

Pre-Season Grassroots Coaches Workshop

FREMONT YOUTH SOCCER CLUB



Today's Education Session

- Program Logistics
- Coach Education Pathway
- Mini-Megs
- Raw Dribblers
- District League



Logistics

- All programs are assigned to locations, session details can be found on TeamSnap (location, times, player lists)
 - *We recommend coaches arrive 10 to 15 minutes before the start, unless suggested differently by the program director.*
- Equipment -
 - Mini-Megs – A club staff member will be present to set up the location and provide cones for the session.
 - Raw Dribblers – Coaching equipment will be kept in the equipment container at Central Park. Coaching bags will be provided to the Leitch volunteers.
 - District League – All equipment is handed to the coach at the start of the season and will need to be returned at the end of the season. Pick up of equipment at the in-person coaches' session.
- All coaches will be provided with a coaching curriculum.
- Each coach will have a pinnie to be worn over their clothing, becoming visible to all players.
- District League coaches will receive an email template to send a welcome email to their player list.
- All coaches will need to complete a background check and be registered with US Club Soccer.



Logistics

To complete your background check and SafeSport requirements:

- <https://system.gotsport.com/>
- Use the email address on the coaches list to access.
- Temporary password – GrassrootsF23
- Add your date of birth to profile
- Change password (optional but recommended)
- Go to dashboard and click on the 'more info' button next to the required items.
 - For background check you will be emailed a new link to continue the process, this must be completed for the background check
- Complete SafeSport training and add to your GotSport profile
 - Download your certificate and enter the certificate number into the text box on the SafeSport information page in your GotSport account.
- Reimbursement of your background check fee will be made through your players registration.
 - If you are charged an additional amount for an international check, email the club your receipt so we can reimburse the correct amount.



COACH EDUCATION PATHWAY

FREMONT YOUTH SOCCER CLUB



Mini-Megs

- High School volunteer, and parent volunteer. Working together to deliver the session.
- Active in behavior support and learning the structuring of a practice and delivering instruction to players.

Raw Dribblers

- Parent volunteer coach with High School volunteers on hand to help when needed.
- Midweek supported by High School volunteers.
- Saturdays only parent coach volunteer
- Continued experiences of structuring the session, individual foundations, and game management

District League

- Parent volunteer coach
- Tuesdays, Wednesdays, and Saturday game day
- Facilitate constraints led sessions and games, communication to parents through TeamSnap
- Home coach as game day referee



United States Soccer Federation

- All High School playing coaches are encouraged to be qualified through a minimum of the USSF Online Grassroots course.
- We encourage all parent volunteers within all the different age groups to complete the USSF Online Grassroots course
- Any volunteer, High School or Parent, will be supported with any ambition to take the USSF 4v4 Online Course, with registration fee covered by the club.

<https://learning.usoccer.com/coach/courses/available/16/details/1546>



How Can We Create the Player Centered Environment?

- Allow players to make decisions on practice
- Avoid 'joysticking' players and telling them what to do when playing
- Remain calm and level, never too high and never too low
- Help them set their own targets and goals
- Praise effort and offer further challenges – open mindset
- Be transformational, and not transactional, there to support the player
- Honesty with empathy
- Make players accountable, teaching life skills



GRASSROOTS MINI MEGS

FREMONT YOUTH SOCCER CLUB

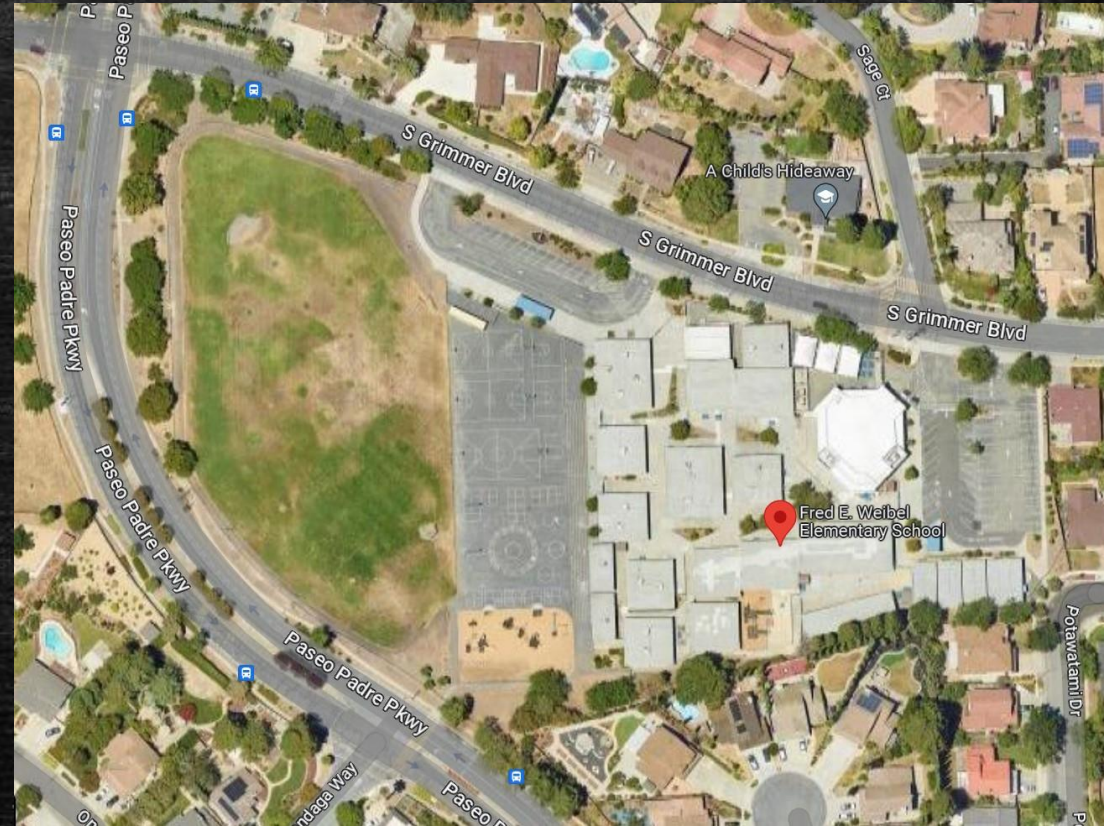
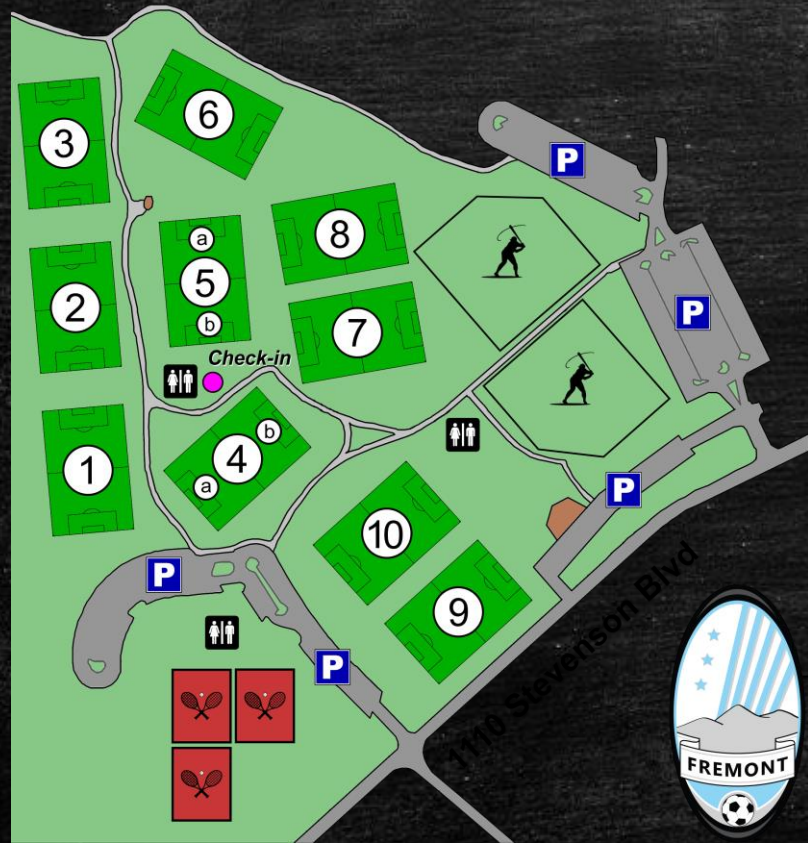


