



# FREMONT YOUTH SOCCER CLUB

## Grassroots

### Parent Welcome Workshop



# Welcome

- Executive and Sporting Director
- MSc Advanced Performance Football Coaching
- BSc (Hons) Sports Coaching
- UEFA B Senior and Youth License
- USC (NSCAA) Premier Diploma
- USC (NSCAA) Director of Coaching Diploma
- Multiple International Visits to Elite Academies



Dai Redwood



Take a moment to look at the tree

Grab some paper and a pen, and draw yourself a tree

Be honest, what does your tree look like?

Does it look the same? Did you remember to draw the roots?

*We are easily persuaded by what we see in front of us. We often don't consider the roots/foundations of the players we see. We are quick to compare.*





Snowflakes are made up of so many molecules, it's unlikely any two snowflakes are exactly the same size.

Each snowflake is exposed to slightly different conditions, so even if you started with two identical crystals, they wouldn't be the same



# We Are Fremont - Mission

The Fremont Grassroots program is an opportunity for youth athletes to play! Free play is important, and Fremont YSC provides play through the medium of soccer. The structure and philosophy will support the technical, social, psychological, and physical development of the individual.

Coaches will encourage players to be creative and to play without fear of mistakes.



# WHY IS PLAY SO IMPORTANT?



# Let The Kids Play



*“What do you want to be when you give up?”*

‘Play is so important to optimal development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child’

Office of UNHC for HR Convention on the Rights of the Child, General Assembly Resolution

‘Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength’

American Association of Pediatrics

# We Are Fremont – Protecting Play

[https://youtu.be/Xmq4ZT88x\\_Y](https://youtu.be/Xmq4ZT88x_Y)





# The Adults Are Taking Over

The fear of missing out -

<http://changingthegameproject.com/fomo-ruining-youth-sports/>

<https://www.fremontyouthsoccer.com/2017/08/parent-education-fear-of-missing-out/>

Instead of educating its easier to follow others. People then think they are missing out.

