



CC United Recreational Curriculum Coaching Information

Thank you



I want to take this time to thank you for stepping up to coach. I hope this curriculum makes it is easier and you as a parent coach want to return.

The journey of an 8 week season can only be evaluated in two places.

- 1. How much fun the kids have on your team*
- 2. Their improved ability to work together*

CC United's goal is to create a child centered environment where kids gain confidence by a soccer discovery journey. Along the way they learn to solve the problems that practice and a game environment bring. The most important thing we do at the club is to:

- ▶ Provide that practice environment*
- ▶ Help our coaches present the practice in a certain way*
- ▶ Educate in the importance of the correct game environment*
- ▶ Educate our parents in the process*

Once these things are in place you will see our children growing within the sport and you will have just as much fun as them!

Thank you,

Jonathan Tudor



What is my style of coaching?

Pre k and k - focus on how to move first

- ▶ Play off their imagination with all games being a story
- ▶ Allow them to add pieces to the story along the way
- ▶ Do everything without the ball first
- ▶ All games start with the question of how to move
- ▶ Get all parents involved
- ▶ Once the practice starts praise individuality and problem solving ability
- ▶ Let the kids figure out all problems
- ▶ Highlight the ones that have a way and challenge others to find a way
- ▶ Play games where they have no single winners - allowing all to be successful



Who are you coaching?

Psychosocial	Cognitive	Psychomotor
<ul style="list-style-type: none">- The youth soccer experience might be their first initial exposure to team sport.- At this point the coach must recognize the importance of the young player's need to feel secure in practice and game environments.- Their social development at this time is often limited to one best friend and many are just adapting to the social interactions that occur at school.- The coach must be sensitive to this when selecting practice activities, which must include positive social interaction.- Activities that involve interacting with all of the members of the team are important.	<ul style="list-style-type: none">- They can perform tasks one at a time when simple directions are given.- Complex tasks are difficult as U6 players have difficulty linking skills together.- A visual demonstration is often necessary to help them to understand more clearly what is expected of them.- "My Ball," is a commonly used phrase from this age group. This is because they don't quite understand what it means to participate as part of a team.- Tactics at this age are very limited. Their biggest concern during their play is to determine which way to go when they have the ball.- Boundaries may not mean much to many children in this age group.	<ul style="list-style-type: none">- Physical movements such as running, jumping, skipping, hopping and maintaining balance are not fully developed at this age.- When changing direction, a U6 child will often tumble as a result of a high center of gravity.- Boys and girls are similar in ability.- They also play at full speed until they drop and then after a brief rest, they are ready to go full speed again.- Children in this age range need multiple breaks during practices and games to allow for recovery, as it is difficult for them to sustain a high intensity of play for long periods of time.



What is my style of coaching?

Behavioral	How you coach it	Game importance
<ul style="list-style-type: none">- High Moral and Ethical Standards. Be an appropriate role model.- Honesty. Be fair, no one likes it if you cheat.- Communication. Appropriate verbal and nonverbal responses (body language & gestures). Appropriate language (words, tone, volume, rhythm, articulation).- Development of an Appropriate Temperament for Coaching Children- Be sensitive to each child. Observe and Guide; Don't Direct. Use your normal voice, not a whistle.- Be prepared. Organized.- Appropriate and inappropriate behavior / enforce team rules. Learn to be critical of behavior, not a player's personality.- Be Enthusiastic. Your enthusiasm is contagious. Celebrate!- Have a Good Sense of Humor. Keep things light. Smile and laugh.- Be a good role model- can you overly display things such as respect to team mates and opponents.	<ul style="list-style-type: none">- Have games where they can come up with the answer.- Be aware to appreciate how they solve things and not give them direction on how you would.- Coach the rules and objectives of the game and let the players solve the problems.- Make all activities go from movement to hands to feet.- Demonstrate in the game a soccer way to be successful.- Comment on players who have solved the problem or show individuality.	<ul style="list-style-type: none">- Sit down and enjoy watching our children grow.- Let what the kids do motivate you positively developing high levels of self-confidence.- Positive coaching. Don't yell.- See how much they can figure out - directional and ball in and out of play.- Use guided discovery.- See if you can bring in a practice game word to your game.- Communicate with the parents to applaud and support effort and not control their child's decision making.- Share with them why they should watch and not direct.- Pick out things at games that all did from working hard to dribbling on the ball.



