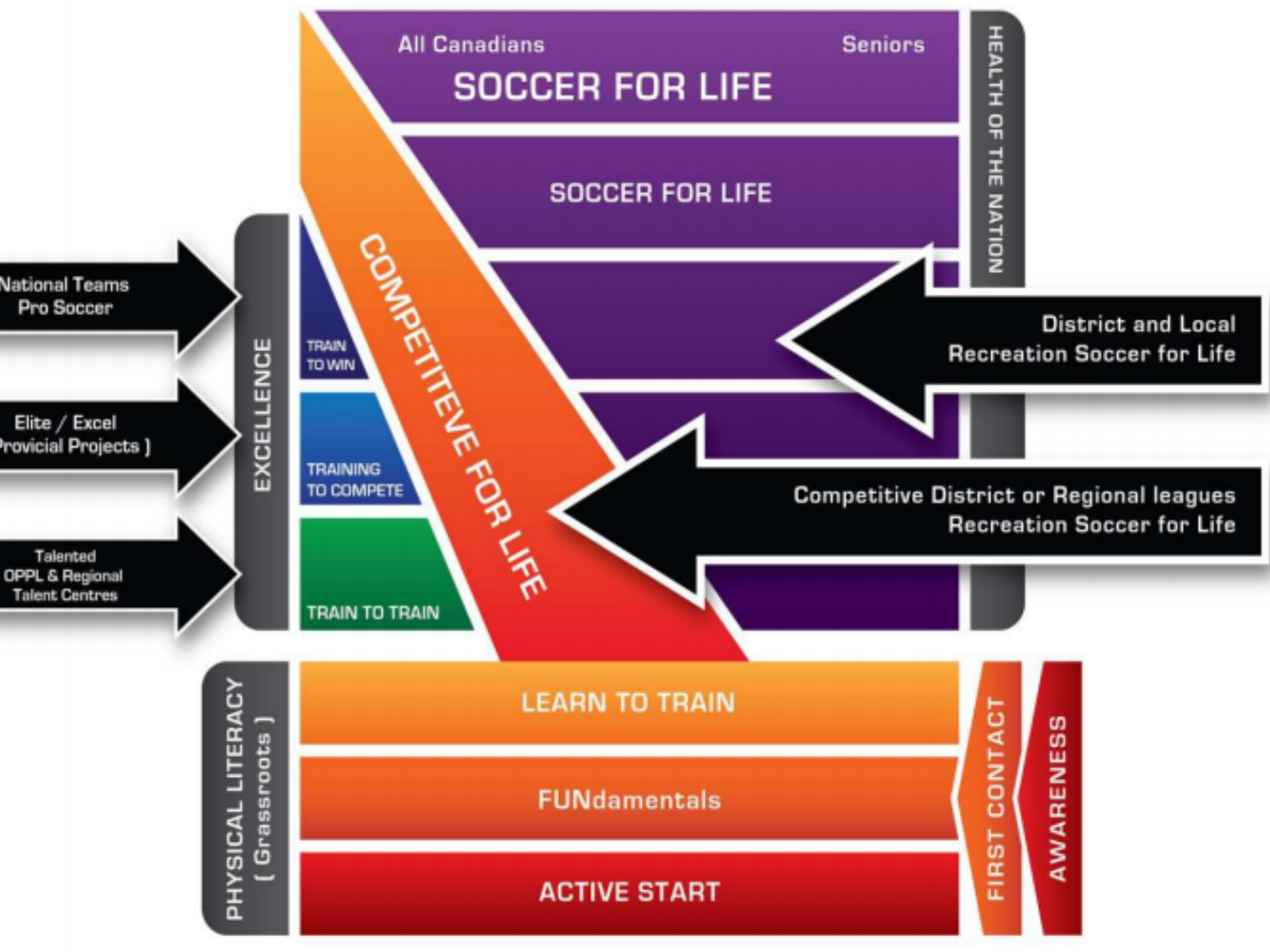


FUNDAMENTALS “RECREATIONAL”



U7 - U10 GAME LEADER/COACHES PRESENTATION



What is Fundamentals Soccer?

