

# Coaching 1st & 2nd Grade

**Ball Size:3 Players:8 vs 8 including goalie Time: 4 Periods-8min each**

*The emphasis of the game will be focused on Learning and development. Each session may consist of 5-10 minutes of pregame warm-up/instruction followed by a game with no more than two coaches on the field at one time.*

## General Rules:

- o Get an Assistant Coach. It is extremely hard to control 10-12 players by yourself.
- o All players must wear shin guards that are covered.
- o **All players will receive equal playing time.**
- o Players cannot wear any jewelry – this includes rings, earrings, necklaces, or any pierced jewelry. If a player has newly pierced ears, band-aids or other protective covering must be worn. This is for the safety of the player.
- o Blatant attempts to hurt another player will result in removal from the current and one additional game.
- o Under no circumstances should a coach, player, or parent or any one in attendance be allowed to question a referee in a disrespectful manner. It is the responsibility of the coach to enforce this rule. Failure to adhere to this rule can result in removal of person from the game. If a coach has an issue with a referee they should contact a member of the soccer board.
- o Soccer Cleats are recommended but not required. If a player does not own any, they may wear tennis shoes instead. Cleats that are used in softball, baseball, football, etc. are NOT permitted for use during soccer practices or games.

## Practices:

We recommend you have at least one practice a week on a day that there are no games and that works for at least one of the coaches to be there. Have players bring a soccer ball. Focus on giving players opportunities to practice with a soccer ball.

Skills recommended to focus on during practices:

- Dribbling and running with the ball
- Passing
- Shooting
- Receiving the ball
- Creating space
- Throw-ins
- Kick-offs
- Goal kicks and Corner kicks
- Positions (defense, midfield, forwards, goalie)
- (Practice Drills linked on page 2)

Absolutely NO practicing at the Eastside Soccer Fields. Places to hold practices:

Armstrong School, Neumann Park (by the Farm Park), Lincoln School, or any open area you can find.

## Pregame

Arrive at least 10 minutes before game time and have the rest of your team do the same.

### Warmups:

- Run a lap
- High knees
- Butt kicks
- Pass the ball with a partner
- Practice shooting at the goal

## Important Coaching Info and Practice Drills

Please Watch:

<https://youtu.be/xYww0bQCMIE>