

Genesis Football Academy Grassroots





Why Genesis Football Academy Grassroots?

- Professional Organization and Coaching
- Twice a week with soccer education professionals
- Director of Grassroots, Master Coach-Educators and Apprentice Coach-Educators all certified for age appropriate coaching
- Player assessments for each player via email at end of program
- Preparation and development for U8 Introduction Development Academy Team Program
- Positive Role Models
- Stimulating and exciting learning environment using fun activities, small sided games and technique development
- Dress like our Academy Players - Kit - jersey, shorts and socks

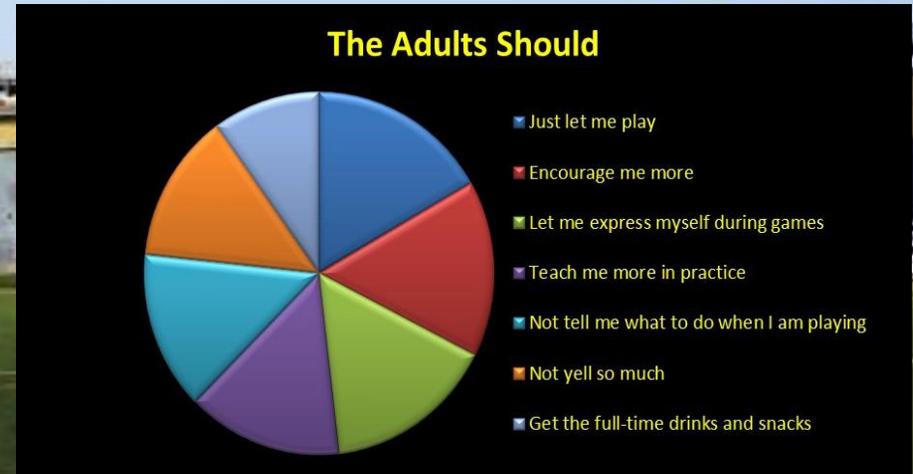


Grassroots Philosophy

- Soccer is for everyone...Soccer can be played by everyone regardless of age, gender, religion, ethnic or social background and level of fitness.
- Soccer is a school of life...Fair play, spirit and camaraderie are just a few of the many values advocated by soccer.
- Soccer is FUN...Having fun is the most important thing in soccer.
- Play is the best means of learning...The concept of learning through play while being guided by a Coach-Educator is a specific approach designed to reach out to the young and create a process to connect to the future.
- Let the kids be kids...Grassroots Soccer must be simple, exciting and rewarding for children.
- Teach players new exciting techniques and skills in an environment designed with expression, freedom and encouragement.
- Player-Centered Approach.
- Professional and educated Academy Managers, Director of Grassroots and Coach-Educators to design and deliver the program.

The Adults should...

Response	Number of Children	Percentage
Just let me play	4620	16.70%
Encourage me more	4345	15.80%
Let me express myself during games	4323	15.70%
Teach me more in practice	3969	14.40%
Not tell me what to do when I am playing	3898	14.10%
Not yell so much	3699	13.40%
Get the full-time drinks and snacks	2746	9.90%



Based on Grassroots Player Survey delivered by Ontario Soccer Association in 2013-2014 with 27,600 youth players across Ontario.

It is really important to me that I...

Response	Number of Children	Percentage
Play as well as I am able to	4884	19.70%
Learn new skills	4304	17.40%
Play fair	4119	16.60%
Be with my friends	3108	12.60%
Have fun playing soccer	2665	10.80%
Beat my opponent	1964	8.00%
Win a trophy	1957	7.90%
Please my parents	1735	7.00%



Based on Grassroots Player Survey delivered by Ontario Soccer Association in 2013-2014 with 24,736 youth players across Ontario.

Why do I play soccer?

Response	Number of Children	Percentage
It's fun	5970	19.20%
To be fit and healthy	4870	15.70%
Scoring or stopping goals	4775	15.40%
Show my skill	4659	15.00%
Be with my friends	3928	12.60%
To win the league	2834	9.10%
To win trophies	2417	7.80%
My parents want me to	1605	5.20%



Based on Grassroots Player Survey delivered by Ontario Soccer Association in 2013-2014 with 31,058 youth players across Ontario.

