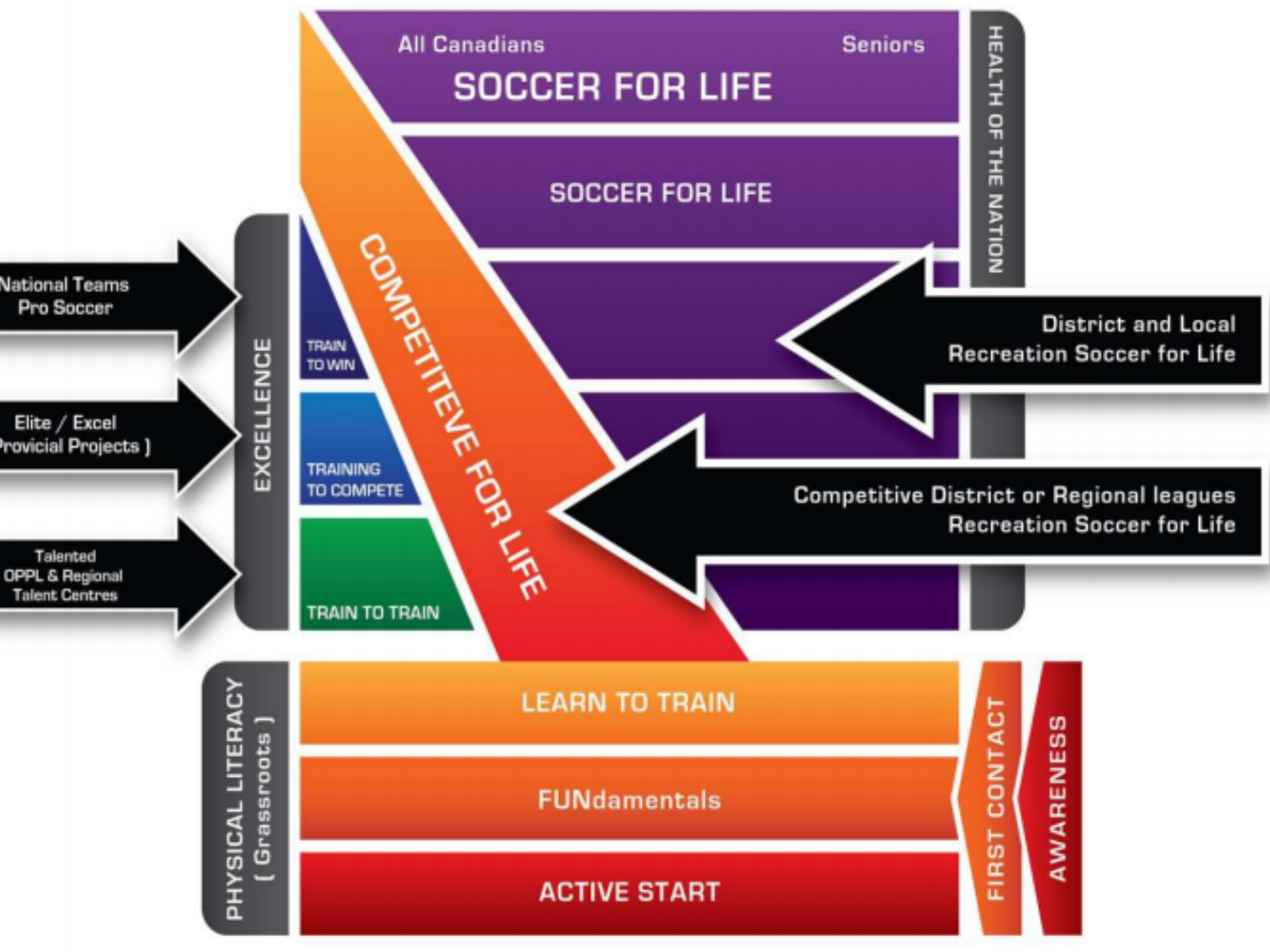


# SOCCER FOR LIFE "RECREATIONAL"



U14/U18 GAME LEADER/COACHES PRESENTATION



# What is Soccer for Life Soccer?

**Development of players  
NOT  
Development of “Teams”**

**the game!**

**11 a-side soccer**

**Full size fields**

**Size 5 ball**

# What are the “Game Leader/Coach” Responsibilities

Keep information brief and positive

Demonstrate the activities and games

Involve parents to assist with reinforcing information

Keep the environment positive and FUN

Praise and celebrations – High Fives!