THE PRACTICE

FREMONT YOUTH SOCCER CLUB



Central Park and Weibel Elementary



What considerations should we make when preparing the session?

- What is the level of the players (are challenges and constraints appropriate)
- Do we have all the equipment we need and placed appropriately
- Weather conditions (too warm add more water breaks, cold and windy keep training active)
- Location of the field (where are the exits, are you close to a busy road)
- Check the playing surface for dangerous items (broken glass, dog mess)
- Check the playing area is appropriate (holes in the ground)



Framing the Practice

Practice should always be player centered; they are the focus of our sessions.

What is the reason for the players being there:

- 1. Fun**

The environment created allows them to fall in love with the game.

- 2. Social**

Make new friends and spend time with friends they already have on the team.

- 3. Develop**

To develop and improve at every session to become a better soccer player. Some players may have ambitions of playing at college or the professional level



Considerations for Structure

When structuring a practice, it is important that the coach takes into consideration several aspects –

- Space available
- Environment (weather conditions)
- Level of the Players
- Number of Players
- Age of the players
- Risk assessment of the area
- Transitions between exercises
- Equipment needed, and where this will be placed

Mini-megs session outlines will be set up for you before you arrive at the field by a staff member. Activity transitions will need to be considered based upon the session provided. With the age group priority being of a positive sporting experience, fun games to develop fundamental movement skills, transitions will be very basic.



Considerations

- Where do you place the balls during practice? Are they readily available?
- How far do players have to go for getting a water during breaks?

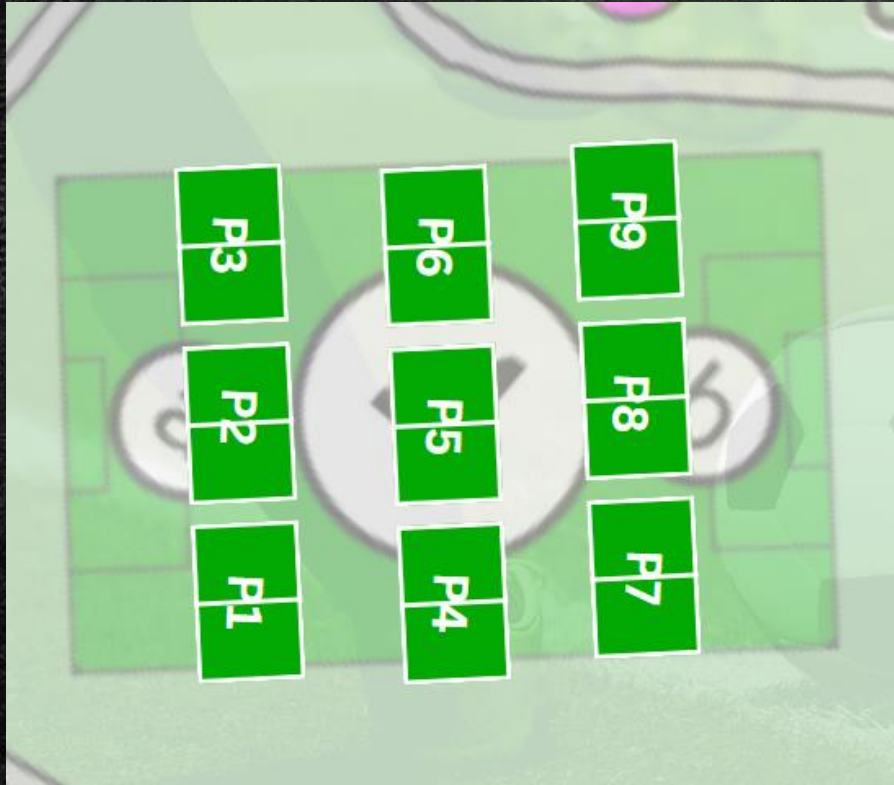


Mini-megs do not understand the boundaries.

Each player will be practicing with a ball each. To support control over the practice, have players bring their ball to you, central in the playing area, so you can manage the group and players are less likely to lose track of their ball.

