Recreation Coaches Handbook

Important information:

Practice and Game Field Address:

Seacrest Soccer Complex

2505 S Seacrest Blvd

Delray Beach, Florida

33444

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Delray Beach, Florida

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AC Delray Rush Coaches Handbook

Club Philosophy

AC Delray Rush aims to provide a true learning environment for every soccer player in our club. Our goal is to develop a culture that promotes true player development, ball mastery, creativity, and most importantly, passion for the game of soccer. Our coaching staff will serve as mentors, facilitators, and instructors who allow the game of soccer to reveal itself to our players.

Coaches will reinforce important values regarding preparation, teamwork, and discipline as well as respectful, ethical, and moral behavior. Our coaches will maintain high standards, and celebrate/hold players accountable for their actions.

Our Goals

- To help our players develop a lasting passion for the Game of Soccer
- To develop our players key Technical, Tactical, Physical, and Psycho-Social competencies
- To foster character, integrity, and respectfulness in all Players/Coaches and Teams

The Rush Way

With its origins in Colorado, USA, Rush Soccer is an international sports organization focused on the development of soccer players. Rush Soccer partners with over a hundred clubs across the globe in pursuance of fulfilling its very mission: to provide an unparalleled soccer experience: Progressive. Ambitious. Comprehensive.

With over 32,000 players involved in the Rush network, Rush Soccer focuses on the formation and expansion of a developmental pyramid, creating pathways not only for the elite players but its entire membership.

As one of the largest professional development systems in the world - and with an ever-expanding global footprint - Rush Soccer is creating a professional pathway for players and coaches unavailable anywhere else in the world. www.rushsoccer.com

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League Rules and Game Format

Age/Division	Format
PreK & Kindergarten	4v4
Girls 1st Grade & Boys 1st Grade	5v5 or 6v6
Boys 2/3 Grade & Girls 2/3 Grade	7v7
Boys & Girls 4th and up	9v9

Practices - 60 minutes

Practice times - 5:30PM, 6:30PM

4v4 Format - Teams will play 4v4 up to 6v6 depending on the players available with coaches on the field to help the players during the game.

Game Time - 40 minutes, 10 minutes per quarter. Coaches will keep time and call for water breaks and subs to come on.

Rules - No Goalkeepers, no offside, throw in to be used if the ball goes out of play.

5v5 Format - Teams will play 5v5 or 6v6 including the Goalkeeper.

Game Time - 40 minutes, 20 minutes per half with a 1 minute water break in each half, 5 minutes for half time.

Rules - No offside. No Punting. No Heading. Throw ins, corners, freekicks and goal kicks for restarts. When the goalkeeper has the ball for a goal kick or in their hands players must move back to the half way line until the ball is in play. In the event of a +4 score line during the game the losing team is permitted to add an extra player onto the field. Once the score is within 2 goals the team will remove the extra player.

7v7 Format - Teams will play 7v7 with 1 Goalkeeper and 6 outfield players.

Game Time - 50 minutes, 25 minutes per half with a 1 minute water break in each half. 5 minutes for half time.

Rules - No Punting or Heading. Offside is enforced at the buildout line (dashed line). Throw ins, corners, freekicks and goal kicks for restarts. In the event of a +4 score line during the game the losing team is permitted to add an extra player onto the field. Once the score is within 2 goals the team will remove the extra player.

9v9 Format - Teams will play 9v9 with 1 Goalkeeper and 8 outfield players. If a team only has 8 players then teams will play 8v8.

Game Time - 60 minutes, 30 minutes per half with a 1 minute water break in each half. 5 minutes for half time. **Friday Night games will be reduced to 50 minute games**

Rules - Regular US Soccer Rules for 9v9. In the event of a +4 score line during the game the losing team is permitted to add an extra player onto the field. Once the score is within 2 goals the team will remove the extra player.

Thanks for Coaching!

First let us thank you for volunteering to coach for AC Delray Rush. We know that it is a significant commitment of your time and energy. By coaching you are helping to provide a wonderful athletic experience for youth in our community. Sports participation is important because it teaches children the value of physical fitness, sportsmanship, practice and teamwork. Our hope is that each player is allowed to achieve their personal best while having fun.