I play soccer because?

Response	Number of Children	Percentage
Trying my best is more important than winning	5562	19.20%
To be fit and healthy	4434	15.40%
I like scoring or stopping goals	4211	14.50%
I like playing other teams	4210	14.50%
Meeting new friends	4126	14.20%
I like wearing my uniform	2406	8.30%
I like to learn new tricks and skills	2049	7.10%
Its important win trophies	1976	6.80%



Based on Grassroots Player Survey delivered by Ontario Soccer Association in 2013-2014 with 28,974 youth players across Ontario.



Play

Play is the great joy of childhood; it is through play that children can be themselves.

Play activities are a proven means of developing various aspects of physical, emotional and mental behavior. The concept of competition is not eliminated, but it essential that the competitive structures presented are suited to the children's behavioral characteristics.

Play leads to improved skills and, facilitates initiative and decision-making (creativity) and also improves relationships with others.

Technical skills, such as keeping possession, shooting at goal, passing, receiving, running with the ball, and dribbling are all used in play.

Pressure from opponents helps in the teaching and improvement of these techniques and turning them into skills.



The MORE you get in small sided games!

- More enjoyment and learning.
- More touches on the ball.
- More decisions during play, therefore more concentration is required as the ball is never far away.
- More involved in the game.
- More individual attention.
- More goal scoring opportunities, which is what children want.
- More attacking and defending movements and situations.
- More freedom to play, therefore more enjoyment and development of creativity.
- More intensity, therefore development of physical literacy and fitness happens within the game.



Small Sided Statistics

- Players touch the ball five times more often in 4v4 soccer, than in 11v11 soccer and three times more often than in 7v7 soccer.
- Players are three time more often in 1v1 situations in 4v4, than in 11v11 soccer and 50% more often than in 7v7 soccer.
- Goals are scored every two minutes in 4v4 soccer on average, while every 4 minutes in 7v7 soccer on average.
- Ball is out of play 8% of the time in 4v4 soccer, 14% in 7v7 soccer and 34% in 11v11 soccer.



Initiation to playing formats on small sided fields

One player coming up against another is at the very heart of the game as the players' individual qualities come into play.

A 1v1 game gives two children the opportunity to develop their basic tactics; attacking and defending, while focusing on the technical aspects of dribbling and protecting the ball.

As soon as another player is added to the activity (2v1), the situation changes. The child can now pass the ball and must decide which option to choose.

As more players are added beyond two, the more complex the game becomes. Developing vision is a better concept of team play and creativity.



Four Corner Development Model



Technical/Tactical Development

Players improve by playing lots of soccer with skilled mix of guidance, challenge, appropriate questioning, demonstration and teaching.

- Encourage players to try new skills.
- Appropriate challenges may be set for the whole group or for individuals within the group.
- Activities should replicate the demands of the game, encouraging players to think and make decisions just as they would in a game.



Physical Development

To become an effective soccer player there are basic physical movement skills that need to be developed. Agility, balance, coordination and speed are all essential qualities for players; between the ages of 4-12 young players have a “window of opportunity” to develop these attributes.

- Children are not mini adults and shouldn't be subjected to running laps of the field and doing push-ups.
- Through well designed sessions all coaching activities can include physical outcomes.
- Appropriate movement skills such as tag games and activities which develop agility, balance and coordination should be encouraged through enjoyable games.
- Don't expect too much from young players too soon!



Psychological/Mental Development

Creating learning environments that challenge players to be imaginative, creative and reflect on their performance –both during and after sessions –is fundamental to the development of the future player. Coaches should adopt different coaching styles and methods to meet the individual needs of young players, understanding that there is more than one way for players to learn the game.

- Session activities and coaching methods should ensure communication with different types of learners –Visual, Auditory and Kinesthetic (doing).



Social/Emotional Development

Playing soccer can help children learn many life skills; cooperation, teamwork, communication, and friendship are some of the benefits of playing the game. To allow these social skills to develop, players should be allowed a safe and supportive environment and given encouragement to learn the game.

