



Non Profit and Volunteers

Coach Briefing & Skill Sessions August 1 & 3, 2023

Venue: Falcon Ridge Middle School, 12900 Johnny Cake Ridge Rd, Apple Valley, MN 55124

Date: Monday August-1 | **Grade Pre-K to 2**

Sessions will be divided with Peter & Niels covering Administration and Guidelines while Alex does the practical skills and activities.

Times	Content	Led By
Location: Lecture Theatre 6:30-7:30pm	<ul style="list-style-type: none"> • Introduction • Communications • Field Locations & Sizes • Team sizes • Concussion/Background • Uniforms • Coaches shirts • Resources on website • Sportsmanship • Schedules <p>Explain:</p> <ul style="list-style-type: none"> • Pre-K; Kick in from where the ball goes out of play; goal kicks; no corners • K: Introduce corners, Goal Kicks, Throw-Ins, Kick Off • NO toe-kicking, use inside of the foot • Fun games as activities on website/Tom 	Peter/ Niels/ Alex
Location: Gym 7:30-8:30pm	<ul style="list-style-type: none"> • Simple game ideas : USE activities already on EVSC soccer website such as: https://www.evaasports.org/soccercoach • Activity Examples: All Parts Dribbling; Musical Cones; Follow Me; Blob; Colored Marker Game; Policeman Game; Traffic Lights; Dribble to Target game; Gates/Beat the Clock; King of the Ring • Tag with/without ball; Gates/Beat the Clock; Fingers up/ dribbling; Passing; shooting; 	Alex to choose examples from website

Resources:

Peter's MacBook Air & Deck

Balls: 10 of size 3



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Venue: Falcon Ridge Middle School, 12900 Johnny Cake Ridge Rd, Apple Valley, MN 55124

Date: Wednesday August-3 | **Grade 3-8**

Sessions will be divided with Peter & Niels covering Administration and Guidelines while Alex does the practical skills and activities.

Times	Content	Led By
Location: Lecture Theatre 6:30-7:30pm	<ul style="list-style-type: none"> • Introduction • Communications • Field Locations & Sizes, Corner flags • Team sizes • GK training • EVHS Partnership • Eagan partnership • Concussion/Background • Uniforms • Coaches shirts • Resources on website • Sportsmanship • Schedules <p>Explain:</p> <ul style="list-style-type: none"> • NO toe-kicking, use inside of the foot • Goalkeeping basics • Formations • Build Out Lines & strategy • 3-5 on pitch Rules • Referees: Handball, Substitutions • Set Pieces: Throw in; Corners, Free kicks, Kick Off, Goal Kicks 	Peter/ Niels/ Alex
Location: Gym 7:30-8:30pm	<ul style="list-style-type: none"> • Skill Activity Ideas: USE activities already on EVSC soccer website such as: https://www.evaasports.org/soccercoach • Activities & Skills: Controlling the ball, Dribbling, Passing, Shooting, Small Sided games & Team Play 	Alex to choose examples from website

Resources:

Peter's MacBook Air & Deck; Balls: 5 x size 4, 5
Balls for heading practice