During the end of the session scrimmages, be stood next to the playing area with all available balls, throw in a new ball each time a ball goes out, let them react to the new ball.

Mini-Megs Central Park



All sessions will take place on Field 1 of Central Park. Each group will have its own playing area, marked with a field sign for easy navigation at the field.

New from 2023, we will be using pre-lined fields from playing tape to create solid lines for playing areas.

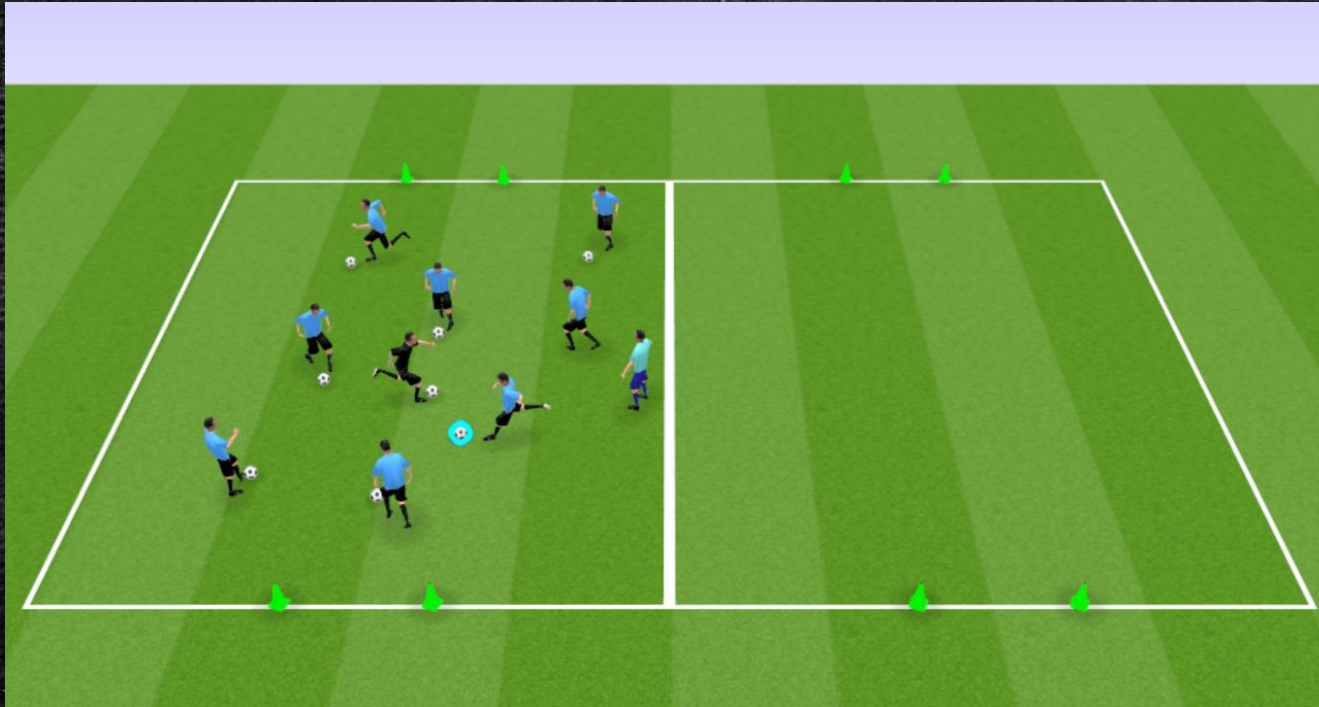
Mini-Megs Weibel Elementary



Playing areas will be created on the back field of the school. A Fremont YSC staff member will be there to set up the playing areas.

New from 2023, we will be using pre-lined fields from playing tape to create solid lines for playing areas.

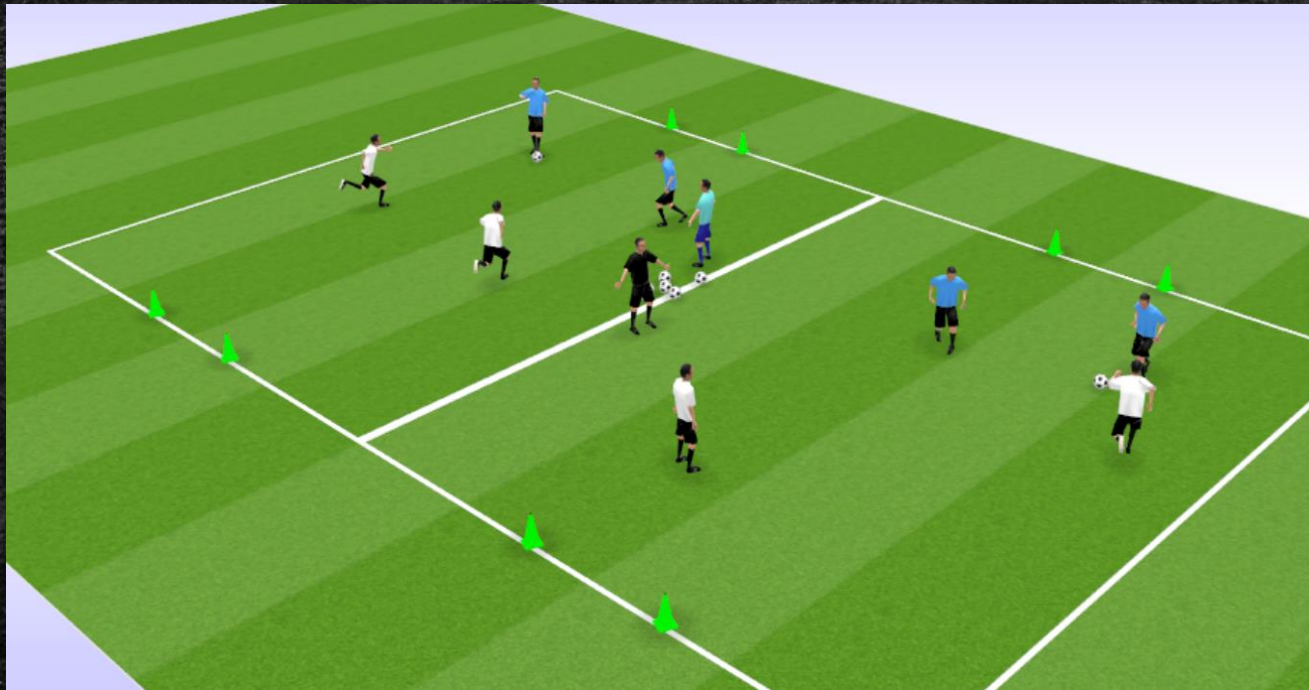
Mini Megs Central Park and Weibel Elementary



For the activities, the play will take place in one half of the field.