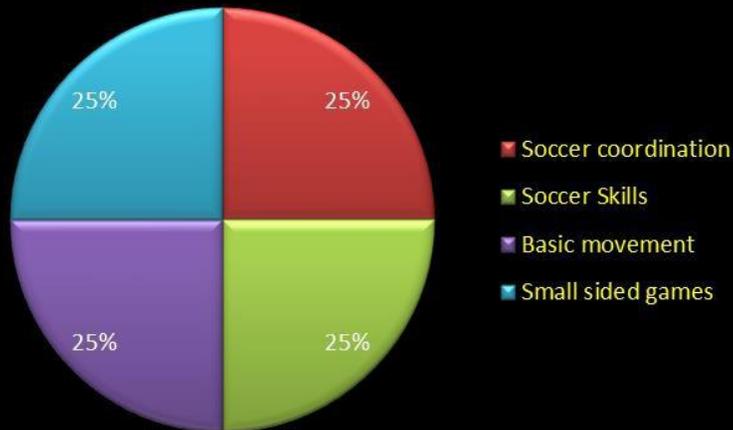
- How players are treated is critical to ensuring this is positive and fulfilling for the young player.
- Players should be praised and recognized for effort and endeavor as well as ability. This will highlight the process of learning and striving to get better rather than just the final outcome.
- Demonstrate your values and beliefs in your behavior.

