



Dynamic Dribblers

Presented by the Houston Dynamo & Dash

Inspired by *Soccer Starts at Home*®

The Ultimate Grassroots Development Program

CONTENTS

Foreword	page 3
Development Vision and Goals of the Houston Dynamo Youth Programs.....	page 4
How the Grassroots Development Program works	page 5
Sample Schedules.....	page 6
Field Layout Examples: 2v2 and 3 v 3 Formats	page 8

Foreword

Children need a modified game that fits their age and stage of learning and too often it's the children that are modified to meet the requirements of a game. Small-sided soccer modifies soccer without losing the essence of the game, which is important for children and therefore is the appropriate introduction to the game.

All available research and observations show that children have more fun and learn more playing a game with smaller teams and modified rules. Small-sided soccer (2 v 2 / 3 v 3) is a game the child can play rather than struggling to understand a larger numbered game (7 v 7 / 11 v 11) created by and for adults.

The Houston Dynamo FC & Dash Soccer Starts at Home® with the conducive learning environment of the 2v2 small sided creates an ideal program that puts the child first while also helping optimally develop the child in the sport.

Here are some of the reasons why we, as soccer coaches, administrators and parents must guarantee that our young soccer players play small-sided games:

1. Because we want our young soccer players to touch the soccer ball more often and become more skillful with it! (Individual technical development)
2. Because we want our young soccer players to make more, less-complicated decisions during the game! (Tactical development)
3. Because we want our young soccer players to be more physically efficient in the field space they are playing in! (Reduced field size)
4. Because we want our young soccer players to have more individual teaching time with the coach! Fewer players on the field and fewer players on the team will guarantee this! (Players need to feel worthy and need to feel important)
5. Because we want our young soccer players to have more, involved playing time in the game! (More opportunity to solve problems that only the game presents)
6. Because we want our young soccer players to have more opportunity to play on both sides of the ball! (More exposure to attacking and defending situations)
7. Because we want our young soccer players to have more opportunities to score goals! (Pure excitement) "Small-Sided" environment is a developmentally appropriate environment for our young soccer players.

Development Vision of the Houston Dynamo Youth Programs

Our Vision and Goals

- Our vision and goals include helping raise the quality of development at the Grassroots levels – by being a positive example of high-level development at the early ages.
- Our vision and goals include organizing more 'development-first' soccer programs, specifically designed for the youngest players (ages 4-8).
- Our vision and goals include introducing and promoting the sport of soccer to more communities and families, especially those that have thus far been underserved. With our school and educational partners, along with the City of Houston we will look to raise the level of accessibility to high quality soccer lessons, programs and opportunities for all families.
- Our vision and goals include inspiring young children, and their families, to play soccer, and develop skills for the long-term, by falling in love with the ball and subsequently, the game at the early ages.

Strong Learning Environment:

- An inspiring and stimulating learning environment.
- Young players are given the opportunity to master skills and play in many games.

Focus on the Players:

- Encourage the young players to learn and master new skills and try them in games.
- Support and guide the young players to see the game, find solutions, make decisions with positive coaching.

Focus on the Family:

- Encourage the Parents to support their child's development at home by engaging with them in learning and mastering the core *Soccer Starts at Home* ball mastery skills.
- Support the young families with tools and presentations that provide many valuable insights into development at the early ages, and the benefits of the *Soccer Starts at Home* philosophy.

How the Grassroots Development Program works...

Dynamic Dribblers Grassroots Development Program will kick off the inaugural season in the Spring of 2021, adhering to detailed health and safety protocols developed under guidance from federal, state and local government officials. Our home-site is the Houston Sports Park (HSP)- home of the Houston Dynamo, Houston Dash and the Houston Dynamo Academy.

Designed for Development!

Our format is designed for the development of the young child, who is just entering the game and motivated to learn and enjoy. Players will Train and Play during the allocated 1.5 hours.

During the first half hour, players will train on ball mastery inspired by the Houston Dynamo & Dash SSAH (Soccer Starts at Home Program. These skills are designed to help develop balance, coordination, two-footedness, agility and a sense of achievement in a fun and motivating method. It is an individual pursuit to begin to master the ball in a skillful way, and our teaching methods includes a library of ball mastery skills that will help the young child become more comfortable and confident with the ball at their feet. There will be several short water breaks that allow for ample rest and ability to adapt and progress the technical focus.

The 2nd portion of the session, the players will participate in a 2v2 / 3 v 3 format games in which players will be playing 6-minute games (2 halves x 3 minutes) with 1-minute halves. Scores will not be kept, but instead players will be encouraged to be creative and score plenty of goals! This format has been inspired by the Belgium 2 v 2 Dribble Festivals.

Players will rotate fields in between games to play a new team. Teams/ players who are not active in a match will join a coach to work on ball mastery and recover during this period. Water breaks will be allocated in between every 3 matches.

Working Together for Optimal Development- Parent engagement is key!

Sample Schedule

8:45am: Players Check in
8:50am: Players begin to juggle/ play with ball
9:00am: Ball Mastery Technical session begins
9:30am: Ball mastery Session ends. Session intermission/water break begins
9:35am: Players spit into 2v2 teams and moved into fields
9:40am: 2v2 match begins
9:48am 2nd 2v2 match begins
9:56am: water break
9:58am: 3rd 2v2 match begin
10:06am:4th 2v2 match begins
10:12am: 5th 2v2 match begins
10:18am: Water Break
10:20am6th 2v2 Match begins
10:28am: Cool down for players/additional instruction
10:30am: Dynamic Dribblers Session ends.





2v2 Format: Endzones on either side, must be inside endzone to score

Goal: 2 yards wide (can use cones)

Field Size: 12 yards X 24 yards

Playing Time: 2 X 3 min (+1 min halftime)

No throw ins, only kick ins/dribble ins.

Progression: must run around own goal after scoring.

MINIMAL COACHING SUGGESTED