Coaching the U-6(K-1 st grade) and U-8(2nd -3 rd grade) player

By creating a fun and safe environment for your players you will give them the room to fall in love with the sport. Teaching soccer is not the most important task you have while coaching your players. In fact the young player must first learn how to run, jump, stop, move, fall, etc. without a ball before they will be physically ready to do all of those movements with a ball. In U.S Soccer's “Best Practices” Guidelines they state that for this age group “Training sessions should be treated more as physical education than specifically as soccer training”. One of the biggest mistakes coaches make during these ages is thinking that this age soccer should look like “real soccer” and that they should be trying to get the little people to play like that as soon as possible. This manual is designed on the principle of “fit the activity to the child....not the child to the activity”. This is why we have given you insight into the developmental stage that you are coaching. The hope is that by understanding that the 5 and 6 yr olds that you are coaching are deeply self absorbed and do not typically like to share, you will not waste time trying to teach them to pass and you won't be frustrated or feel you have failed when your players seem to only want to dribble the ball to the goal. We have given you activities that are developmentally appropriate and will teach the appropriate skills in a progressive way. The practices for the U6 teams focus on games aimed at teaching and reinforcing physical movement skills, as well as individual soccer skills such as; dribbling, shooting, throwing, kicking. The practices for the U8 teams continue to reinforce and build everything that they have been taught in the younger groups but also introduce partner based skills such as passing and team concepts. Passing is focused more in the U8 group because they are developmentally ready to learn it.

COACHING THE U-6 PLAYER

Kindergarten and 1st grade Developmental considerations: “Me and My Ball” Psychological/Cognitive
*Individually oriented (egocentric)

*Short attention span

*Easily bruised psychologically

*Perform tasks one at a time

*My Ball is a commonly used phrase.

*Limited tactical abilities

*Biggest concern is which way to go when they have the ball.

Physical/Motor:

*No sense of pace...will often run until they drop

*Running, jumping, skipping, hopping and maintaining balance are not fully developed at this age.

*Will often fall when changing direction because of the high center of gravity.

*Need multiple breaks during practice and games

Psycho– social:

*Typically, this is first exposure to team sport.

*Need to feel secure in practice and games

*Social development is limited

*Low interest in team activities.

Coaching Consideration:

*Give brief directions

*Use several short activities

*Lots of water breaks

*Short training session (45min– 1hour)

*Emphasize confidence and familiarity with the ball (every child needs To have access to a ball for entire session)

*Give plenty of encouragement and very little criticism or correction.

*Primary focus is making soccer so enjoyable that when the child has Choices in activities, they choose to play soccer.

*By the end of the season the player should be capable of: 1) handling the ball with at least one foot and both hands. 2) Occupying an original position during the game once action is finished 3) running, jumping and stopping with and without the ball.

Coaching the U8 player 2nd and 3rd grade

Developmental Consideration: “Me and My Partner” Psychological/Cognitive:

*attention span a bit longer than U-6 but still limited

*developing an ability to form a rule structure.

*still has limited ability to concentrate on more than one task at a time.

*beginning to understand the relation between time and space

*effort is synonymous with performance for them; if they feel they tried hard, they feel they have performed well.

Physical/Motor:

*Bones still growing; growth plates are near joints. (Be aware of possible Injuries to those areas)

*still lack sense of pace; will run till they drop

*Improved coordination from U-6, but physical immaturity is still obvious.

*boys and girls are still similar in physical development

*Beginning to develop physical confidence

Psycho– social: *beginning to understand cooperative play and are more inclined towards Group activities.

*High need for approval from adults

*easily bruised psychologically; negative comments carry great weight.

*Intrinsically motivated; play because it is “fun” and for their own enjoyment.

*increased desire for social acceptance.

*beginning to develop a team identity.

Coaching Consideration:

*practice should be no more than an hour

*mixture of individual and partner activities; more activities designed for One ball and 2 players.

*introduce target games and maze-type games

*conclude each session with small sided games 3v3 or 4v4

*Stay away from tactics or team concepts

*The coach should focus on the player's relationship with the ball...to want it, how to find it, How to deal with it, feel comfortable with it, keep it close, etc.

** By the end of the season the player should be able to: 1) pass and receive a pass 2) work cooperatively with a partner 3) dribble while changing direction 4) shoot with the inside of the foot. 5) Make a toe pass. 6) Perform a throw –in 7) begin to gain control while juggling the ball with feet and knees.

Games and Activities

U6 (K-1 st grade)

Warm Up Activities:

Sharks and Minnows:

20x20 grid. All players start in a line at one end of the grid, with the coach in the middle. Coach is the “Shark” and on coaches command all players/ “minnows” try to get to the other side without getting caught by the shark. If caught the player becomes a shark too. This can be used without the ball to just get the players moving and with the ball to practice more tactical skills.

