



July 26, 2011

Dear U6 East Sacramento Soccer Coach,

Welcome on behalf of East Sacramento Soccer Club! The entire club is very excited you have taken the opportunity to coach at the Under 6 age group level. We are confident that your season will be equally rewarding for You and your team.

As your U6 Coaching Coordinator, my goal is to help you develop and learn to coach at this age level in the hope that you will continue your coaching career for years to come with East Sacramento Soccer. I have personally coached the past two years at the U6 level with no previous soccer coaching experience. I can honestly say that I received as much as I gave to my teams. You will be amazed at both your team's and individual players' improvement as they learn the game of soccer and teamwork over the course of this season.

My goals for each of your teams this year are:

1. Have Fun!
2. Be a "Positive" Coach
3. Teach the fundamentals of soccer

To help you accomplish these goals I have enclosed sample practice plans, an invitation and discounted rate to take the on-line Positive Coaching Alliance "Double Goal Coach" webinar, additional equipment needs, practice plans, ways to curb lopsided games, the basic rules/laws of the game, and drills/games for your practices. There are many resources on the web and within the Club, please tap me for ideas and feel free to share with me any helpful information you might find that would benefit other coaches and the league.

Again, THANK YOU! This season and the soccer experience for each of the kids on your team would not happen without your volunteer participation. I am confident that this season will be an incredibly positive one for you, the kids, and parents. I look forward to getting to know all of you and helping make this a great soccer season please feel free to call or e-mail me with questions or issues throughout the season.

See you on the field!

Sincerely,

Tim Newberry
U6 Coaching Coordinator
East Sacramento Soccer Club
916-600-0245

Positive Coaching Alliance- (PCA)

This year all East Sacramento Soccer Coaches are receiving a 50% discount to take the online Double-Goal Coach-I: Coaching for Winning and Life Lessons. In the future the Club may be requiring that all of our coaches take this course to develop as coaches and to instruct our kids with these invaluable tools. If you invest in one coaching course this year, please make this the course. I have taken the course myself and it has provided me with a keen insight into player emotional and skill development through the use of their positive and proven methods.

To receive the East Sacramento Soccer Club Discounted Rate and take the Course, please go to:

<http://shopping.positivecoach.org/Courses/Double-Goal-Coach>

Select Option 2 to pay and use our Discount Code: SOCsacRH9

For more information about the course, check out the 2 minute demo at:

<http://www.positivecoach.org/demos.aspx>

Lopsided Games- Ways to keep it fun

While it's not much fun to lose a soccer game (although we all know there are many valuable coaching moments and life lessons involved here), in general, it's especially difficult when an opponent runs up the score. After a blowout, the losing coach has the difficult job of taking care of players' hurt feelings and their self-esteem issues, not to mention disgruntled parents.

So, what can coaches and players do to avoid running up the score? Frequently, coaches of stronger teams can and will impose restrictions on their own players in an effort to hold down the score. The trick to success is to impose restrictions in a respectful way that is not insulting to the weaker team. As a rule of thumb, if Team A is up 5 goals on Team B, please try to make the following adjustments when one of the team is up by 4 GOALS.

Below is a list, which by no means is comprehensive, which can provide guidance to coaches to minimize run up scores:

1. Meet with other Coach before game to assess each team's strength
2. Make a rule that each Coach will make changes when one team is up by 4 GOALS.
3. Have the losing Team add additional players
4. Have your players change positions, moving and removing players where appropriate.
5. Have players shoot only with their weaker foot.
6. Make 3 to 4 consecutive passes before attacking the goal.
7. Move better Player(s) into Goalie position
8. Require that no one score until a designated player scores.