Encourage and celebrate success

Be flexible - allow players to deviate and be creative

**Keep it safe**

# Ensure that all players have an opportunity to PLAY!

**Individual Skills**



**Emphasis is FUN**

**Equal Playing Time**

**High energy - Active**

**Minimum stoppages**

**Players NOT restricted to playing positions**

**Play "Pressure Free"**

**What do all Players want?**



A vintage brass key with a circular head and a notched bit is positioned diagonally across a piece of white, torn-edged paper. The paper is set against a dark, textured background. The word "SUCCESS" is printed in a bold, black, sans-serif font on the white paper.

**SUCCESS**

**Player wanting to play soccer next season**

# STUFF



Call Parents immediately  
Put them at ease



Incorrect information call the club  
Late Additions – CYS will call  
Players may be taken off rosters  
Meet with parents/players prior to first  
practice/game



**Distributing Uniforms  
Parents Handout Information**

**CYS Recommends**

Arrange a day and time period ( ½ hour) to meet players/parents e.g. Tim Horton's



**PARENT  
MEETING**

Meet at Tim Horton's  
Give Location  
Time – Date

**Introductions**

**Ask for  
Assistant Coach**

Distribute Uniforms

Give Parents Handouts

Inform of First Day

## 20 Uniforms

2 is the smallest---- 15 is the Largest

Distribute by size not #

Shorts and socks **ARE** provided

Shin pads – MANDATORY  
(No shin pads = No play)  
must be worn inside of socks

Goalkeeper Shirt

Coaches Shirt - Yours to keep (Polo shirt)  
Assistants receive if extras!



# Package

Roster, player/parent handbook,  
coach code of conduct, manual

# Additional

CYS office may add players to rosters

Coaches **MAY NOT** add players to roster

Forward to parents CYS communications

Game Ball – home team to supply

Game sheet – home team to supply, both coaches to complete before start of game and hand to referee. End of game referee will complete and hand back a copy to coaches. Coaches to submit completed game sheet copy to CYS office (this can be submitted by cell phone picture)

Final Game Day – determined by CYS



# Structure of Game

## Soccer for Life – “Game day”

### Ball

**U14 - 18 – Size 5**

### Number of Players

**Eleven (11) per team 10 outfield + 1 GK**

### Referees

**CYS assigns referees**

### Duration of game

**U14 = 2 x 40 minute halves with a 5 minute break**

**U18 = 2 x 45 minute halves with a 5 minute break**

### Playing time

**Each player MUST receive equal playing time  
(50% of each game)**

### Rules

**CYS Soccer for life rules are issued in Game Leader/  
Coaches manual**



# New Rule

Game Leaders (coaches) **MUST** sit on the player bench while the Game is being Played!

- Let the players play pressure free
- Give information in a calm manner
- Help keep players focused on the game being played
- Opportunity to give players on the bench feedback as the game is being played
- Opportunity to take notes – create a list of coaching points
- From the notes – 3 objectives for the 2nd half can be formed to be given at half-time
- If there is not space on the bench for “Game Leaders” coaches to sit the expectation is that they stand behind the bench



# New Rule

Game Leaders (coaches) **MUST** sit on the player bench while the Game is being Played!

**“Game Leaders” (coaches) are permitted to stand**

- As players enter the field of play at a substitution at the same time assisting a player off the field
- Can come close to the touchline (within the Technical Area) to impart information to individual players (coach in the flow on the game) briefly before returning to the bench
- special circumstances, for example if they need to enter the field of play, with the referee's permission, to assess an injured player.



