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CSC PHILOSOPHY & OBJECTIVES:

Have **FUN!**

Teach soccer fundamentals & teamwork

Provide **equal opportunity** to all players to play on the fields, and in every position, regardless of skill level

Provide a safe environment

Success will be measured by the above & by individual improvement, not by wins & losses.

SOCCER IS A TEAM SPORT.

All you can expect the players to do is their best!

THE IMPORTANCE OF WARMING UP & STRETCHING BEFORE PLAYING

Children can become susceptible to muscle pulls. Have players stretch before playing.

Two things you can have them do:

1. Warm up their muscles by light activities such as jogging or slowly dribbling a ball around the field. Do not skip the "warm up" & go straight to stretching. The light warm up is important because it "warms up" the muscles which makes them stretch easier & less likely to tear.
2. It is important to stretch the muscles at the front of thigh, back of thigh (hamstring), inside of thigh & calf. Most injuries are to the hamstring and inside of thigh muscles. Each stretch should be done slowly & held for 10-15 seconds & repeated 2 to 3 times. Do not "over stretch". Stretching should not be painful.

Post game stretching is also important (although not always practical), but it will improve flexibility & reduce muscle soreness.

SKILL DEVELOPMENT

Tykes Level:

- shooting the ball with inside, outside, and laces of both feet
- passing to another player with inside, outside, and laces of both feet
- shooting at goal -- looking at the ball
- ball control – trapping
- goalie – drop-kicks, roll outs

Atoms Level:

- shooting the ball with inside, outside, and laces of both feet
- passing to another player with inside, outside, and laces of both feet
- shooting at goal -- looking at the ball
- ball control – trapping
- goalie – drop-kicks, roll outs
- use of both feet for passing, receiving and shooting
- basic heading of ball
- dribbling, positional play and marking
- basic tackling to gain control of ball

SOCCER WARM-UP, DRILLS & SKILL DEVELOPMENT GAMES

Warm-up:

- Warm-up the muscles for 2 minutes before stretching
- run around the soccer field while dribbling a ball
- run on the spot for a couple of minutes

Stretches:

Work from top to bottom doing stretches for 5 minutes

- head rotations
- arm rotations
- arm stretches
- trunk twists
- hip rotations
- knee bends
- ankle rotations

Drills:

work on passing, receiving, shooting, & dribbling

Dribbling Practice

1. Practice dribbling the ball
 - a. across the field with control
 - using the inside of foot
 - using the outside of foot
 - using the top of the shoe (laces)
 - using the sole of the foot
 - b. weaving through a series of cones
2. Practice walking/running backwards, and later with the ball, using the sole of the foot
3. Practice walking sideways, working the sole of the foot with the ball (drags)
4. Practice shielding the ball from opponent while moving up the field

Ball Control (Juggling)

Players kick the ball up in the air as many times as possible with the top of shoelaces, using alternate feet.

Passing/Receiving Race

Players pair off and each pair has one ball between the two of them and stand at a given distance apart. They have to pass the ball to their partner, who has to receive it with the sole of their foot. The coach determines which foot they should use. Each pair races against each other and passes the ball back and forth, counting how many passes they are able to make in a specified time (coach keeps track of time). This can be done every week, each week the pair try to improve on the # of passes made in the time allotment.

3 players stand in a line a few feet away from each other with legs apart so one player can dribble the ball up to each player standing, kick the ball through the legs and continue dribbling up to the next player, etc. until the player reaches the end. A new player dribbles while the old player joins the line of standing players.

Soccer Bowling 1

Place a soccer ball on a cone in the middle and have the players in a circle around the cone take turns kicking their ball to try and knock the soccer ball off the cone. You can have just 1 ball on a cone or several balls on several cones.

Fun Games: Challenging the opponent

Shark

Each player has a soccer ball that they have to keep in their control within a rectangular area. One player is the shark and within the rectangle tries to steal someone else's ball or kick it out of the rectangle.

British Bulldog

Each player has a ball and has to dribble the ball across to the other side, trying to avoid letting the player in the middle, who is the bulldog, from stealing your ball. If a player's ball is stolen they then become the bulldog or you can have the player join the bulldog to try and get other players' balls. Continue going back and forth until 1 player is left that hasn't been caught.

Soccer Bowling 2

4 players have a ball and try to knock the balls off 4 cones, which are lined up in a "goal" area. The defenders should challenge the players, preventing them from knocking the balls off the cones. The defenders are not allowed to be goalkeepers.

Knocking the Balls Off The Cones

Set up mini game with 4 players and 2 defenders. Rather than a goal, place a cone with a ball on top on each corner of a square and one in the middle of the square. The 4 players have to try and keep control of their ball and knock the balls off the cones. The defenders try to steal the ball for the players, at which time the player and defender switch roles. Each player keeps track of how many balls they were able to knock off the cones.

Tag

All players are paired off on the field with arms linked and standing stationary. 1 player runs around the field, dribbling the ball, trying to avoid being tagged by another player who is "it". The player being pursued can at any time link arms with any of the stationary players so that the outside player of the linked players then has to run away from the person who is "it", while dribbling the ball.