Recommended Additional Equipment:

1. Pug or Bownet Goals- Available for purchase on-line (Amazon.com)
2. Cone Discs- 3 for each player Club supplies 10
3. Ball for each player- Ask parents to supply a ball for season, Club supplies 4 balls
4. Whistle
5. First Aid Kit
6. Ball Pump

Helpful Websites:

- AYSO: For Additional U6 Training Games:
http://www.ayso.org/resources/coach_res/coach_training_games/u6_training_games.aspx
- Sacramento Youth Soccer League: East Sacramento Soccer's local league affiliation with helpful coaching information, upcoming coaching clinics, scores, tournament's, etc.:www.sysl.org
- CYSA (California Youth Soccer Association)- Our State association for everything soccer in our Region and Northern California, plus Rules and Coaching Information:
www.cysanorth.org
- www.fundamentalsoccer.com- This site has everything you will need to know about developing CYSA players.
- Youtube- For more drills and coaching clips
- Local Library for Books and Coerver Soccer Training DVD's, and more

Coach Tim
Soccer Stars
Sample Practice Plan

5:00 pm

- Warm Up and Set up your practice field
- *Cheetah Tail*
- *Step up in ball and count to 10 (have a player count and lead) x2 or Jumping Jacks*
- *Pep Talk*
- Break with a Team Cheer e.g. “We Love Soccer!!!”

5:15 Water Break

5:20pm *Dribbling Theme*

- Treasure Hunt- spread cones around field and have kids pick up with one knee/foot on ball
- Two Goals and Two Teams- place all balls in middle of field- kids are on end line by their goal, the team that collects and shoots most balls in their goal wins.
- Break with a Team Cheer e.g. “We Love Soccer” or “Team Name”

5:35pm Water Break

- The Big Race- teams of two race around cone and back
- The Animal Game- place cones in 20x20 area- kids designate what type of animal the Coach is (e.g. a Lion), kids dribble and shoot at Coach, kid that hits Coach chooses a new animal for Coach to be, continue until you are out of breath.
- Break with a Team Cheer e.g. “We Love Soccer” or “Team Name”

5:45 Water Break

5:50 pm

- Scrimmage 2 v 2, then 3 v 3 small game
- End Practice with Positive Reinforcement and Team Cheer

6:00 pm End of Practice

Coach Tim
Soccer Stars
Sample Practice Plan 2 – Later in Season

5:00 pm

- Warm Up and Set up your practice field
- *Cheetah Tail*
- *Step up in ball and count to 10 (have a player count and lead) x2*
- *Pep Talk- Goals for practice- Focuses from Game*
- Break with a Team Cheer e.g. “We Love Soccer!!!”

5:15 Water Break

5:20pm

- Treasure Hunt- spread cones around field and have kids pick up with one knee/foot on ball
- ***Drill- Shooting Focus- Place 4 balls in front of Goal- have them back up and shoot properly**
- Break with a Team Cheer e.g. “We Love Soccer” or “Team Name”

5:35pm Water Break

- The Big Race- teams of two race around cone and back
- ***Drill-Throw In’s and Trapping Focus- Each kid learns to throw in to teammate’s feet towards Goal. Teammate dribbles and shoots on goal. Run 2 spread lines on opposite sidelines- rotating Thrower to Dribbler/Trapper, run through a few times.**
- Break with a Team Cheer e.g. “We Love Soccer” or “Team Name”

5:45 Water Break

5:50 pm

- Scrimmage 2 v 2, then 4 v 4- Simulate a Game- with or without goalies- use whistle, call penalties.
- End Practice with Positive Reinforcement Pep Talk and Team Cheer

6:00 pm End Of Practice

*Other Drills to Focus On: Corner Kicks, Goal Kicks, Shooting on Goalie (alternate to find goalies), Dribbling around cones, Passing,

■ **COACH ONLINE COURSES**

- Course options:
 - > *Double-Goal Coach® I: Coaching for Winning and Life Lessons*
 - > *Double-Goal Coach II: Culture for Practices and Game*
 - > *Double-Goal Coach: Developing Triple-Impact Competitors (High School Coaches)*
- These **highly interactive** courses are loaded with video from top athletes and coaches, such as Phil Jackson, Dusty Baker and Julie Foudy, who support PCA because they know that Positive Coaching gets the best out of athletes in sports and in life.
- The course provides **specific tips** and techniques from leading researchers in sports and educational psychology.
- Upon completion of the respective course, coaches will be **certified** Double-Goal Coaches, equipped to both win and teach life lessons through sports.
- Approx. time of each course: 1.5 hours

