

Norm Waitt Sr. YMCA Mites Soccer Coach Job Description

It is our belief to make this program successful; we need to have every coach do the best that they possibly can. If every coach adheres to the rules and regulations, the program will be a success. Your ideas on sportsmanship, teamwork, and skill development are to be parallel with those of the YMCA Mites Soccer League.

Responsibilities:

1. Your number one responsibility is dedication to your players by promoting Y goals of sportsmanship, teamwork, skill development, and fair play.
2. It is your responsibility to make sure that all children get an equal amount of playing time in each scrimmage game. Include them in warm-ups, skill development and games.
3. You must be at all practice sessions and games unless you arrange in advance to have an assistant coach present when it is impossible for you to be there.
4. Make sure to communicate with your player's parents. Inform them of important announcement, picture information, changes in time or location, and let them know if you will not be able to attend a game or practice. Communication is very important!!
5. Have fun and communicate suggestions for program improvement to the YMCA.
6. Attend any coaches meetings. We feel coaches meetings are important to relate experiences, solve problems, and discuss the program.
7. Maintain a proper coaching manner at all times during games and use you as a model of sportsmanship and fair play.

Your leadership is the single most important factor in the YMCA Mites Soccer League. Its success, as well as the personal experiences of each participant, rests in your hands. You can make this league fun for yourself, the Y, and most importantly, your players.

**We would like to thank you for volunteering your time! You will get personal satisfaction making this the best experience possible for your team.



Y Coaching Philosophy

Have you ever thought about your philosophy of coaching? Many coaches do not realize the importance of their approach to coaching and their coaching style. Mites soccer coaches are encouraged to think about their philosophy before they meet with their team. One basic decision you must make is to decide your coaching objectives.

Coaches usually agree that development and fun should be the most important coaching objectives. But during games, many of these coaches scream at their players who make mistakes and keep their less skilled players on the bench. In doing this, these coaches obviously believe that winning is the most important objective.

Coaches in Mites soccer need to support the philosophy that attempts to put winning in its proper perspective. This philosophy is simple to remember:

ATHLETES FIRST, WINNING SECOND

Supporting this philosophy means that every decision you make is based on (a) what you think is best for the athletes, and (b) what may improve the athlete's or the teams' chance to have fun, learn new skills, and participate. Score will not be kept in the preschool age league. The focus needs to be on skill development, teamwork, and knowledge of the game for the athletes.

As you begin to think about your approach to coaching, remember this philosophy and use it in practice.

1. Help every player in the program. Give all players attention and help regardless of their skill level. Allow everyone to practice and play. It is impossible to predict a child's potential when that child is given a lot of encouragement and assistance.
2. Help develop body, mind, and spirit. Remember that young people in the program are not just bodies to be trained, but they have minds and spirit. Physical fitness and skills are important, but so are mental attitudes and spiritual growth. The goal of the Y is to bring these components together in one experience.

HELPFUL HINTS FOR PARENTS AND COACHES

1. Never overload a player with too much information at once. Teach in small steps. The mind can only focus on one thing at a time.
2. Remove pressure by using positive reinforcement. It usually works much better than punishment.
3. Treat each player as a unique individual. Not everyone has the same ability in learning the skills.
4. Make sure players have fun. Have fun yourself, and project that impression. If kids don't enjoy youth sports, it's pretty hard to justify them!
5. Be tolerant and patient. Kids won't perform perfectly, nor will you coach perfectly. Each person is of equal value, no matter what his or her skill level.
6. Set a good example by your behavior. Kids need positive role models and adults have much responsibility to set a good example.
7. Young players are not miniature adults. It takes time for them to grow and mature.
8. Be honest with kids, but encouraging at the same time.
9. Self-image is critical to success. Build self-concept by setting achievable goals with kids. People will never be all they can be until they feel good about themselves.
10. Most young people value parent's opinions more than anyone else's. They want to please both parents and coaches. Therefore, parents and coaches must work together!
11. How you say something is as important as what you say. Fear, intimidation, sarcasm and ridicule are not valid means of motivation in youth sports.
12. Correct players when they are most receptive. Most players are least receptive to correction immediately after a crucial mistake in a game.