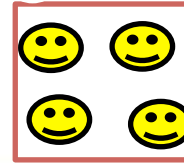
## New – PLAYER LOCATION AREA

4 cones

3 x 3 metre (yards)



Coach/Assistant



### Fields that do not have benches

CYS will issue each “Game Leader” (coach) with a set of markers to create a 3m (3yd) x 3m (3yd) **player location area**

The player location area will be located 5m (5yd) from the half way line and 3m (3yd) from the touchline

All players not participating in the game on the field are required to remain within the player location area.

Water bottles only are allowed in the player location area. Players are asked to leave all other clothing/equipment with parents

“Game Leaders” (coaches) will be required to stand behind the Player Location Area at all times except for brief (10 – 15 seconds) coach in the flow game moments with individual players called to the touchline. Coaches should restrict these coach in the flow moments to a maximum of 3 per each half of a game.

The “Game Leader” (coach) and other occupants of the technical area must behave in a responsible manner.

The player location area prevents “Game Leader” (coach) from going behind the goal or “patrolling” up and down the length of the sideline.

It also allows the referee the best opportunity to observe the substitutions of players.

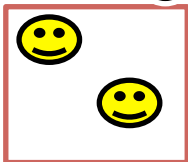
# Remind players and parents!

Must wear shin pads  
NO jewelry whatsoever  
No Casts

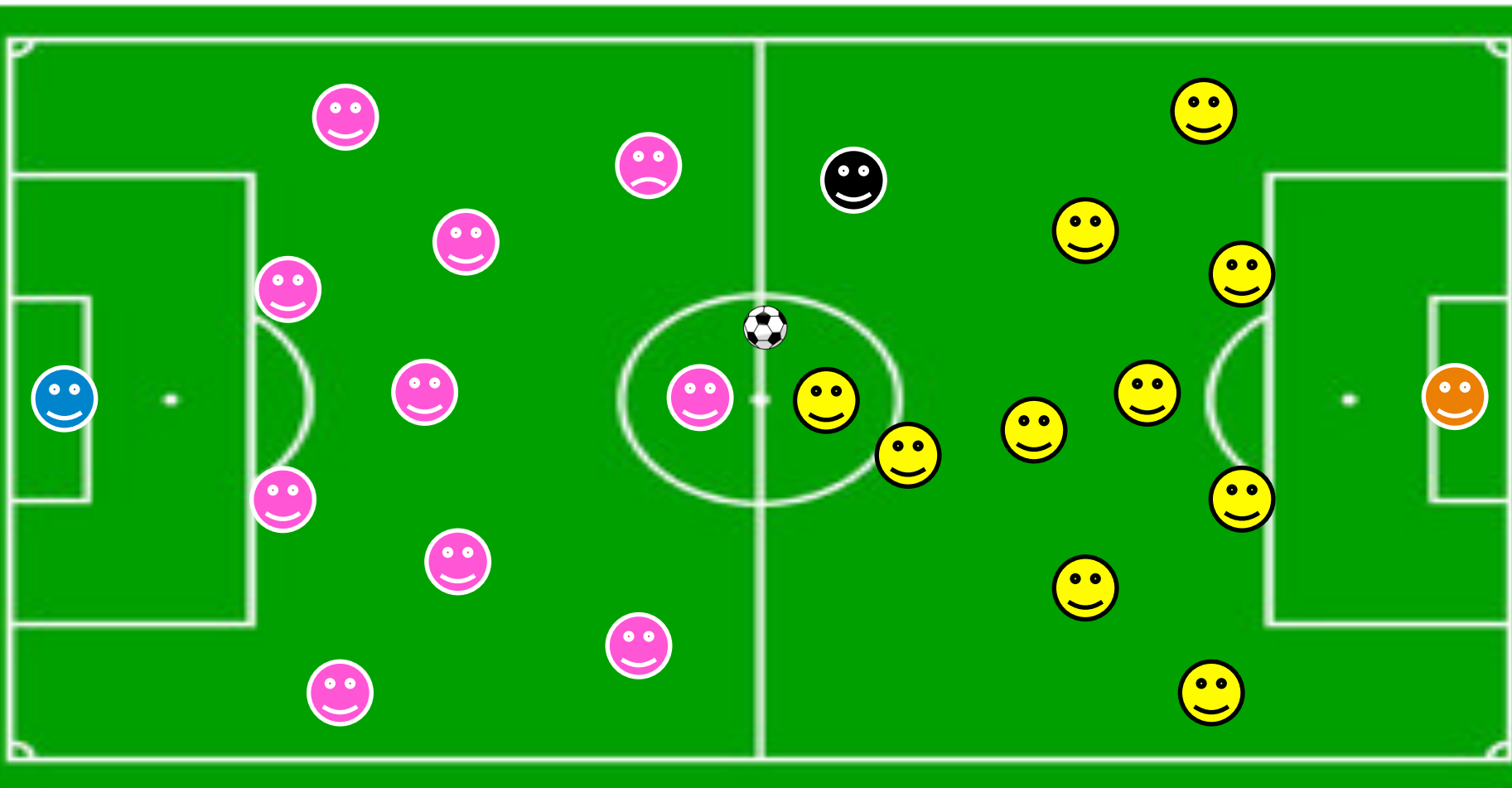
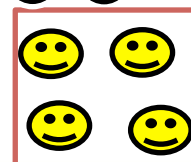