Scaled version of the game

Age appropriate equipment (ball and goals)

More concentration and interest

Development of players
NOT
Development of “Teams”

More touches of the ball

Age appropriate size fields

Introducing 7 a-side soccer

More interaction with other
players

More decisions and better understanding

More participation beyond age group

What are the “Game Leader/Coach” Responsibilities

Keep information brief and positive

Demonstrate the activities and games

Involve parents to assist with reinforcing information

Keep the environment positive and FUN

Praise and celebrations – High Fives!

Encourage and celebrate success

Be flexible - allow players to deviate and be creative

Keep it safe

Ensure that all players have an opportunity to PLAY!

Individual Skills



Emphasis is FUN

Equal Playing Time

High energy - Active

Minimum stoppages

Players NOT restricted to playing positions

Play "Pressure Free"

What do all Players want?



A vintage brass key with a circular ring handle and a notched bit, resting on a piece of white paper with deckled edges. The paper is placed on a dark, textured wooden surface. The word "SUCCESS" is printed in a bold, black, sans-serif font on the white paper.

SUCCESS

Player wanting to play soccer next season

STUFF



Call Parents immediately
Put them at ease



Incorrect information call the club
Late Additions – CYS will call
Players may be taken off rosters
Meet with parents/players prior to first
practice/game



**Distributing Uniforms
Parents Handout Information**

CYS Recommends

Arrange a day and time period (½ hour) to meet players/parents e.g. Tim Horton's



**PARENT
MEETING**

Meet at Tim Horton's
Give Location
Time – Date

Introductions

**Ask for
Assistant Coach**

Distribute Uniforms

Give Parents Handouts

Inform of First Day

14 Uniforms

2 is the smallest---- 15 is the Largest

Distribute by size not #

Shorts and socks **ARE** provided

Shin pads – MANDATORY
(No shin pads = No play)
must be worn inside of socks

Goalkeeper Shirt

Coaches Shirt - Yours to keep (Polo shirt)
Assistants receive if extras!



Package

Roster, player/parent handbook,
coach code of conduct, manual

Additional

CYS office may add players to rosters

Coaches **MAY NOT** add players to roster

Forward to parents CYS communications

NO Game Sheets at u7-u8-u9-u10 (Complete Roster)

Game Ball – home team

NO League standings or scores recorded

Final Game Day – determined by CYS



Structure of Game

Fundamentals – “Game day”

Ball

U7/8 – Size 3 U9/10 – Size 4

Number of Players

Seven (7) per team 6 outfield + 1 GK

Referees

U7/8 no referees U9/10 – CYS assigns referees

Duration of game

2 x 25 minute halves with a 5 minute break

Playing time

**Each player MUST receive equal playing time
(50% of each game)**

Rules

**CYS Fundamentals Game rules are issued in Game
Leader/Coaches manual**



New Rule

Game Leaders (coaches) **MUST** sit on the player bench while the Game is being Played!

- Let the players play pressure free
- Give information in a calm manner
- Help keep players focused on the game being played
- Opportunity to give players on the bench feedback as the game is being played
- Opportunity to take notes – create a list of coaching points
- From the notes – 3 objectives for the 2nd half can be formed to be given at half-time
- If there is not space on the bench for “Game Leaders” coaches to sit the expectation is that they stand behind the bench



New Rule

Game Leaders (coaches) **MUST** sit on the player bench while the Game is being Played!

“Game Leaders” (coaches) are permitted to stand

- As players enter the field of play at a substitution at the same time assisting a player off the field
- Can come close to the touchline (within the Technical Area) to impart information to individual players (coach in the flow on the game) briefly before returning to the bench
- special circumstances, for example if they need to enter the field of play, with the referee's permission, to assess an injured player.