LEAGUE INFORMATION

- Shin Guards are **mandatory and must be covered**.
- **No Jewelry may be worn (no taping earrings)**. No barrettes, no beads, no hairclips. The player will be asked to take them out even if they were just put in.
- Tennis shoes or soccer cleats may be worn.
- All boys and girls must play equal portions of each game.
- There will be a maximum of 3 players on the playing field.
- There are NO goalies in this league.
- The score is NOT kept.
- The player kicking-off cannot touch the ball again until another player has touched it.
- A ball that is out of bounds on the sidelines is a throw-in.
- A ball that goes out of bounds on the end line and last touched by a defensive player, the offensive team gets a corner kick. If an offensive player last touches the ball, the defensive team gets a goal kick.
- The coaches are allowed on the field to help their players and to referee the game.
- “Hands Ball”-when the ball touches the player anywhere from the shoulder on down to the hand. If “incidental” or “no advantage” then there is no penalty.
- Hands Ball penalty is an indirect kick meaning that the ball is placed where infraction occurred. Another player must touch the ball before going into the goal.
- Please report all accidents or incidents to the Site Supervisor. They will write a report on what happened and take all information to the YMCA Youth Sports Department.
- If you have any questions please call the Youth Sports Department at 402-404-8439.

MAKE UP GAMES

The YMCA will reschedule games only for bad weather situations. The 1st rainout **will not be** made up. All other rainouts will be made up. If any questions on game cancellations please call the youth sports voice mail at **712-444-4091**. Tournaments and other non-league activities will result in a forfeit for the teams involved.

FIELD LOCATION

All games will be played at the Jeff Dible Soccer Complex, Sioux City, NE.
Directions to fields:

Take Veteran's Memorial Bridge to South Sioux City. Turn Left at 6th Street, which is at the end of the bridge at the stoplight. Take 6th street. Go past Scenic Park and the baseball fields. Dible Soccer Complex is on your left.

OR

Highway 20 Bypass-Take Dakota Ave exit. Turn Right on 39th street to "G" Street. Turn Left on "G" Street. Take "G" St North- turn Right @ Outdoor Pool. Dible complex is on your Left

MITES LESSON PLANS

WEEK 1

- 5 min. Warm –up
Jumping Jacks
Jog around the field 2 times
General stretching – ask the kids to help
Review basic rules
- 20 min. Practice Drills
Dribbling
Passing
Kicking/Trapping
- 5 min. Break
- 30 min. Game Scrimmage

WEEK 2 –7

- 5 min. Warm-up
- 20 min. Practice Drills
- 5 min. Break
- 30 min. Game scrimmage

Practice Drills

You may use any of the following drills to improve the player's skills during the 10-minute practice time slot. We have given examples of simple drills to enhance the skills of dribbling, passing, goal keeping, trapping, and kicking. Make sure you let each player have an opportunity to practice the skill you are teaching. You must also remember to teach the basic rules of the game. If you have any questions, please contact the Youth Sports Department at the Siouxland Y.

Dribbling:

(Practice these drills on the inside and outside of the foot)

1. Single line Forward Dribbling Drill.
2. Dribbling Around the Circle Relay Drill.
3. Around the Letter "M" Drill.
4. Walking, Dribbling Drill.

Passing:

1. Exchange Ball Passing Drill.
2. Run and Pass in Two Drill.
3. Pass and Go Drill.
4. Three Players Passing Drill.
5. Z- Passing Drill.

Trapping / Kicking

1. Bounce the Ball Trapping Drill.
2. Short Kick at Goal Drill.

DRIBBLING

Dribbling is the skill of running with the ball by keeping it close to one's feet and out of the reach of an opponent's. It is important that a player knows how and when to dribble skillfully in order to be part of a team. A player can rarely hope to carry the responsibility of dribbling the ball for more than a few yards without facing obstacles in the shape of opponents players. His ability to dribble the ball skillfully and get it through in spite of the obstacles is a criterion of a skillful player.

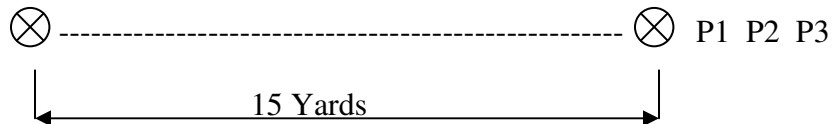
The object of this chapter is to develop the skill of dribbling yet it may be helpful to also warn against some pitfalls. Drills one through four are carefully prepared to train good dribblers by straight dribbling, side dribbling, and back dribbling; by using inside of the foot, outside of the foot or combination of both. A player has to remember to always dribble toward an open space, to change directions when faced by an opponent and to always look for openings to pass to a teammate or shoot at the goal if it is feasible.

