



COACHES MANUAL - U4/5 and U6 Age Groups

Welcome, and thank you for volunteering with Peterborough Youth Soccer club this summer. The following manual is a reference point for you to use while working with your team, preparing for practice times, and leading your group of children on the field.

Coaching children's soccer is a great way to give back to the community, use your creativity skills, practice your positivity and enthusiasm, and teach leadership skills. Don't be afraid to be yourself and make a difference in a child's life.

Please take a moment to read the coaches tab on the PYSC website. Under this tab, you will find a Letter to Coaches link and information about Rowan's Law. Please take a few moments to familiarize yourself with this important information. The PYSC website is www.pyesc.on.ca

Please remember: coaches should maintain a positive attitude. Don't criticize a faulty play. Praise the player for trying, and especially if the outcome showed promise. Encourage trying again on the next opportunity.

CONCUSSION INFORMATION

Common signs of concussion:



Dizziness



Nausea



Headaches



**Light
Sensitivity**



Confusion

If you or a spectator witnesses or suspects a player is suffering from any of these symptoms after an incident involving their head, the child is to be removed from play.

Please contact your convenor as soon as possible with the child's name and details of the incident.

The PYSC Executive Board, along with the child and their parent/guardian, will agree on when the child will be allowed to resume play. This will not be without written clearance from a Physician.

The child's life can depend on proper communication and following protocols relating to concussion management.



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GENERAL INFORMATION

- Please take a moment to complete a volunteer police record check with the Peterborough Police or the OPP (depending on your jurisdiction). Police record checks are mandatory for all head coaches. Please read the following website for more information. <https://www.peterboroughpolice.com/request/record-checks/>. PYSC pays the fee directly to the police station. You should not have to pay any money if they know you are volunteering with PYSC.
- You, as a coach, will be supplied with team jerseys, a coaches shirt, soccer balls (1 per player), one pop-up net, and a ball bag at the Coaches Meeting in May. Please watch your email for more information regarding the time and location of the meeting.
- PYSC does not supply ball pumps - please bring your own ball pump in the ball bag for your players
- Your players should be provided with one jersey and one soccer ball to keep. Make sure to record jersey numbers when they pick out their jersey
- You may want to bring an assortment of coloured permanent markers and ask the players to draw/colour on 'their ball' to help identify their ball at the field
- It may be helpful to ask your team to meet 30 minutes before your first game in order to organize jerseys and contact information, and allow the players to meet each other
- It is a good idea to get contact information for the parents/guardians of your players as soon as possible. Decide how you will contact them if needed (phone call, text message, email etc.)
- Ask a parent to organize a list for who is responsible for half-time snacks throughout the season. Try to remember to keep snacks healthy, quick and as garbage-free as possible. It may be helpful to come prepared with a calendar that parents can "fill in" with their preferred date. Be creative and have fun with this - it is often something the players look forward to every week
- Total 'snack time, half time' should not exceed 10 minutes maximum
- *If you know there are any dates that you will not be available to coach - try to set up coverage for your team as soon as possible*
- Ask the parents/guardians of your team to "like" Peterborough Youth Soccer Club on Facebook, and follow on Twitter @pyscsoccer if possible. Both social media platforms will be a useful tool for parents, coaches and players throughout the season.
- Parents/guardians can also be directed to the club website for questions they may have: www.pysc.on.ca

Please refer to the Rules & Regulations page under the "Players" tab of the PYSC website

What is "long-term player development"?

- LTPD is about making the game of soccer as age-friendly and fun as possible, through teaching and coaching, with hopes that players will continue to play and grow, and possibly teach or coach in the future



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- It is important that our youngest players are given the opportunity to have fun at soccer and given some tools to remain active for life
- Read more about LTPD at www.ontariosoccer.net/player-ltpd
- LTPD is important as a coach to be aware of. Ontario Soccer has rules and regulations that should be followed in the local soccer clubs to support this approach in young players. This is the reason we don't keep scores/statistics on players and focus on fun and learning throughout the season

GAME DAY

Ball size: Size 3

Number of players on the field: 4 players per team on the field.

Game length: 20 minute half, followed by a 5-10 minute 'break', 10 minute 'drill/game', finishing with a 20 minute second half

- No goalies
- Coaches are allowed on the field as long as they do not interfere with the game
- Please arrive to your field approximately 30 minutes before your game time
- Some coaches like to organize a short 20-30 minute "practice" before games - go for it! This is your team. Have fun with it.
- Try your best to ensure each player has equal playing time.
- For the younger players - a blanket on the sidelines where the players can sit while they wait for their time to play may be helpful. Try to encourage players to sit with their team to help keep track of substitutions and playing time
- It may be helpful to supply the team parents/guardians with a "cheat sheet" with players first names and jersey numbers to help promote cheering and encouragement
- Please remember - most referees are young and learning at this age group. Our referees are highly trained, and they are continually training and learning. Please be respectful and ask your team to do the same

- IF YOUR REFEREE DOES NOT COME FOR THE GAME:
 - Try to find a volunteer referee, or a coach can referee
 - Report the absence via email to Fevri Pazari, Head Referee at fpazari@hotmail.com or email your league convenor
- We do not keep scores or statistics for these age groups

WEATHER

- The PYSC Executive have measures and standards in place to determine whether a game should be cancelled due to immediate or impending weather on that game day
- A decision will be made, based on an Executive formula used, by 5:00pm on the game day
- PYSC Executive can only do their best to determine what will be the safest decision with enough time for players/parents/guardians to adjust their schedules on game days