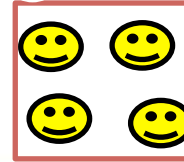
New – PLAYER LOCATION AREA

4 cones

3 x 3 metre (yards)



Coach/Assistant



Fields that do not have benches

CYS will issue each “Game Leader” (coach) with a set of markers to create a 3m (3yd) x 3m (3yd) **player location area**

The player location area will be located 5m (5yd) from the half way line and 3m (3yd) from the touchline

All players not participating in the game on the field are required to remain within the player location area.

Water bottles only are allowed in the player location area. Players are asked to leave all other clothing/equipment with parents

“Game Leaders” (coaches) will be required to stand behind the Player Location Area at all times except for brief (10 – 15 seconds) coach in the flow game moments with individual players called to the touchline. Coaches should restrict these coach in the flow moments to a maximum of 3 per each half of a game.

The “Game Leader” (coach) and other occupants of the technical area must behave in a responsible manner.

The player location area prevents “Game Leader” (coach) from going behind the goal or “patrolling” up and down the length of the sideline.

It also allows the referee the best opportunity to observe the substitutions of players.

New Rule

HEADING THE BALL

U7 – U10 – Heading the ball is not permitted

- **U7 – U8** If a player unintentionally or deliberately heads the ball the “GAME LEADERS” will stop the Game. The game will be restarted with a drop-ball from the place where the ball was kicked.
- **U9 – u10** If a player unintentionally or deliberately heads the ball the referee will stop the game. The game will be restarted with an indirect free kick to the opposing team from the place where the ball was headed.



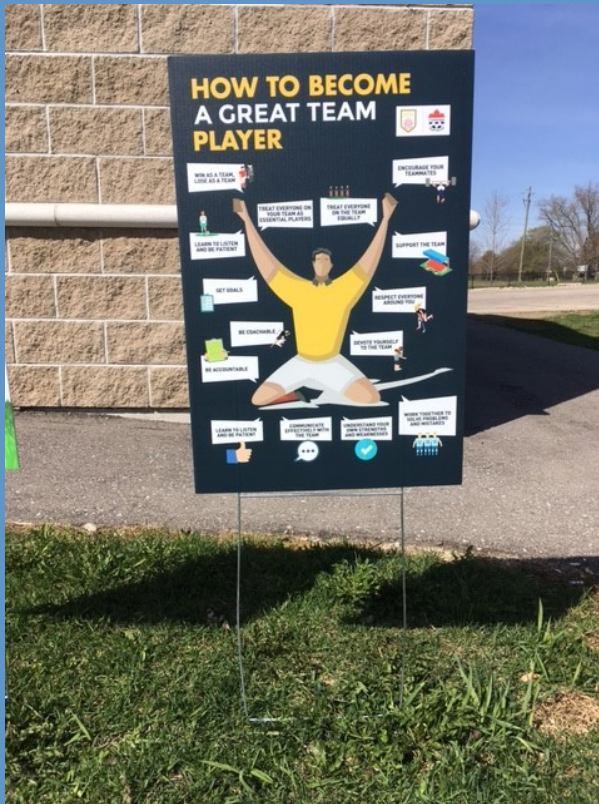
Remind players and parents!

Must wear shin pads
NO jewelry whatsoever
No Casts



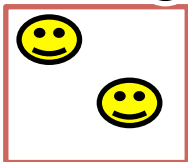
If a referee observes a player wearing any jewelry items the player will be asked to leave the field and may **not return for the remainder of the half**. The jewelry must be removed or the player cannot continue to play in the game.