If a referee observes a player wearing any jewelry items the player will be asked to leave the field and may **not return for the remainder of the half**. The jewelry must be removed or the player cannot continue to play in the game.

Coach/Assistant



Coach/Assistant



Supporters



# Structure of Practice

“OPTIONAL” Soccer for Life Soccer uses G.A.G. methodology

Warm Up

**5 minutes (1 ball/player)**

Small Sided Game

**10 minutes (3 vs. 3, 4 vs. 4 , 5 vs.5)**

Two Fun Activities – Skills - 2 Stations

**2 x 5 minutes (1 ball/player)**

Small Sided Game

**15 minutes (3 vs. 3, 4 vs. 4 , 5 vs.5)**

Cool Down

**5 minutes - Fun game to finish**

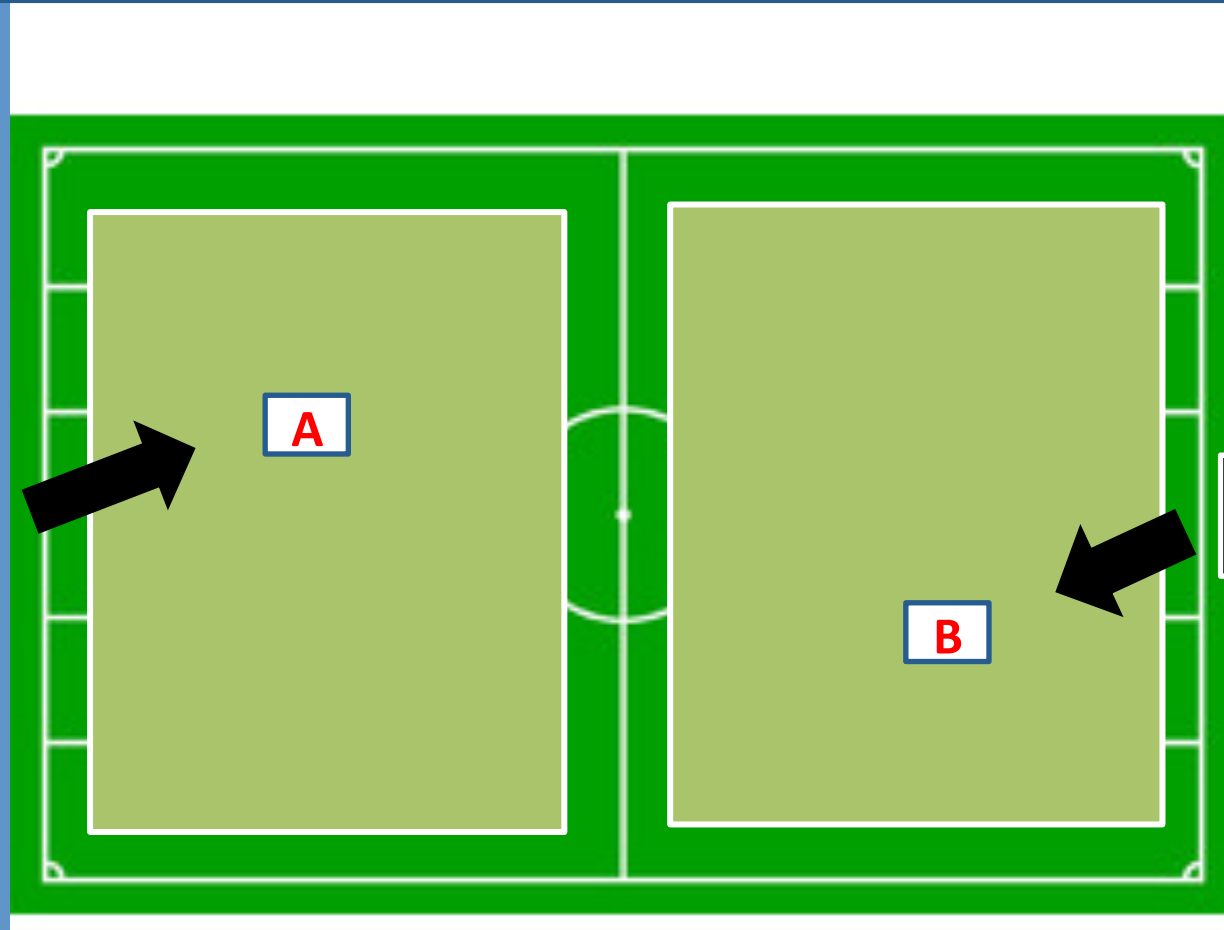
**Goodbye - see you next week!**



# Duration of the Practice



# Soccer for Life Practice Fields



Game Leader/  
coach  
Set Up

CYS allocates  
field location

**1 x team = Half Field (40 x 30M)**

# Basic Team Field Set Up



**40 x 30 metres**

# Warm Up



 **Supporters** 

**1 ball + 1 player**

# Small Sided Game



   Supporters   

5 vs. 5

# Fun Activities - Skills



Supporters

2 Stations

1 ball + 1 player

# Fun Activities - Skills

Any 2 of 4



## General Movement

Running with/without the ball  
Changing direction  
Jumping Awareness  
Slowing down - speeding up  
FUN



## Soccer Coordination – with Ball

Eye – foot coordination  
Lots of touches on the ball  
Different parts of the foot  
FUN



## SSG – 1 vs. 1

Running with the ball - Dribbling 1v1  
Changing direction-Change of speed  
Agility, Balance, Coordination  
Imagination Passing  
FUN