The reduced space will be enough for young children and will help with managing the group. The parent coach will provide instruction, while the HS volunteer will be active participant for kids to copy.

Mini Megs Central Park and Weibel Elementary



Final activity is scrimmaging, a loose term for the end of session game.

Players will run in all kinds of direction, not even after the ball, some will sit on the line. This can be expected, provide supportive comments, do not worry if the score in the wrong way.

Two games going on side by side, a coach in each game, adding a ball to the game each time a ball goes out of bounds.



Delivery

The role of the grassroots coach cannot be underestimated because this is when young people will fall in love with the game. The grassroots coach must enthuse and inspire so that players not only want to come back every week but also to ensure future generations of football people.

Focus on fun, enjoyment and engagement

- Get down to the player's level
- Smile, be enthusiastic
- Patience and positivity
- Single and simple instructions
 - Question players on what they think, and to use their imagination
- Exaggerate movements and expressions
- Child like for a child experience

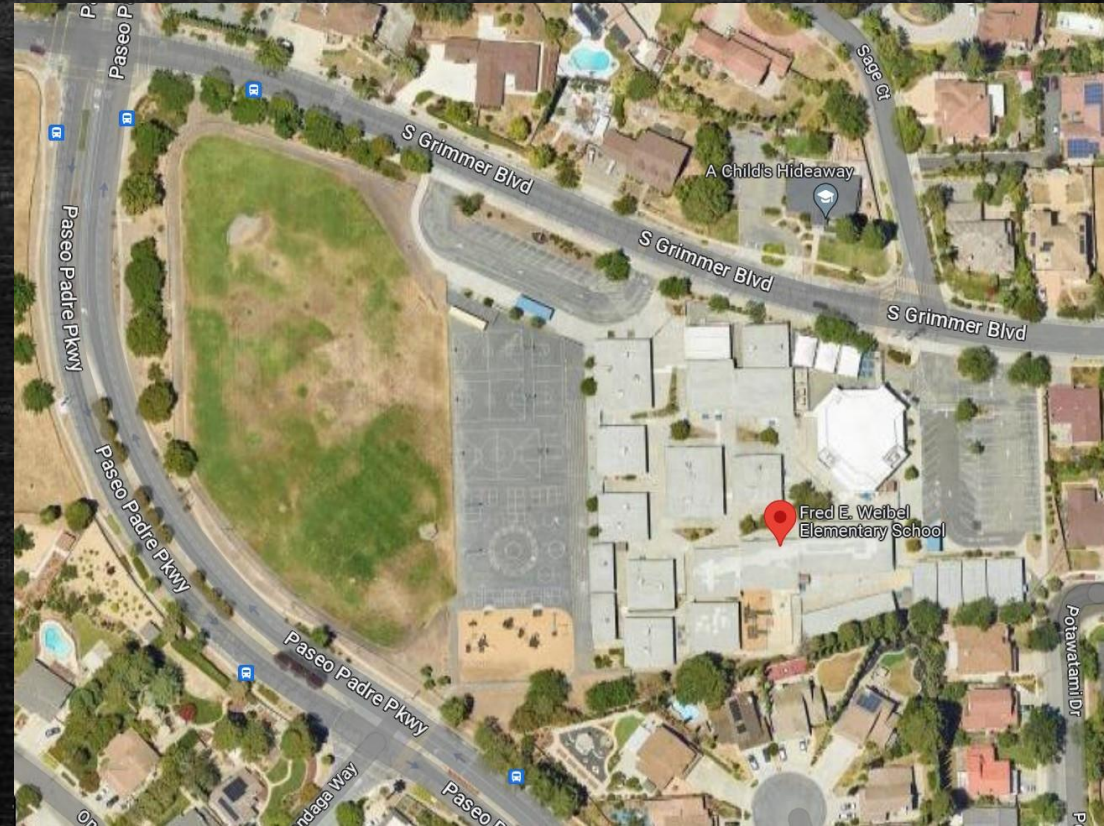
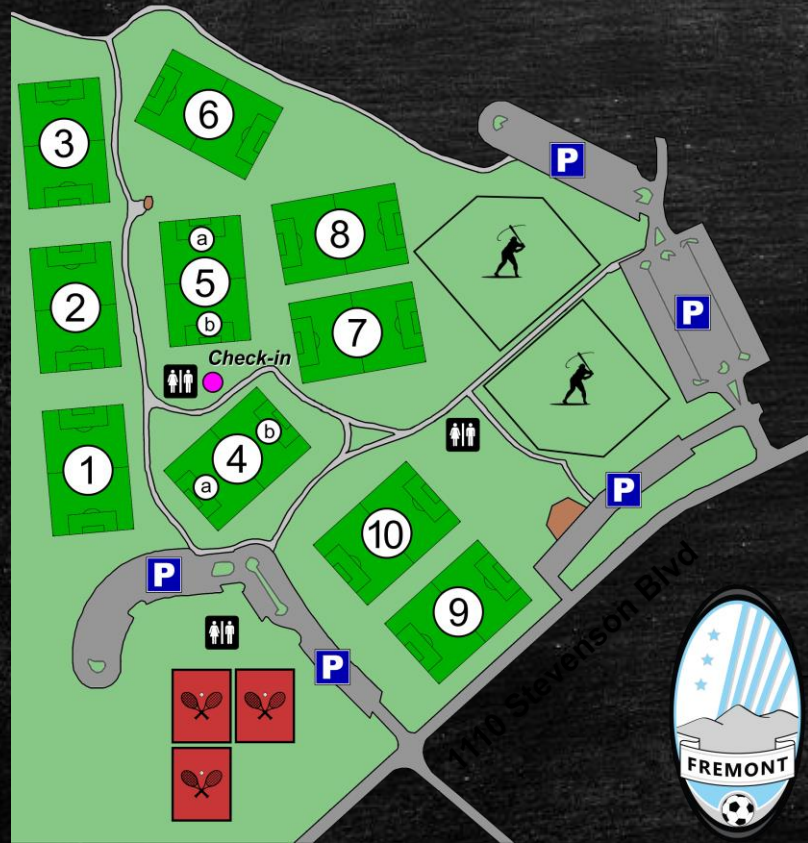


GRASSROOTS RAW DRIBBLERS

FREMONT YOUTH SOCCER CLUB



Central Park and Leitch Elementary



What considerations should we make when preparing the session?