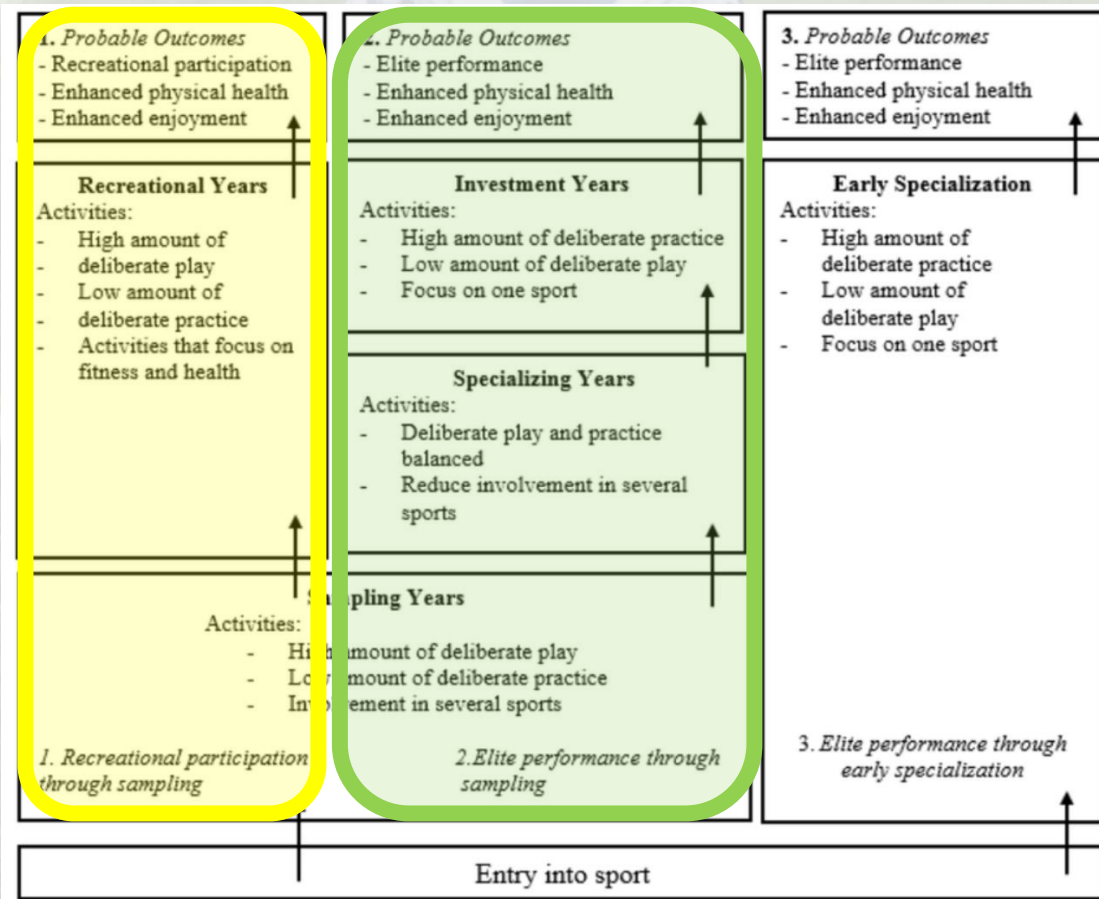
“Are you not entertained” -

<https://www.ourteamapp.com/blog/is-adultification-killing-youth-sports/>

<http://changingthegameproject.com/the-adultification-of-youth-sports/>

We're missing the point of youth sports, it's the kids time to play, not for us to be entertained

# Development Model of Sports Participation



## Pathways One (**Grassroots**) and Two (**Competitive**)

Early sampling serves as the foundation for both elite and recreational sport participation.

- 1) Involvement in various sports
- 2) Participation in deliberate play

## Pathway Three

Elite performance through early specialization in one sport. (not appropriate for team games such as soccer).

# WHAT ARE YOUR EXPECTATIONS OF YOUTH PLAYERS?

(in chat us MM, RD, or DL before response)



# Managing Expectations, & Player Characteristics

## Learning Through Play

Players learn the game through the experience of play. Being involved and active in the game has significantly more benefits than being stood in a line.

Create individuals and thinkers are developed through taking ownership of what they are doing.

Fun for a child is different from fun for an adult. This is the child's game, not the adults.

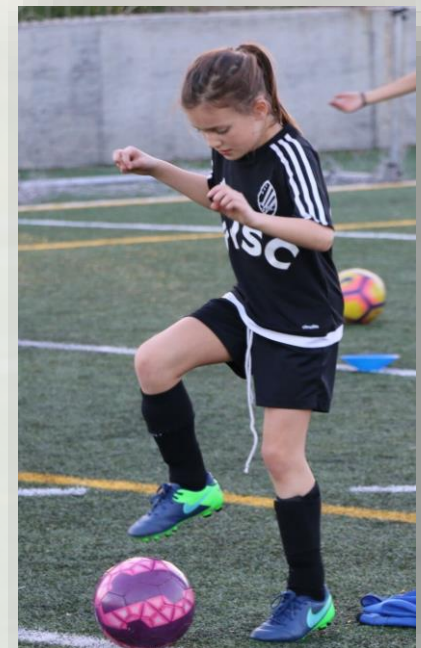
Coaches are there to facilitate the sessions, the players are central to the playing experience.

“Sport activities they engaged in during childhood that were inherently enjoyable and differed from organized sport and adult-led practices such as deliberate practice.”

Cote (1999)

Informal games that identify as ‘street games’. Experimentation through play, involving high repetition of actions in differing conditions for great exposure to situational skill performance. Rules and numbers playing vary, peer led or limited adult involvement.

Melina (2010)



# Managing Expectations, & Player Characteristics

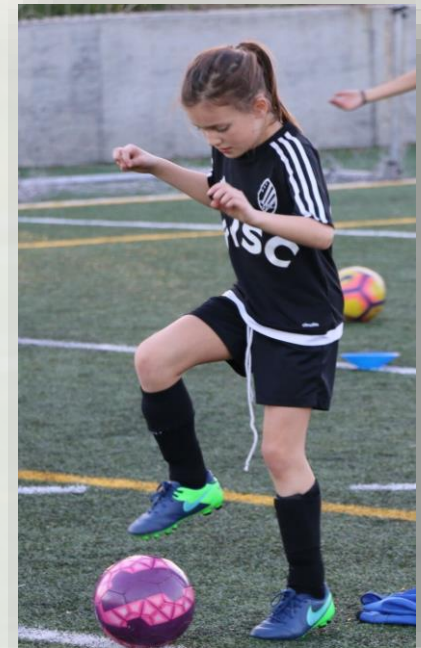
## Psychomotor Development – Mini Megs

- Physical movements such as running, jumping, skipping, hopping and maintaining balance are not fully developed at this stage
- When changing direction often tumble as a result of high center of gravity
- Need multiple breaks during practices and games – recovery
- Minimal differences between boys and girls
- Elevate core body temperature more rapidly with activity and take longer to cool down than adults