U7 – U8 – U9 SIGNAGE

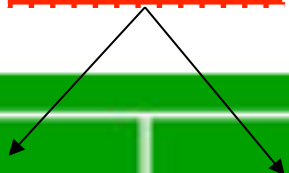


- Each Game Leader gets 1 of each
 - Take to each game
- First 3 – 4 weeks before ground gets to hard
- Player sign located next to player location area
 - Parent sign located on parent side of field

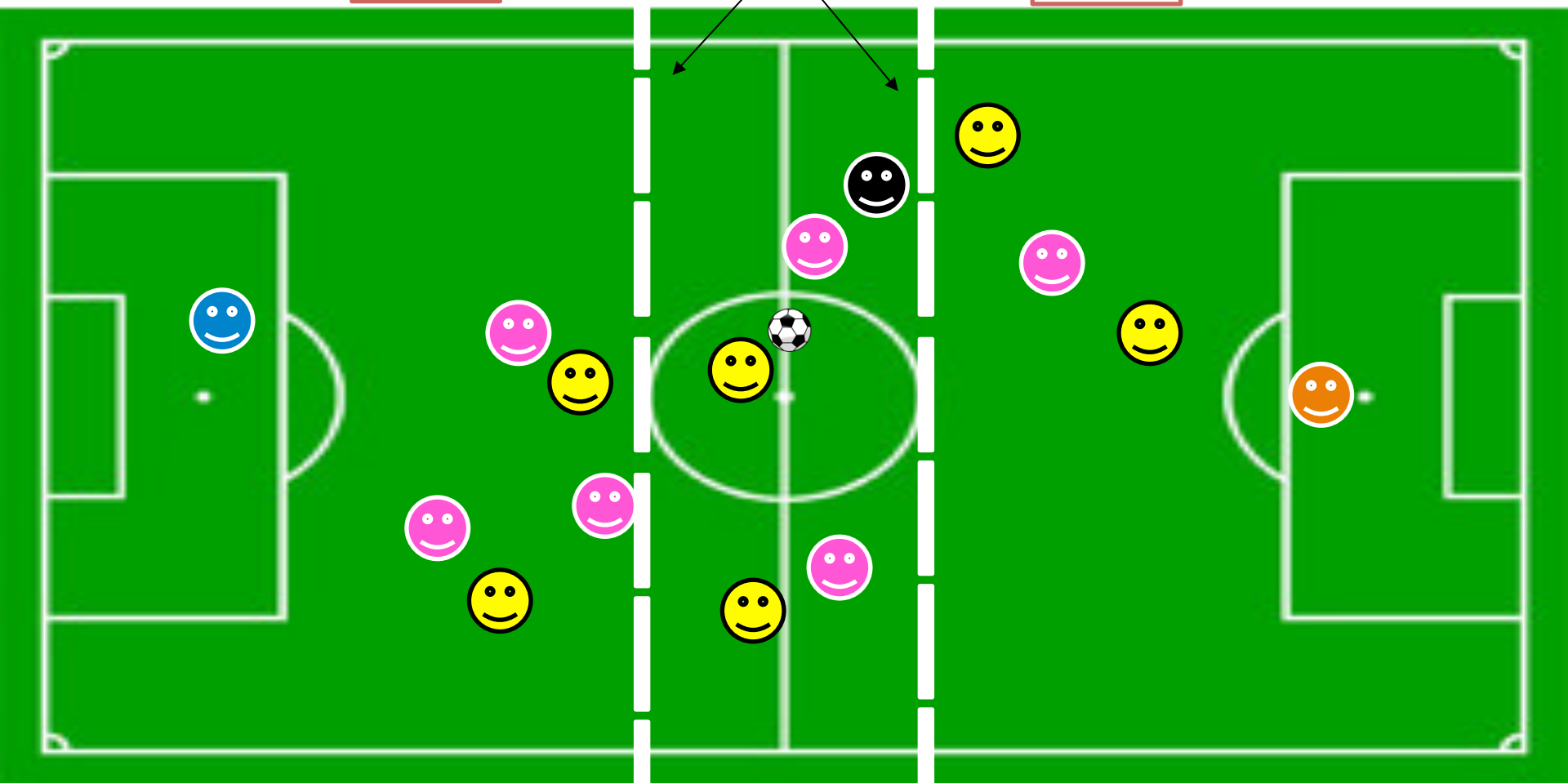
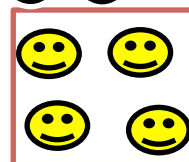
Coach/Assistant



Retreat line?



