



COACHES MANUAL - U7 & U8 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.py-sc.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.



COACHES MANUAL - U7 & U8 Age Groups

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 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
- Make sure to record jersey numbers when players pick out their jersey
- U8 teams play a goalie in net. PYSC does not supply goalie gloves.
- 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
- 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



COACHES MANUAL - U7 & U8 Age Groups

- 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:

U7 age group: 4 players per team on the field (no goalies)

U8 age group: 5 players on the field including the goalie

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

- 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
- 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



COACHES MANUAL - U7 & U8 Age Groups

- 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

SOCCER POINTS TO TEACH

Goals for your specific age group:

- The objective should be all players have fun
- Players will make new friends
- Coaches should work toward developing confidence in players
- Players are starting to understand the more technical aspects of soccer and spatial awareness on the field

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

- Play games - not drills. Players will be more enthusiastic to play a “game”, rather than participate in a “drill”
- Attention spans are generally longer, however players are ‘fidgety’ and won’t want to stay still for long
- Try to avoid line-ups when running a “drill”. Players will lose interest
- Maximize touches on the ball as much as possible
- Emphasize technique rather than speed

SUCCESS IS RELATED TO THE ATTEMPT, NOT THE OUTCOME



COACHES MANUAL - U7 & U8 Age Groups

EXAMPLE GAMES/DRILLS

Show the Coach

- Scatter 6-10 cones around a playing area
- Each player has a ball
- The players dribble toward the cone and practice dribbling around the cone (pretending the cone is a defender)
- Players are learning about beating defenders one-on-one, and practicing changing direction while controlling the ball

Coaching points:

- Teach players about 'pulling the back backwards' to change direction
- Teach players the 'Step and Push' move to get around a defender
- Encourage players to use both their right and left foot to get around the defender

Shadow Play

- Players are in partners with one ball
- Player A starts with the ball
- Player A dribbles away from Player B as Player B tries to get the ball from Player A
- Player A should try to keep their back to Player B

Coaching points:

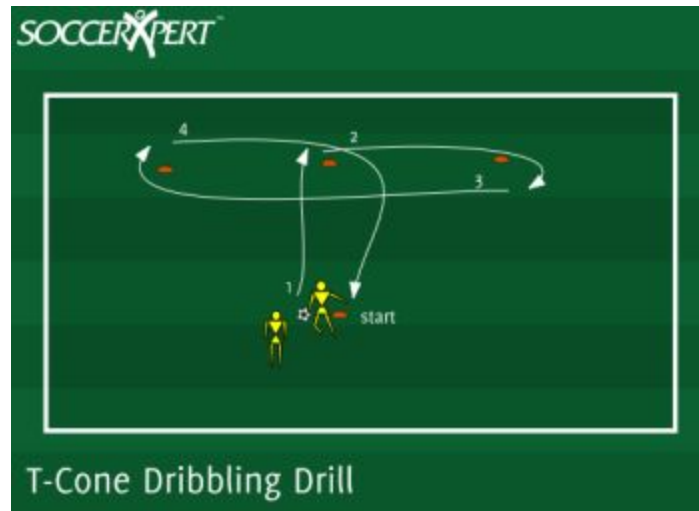
- This drill is largely about dribbling. Make sure players are taking small touches and keeping control of the ball
- Gentle shoulder-to-shoulder play is okay - supervise to make sure play is not malicious

T-Cone Soccer Dribbling

- Set up four cones approximately 5 yards apart in the shape of the letter T.
- Two players at the T-Cones with one ball at the base of the T. One player will rest while the other player is working.
- Create multiple T-Cone setups to allow the entire team to participate
- The first player starts at the base of the T and dribbles around the middle-top cone and cuts to the right-top cone.
- He then dribbles around the right-top cone and cuts towards the top-left cone.
- He then dribbles around the middle-top cone and returns to the starting cone
- He then dribbles around the bottom cone and continues with the same pattern again
- Repeat this same pattern for 1 minute each and rotate players.



COACHES MANUAL - U7 & U8 Age Groups



Sharks and Minnows

- Build a grid approximately 20X25 yards. This field should be adjusted based on the skill level and number of players participating
- Two players are designated the SHARK start in the middle of the grid without a ball.
- The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.
- The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark.
- The last minnow standing wins the competition.

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 - keep your instructions short - feel free to demonstrate for the players

WEBSITES FOR REFERENCES FOR GAMES/DRILLS

www.freeyouthsoccerdrills.com

www.footy4kids.co.uk

<https://www.soccerxpert.com/>

Try YouTube, Pinterest etc. for more examples



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