

# Cutters Community Soccer

## August 22, 2011

### Introductions

- Michele Kelmer – Director of Recreation
- David Weigand – Cutters Community Soccer Administrator

### Club Mission

- The goal of the Cutters Soccer Club is to create an environment where every soccer player, recreational or travel, may develop a passion for the game while fulfilling their potential as soccer players and young people.
- Our Organization: US Youth Soccer > Indiana Youth Soccer > Cutters Soccer Club

### Volunteer Coaches

- your importance
- first experience for many players

### Your Goal as a Coach

- to create an enjoyable and FUN soccer atmosphere for learning the game
- to emphasize player success and development and not league championships
- to have all your team members love their experience and sign up again next season!

### How the practice night works

- Practice plans for each week will be posted on the Cutters Web site on the preceding Friday.
- Trainers and coaches should arrive 15 minutes early to assist with set-up of the field and to greet the players.
- The Club will provide practice bibs and cones to all teams.
- Each field will have two teams that are practice partners.
- Practice Schedule:
  - **First 10 minutes:** Age group coordinator will conduct the warm-up activity and introduce the skill topic
  - **Middle 30 minutes:** Coaches with assistance from trainers will run two to three activities related to the theme of the practice (dribbling, defending, passing, etc.)
  - **Last 15 to 20 minutes:** scrimmage against your own team or your practice partner's team. Set up two games across the width of the field so everyone can play (no subs during practice)
- Please help with collecting equipment at the end of the session, if possible.
- Weather concerns? Call Karst Hotline (812) 349-2126 and sign up for text/e-mail alerts at RainedOut.com  
**Text "Cutters" to 70359 to receive text message alerts from RainedOut.com.** Please share with your team.

### Coach's Role

- to organize and communicate with your team
  - players need a ball, water & shin guards
  - ask about important medical conditions of your team, (i.e. bee allergy)
- to coach the Saturday soccer games with an emphasis on all team members playing as equal time as possible.
- to NOT over coach from the sidelines – the game is the best teacher.
- to collaborate with the trainers to implement the practice plans on training nights, focusing on the topic for the night

### Trainer's Role

- to collaborate with the coaches to implement the practice plan on training night
- to prepare in advance by reading and understanding the practice plan
- to be enthusiastic demonstrators (picture worth a thousand words)
- to emphasize coaching points and model skills during practice

### Risk Management

- **Thunder or lightning:** All practices/games stop and the fields are cleared for 30 minutes
- Goal safety
  - please check that all goals are anchored (sand bags or ground steaks)
  - no climbing or hanging on goals – please remind the players
- Field safety – please make sure the field is clear and safe (ie. Check for foreign objects, sprinkler heads etc.)
- Never be left alone with a child
- Head injuries (no return rule)

## **Youth Player Development**

The “Six principles” of player development:

1. Create developmentally appropriate activities.
2. Provide clear, concise and correct information.
3. Organize activities from simple to complex.
4. Provide safe and appropriate training area.
5. Include decision making by the players within activities.
6. Ensure activities have implications for the game.

### **U6/U8 Players**

- The fascination for the ball, the desire to master it and the thrill of scoring goals provides the launching pad.
- The joy and pleasure of the game are best nurtured by encouraging freedom of expression.
- U6/U8 need balance, agility and coordination activities.
- For U6 age group, all players with a ball is most appropriate. U6s don't share well.
- U8 is ready to share a ball with a partner for training activities.

### **U10 Players**

- The motivation to learn basic skills is very high at this age.
- Children gradually begin to change from being self-centered to being self-critical and develop the need for group and/or team games.
- Activities with groups of three players to one ball are appropriate and beneficial to their development with communication and problem solving.

### **U12 Players**

- Hero worship, identification with successful teams/players and a hunger for imaginative skills typify the mentality of this age.
- This is a time of transition from self-centered to self-critical.
- Players of this age have high arousal level in relation to the training of basic skills.
- This is the “Golden Age of Learning” and skill development.
- Demonstration is very important and the players learn best by doing.
- Groups of four players to one ball for training is appropriate; however, activities where every player has a ball are still useful and important.