- What is the level of the players (are challenges and constraints appropriate)
- Do we have all the equipment we need and placed appropriately
- Weather conditions (too warm add more water breaks, cold and windy keep training active)
- Location of the field (where are the exits, are you close to a busy road)
- Check the playing surface for dangerous items (broken glass, dog mess)
- Check the playing area is appropriate (holes in the ground)



Considerations for Structure

When structuring a practice, it is important that the coach takes into consideration several aspects –

- Space available
- Environment (weather conditions)
- Level of the Players
- Number of Players
- Age of the players
- Risk assessment of the area
- Transitions between exercises
- Equipment needed, and where this will be placed

Raw Dribblers, you will need to lay down the playing area. The playing area will be created using a taped off area, with cones down the center of the area to separate into two playing areas. In each playing area, games anywhere from 2v2 to 4v4, with overloads (4v3), not a problem.



Considerations

- Where do you place the balls during practice? Are they readily available?
- How far do players have to go for getting a water during breaks?

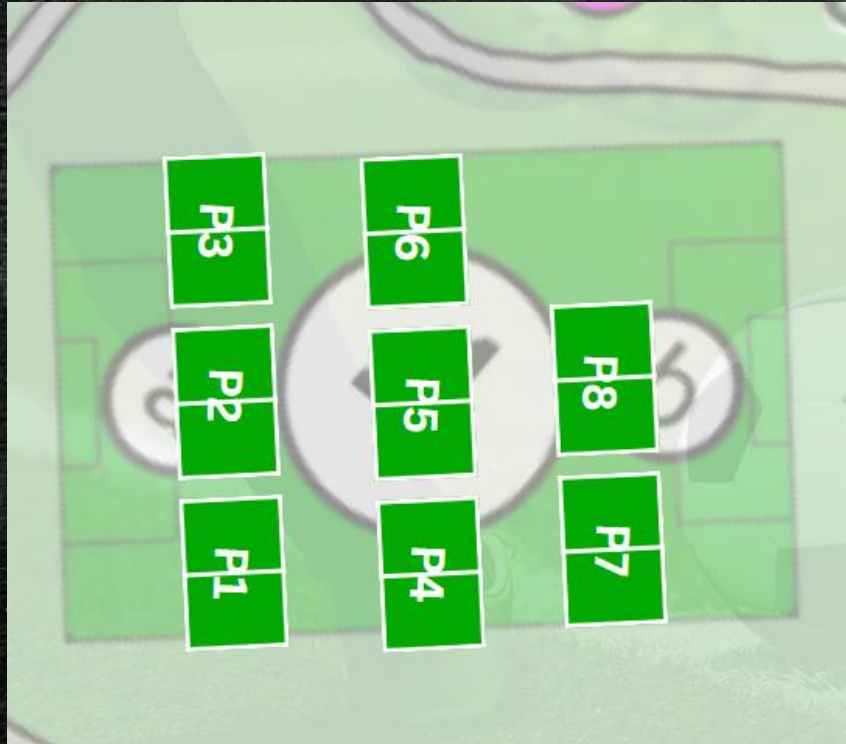


Mini-megs do not understand the boundaries.

Each player will be practicing with a ball each. To support control over the practice, have players bring their ball to you, central in the playing area, so you can manage the group and players are less likely to lose track of their ball.

During the end of the session scrimmages, be stood next to the playing area with all available balls, throw in a new ball each time a ball goes out, let them react to the new ball.

Raw Dribblers Central Park

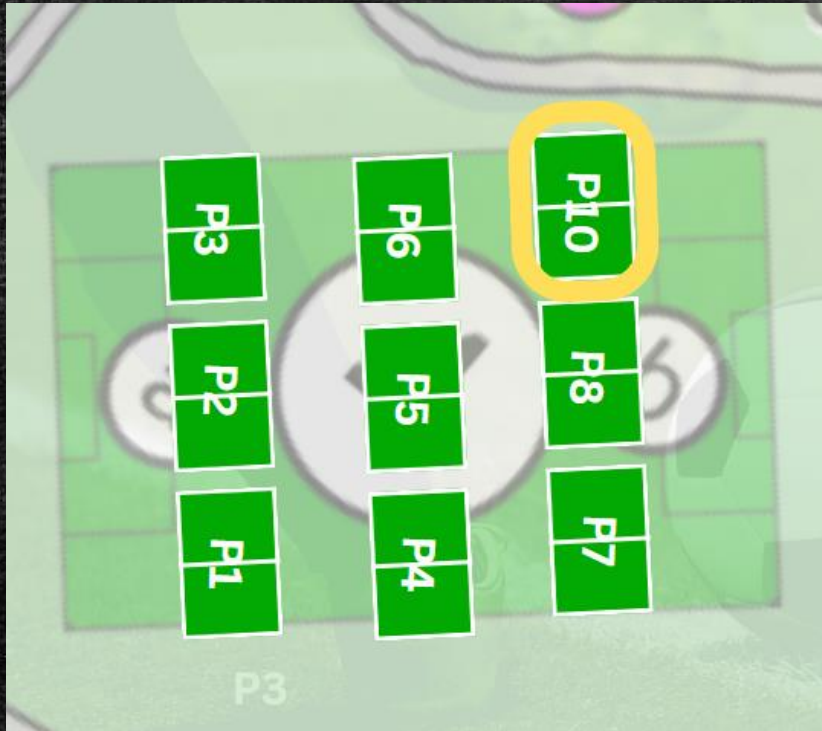


All sessions will take place on Field 4 of Central Park. Each group will have its own playing area, this being the same playing area for every session. You will need to lay down the area.

New from 2023, we will be using pre-lined fields from playing tape to create solid lines for playing areas. Cones will be used to create a line through the area for two separate playing areas.