Coach/Assistant



Supporters



On Goal Kicks ONLY

The opponents must drop off to the “Dotted Retreat Line” to help the Goalkeeper and players learn to play out from the back

The ball is in play as soon as it leaves the goal area **and is touched by a teammate**

The opposition players cannot cross the “Dotted Retreat Line” until a player touches the ball



To assist players in this the Referee(s) will inform players to retreat

Further they will inform players when they can cross the retreat line by using the word **“ENGAGE”**

When the Goalkeeper collects the ball with their hands in **“Open Play”** the opponents must drop off to the “Dotted Retreat Line”

The ball is in play as soon as it leaves the goalkeepers hands

If the Goalkeeper wants to play quickly they can do so

U7 – NO PRACTICE!!!!!!

CYS HAS IMPLEMENTED A U7 EXTRA PROGRAM THAT PROVIDES 6x PRACTICE SESSIONS FOR INDIVIDUAL PLAYERS CONDUCTED BY CYS GRASSROOTS HEAD COACH AND STAFF COACHES IN LINE WITH CANADA/ ONTARIO SOCCER LONG TERM PLAYER DEVELOPMENT (LTPD)

U7 TEAM GAME LEADER/COACHES ARE REQUIRE TO SUPERVISE GAMES ONLY

Structure of Practice U8 – U10

“OPTIONAL” Fundamentals Soccer uses G.A.G. methodology

Warm Up

5 minutes (1 ball/player)

Small Sided Game

10 minutes (3 vs. 3, 4 vs. 4 , 5 vs.5)

Two Fun Activities – Skills - 2 Stations

2 x 5 minutes (1 ball/player)

Small Sided Game

15 minutes (3 vs. 3, 4 vs. 4 , 5 vs.5)

Cool Down

5 minutes - Fun game to finish

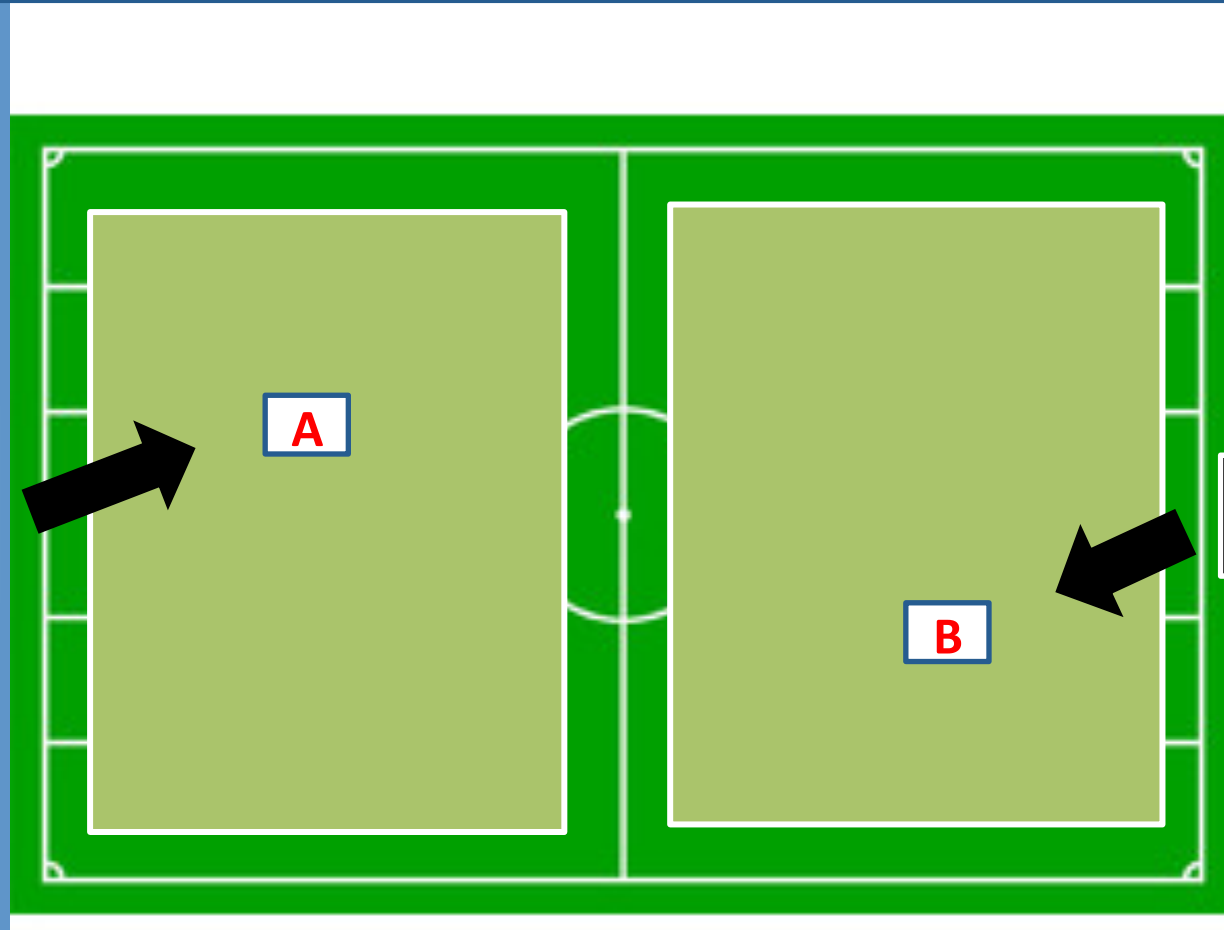
Goodbye - see you next week!