Red Rover:

20x20 grid. All players start in a line at one end of the grid, with the coach in the middle. Coach call ‘Red rover, red rover, send everyone over’ (or you can pick shirt colors if numbers are too big) the coach tries to tag players as they try to run to the other side. If they get tagged they are in the middle with the coach. If they make it they wait on the other side for the coach to call again. This can start without the ball for warm-up and agility training and progress to with the ball for more tactical practice of dribbling. Instruct them to keep their eyes up.

Blob Tag:

20x20 grid. Coach is it and attempts to tag players. If they are tagged they link arms and continue to try to get other players while still linked together. Start this without the ball and then progress to all players having a ball. When tagged the players ball is kicked out of bounds and they link arms and the “Blob” continues to try to catch other players.

Follow the Leader:

Coach is the leader. Lead players in jogging, running, jumping on 2 feet, jumping on 1 foot, skipping, leaping. This gets the players warmed up and having fun while learning important physical concepts. You can allow players to take the lead and encourage them to be creative in their movements.

Everybody's It:

20x20 grid. Each player runs around trying to tag as many others as possible while not being tagged themselves. Have each session only go for 30 or 45 seconds. This can be used as a simple warm-up without the ball and with the ball as a more tactical game to practice dribbling.

Find the Coach:

Coach has all the players close their eyes and while they are closed the coach moves. On the coach's command, "find the coach" the children open their eyes and run to tag the coach. The coach starts close and progresses to farther away. Then progress to the coach running away after the players have opened their eyes. This can be used as a simple warm up game to get them moving. This also teaches them to have fun in a direction and for a purpose.

Simon/Coach Says:

All players stand in front of the coach. The coach give commands for the player to do, the players follow directions. This is a fun way to warm up the team and get the players ready to follow instructions. This can be modified by introducing the ball in the game and continue with ball related instructions

1 st,2nd, 3rd, 4th Gear.

Have all players stand on the opposite side of the field from the coach. Coach instructs the players that they are going to be cars and they are going to start running in 1st gear…then move to 2nd gear…3rd and 4th on your command. Encourage them to start slowly and then increase each time till they are running as fast as they can in 4th gear. This warms up the players while also helping them learn how their bodies can run at different speeds and general body control. This can also be modified to a dribbling game by adding a ball for each player.

Monster March/Kick the Bottom:

Create 2 lines of cones about 10 yards apart. All players stand along one line of cones. Instruct the players to march like monsters (high knees, stomping, giant steps, etc) across to the other side and then jog back to the beginning. Then have them kick themselves in the bottom (bring heels up to their bottom) as they jog across to the other line. You can vary this to have the perform all sorts of warm up moves...Monster lunges, Monster kicks, etc.

Physical Activities:

Go Get it:

The coach has all the balls and with the players close by. The coach throws all the balls in different directions. On the coaches command the players “Go Get It” and bring it back in different ways. First with their hands, one hand, elbow…then you can proceed to head, knees, and feet. Be creative! This teaches body awareness and control.

Body Part Dribble:

20x20 grid or large circle. Players dribble in space, coach calls out a body part for the player to stop their ball with. Remind the players to keep their ball close. This can progress to calling out different ways to stop the ball when the player has learned

Snake in the Grass:

Small 10x10 or 15x15 grid, depending on how many players you have. Have child who is the snake lay down in the grass on their stomach. All other players start with their hands touching the snake. On the coach’s command, the players try to avoid getting tagged by the snake. The player being the snake can only roll and twist to move around the grid trying to tag the other players. Do several rounds to allow all players to be the snake. Encourage and reinforce creative ways to move.

Frogs in a Pond:

20x20 grid as the “pond” Use colored pennies, shirts or cones to place around the grid that make the lily pads. Coach instructs the players that they are frogs and they are going to leap across the pond, jumping from lily pad to lily pad. Have them start jumping with both feet, then progress to jumping with one foot, then skipping and leaping. Start with the lily pads close

together then make them a bit farther apart. Focus on instructing the players in proper jumping and landing form, being balanced and in control.

Crash! :

This is a simple game that your kids will LOVE! A large undefined space is need. The purpose of this game is to teach the players how to fall down and get back up quickly. The coach needs to briefly explain how to fall down safely: bend your legs at the beginning of the fall, roll with the shoulder or hip, and avoid putting your arms out to brace your fall. The coach tells the players that they also need to get up from the crash as quickly as they can. For the game have all players on one side of the field. On the coaches command the players run on across the field until the coach yells out “CRASH” or blows the whistle, then the players fall down and get back up as quickly as they can and then continue running. Make sure all players have plenty of room and are using safe techniques.