## Cognitive Development – Raw Dribblers

- Can perform tasks one at a time when simple directions are given, short attention span
- Developing concept of space and time – limited by capacity to attend to multiple tasks
- Biggest concern during play is to determine which way to go when they have the ball
- Boundaries may not mean much to many children at this age



# Player Expectations

- **Practice**

- Every player must wear Fremont YSC uniform to all practices and games.
- Every player must bring a ball with them.
- Make sure to bring enough water for the full session. Keeping hydrated is very important for optimal body functioning and recovery from physical activity.
- All players to have as much fun as possible, in an unstructured play environment.
- ***HAVE FUN AND PLAY WITH FREEDOM AND EXPRESSION***

# Volunteers

**Recreation programs are dependent on the participation of volunteers,  
all coaches are volunteers.**

Role of the volunteer coach is to facilitate play.

Fremont YSC High School Competitive Players to support volunteers.

Education and Curriculums provided.

**“Between the ages of 5 and 12, it’s better to have no coach than a bad one. We need to train coaches better.”**

Arsene Wenger



- **US culture does not allow young players of sports to experiment and learn, it is overly structured and stifles creativity, decision making, and autonomy.**
- **Coaches are naturally egocentric, and make it about themselves, this is detrimental to all elements of a child's development.**



# Pathway

## Coaches

Volunteers  
Provided with coach education session  
Online support  
A huge asset to recreational programs

## Curriculum

Age specific  
Emphasis on fun, enjoyment, social interaction  
Encouraging play  
Specific to children, not adult practice

## Mini-Megs: U4 to U6

Discovery games, fun with a ball  
Limited scrimmage time at the end of a session  
Unstructured play activities.

## Raw Dribblers: U8

Individual skill  
Lots of deliberate play through scrimmage

## District League: U9 and Older

Individual skill  
Lots of deliberate play through scrimmage  
Constraints Led Coaching  
Weekend Game

## U4 and U6 (Mini-Megs)

- Players are grouped randomly and will be assigned a group along with the coach.
- When arriving at the field the coaches will assist you in going to the correct group.
- All communication will be through the program director Eric, and using the TeamSnap app, please reach out to Eric if you have any questions.
- We recommend parents stay with the players.
- Parents are welcome to be involved with the players during the session as social support, **do not try to coach unless you are a volunteer.**
- When watching from the sideline, make sure to give plenty of space to the playing area.

**All players are to wear the uniform to all practices, this is for safety and for creating the culture of belonging and being proud to play for Fremont**

# Structure

## U8 (Raw Dribblers)

- Players are assigned to group based on age; players born in the similar part of the year will be grouped together.
- Your group number can be found on your TeamSnap app.
- You need to make sure you know your group name/number and this is where you will play, and a map will be provided to support where to go.
- When arriving at the field look for group, it will be at this location each week.
- Saturday sessions are the same as a Wednesday. Saturday sessions serve the purpose of future periodization where practices are midweek, and games on weekends.
- All communication will be through the program director Eric, and using the TeamSnap app, please reach out to Eric if you have any questions
- If leaving the players at the field, be mindful when dropping off and picking up players to ensure a safe parking lot.

**All players are to wear the uniform to all practices, this is for safety and for creating the culture of belonging and being proud to play for Fremont**

# Structure

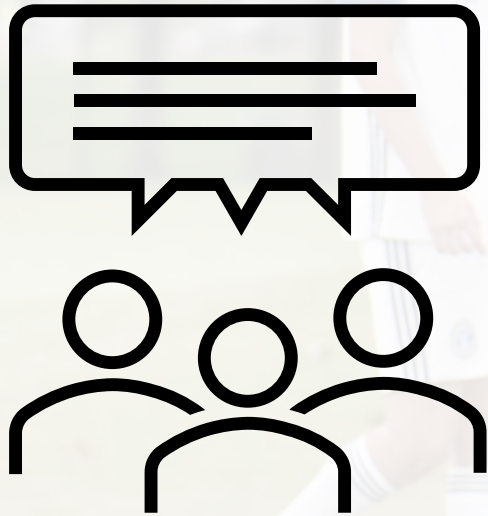
## U9 and Older (District League)