Duration of the Practice



Fundamental Practice Fields



Game Leader/
coach
Set Up

CYS allocates
field location

1 x team = Half Field (40 x 30M)

Basic Team Field Set Up



40 x 30 metres

Warm Up



Supporters

1 ball + 1 player

Small Sided Game



   Supporters   

5 vs. 5

Fun Activities - Skills



 **Supporters** 

2 Stations

1 ball + 1 player

Fun Activities - Skills

Any 2 of 4



General Movement

Running with/without the ball
Changing direction
Jumping Awareness
Slowing down - speeding up
FUN



Soccer Coordination – with Ball

Eye – foot coordination
Lots of touches on the ball
Different parts of the foot
FUN



SSG – 1 vs. 1

Running with the ball - Dribbling 1v1
Changing direction-Change of speed
Agility, Balance, Coordination
Imagination Passing
FUN



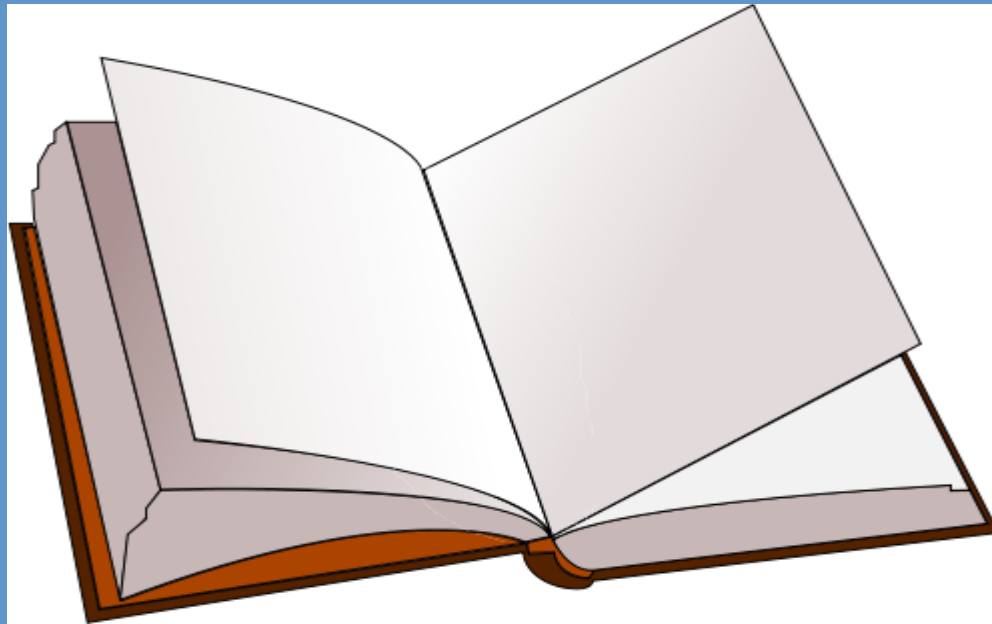
Technique – with Ball

Lots of touches on the ball
Using different technique
Positive feedback
FUN





<http://www.ontariosoccer.net/player/grassroots/grassroots-resources/grassroots-practices>



Small Sided Game



   Supporters   

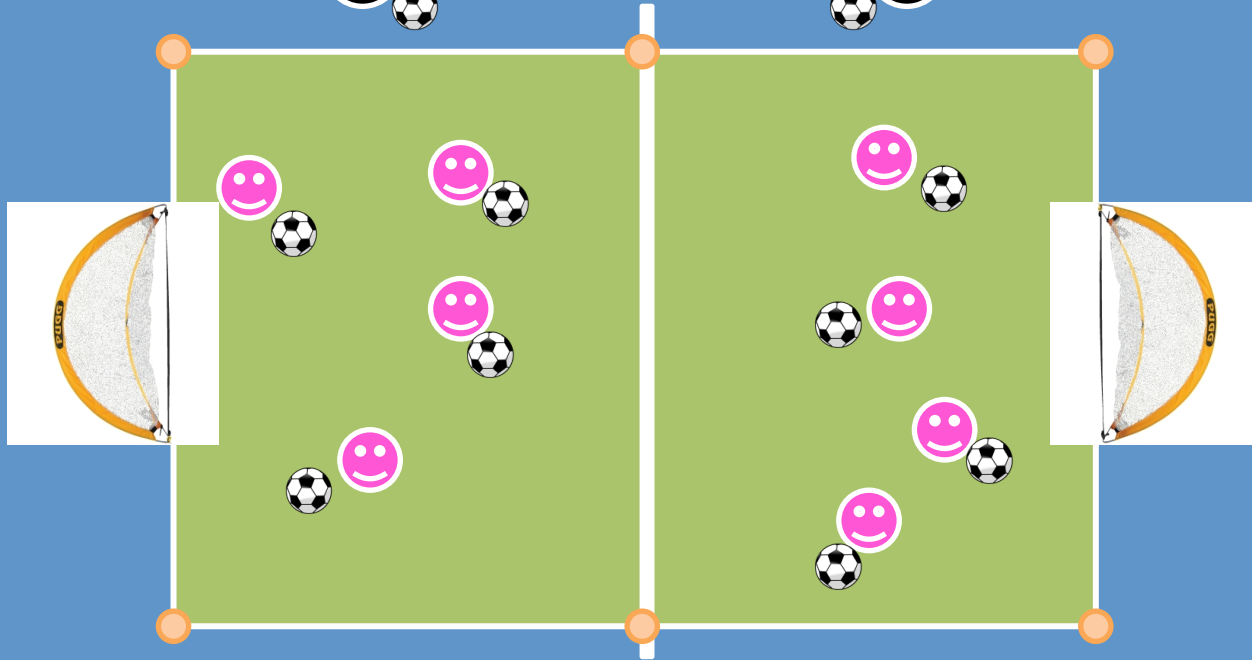
5 vs. 5

Cool Down

Game Leader



Game Leader



Supporters



1 ball + 1 player
FUN GAME TO FINISH