First Touch U4-U5



First Touch U4-U5 Structure and Content

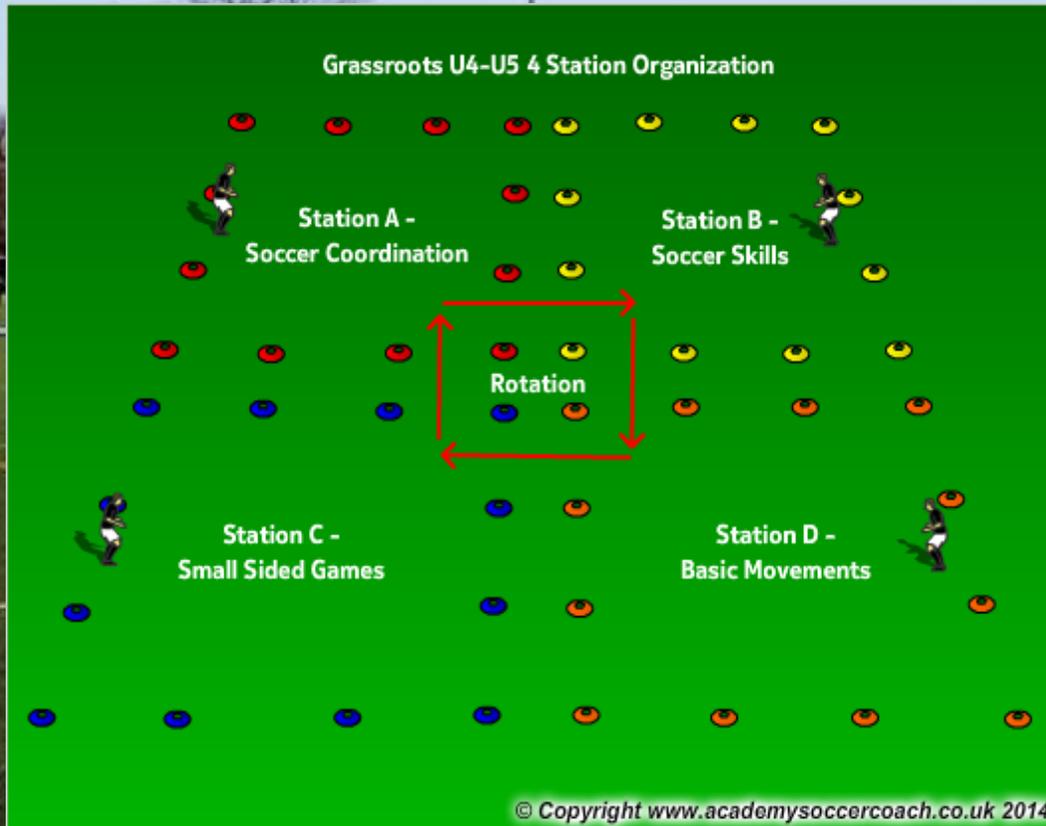
Session Structure



Session Content Distribution

Technical	40%
Tactical	0%
Physical	40%
Social	10%
Psychological	10%

First Touch 4 Station Organization



- Players in groups of 6-12 players
- Grid sizes change based on 4 activities and number of players
- 4 stations based age appropriate requirements
- An Apprentice Coach-Educator at each station
- The Master Coach-Educator control the rotation
- Players rotate through stations every 8-10 minutes
- 1-2 minute water break between stations
- 2-3 minute player organization at start and 2-3 minute question and answer at the end



First Touch U4-U5 Curriculum

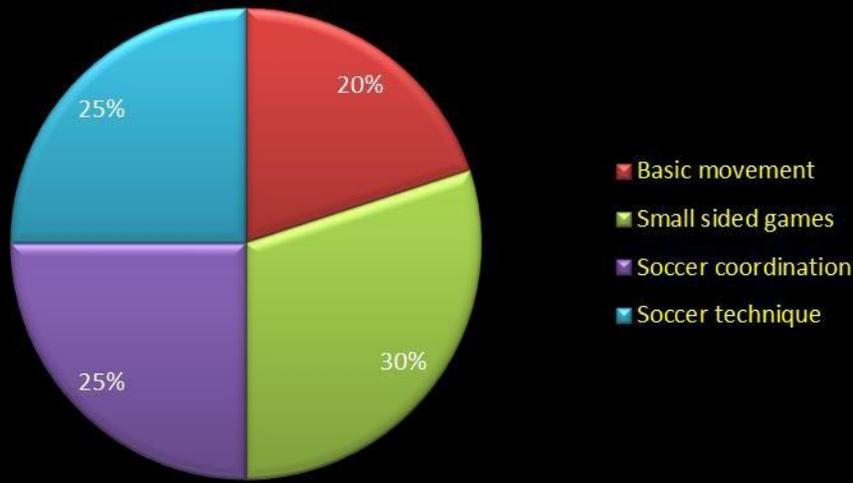
Physical	Technical	Social/Emotional	Psychological/Mental
Running Forward	Dribbling the ball	Communication	Motivation
Running Backwards	Shooting the ball	Listening	Self Confidence
Jumping	Running with the	Respect/Discipline	
Skipping	Turning with the ball		
Hopping	Receiving the ball		
Bounding			
Crawling			
Turning			
Twisting			

Next Touch U6-U7



Next Touch U6-U7 Session Structure

Session Structure



Session Content Distribution

Technical	50%
Tactical	0%
Physical	30%
Social	10%
Psychological	10%



Next Touch U6-U7 Session Structure

Component	Time	Areas	Coaching Methods
Warm-Up	10 minutes	Basic Movement	Fun engaging activities and games Command, Guided Discovery, Free Expression and Imitation
First Game	10 minutes	Small-Sided Game, Soccer Technique and Soccer Coordination	1v1,2v1,2v2,3v2,3v3,4v3,4v4 with goals or targets—want shooting in each activity Guided Discovery, Free Expression and Imitation
Activities 1 & 2	15 minutes	Soccer Technique and Soccer Coordination	Relays, circuits etc. Command, Guided Discovery, and Imitation
Second Game	20 minutes	Small Sided Game	5v5with Goalkeepers Free Expression and Observation

1 minute break between each component to organize and get water



Next Touch U6-U7 Curriculum

Physical	Technical	Social/Emotional	Psychological/Mental
Awareness	Dribbling the ball	Communication	Motivation
Perception	Shooting the ball	Respect/Discipline	Self Confidence
Speed	Running with the ball	Listening	
Agility	Turning with the ball	Cooperation	
Balance	Receiving the ball	Sharing	
Coordination	Passing the ball	Problem-Solving	
Acceleration		Decision-Making	
Reaction		Empathy	
		Patience	
		Fair Play/Honesty	