Circus:

This is a circuit activity. Set up several different squares with cones and tell the players that they are going to be different animals performing in each square. You can be creative with what movements and animals you chose for the session. Some examples are: Crabs- on back crawling like a crab with hands and feet, Frogs-jumping and hopping, Gazelle- leaping and galloping, Bears- Bear crawl. On the coaches whistle the players run to a square and become that animal, each time the coach blows the whistle the players move to another square. After a few times you can ask the players to come up with other movements and ideas.

Throw and Roll:

Large field area is needed. Have each player with a ball. On the coach’s command have the players throw the ball over their head, do a front roll, get up and get their ball. Instruct the players in how to bring the ball over their head with both hands and toss it forward with both hands. Do several rounds. You can add other things to do in between throwing the ball and retrieving the ball, such as spin around, clap 5 times, do 2 jumping jacks ect.

Hop and Catch:

Have players spread out around the field so they have enough space. All players have a ball and begin the drill kneeling on the ground with their ball in their hands. On the coaches command the player throws the ball into the air and then tries to hop to their feet, and catch the ball. You can progress to having them try from a sitting position. This is great for eye/hand coordination, as well as upper and lower body agility.

Rewind:

Set up 2 rows of cones about 10 to 15 ft apart. Have all players' line up along one row.
Tell the players that you are going to call out an activity (jog, hop, side shuffle, skip etc.) and they are going to do that to the opposite set of cones but on the way back they are going to "rewind" what they just did. Demonstrate for them, starting with walking. Have fun with this, telling them they can be actors in an action movie and you are rewinding the movie. Pay attention to their bodies while going backwards; make sure they have bent knees and good balance. Have plenty of the room so they don't bump into each other.

Jump The Snake:

You will need 2 jump ropes for this drill. The coach has a jump rope in each hand with the players are close by. The coach holds the ropes close to the ground while turning and spinning the players have to jump over the "snakes". You can start with jumping with 2 feet and then on 1 foot. Remind players to have good balance and stay on their feet so that the snakes don't get them.

Put Your Heads together:

Put players in groups of 3 and have them face each other in a small circle and hold a ball between their foreheads. Once the ball is in place, have the players attempt to move around while keeping the ball in place on their foreheads without using their hands. This is a fun cooperative game that uses all large muscles and makes them figure out the needed applied pressure. A great bonding game. Play several rounds and as they get better be creative with what they are required to do as a group.

Technical Activities:

Shadow Dribbling:

Use the whole field for this activity. All players have a ball. Start by telling all the players they are your “shadow” and they need to follow you wherever you go. Do this for about a minute then pair them up and have them take turns being the shadow. Have them start this walking, reminding them to keep their ball close, the eyes up, and to use both feet. Progress to going faster each round.

Everybody’s It:

Use a 20x20 grid. Every player has a ball and is inside the grid. Have them start dribbling their ball inside the space, on the coach’s command all the players try to tag all the other players while trying to avoid being tagged. They get a point for every tag. Start with having them tag any part of the players and then have them progress to have them have to tag the other players ball. Remind them to keep their ball close, in control and to be creative to keep their ball away from others.

Crazy Maze:

Set up gates with 2 cones all over the field area. Have the players see how many gates they can run through in 60 seconds. Have them do this once without the ball and then have them dribble their ball while going through the gates. Do several rounds and give encouragement for improving their own score each time. Remind them to use both feet and both sides of the foot.

Flintstone Soccer:

Set up a 20x20 grid. Divide players up into 4 equal teams and have them start at the 4 different corners of the square. Have all the balls in the center of the square. Tell the players they are the Flintstones and they are building a house, the balls are the bricks they will need to build their house. On the coach’s command the teams send players one at a time to go get a “brick” and bring it back. Give 60 seconds for each round and have the teams count up how many bricks they have. Focus on speed running to the ball and dribbling in control on the way back home. You can progress to having them grab the ball in different ways to bring it in a

different direction (pull back, outside foot turn, inside foot turn etc. You can further modify this game in many ways….only using left, only using outside of the foot, “tricks” …be creative.

Hit The Coach:

This is a simple game that can be modified in many different ways, and the players LOVE it. Have each player with a ball. Have the players dribble after you trying to hit you with the ball, they get a point for each time they hit the coach. Start walking and progress to running in different directions. Have an assistant or parent help to split them up into smaller groups if possible. Remind them to keep their ball under control.