- Players are assigned to a location based on the location you selected during registration.
- Your team's name and practice location will be on the TeamSnap app.
- When arriving at the field look for group, it will be at this same location each week.
- Saturday's games will take place at Central Park Soccer Complex, with the schedule to be confirmed closer to the start date of the games, as many late registrations often come in beyond the program start date.
- All communication will be through the program director Eric, and using the TeamSnap app, please reach out to Eric if you have any questions
- If leaving the players at the field, be mindful when dropping off and picking up players to ensure a safe parking lot.
- ***If there is no volunteer for a group, it will affect the start date of your season. It is possible that group will be separated into different locations where there is a volunteer.***
- ***If groups need to merge, the volunteer will have the final decision on which location they want to host their sessions.***

**All players are to wear the uniform to all practices, this is for safety and for creating the culture of belonging and being proud to play for Fremont**

# Structure

# WHAT ARE THE PERCENTAGE DIFFERENCES (-/+ ) BETWEEN 8v8 and 4v4 GAMES?



What is the percentage difference when going from an 8v8 game to a 4v4 game in the following football actions:

- Passes
- Scoring Attempts
- Goals Scored
- 1v1 Encounters

# WHAT ARE THE PERCENTAGE DIFFERENCES (-/+ ) BETWEEN 8v8 and 4v4 GAMES?



What is the percentage difference when going from an 8v8 game to a 4v4 game in the following football actions:

- Passes **+135%**
- Scoring Attempts **+260%**
- Goals Scored **+500%**
- 1v1 Encounters **+225%**

# Program Information

- Posted on TeamSnap, and will be updated in the event of any changes
  - *Some locations may need to change for individual weeks dependent on school activities*
- Know your group number before arriving, this information is on TeamSnap, this will make it easier for you to find your practice location.
- Program directors will be providing location maps for each individual location.
- On the day of your scheduled practice, a pre-screening health questionnaire will become available on the app. It is highly recommended to be completed before attending the practice session.
- All information including maps can be found on our website:
  - Mini Megs <https://www.fremontyouthsoccer.com/grassrootsu4-u6/>
  - Raw Dribblers <https://www.fremontyouthsoccer.com/grassrootsu8/>
  - District League <https://www.fremontyouthsoccer.com/grassrootsu9-u14/>

## Fremont YSC Recreation Uniform

*This should be worn to the sessions; you can wear either color to the sessions*

- *Mini Megs and Raw Dribblers:*  
<https://www.fremontyouthsoccer.com/shop/>
- *District League:* <https://soccerprouniform.com/store/club/sjr-fremont-rec>

*If you already have the FYSC uniform, then there is no need to purchase another one.*

*Orders for District League are directly from uniform provider.*



# Uniform



# Logistics on Day of Session

**Your practice schedule is posted on TeamSnap, the following will help you navigate the first day.**

1. Know your group number/team name before arriving, this information is on TeamSnap, this will make it easier for you to find your practice location.
  1. Your group number/team name is on the TeamSnap home page, and will either be as an example, 'P2', etc, or 'Irvington B11', etc.
2. Go straight to the practice location. Please have the children go to the coach, and all parents stay outside of the marked area.
  1. It is important you go to the area assigned, all groups have been balanced by age and participating numbers. Volunteers will be checking.
  2. Central Park is a large practice area, and therefore fields will be posted. Coaches will be available to support you at other locations.
3. Let the kids play. There is a plethora of research on the effects of adult engagement with children when they play, and the negative consequences of this. Please sit back, relax, chill out – your child will not leave as the new Messi, and let the kids just play.

***Program booklets can be found on the program information pages on the website.***

# Why Are We Here?

“Parent behavior construed as negative, coercive, or as communicating excessive evaluative concerns (i.e., an ego-oriented style), has been shown to contribute to a more threatening sport performance environment. Such behaviors are frequently part of the ‘win-at-all costs’ mentality that increases stress and reduces enjoyment in youth sport.

Research has also found that parental pressure which is related to an ego-oriented climate has been linked to higher performance anxiety and negative affect in young athletes. The research surrounding this topic has been consistent in establishing the important influence coaches and parents exert on young athletes.”

Bean et al (2014)