On Saturday mornings, players from Weibel will also be at the Central Park location.

Raw Dribblers Central Park Saturdays



All sessions will take place on Field 4 of Central Park. Each group will have its own playing area, this being the same playing area for every session. You will need to lay down the area.

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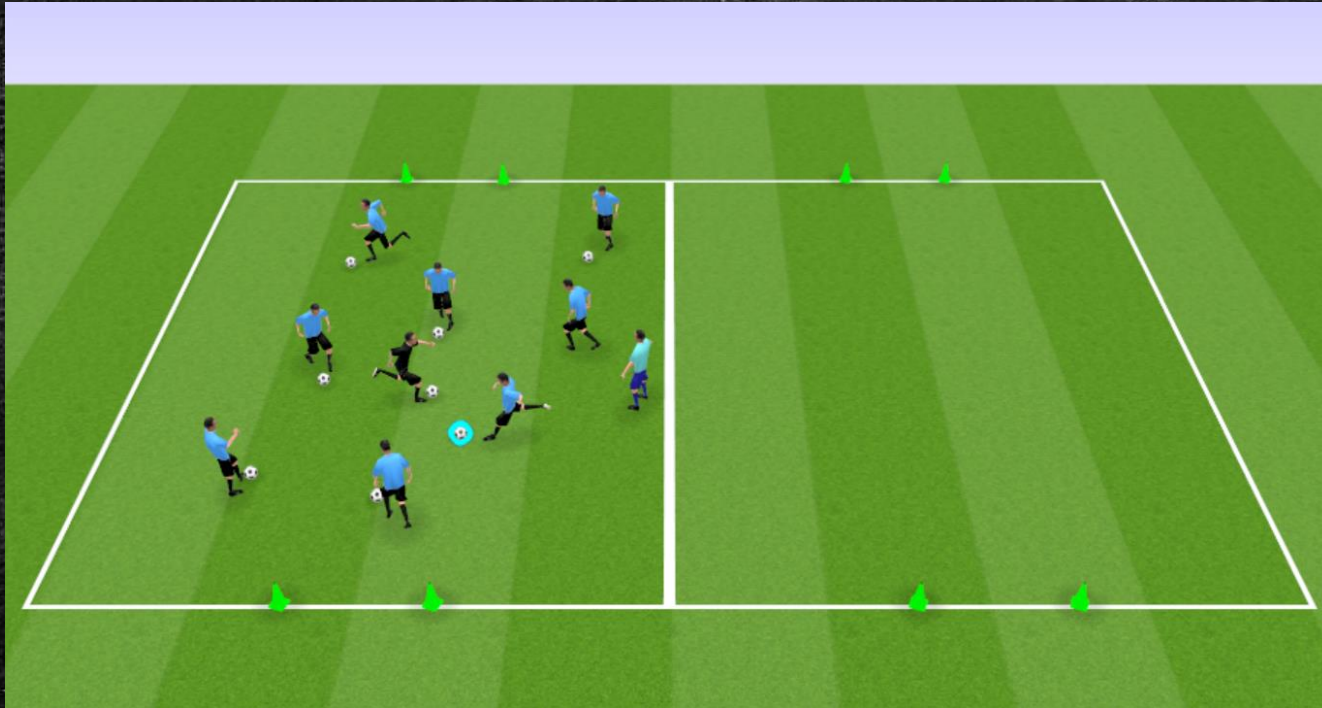
Raw Dribblers Weibel Elementary



Playing areas will be created on the back field of the school. A Fremont YSC staff member will be there to set up the playing areas.

New from 2023, we will be using pre-lined fields from playing tape to create solid lines for playing areas.

Raw Dribblers Central Park and Weibel Elementary



Warm up activity will take place in one half of the playing area. Here players will be dribbling or running, with a ball each, working on fast feet movements, and fundamental movement skills.

Raw Dribblers Free Play Central Park and Weibel Elementary



Main activity is scrimmaging, a rotation of games between the players in the group.

Two games going on side by side, coach situated along the central line between the fields so you can view both games. The priority is to facilitate games, help resolve any player conflicts, and ensure a safe and enjoyable environment.

Benefits of Small Sided Games

Small-sided games (SSG) have been widely used in the last several years, especially in development programs for young players. It was noted that playing freely as a child on the streets of one's own neighborhood generated greater motor potential than traditional training. SSG are an adaptation based on what groups of children do on their neighborhood streets.



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Benefits of Small Sided Games

improvements in performance are achieved when training proposals are specific to the sport in question. Players are stimulated by events they face in official games. In SSG situations, all the physical, physiological, psycho-emotional, technical and tactical demands of soccer are met.



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Delivery

The role of the grassroots coach cannot be underestimated because this is when young people will fall in love with the game. The grassroots coach must enthuse and inspire so that players not only want to come back every week but also to ensure future generations of football people.

Focus on fun, enjoyment and engagement

- Get down to the player's level
- Smile, be enthusiastic
- Patience and positivity
- **Instruction and Feedback** – specific to the action and performance
- **Question players** on what they think and allow them to make decisions on practice – picking the skill to practice during individual warm up
- **Encouragement** – positive reinforcement that players can do what they try hard at





**THE PLAYER NEEDS TO BE
AT THE CENTER OF
EVERYTHING WE DO**

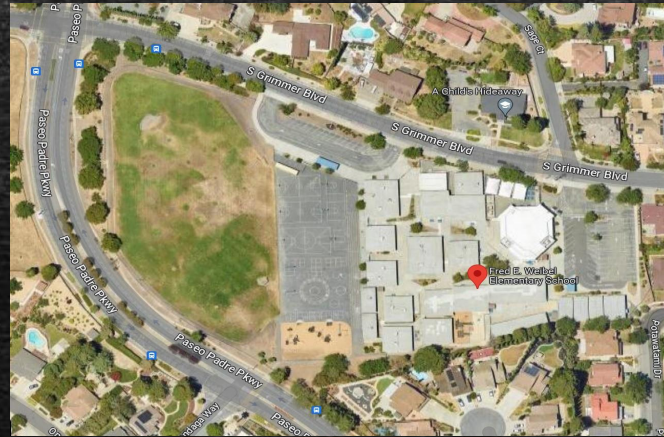


GRASSROOTS DISTRICT LEAGUE

FREMONT YOUTH SOCCER CLUB



District League Central Park, Weibel Elementary, Thornton Jnr High, Hopkins Jnr High, Irvington High