■ **SPORTS PARENT ONLINE COURSE**

- The *Second-Goal Parent®* online course is a **highly interactive** course that includes videos from championship coaches Phil Jackson, Doc Rivers, Olympian Summer Sanders and others.
- It is for parents who want to **help their children get the most** from the youth sports experience.
- The course provides interactive **tips and techniques** for parents to use in talking with their children on **game day**, developing a productive **parent-coach relationship** and becoming effective and **positive supporters** on the sidelines.
- Approx. time: 1.5 hours

■ **STUDENT-ATHLETE ONLINE COURSE**

- The *Triple-Impact Competitor®* online course is a **highly interactive** course that includes videos from Doc Rivers, Julie Foudy, Shane Battier and other top athletes and coaches.
- The athlete will be equipped with **tips from the latest sports psychology research** and **specific tools to immediately improve your game** and the impact you have on your team.
- The course will teach athletes how to **deal with high-pressure game situations**, **motivate your teammates** to give their best effort, and carry yourself in a way that respects others and earns respect for you.
- Approx. time: 1.5 hours





Double-Goal Coach® Job Description

TO: All Coaches

DATE: _____

FROM: _____

RE: What We Expect of You

You are the most important person in our organization. You determine the kind of experience our athletes have with sports. We are committed to the principles of Positive Coaching. We expect our coaches to be "Double-Goal Coaches" who want to win and help players learn "life lessons" and positive character traits from sports. The following is what we expect from you during the coming the season.

1 Model and teach your players to Honor the Game. Teach the elements of ROOTS – Respect for: Rules, Opponents, Officials, Teammates, and one's Self.

- Appoint a parent to be "Culture Keeper" for the team.
- Hold a parent meeting and distribute Parent/Guardian Letter to parents to get them on board with Honoring the Game.
- Drill Honoring the Game in practice.
- Seize teachable moments to talk with players about Honoring the Game.

2 Help players Redefine what it means to be a "Winner" in terms of Mastery, not just the Scoreboard:

- Teach players the ELM Tree of Mastery (Effort, Learning, and bouncing back from Mistakes).
- Use a "Team Mistake Ritual" (like "Flushing Mistakes") to help players quickly rebound from mistakes.
- Reward effort, not just good outcomes. Look to recognize players for unsuccessful effort.
- Encourage players to set "Effort Goals" that are tied to how hard they try.
- Use Targeted Symbolic Rewards to reinforce effort and team play.

3 Fill your players' Emotional Tanks.

- Use encouragement and positive reinforcement as your primary method of motivating.
- Strive to achieve the 5:1 "Magic Ratio" of 5 positive reinforcements to each criticism/correction.
- Schedule "fun activities" for practices, so players will enjoy their sport.
- Use the "Buddy System" to teach players to fill each other's Emotional Tanks.
- Use Player of the Day and Behavior Management Strategies to resource desirable behavior and win cooperation from your players.
- Learn to give "Kid-Friendly Criticism" so players will be able to hear it. Criticize in private, "Ask Permission," use the Criticism Sandwich, avoid giving criticism in non-teachable moments.

4 Have Conversations during Team Meetings with your players at every practice and every game.

- Review Honoring the Game, the ELM Tree and the Emotional Tank throughout the season.
- Remind players about these three concepts before and after every game.
- Ask questions and encourage players to speak and contribute during team meetings.

At the end of the season we will survey your players and their parents to give you feedback on how you did at implementing these Positive Coaching principles during the season. We will share the results with you. Thank you for all your time and effort!