Dribbling for long distances, however, is not recommended. A player should never be selfish by taking possessions of the ball for more than a few seconds at a time. A good soccer player should develop the habit of moving the ball by first, passing it and only when passing to an open player becomes difficult then he should use the technique of dribbling to create a new open space by drawing the opposition to the dribbler on the hope of making a steal, thus opening his teammate to receive a pass. In modern soccer, it has been found that top ranking soccer players do not take possession of the ball for more than two minutes at a time in a ninety-minute game.

It also has been pointed out that the coach should encourage his players to master the art of dribbling during the training time, but discourage them from dribbling in actual play, unless it is necessary that they should or unless a player is skillful enough to dribbling that the selfishness of one player becomes beneficial to the team.

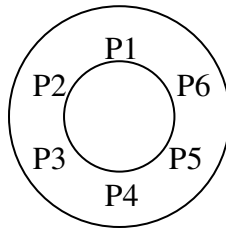
1. Single Line Forward Dribble Drill

- A. Arrange players one behind the other as shown below.
- B. Player 1 starts dribbling the ball to a distance of about 15 yards.
- C. Player 1 stops at the 15-yard mark and turns around and dribbles back.
- D. Player 1 moves to the end of the line.
- E. All the players do the same thing.
- F. Use the inside of the foot to dribble the ball.



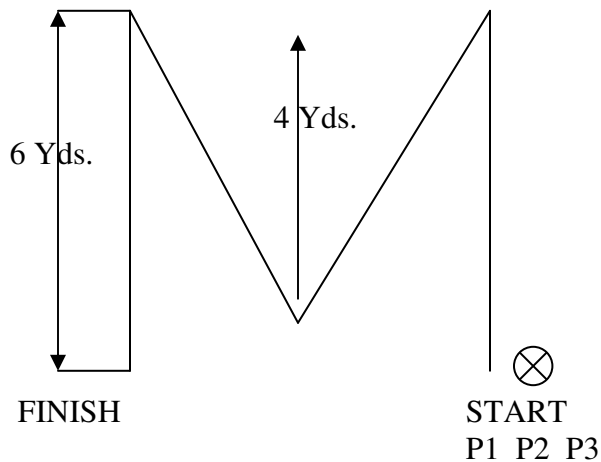
2. Dribbling Around the Circle Drill

- A. Arrange the players in each circle as shown below.
- B. Player 1 is given a soccer ball.
- C. On the signal, player 1 starts dribbling around the outside of the circle.
- D. After player 1 has completed the circle, player 2 starts dribbling the ball around the circle in the same direction as player 1 dribbled.
- E. The dribbling around the circle must continue until each player has made a complete circle around his or her group.
- F. Use the inside foot for the dribbling.
- G. Repeat a few times.



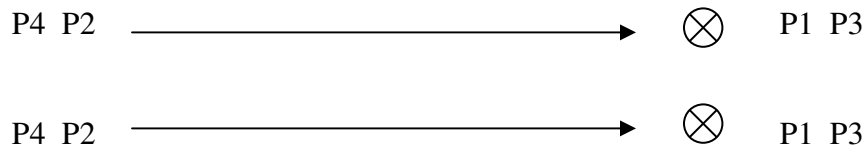
3. Around the Letter “M” Drill

- A. Mark the field with the letter “M” using the dimensions shown below
- B. Give a ball to player 1 who is standing at the starting line.
- C. One the signal “go” player 1 starts dribbling around the letter “M”
- D. Dribbling must be done by using short taps and alternating feet.
- E. A stopwatch could be used to keep the time it takes for the individual player to complete the drill.
- F. Repeat the drill a few times.



4. Walking, Dribbling Drill

- A. Divide your players into two groups and have them stand 15 yards away from each other
- B. Player 1 in each group is given a ball.
- C. On the signal “go”, player 1 in each group starts dribbling in a walking style (pushing the ball diagonally for control.)
- D. After player 1 reaches player 2, they move behind player 4 and players 2, 3, and 4 follow the same dribbling procedure as player 1.
- E. Time suggested for this drill is five minutes.