Considerations for Structure

When structuring a practice, it is important that the coach takes into consideration several aspects –

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- Equipment needed, and where this will be placed

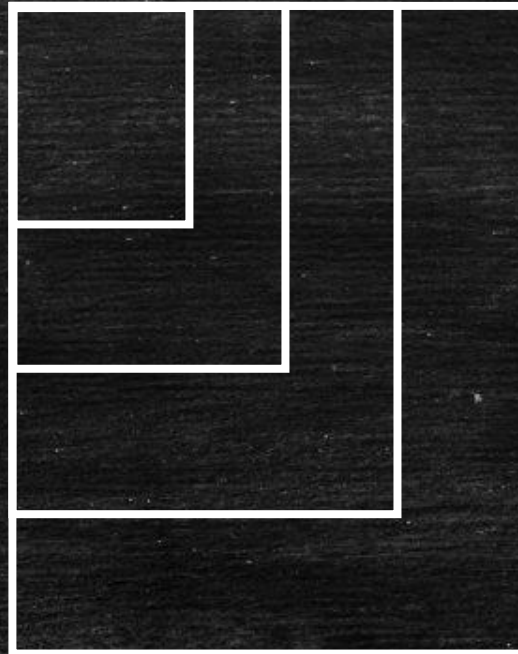
District league areas will be set up by the coach, following a formula to decide upon the size needed for the playing area. One area is needed for the field, with cones used as goal posts.

Field size should be approximately 25 wide x 35 long, adjusted for numbers who show up or on the roster.



Area Size

Number of players in the session x 3



1. Suitable to practice skill
2. Small enough to enable pressure.
3. Closely mirrors a realistic game situation

Framing the Practice

Practice should always be player centered, they are the focus of our sessions.

What is the reason for the players being there:

- 1. Fun**

The environment created allows them to fall in love with the game.

- 2. Social**

Make new friends and spend time with friends they already have on the team.

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To develop and improve at every session to become a better soccer player. Some players may have ambitions of playing at college or the professional level



Considerations

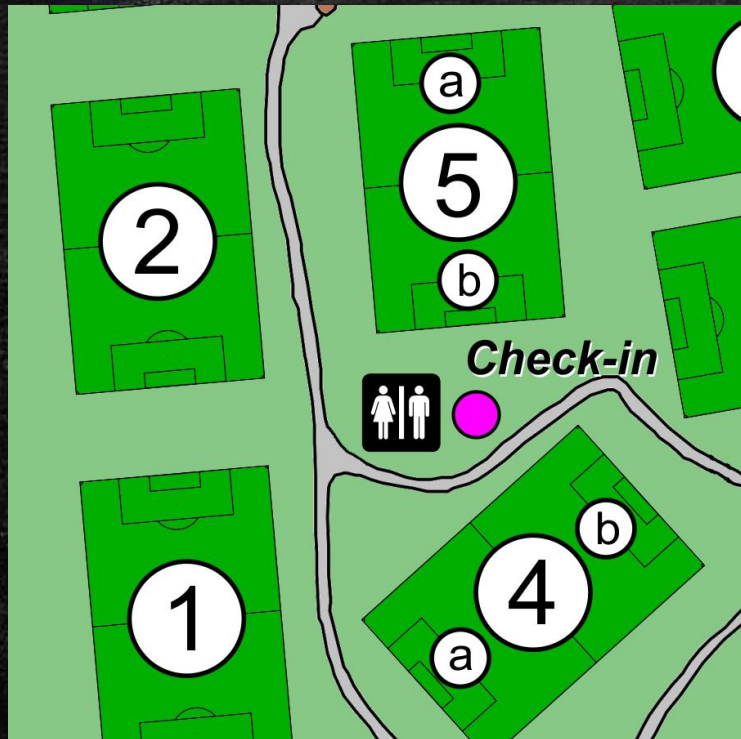
- Where do you place the balls during practice? Are they readily available?
- How far do players have to go for getting a water during breaks?



Games with playing constraints and rules.

Help support the understanding of the game structure. Goal-kicks, corners, throw-ins (kick ins). Be flexible with how these are done, the priority is for free play, but introduction to rules is important. Addition of constraints will support the topic being delivered, with constraint based on the needs of the players.

Age Group Scrimmaging Session



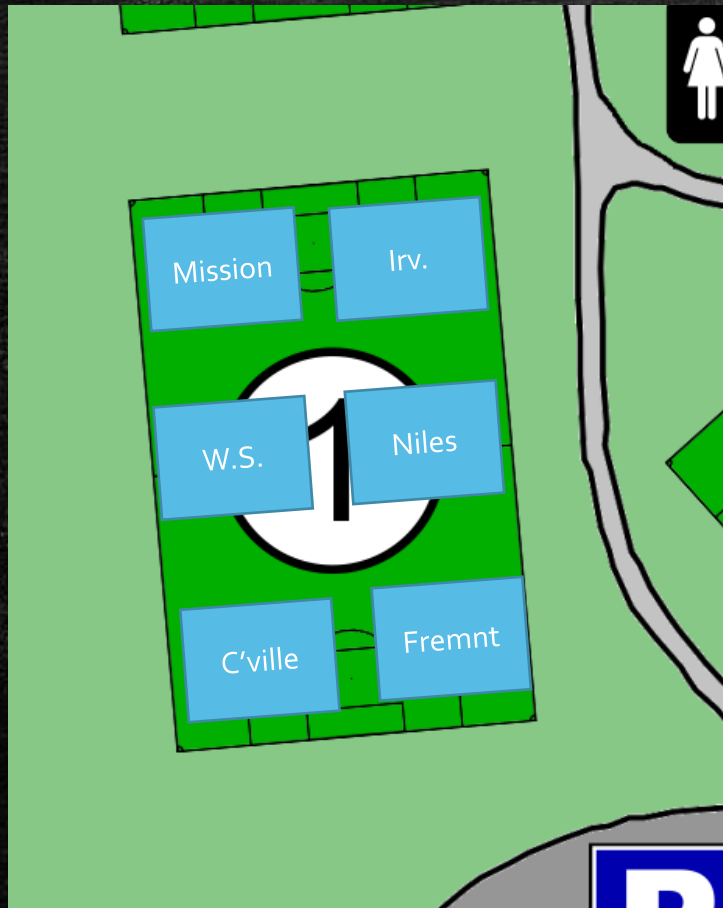
Players will start with their team at the following fields. At the field, coaches set up playing areas, the same as Raw Dribblers, with multiple 4v4 games going ahead.