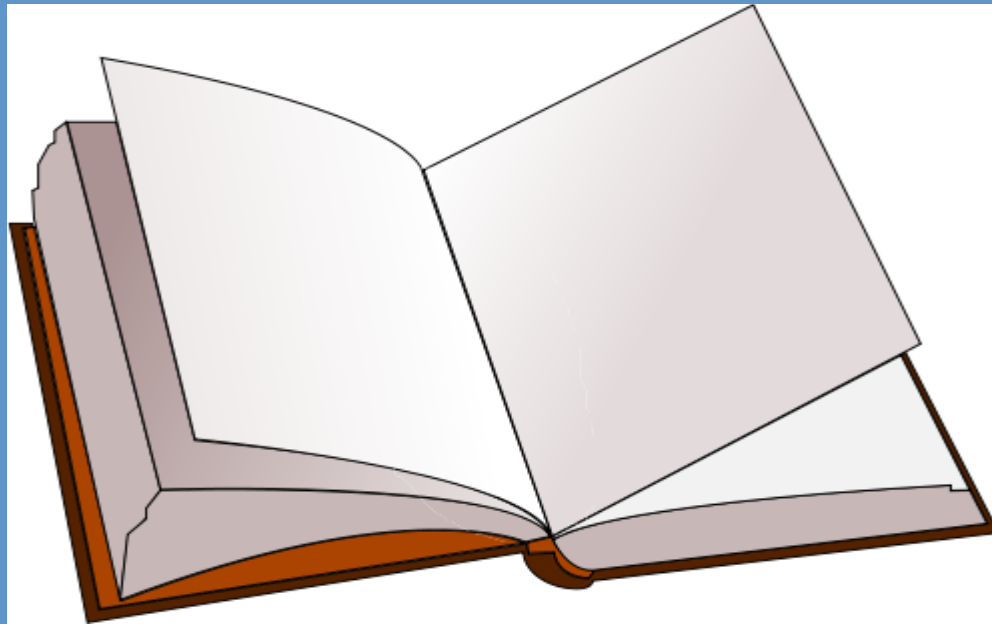
## Technique – with Ball

Lots of touches on the ball  
Using different technique  
Positive feedback  
FUN





<http://www.ontariosoccer.net/player/grassroots/grassroots-resources/grassroots-practices>



# Small Sided Game

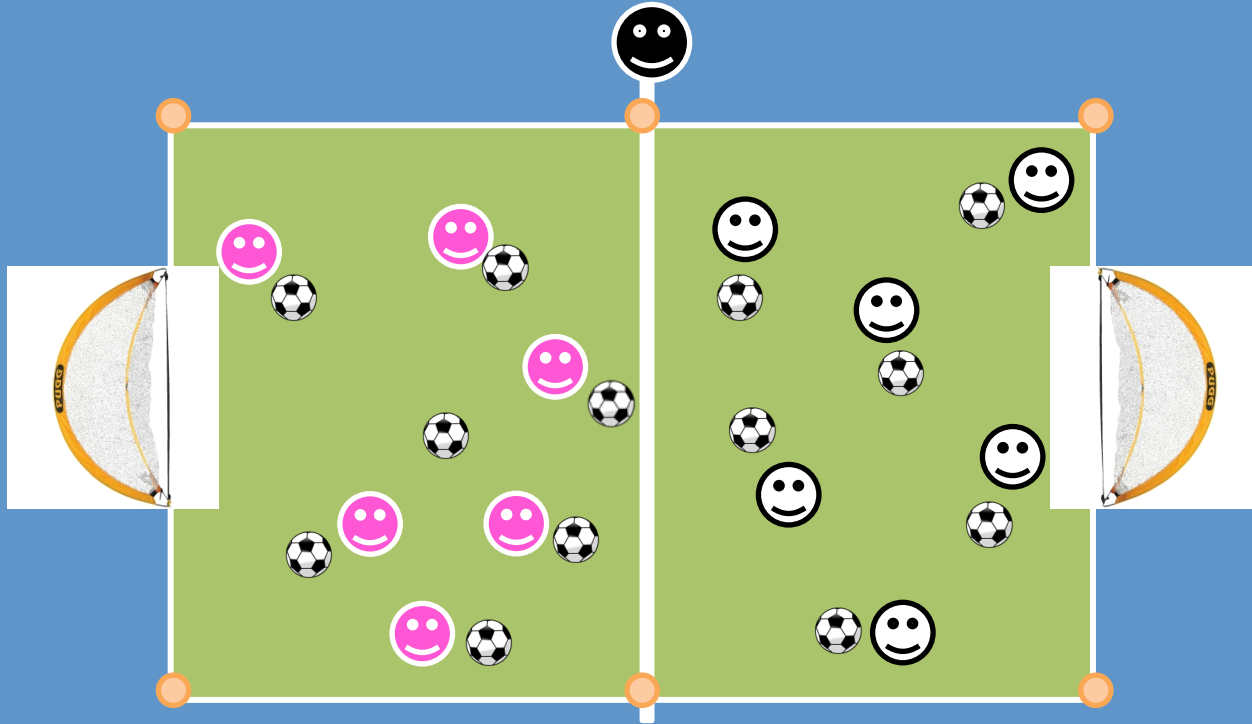


Supporters

5 vs. 5

# Cool Down

Game Leader



Supporters

1 ball + 1 player