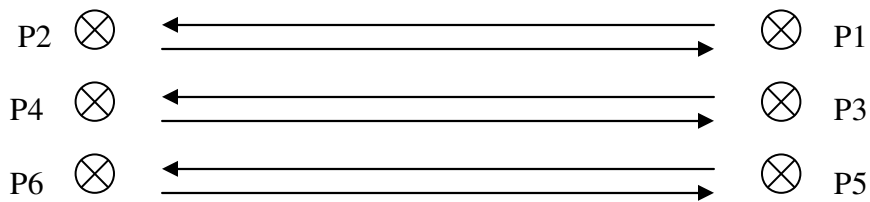
PASSING

In order to build a winning soccer team, full attention must be paid to the passing technique of the players since passing is basic in successful game situations. In this chapter, drills are introduced, tested and designed to meet the needs of mastering the art of passing.

To emphasize how important passing is in soccer, it can be pointed out here that the strength of a team is first, indicated to onlookers' by the passing ability of the members. Good passing is a good way of linking the team as a strong unit. While in football, the quarter back is the one who makes the major passes aiming toward making a touchdown or going some yardage. In soccer, each player, including the goalkeeper, plays a major roll in passing, hoping to bring the ball closer to the opponent's goal area for a goal.

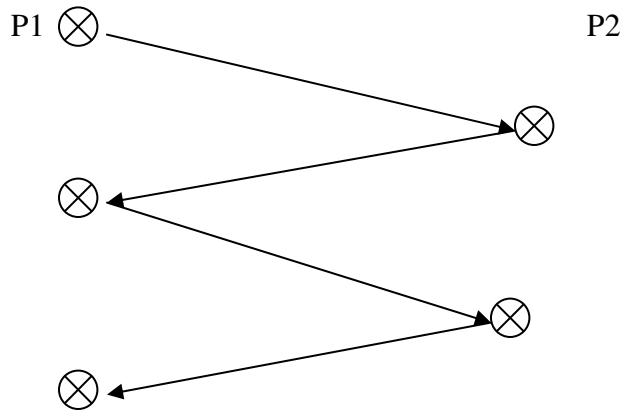
1. Exchange Ball Passing Drill

- A. Arrange players into parallel lines facing each other; allow 6 yards between players.
- B. Give each set of players a ball as shown below.
- C. Practice exchanging balls with your partner.
- D. First, stop the ball, and then pass toward your partner's feet.
- E. Emphasis must be placed on passing the ball with the inside of the foot.
- F. Repeat for ten minutes.



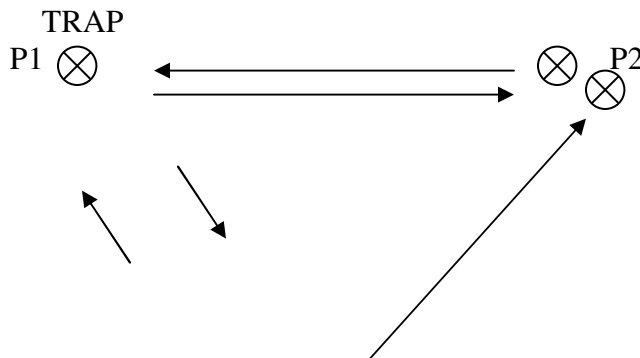
2. Run and Pass in Twos Drill

- A. Player 2 starts running ahead for a distance of 5 yards and accepts a pass from player 1.
- B. Player 1 passes the ball to player 2. Then he runs ahead to accept the return pass from player 2.
- C. Repeat the same procedure for a distance of about 40 yards.
- D. Use the inside or outside of the foot for passing the ball.
- E. Repeat for five minutes.



