



Non Profit and Volunteers

## Coach Briefing & Skill Sessions

April 22 & 23, 2024

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

**Date:** Monday April-22 | **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 6:30-7:15pm	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Communications</li> <li>• Field Locations &amp; Sizes</li> <li>• Team sizes</li> <li>• Concussion/Background</li> <li>• Uniforms</li> <li>• Coaches shirts</li> <li>• Resources on website</li> <li>• Sportsmanship</li> <li>• Schedules</li> </ul> <p><b>Explain:</b></p> <ul style="list-style-type: none"> <li>• Pre-K; Kick in from where the ball goes out of play; goal kicks; no corners</li> <li>• K: Introduce corners, Goal Kicks, Throw-Ins, Kick Off</li> <li>• NO toe-kicking, use inside of the foot</li> <li>• Fun games as activities on website/Tom</li> </ul>	Peter/ Niels/ Alex
Location: Gym 7:15-8:15pm	<ul style="list-style-type: none"> <li>• Simple game ideas : <b>USE activities already on EVSC soccer website such as:</b> <a href="https://www.evaasports.org/soccercoach">https://www.evaasports.org/soccercoach</a></li> <li>• <b>Activity Examples:</b> 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</li> <li>• Tag with/without ball; Gates/Beat the Clock; Fingers up/ dribbling; Passing; shooting;</li> </ul>	Alex to choose examples from website

**Resources:**

Peter's MacBook Air & Deck

Balls: 10 of size 3



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## Coach Briefing & Skill Sessions April 22 & 23, 2024

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

**Date:** Tuesday April-23 | **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"><li>• Introduction</li><li>• Communications</li><li>• Field Locations &amp; Sizes, Corner flags</li><li>• Team sizes</li><li>• GK training</li><li>• EVHS Partnership</li><li>• Eagan partnership</li><li>• Concussion/Background</li><li>• Uniforms</li><li>• Coaches shirts</li><li>• Resources on website</li><li>• Sportsmanship</li><li>• Schedules</li></ul> <p><b>Explain:</b></p> <ul style="list-style-type: none"><li>• NO toe-kicking, use inside of the foot</li><li>• Goalkeeping basics</li><li>• Formations</li><li>• Build Out Lines &amp; strategy</li><li>• 3-5 on pitch Rules</li><li>• Referees: Handball, Substitutions</li><li>• Set Pieces: Throw in; Corners, Free kicks, Kick Off, Goal Kicks</li></ul>	Peter/ Niels/ Alex
Location: Gym 7:30-8:30pm	<ul style="list-style-type: none"><li>• Skill Activity Ideas: <b>USE activities already on EVSC soccer website such as:</b> <a href="https://www.evaasports.org/soccercoach">https://www.evaasports.org/soccercoach</a></li><li>• Activities &amp; Skills: Controlling the ball, Dribbling, Passing, Shooting, Small Sided games &amp; Team Play</li></ul>	Alex to choose examples from website

**Resources:**

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