I agree

COACH SIGNATURE

DATE



Training Game for U-6 Players

1 2 3 Red Light

Skill: Dribbling

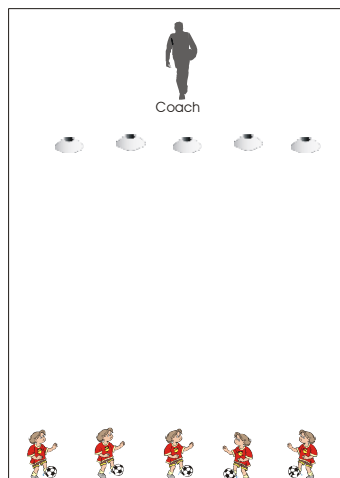
Number Of Players Required: Full U-6 team

Equipment: 4 cones to mark grid and 1 cone and 1 ball for each player

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 30 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.

How The Game Is Played: The coach stands on one endline with his back to the players who are spread along the opposite endline. Place 5 cones behind the coach, when the coach has back to the players, the players must dribble toward the opposite endline. Before the coach turns around he yells "1 2 3 Red Light" and then turns around. At that point all players must have stopped the ball with the sole of their feet. Any one seen moving is sent back to the endline. The coach turns his back again. Repeat. The first player to pick up a cone wins.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Use the endline in place of cones (first player to the endline wins).



Training Game U-6 Players

Knock It Off

Skill: Passing/Shooting

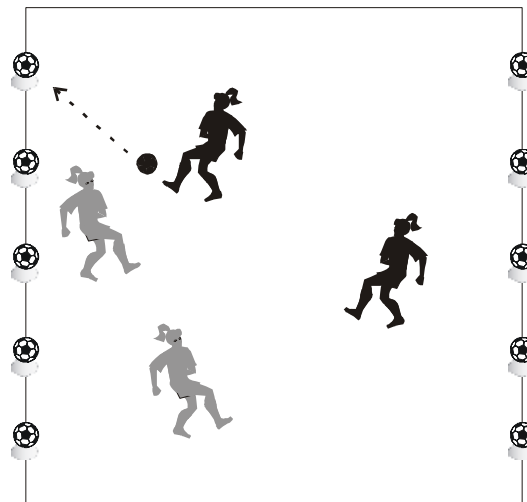
Number Of Players Required: Full U-6 team

Equipment: 14 or more cones, 4 to mark grid and 10 to place balls on, 11 soccer balls.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. Place 5 cones with a ball on it along each end line.

How The Game Is Played: The coach will roll a ball into the grid and say “Go”. Each team fights for possession. The team that gains possession attacks and the other team tries to regain possession. The game is won when all the balls on the end line that a team is attacking are knocked off the cones. If the ball goes out of play the coach will roll it back into the grid. Coach determines which team attacks.



Variations: Can only shoot with the foot the coach designates. Let any team attack any ball, team that knock off the most balls wins. Have players on the same team alternate knocking off the ball (one player can't knock off two in a row).



Training Game U-6 Players

The Mosquito

Skill: Passing

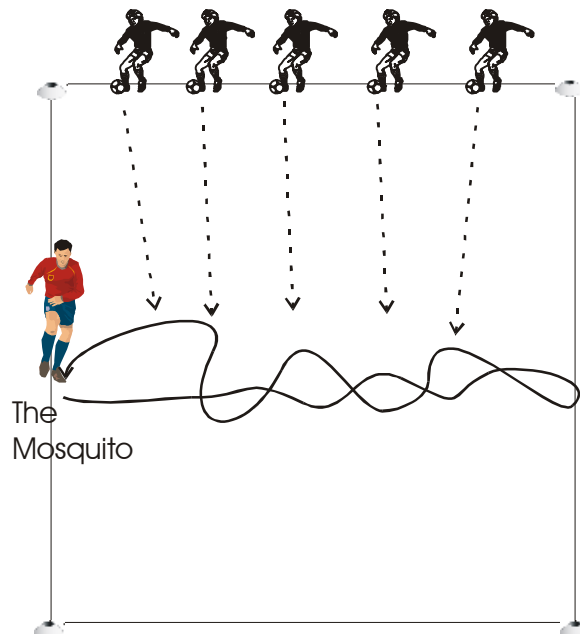
Number Of Players Required: Full U-6 team

Equipment: 4 cones to mark grid, 1 ball for each player.