The Gatekeepers:

Set up a 20x20 square grid. Make a goal in the center of each side to the square with cones. Make 3 groups of 2 to 3 players. Have one team be the “Gatekeepers” and they each stand in the goal. The coach stands in the other goal. Instruct the gatekeepers that they are to act as a gate that opens and closes (by stepping aside or in) when the coach call their name. Have the other 2 teams are inside the grid each with a ball dribbling when a gate opens they try to score on any open goal. Have each team keep track of how many goals the get. Progress later(2nd- 3rd grade) to having each team only have 1 ball and pass to each other before scoring…then to having one ball in the drill and the 2 teams going against each other trying to score on any open gate.

Go Get It! :

Use the large field area. Coach has all the balls and the players are standing close by.
The coach throws the balls into different directions and on the coach’s command, “GO Get It!” the players go bring the balls back as quickly as possible. Do a round with them using their hands and then progress to using their feet. You can add requiring them to do 5 toe taps before dribbling the ball back.

Hospital Tag:

15x20 grid with a small square (the hospital) a few yards away from the main area. All kids have a ball. Make 2 players taggers, who have to chase the others. If tagged the player must go to the hospital and do something before returning to the game. The ideas are

endless...you can have them do 5 toe touches, throw the ball up and spin around and catch it, bounce the ball on their knee 5 times...etc. As they get older you can add more advanced skills. Encourage good dribbling techniques (keeping ball close, using both feet and both sides of foot) Play several rounds.

Race Your Cars:

Use a large field area. Set up a road with a series of gates made from cones. The coach is the finish line. Tell your players they are all race cars. Have them start their cars by doing toe taps and making car rev sounds. When you say GO, they race through the cones, one at a time to the finish line. You can get all players involved by sending them through 5-10 seconds apart. Have them start walking and progress to jogging. Remind them to keep their eyes on the road and to stay in their car (if their ball is too far away they aren't in their car)

Breakfast War:

20x30 field with small goals on each end of the field. Divide the team up into 2 groups and have each group line up on opposite sides of the field. Instruct the team what goal is their goal and have them point to what way they will be scoring. Starting on one end of the line goes through and tells the players they are items for breakfast: pancakes, bacon, eggs, toast, etc... You start the game by throwing a ball into the center of the field and calling out a breakfast item. A player from each side of the field who was assigned pancake runs to the ball and both players try to gain control of the ball, dribble and score as quickly as they can. You can point to one line and say “pancake” and point to the other and say “eggs”....and those 2 players compete. Start with 1v1 situations and then you can progress to calling “pancakes and eggs” or “toast and bacon” and 2 players from each line run out to compete against each other (2v2)....and “pancakes, eggs, and bacon” for a 3v3 game.

Minefield:

20x20 grid. Put your remaining cones all over the field. Divide the team up into 2 groups have each group take a turn dribbling their balls through the “minefield” and trying to knock over as many cones as they can in 30 seconds. You can vary this by having the players dribble around the cone and they pick it up.

Edge of the World:

Set up 2 lines of cones about 15-20 ft away. Have the players all line up on one side of the cones, each one of them with a ball. The coach stands on the other side...on the “edge of the world” Have players kick their ball to see how close they can get to the edge without their ball going over the edge. You can go one at a time or everyone at the same time. You can also do this with throwing the ball (to practice throw-in techniques)

Math Dribble:

20x20 grid. All players have a ball and dribble within the grid. The coach calls out a number and the players must form groups of that number. Do a few rounds and then call out a simple math problem...1+1, 2+2, 1+2, etc. and have them form groups of the answer.

Out of the World:

Make a circle (the “world”) with cones and place 4 or 5 players around the world. All the other players stand around the outside of the world and have ball in their hand. On the coaches command the outside players roll balls into the world. The inside players must quickly kick the balls back out of the circle...or kick them “Out of the World”. The outside players continually collect the balls and roll them back into the world. Do several rounds of 1 to 2 minutes then switch players.

Face Up:

Set up a 10x15 yard grid with small cones on each end. Team is divided into two groups on opposite sides of grid. Coach serves a ball into play and one player from each line moves out to the ball. Coach plays ball to slightly favor one player. Player without the ball closes to the ball, faces up to attacker, gets body behind tackle and attempts to tackle without crossing the feet or reaching. Play continues until ball goes out of bounds or a goal is made. Coach immediately plays another ball into play.