5 Formats Because We Want ...

1. ... Our young soccer players to touch the soccer ball more often and become more skillful with it! (Technical development)
2. ... Our young soccer players to make more, less complicated decisions during the game! (Tactical development)
3. ... Our young soccer players to be more physically efficient in the field space they are playing in! (Physical development)
4. ... Our young soccer players to have more individual teaching time with the coach! (Psychological development)
5. ... Our young soccer players to have more, involved playing time in the game by providing more opportunity to solve problems that only the game presents. (Tactical Development)
6. ... Our young soccer players to have more opportunity to play on both sides of the ball! (Attacking & defending situations)
7. ... Our young soccer players to have more opportunities to score goals! (Pure excitement)
8. ... to include children of all temperaments, assertive to shy, to have more opportunities to interact with others and the game! (Socialization)



My Weekly Tips ...

Keep to designated 4V54 or 5V55 format.

Coaches keep to the side of play area, out of the way of immediate play.

Keep instruction to a minimal.

Short and Concise! Start activity as quickly as possible, adjust once players are familiar with first activity.

Be enthusiastic! Provide a lot of individual attention. Fun pre-game activities, few lines!

Celebrate when goal is scored and when goal is prevented.