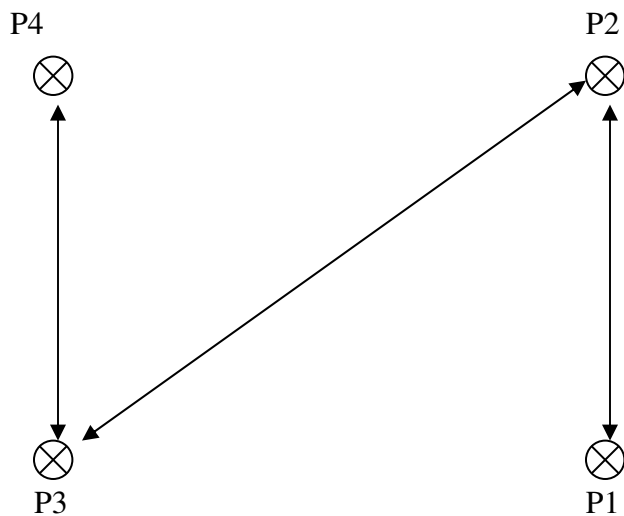
3. Pass and Go Drill

- A. Player 1 passes the ball to player 2 who is standing ten yards away.
- B. After passing the ball, player 1 runs ahead for a distance of 10 – 15 yards.
- C. Meanwhile player 2 passes the ball toward the feet of player 1.
- D. Player 1 now traps the ball, then turns around and passes the ball again to player 2.
- E. The main duty of player 2 is to retrieve the ball.
- F. Players change positions and follow the same procedure.
- G. Each player is allowed ten trials.



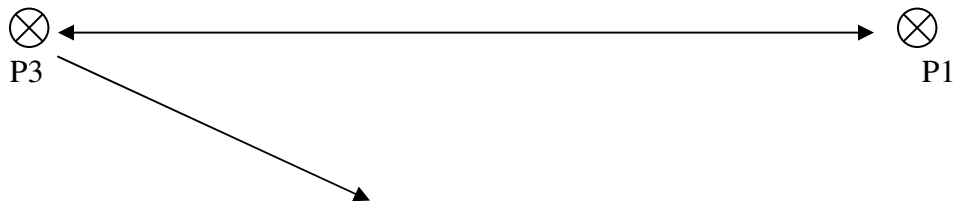
4. Z-Passing Drill P1
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- A. Station four players as shown below.
- B. Player 1 passes the ball to player 2
- C. Player 2 passes the ball to player 3 as quickly as possible.
- D. Player 3 passes to player 4.
- E. Player 4 passes the ball back to player 3 who passes it back to player 2 and player 2 passes to player 1.
- F. The pass should be short, fast and accurate without stopping the ball.
- G. This is to be repeated for five minutes.



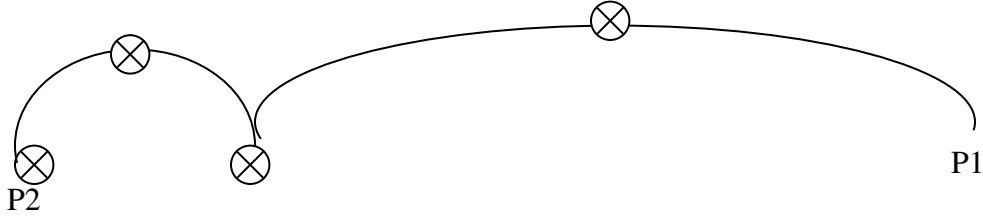
5. Three Players Passing Drill

- A. Players 1 and 3 stand and face each other with player 2 standing between as shown below.
- B. Allow a thirty-yard distance between players 1 and 3.
- C. Player 1 passes the ball to player 3 by shooting the ball in the air.
- D. Player 3 must adjust themselves for the oncoming ball and pass it as quickly as possible on the ground to player 2.
- E. Player 2 traps the ball and passes it back to player 1.
- F. Players must rotate positions.
- G. Repeat this drill ten times.
- H. Players must emphasize on accuracy in passing the ball.



6. Bound Ball Trapping Drill

- A. Player 1 throws the ball in the air high enough toward player 2.
- B. Player 2 follows the ball's flight and lets the ball bounce just one time on the ground then traps it with the inside of his foot as quickly as possible.
- C. Repeat this drill by alternating feet.
- D. Player must use good timing in order to trap the ball well.
- E. Five minutes are suggested for this drill.



7. Short Kick at Goal Drill

- A. Use one ball for each pair of players.
- B. Player 1 passes the ball to player 2 who shoots for a goal at 10 yards distance.
- C. Player 2 stops the ball first, then shoots at the corner of the goal.
- D. Goalkeeper must be placed in front of the goal in order to practice his catching the ball.
- E. Repeat this drill for five minutes using players 3 and 4. Players 1 and 2 move behind players 5 and 6.