## **Principles of Conduct**

### **Safety**

1. My first responsibility is the health and safety of all participants.
2. It is recommended that coaches become certified in the basic first aid and are aware of their club, league or state requirements in this area.
3. Be prepared to handle first aid situations as well as medical emergencies at all practices and games, both home and away:
  - Have and know how to use a properly supplied first aid kit and ice.
  - 911 emergency procedures/telephone location
  - location of nearest emergency medical facilities
  - always carry emergency medical release forms and team safety and information cards
  - follow up all injuries with parents/guardians
4. Know and understand the Laws of the Game
5. Inspect players equipment and field conditions for safety reasons
6. Utilize proper teaching and instructing of players regarding safe techniques and methods of play
7. Implement appropriate training programs to make sure players are fit for practice and competition.
8. Supervise and control your players so as to avoid injury situations.

### **Player Development**

1. Develop the child's appreciation of the game.
2. Keep winning and losing in proper perspective
3. Be sensitive to each child's development needs.
4. Educate the players to the technical, tactical, physical and psychological demands of the game for their level.
5. Implement rules and equipment modification according to the players age group.
6. Allow players to experience all positions.
7. Players need to have fun and receive positive feedback.
8. Practice should be conducted in the spirit of enjoyment and learning.
9. Provide the appropriate number of training sessions and games according to the player's stage of development.
10. Strive to help each player reach his or her full potential and be prepared to move to the next stage of development.

### **Ethics**

1. Strive to maintain integrity within our sport.
2. Know and follow all rules and policies set forth by clubs, leagues, state, and national associations.
3. Work in the spirit of cooperation with officials, administrators, coaches and spectators to provide the participants with the maximum opportunity to develop.
4. Be a positive role model
5. Set the standard for sportsmanship with opponents, refereed, administrators and spectators.
6. Keep sort in proper perspective with education.
7. Encourage moral and social responsibility
8. Just say no to drugs and alcohol.
9. Coaches should continue their own education in the sport.

**Cutters 4v4 Street Soccer Fridays**  
**6 to 7:30 p.m. – Olcott Park – Fall 2011**  
**August 19 to Oct 14 (9 weeks)**

*"Young players need freedom of expression to develop as creative players ... they should be encouraged to try skills without fear of failure."*

*~Arsene Wenger, Arsenal*

Cutters "Street Soccer" Friday is for U9-U14 year olds from the Cutters travel and community soccer programs. Cutters coaches will organize the 4v4 Street Soccer Friday with the sole purpose of allowing the children to play a "street-oriented" game with and against players from different age groups.

### **Why?**

- Street Soccer Friday is an avenue to allow young players the experience of playing against other children in a manner that will allow them to express themselves and not be overly concerned about results.
- S.S.F. is an avenue that will allow players to improve their technical abilities, further their enjoyment for the game, and improve their social skills.
- S.S.F. is an avenue that will truly give the game back to the children without adult influences.

### **Cutters 4v4 Street Soccer Friday Format**

- All matches will be 4v4 (preferably) or 3v3
- Players will all be mixed together from the various age groups and teams.
- Players arrive at Olcott Park and will be mixed up by a 4v4 Friday site coordinator.
- Mixed teams will be no larger than 5 players each. The purpose is to maximize playing time.
- Players may be mixed into age categories but coaches will attempt to keep players within a reasonable age range. The goal will be to have players play within approximately a two-year age range, but there may be some players who play outside this range.
- Players referee themselves (although there will be a field facilitator)
- Matches will be 10 minutes in length.
- Each S.S.F. team should play at least 4 matches with a 5 minute break after the second match.
- Cutter Coaches may also implement a brief "clinic." The "clinic" will be for the purposes of giving players ideas to practice at home/backyard.
- Coordinators will re-shuffle all of the players after the second matches to make new teams.

### **Field sizes & Rules**

- Minimum Length: 25 yards Maximum Length: 35 yards
- Minimum Width: 20 yards Maximum Width: 30 yards
- No goalkeepers will be used. Coned goals.
- Players decide whether a kick-in or dribble-in will be used to re-enter the ball back into play.
- Corner kicks and goal kicks used.

Olcott Park is located at 2300 E Canada Drive in Bloomington, behind Jackson Creek Middle School.

*All travel and recreational players are encouraged to attend.*