Each team is to send one or two teams to another team, receiving one or two teams back. This collective group will play 4v4 scrimmages.

U11 Boys will take place on 1
U11 Girls will take place on 5B
U14 Boys will take place on 5A

The age group session brings all the teams together at one location. This supports the social development of players with greater exposure to more players and supports the coach's development where they get to reflect and discuss the challenges they face, and how they overcome them.

Age Group Scrimmaging Session



Players will start with their team at the following fields. At the field, coaches set up playing areas, the same as Raw Dribblers, with multiple 4v4 games going ahead.

Each team is to send one or two teams to another team, receiving one or two teams back. This collective group will play 4v4 scrimmages.

U11 Boys will take place on 1 (Diagram)

U11 Girls will take place on 5B

U14 Boys will take place on 5A

The age group session brings all the teams together at one location. This supports the social development of players with greater exposure to more players and supports the coach's development where they get to reflect and discuss the challenges they face, and how they overcome them.

District League Constraints Led Coaching



Examples Include:

Passing – Every player must touch the ball before crossing into next playing third of the field.

Dribbling – Extra point if a player is able to dribble through a gate.

These constraints bring out repetition of the topic in game situations, therefore players are engaged in reality-based learning.

Technique and Skill

- Technique:

Carrying out a particular action, a soccer action

- Skill:

The ability to perform a technique in a given scenario, under pressure

Technique includes passing, dribbling, shooting, running with the ball, controlling, turning, and defending



CHALLENGES, TARGETS, AND COMPETITION

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Space

While not changing the practice itself, this will increase the number of decisions that need to be made. Structuring a practice to support a variation in players techniques will provide much needed variety in this stage of the practice. It is important that any considerations or variety placed upon a skill practice is realistic to the game.

Time Restraints

Further entuse players to ensure their actions and movements become more realistic.

Individual Challenges

Observe what is going on in practice, can you employ individual challenges or tasks to ensure the players remain engaged and motivated during the session.

Competition

Individual or collective competition between players or groups is an adaptation to place upon the practice to support players from a social and psychological perspective.



SMALL SIDED GAMES IMPORTANCE

FREMONT YOUTH SOCCER CLUB



Benefits of Small Sided Games

Small-sided games (SSG) have been widely used in the last several years, especially in development programs for young players. It was noted that playing freely as a child on the streets of one's own neighborhood generated greater motor potential than traditional training. SSG are an adaptation based on what groups of children do on their neighborhood streets.



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Delivery

The role of the grassroots coach cannot be underestimated because this is when young people will fall in love with the game. The grassroots coach must enthuse and inspire so that players not only want to come back every week but also to ensure future generations of football people.

Focus on fun, enjoyment and engagement

- Get down to the player's level
- Smile, be enthusiastic
- Patience and positivity
- **Organization**– remind players of constraints of the activity, e.g., shooting from own half
- **Question players** on what they think and allow them to make decisions on practice – picking the skill to practice during individual warm up
- **Positive evaluation** – based on effort and trying





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APPENDIX A – FREMONT YSC CHECKLIST

FREMONT YOUTH SOCCER CLUB



Practice Checklist

- Read through session plan (take notes to keep with you at field if needed)
- Collect equipment and take with you to the field (if not stored at training location)
 - If running late, contact program director, and inform team/group using TeamSnap)
- Check playing area for safety of players (dog mess, broken glass, large potholes, etc)
- Layout playing area with additional equipment next to playing area
- Put on coaching pinnie, and stand in center of playing area for players to find you
- Welcome all players to the session, explain what they will be doing for the session
- Facilitate and deliver the practice session
- Review the practice session with players
- Collect all training equipment
- Place all equipment back in the container (take home with you if not being stored)



APPENDIX B – FREMONT YSC FOUNDATIONS

FREMONT YOUTH SOCCER CLUB



Fremont YSC Foundations

Fast Feet	a. Toe Taps b. Shuffles c. Rollovers d. Scissors e. Steppers
Manipulation	a. Drag Backs/Forwards, Drag-Push, Drag-Flick b. Inside - Outside, Inside-Outside Behind c. Rollover Taps d. Instep Scissor e. Stepper-flick
Skills	a. Stop and Go - V's (flicks and pushes) b. Ronaldo Cut, Inside Cut, Outside Cut, Stepper cut c. Rollover scissors, rollover step over d. Scissors, Double Scissors e. Feint stepper



APPENDIX C – TECHNICAL BREAKDOWN

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Mechanics of a Technique

Passing

1. Look at target
2. Eye on the ball
3. Angle of approach
4. Planted foot next to the ball
5. Strike center of the ball
6. Locked ankle
7. Follow through towards target



Mechanics of a Technique

Turning

1. Eye on the ball
2. Decision
3. Contact with the ball, or a feint
4. Head up
5. Low center of gravity
6. Change of direction
7. Change of pace



Mechanics of a Technique

Shooting

1. Body position to be able to strike at a ball
2. Angled approach
3. Planted foot next to the ball
4. Head positioned over the ball
5. Select surface to strike the ball (laces, instep, outside)
6. Follow through
7. Aim low and across the goal
8. Decision



Mechanics of a Technique

Control

1. On toes
2. Eye on the ball
3. Get in line with the path of the ball
4. Decide and present the surface to the ball
5. Relax and cushion on touch



Mechanics of a Technique

Dribbling

1. Keep the ball close
2. Vary surface of the foot
3. Head up
4. Change of pace
5. Change of direction



Mechanics of a Technique

Running with the Ball

1. Get ball out of feet
2. Make contact with the laces
3. Head up
4. Get in to running stride
5. Move quickly



Mechanics of a Technique

Defending

1. Get in line, between ball and goal
2. Pressure on the ball
3. Deceleration
4. Body position
5. Stay on toes
6. Be patient
7. Decision
8. Recovery runs (movement)
9. Tracking players