Goals and Objectives for All

Goals and Objectives

Pre Kindergarten and Kindergarten

Team

- Make all feel comfortable
- Improve cohesion
- Keep all busy

Player

- Comfort around the ball
- Coordination in
- Movement on the field
- Kicking technique
- Movement with the ball
- Ability to self play

Game

- Knowledge of Boundaries
- Knowledge of restart
- Direction

Coaches Challenge



You as the coach have to

1. **Create a Player-centered environment:** Player needs = make choices/decisions; compete/cooperate; learn on the move; variety of teaching/learning styles (visual, verbal, kinesthetic, experiential).
2. **With Activities VS Drills:** Dynamic technical frequencies in random-skill game more effective and efficient than static coach-directed execution of a technique in isolation from the game.
3. **Using -Guided Discovery/Q+A:** Players engaged and constructing their own knowledge of the game; learning is deeper and retained better (takes Coach planning and patience).
4. **Taking into consideration** the Slanty line: Adapt challenges to meet range of individual abilities within team.
5. **With No elimination games** = maximal learning opportunities for all regardless of ability.
6. The coaches Understanding changes from “do this” to – “Show me”

*You as the coach have a massive challenge at this club
I know you can do it!*



This year we are doing things differently

Practice Presentation



Teams will be grouped into 3 or 4 with the coach assigned a number



The coach will have one game per week that they must learn



Each week will follow a basic theme with 1-2 coaching points



The kids will rotate around all 4 coaches and play all games



After 4 games the kids will play a game

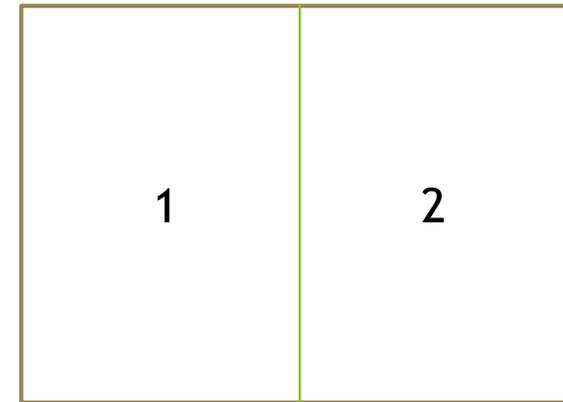
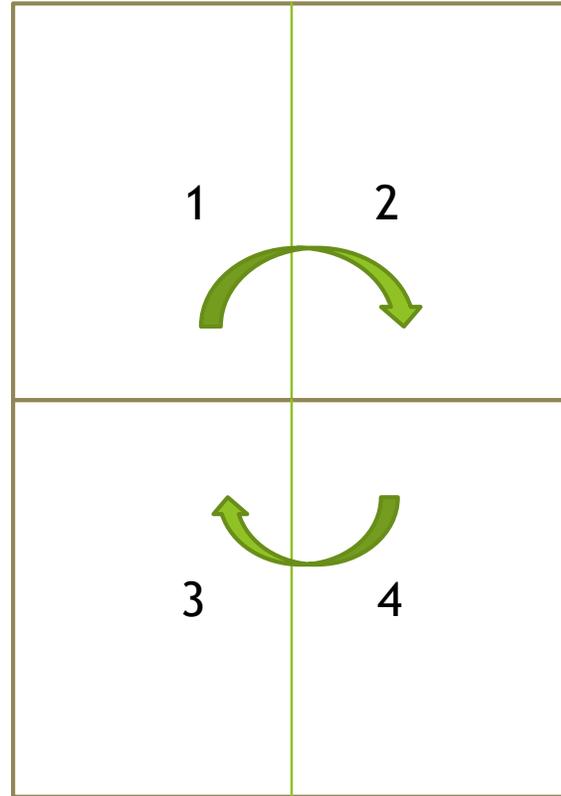


Players will become accustomed to a large group training session



The Fields will look like this

Practice Presentation



1st - 4th

Pre Kindergarten and Kindergarten



Planning my Practice

Be Organized

- *Know your practice game*
- *Understand how the coaching points work*
- *Get ready to adapt to be inclusive*
- *Try to establish a movement 1st before the activity*

Characteristics of Game/Activities

- Dynamic
- Organized but unstructured
- Free Movement
- Fun
- Decision Making
- Age Appropriate



The William Glasser triangle is what

CC United is all about



You've Done Your Job Well if ...



Just look at your player's faces and you'll know if you have done your job well. These players have the sense of accomplishment and success that this program is all about!