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- Coaches are reminded - please do not cancel your own games due to weather. Please wait to see what the call will be at 5:00pm that day
- Referees have the authority to cancel a game at game time/during the game if an active thunderstorm/dangerous weather is seen and heard at the field
- We will play in rain and wind to a reasonable amount
- It is the parents/guardians choice for their child to not participate if they do not agree with the Executive decision to not cancel the game
- If a game is cancelled due to weather:
 - The PYSC website will be updated by 5:00pm on that game day
 - The PYSC Facebook page will be updated shortly after 5:00pm on that game day
 - It is your responsibility to choose how you will contact the parents/guardians

PICTURES

- Team photos are taken during the month of June on a game night. Please watch your emails and the website for details
- Each player will receive a team photo included in their registration fee
- Individual player photos will be an extra cost - watch for more details

SOCCKER POINTS TO TEACH

Goals for your specific age groups:

- The objective should be all players have fun
- Players will make new friends
- Coaches should work toward developing confidence in players
- Players will be introduced to kicking and dribbling

KICKING - using the inside of your foot to pass the ball

- use the laces of the shoe with the toes pointing down to shoot the ball

STOPPING - use the inside of your foot, with your foot off the ground (or the bottom of your foot) to stop the ball

DRIBBLING - use small touches with both feet to move the ball forward. Try to keep the ball close to you

GENERAL PRINCIPLES FOR PLAY

- Play games - not drills. Players will be more enthusiastic to play a “game”, rather than participate in a “drill”
- Keep instructions to, ideally, 10 seconds in length. Remember, you will be racing against short attention spans
- Try to avoid line-ups when running a “drill”. Players will lose interest
- Maximize touches on the ball as much as possible
- Focus on individual player skills (dribbling, shooting, getting around another player with the ball)
- Emphasize technique rather than speed



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SUCCESS IS RELATED TO THE ATTEMPT, NOT THE OUTCOME

EXAMPLE GAMES/DRILLS

Follow the Leader

- Divide your team into groups of 4 and give each player a ball
- Have the players line up in their groups all facing the same direction
- Ask your players to “follow the leader” around the half of the field (any direction)
- On your signal, the player at the back of the pack races with their ball to the front of their line and the line continues to dribble around
- The drill can be completed when each player has been to the front of their line twice

Coaching Points:

- Keep the ball close to your feet, use small touches to keep the ball close
- Stay together as a team
- Use the inside of both feet to dribble the ball (Have players yell ‘OH NO BIG TOE’ to help them remember not to use their toes to kick the ball)
- If you have two or three lines of players, ask a parent to help direct each line around the field

Sleeping Bear

- Line the players up next to each other, each with a soccer ball
- Ask a parent to act as the “Sleeping Bear” at the other end of the field
- The players begin the game by shouting “What time is it, Mr. Bear?”
- The Sleeping Bear answers with one o’clock, two o’clock, three o’clock or four o’clock
- If the Sleeping Bear answers three o’clock, the players take three touches toward the Bear and then stop their ball
- Play continues until Sleeping Bear decides to wake up and chase the players (and their ball) back to the start

Coaching points:

- Keep the ball close to your feet, use small touches to keep the ball close
- Use the inside of both feet to dribble the ball (OH NO BIG TOE)
- Teach the players to use the bottom of their shoe to drag the ball backwards to change direction

Red Light Green Light

- Players spread out along one end line of your practice area, each with their own ball.
- Coach stands at the opposite end line, facing away from the team, and yells “Green Light”. Players begin dribbling towards the opposite end line, but as soon as the coach yells “Red Light”, they must freeze with control of their ball under their foot.
- Upon yelling “Red Light”, the coach turns around and tries to spot any players who have not yet frozen. Any “caught” players have to go back to the initial end line and start over.



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- Play continues until all players have made it to the finishing end line.

Coaching points

- Cones or discs can be used to set side boundaries
- you might want to play this game first without balls until the players get the hang of it.
- The speed of dribbling can be mixed up as well

Hit the Coach

- Players begin with a ball and opposite the coach.
- The object is to dribble around a defined area trying to hit the coach with their ball.
- Each hit on the coach is worth one point - once the players get 3-5 points the coach has to make the sound of the players favorite animal (the more animated you are the more fun the kids will have).

Coaching points

- Teach "small touches" when dribbling
- Teach keeping their heads up to follow the coach and see other players.

Catch the Tail

- Set up a defined playing area.
- Start this game without balls first.
- One player wears a tail (simply a pinnie tucked into their shorts) and tries to keep away from the other payers. Perhaps the coach could wear the tail for the first game as some players may never want to wear it.
- If a player's tail is removed the player that grabs it should wear the tail and continue running to stay away from the other players.

Coaching points

- Add soccer balls to the players chasing the tails.
- They now have to dribble their balls under control while trying to grab the tails.
- This game can be played in squared area or from line to line.

GENERAL TIPS FOR PRACTICE TIME

- Use parents to your advantage - can they be standing 'cones' to dribble around? Can they help retrieve balls during a shooting game? The players will appreciate if their parent is a target at practice
- Recycled cans spray painted bright colours could also serve as cones
- Remember - you may only have ten seconds to explain your game
- Network and watch other coaches - what games could teams play together?

WEBSITES FOR REFERENCES FOR GAMES/DRILLS

www.freeyouthsoccerdrills.com

www.footy4kids.co.uk



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Try: YouTube, Pinterest etc. for many 'game' ideas