Grid Requirement: 15 X 15 yard grid

Organization: Create a 15 X 15 yard grid marked with cones. Place all players (exterminators) on one end of the grid with a ball at their feet. Coach (the Mosquito) will center himself at a mid-point of the grid.

How The Game Is Played: The Mosquito will dash (as best he can) across the grid trying to avoid being hit with the balls that the exterminators are shooting at him. Before heading back to the starting point the coach will allow the players to collect their ball and line up on the other side of the grid for one more go at the Mosquito.



Variations: Tell players which foot to use.



Training Game U-6 Players

Sharks/Minnows

Skill: Dribbling

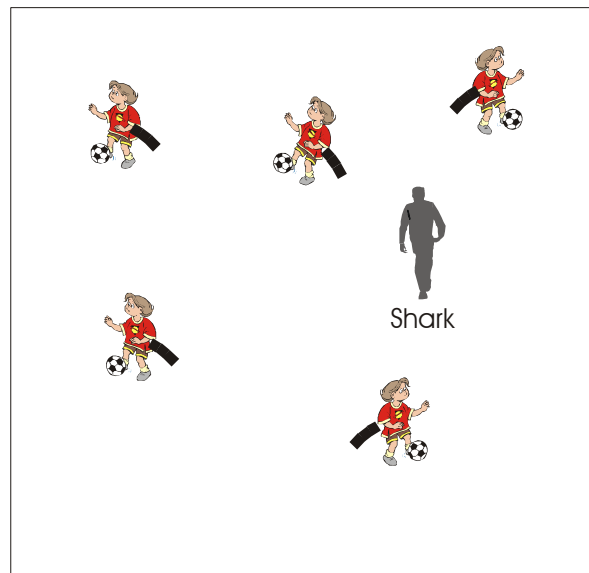
Number Of Players Required: Full U-6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player and some type of tail (piece of cloth) for each player.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball and a tail. The players are Minnows and the coach is the Shark.

How The Game Is Played: The Minnows have a tail tucked in the back of their shorts. The Shark (coach) moves around the grid catching minnows by pulling out their tails. The minnows try to avoid the shark. When a minnow has lost its tail it must leave the grid. Conduct the activity without a ball first and then introduce a ball.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet.



Training Game U-6 Players

The Big Race

Skill: Dribbling

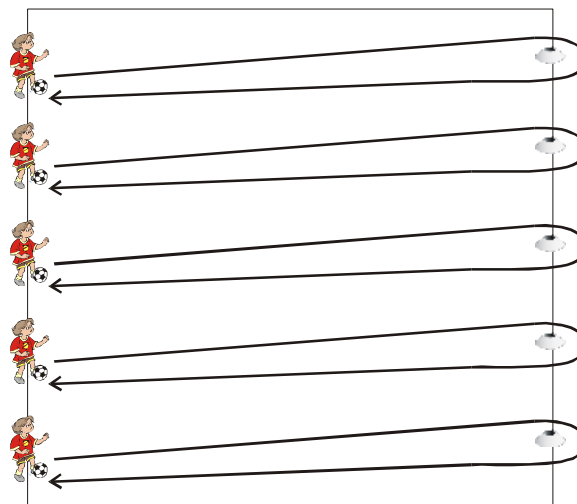
Number Of Players Required: Full U-6 team

Equipment: 10 or more cones to mark grid, 1 ball for each player and a cone for each player.

Grid Requirement: 20 X 10 yard grid

Organization: Create a 20 X 10 yard grid marked with cones. Place each player across from a cone that is placed on the other end of the grid.

How The Game Is Played: The coach will say, "Start your engines" after which he will yell go. The players must dribble their ball around their cone and back to the starting line. The first player back is the race winner.



Variations: Have a staggered start. Race in teams of two or three, players. Have the player's race individually against the clock (time trials).