

# BYS – MICRO SOCCER

**TO:** Micro Soccer (Kindergarten and First Grade) Coaches

**OBJECTIVE:** Our aim is for the kids to HAVE FUN and to MAXIMIZE BALL TOUCHES, to allow players to meet the game's real situations. Organize warm-ups quickly and clearly – then step back and let them go. Once the Micro Soccer game begins, let them play as uninterrupted as possible. **THE GAME ITSELF IS THE GREATEST TEACHER.** Soccer is a simple game. It includes two basic challenges:

1. Score a goal before your opponents can take the ball away from you.
2. Take the ball away from your opponents before they can score a goal on you.

**COACH'S RESPONSIBILITY:** Words like "activity coordinator" and "time keeper" come to mind. Be focused on fun, safety, and sportsmanship. Be on time and plan ahead for the warm-ups and the Micro Soccer game. Use the Drills and Games you learned in the G License Course. Be prepared with an adequate supply of balls and equipment (some soccer balls and equipment will be provided by BYSS each Saturday, Please make sure you keep them together and return them to the Ball Bags when you are done so the next team can use them). Give players equal opportunity and equal time. Communicate clearly and completely to all players and their parents.

**WARM-UPS:** The warm-up session should last about 20 minutes. Each warm-up session should be geared around touching the ball as many times as possible. **EVERY PLAYER SHOULD HAVE A BALL DURING THE WARM-UP SESSION.** Some balls will be provided by BYSS. Try to have each player touch a ball hundreds of times during each warm-up session. Avoid having kids wait in lines. **NO LINES OF KIDS WAITING TO SHOOT AT THE GOAL...KEEP THEM MOVING AND INTERESTED!!!!**

Some examples of activities that involve everyone include:

Four Squares, Dribbling w/ right, left, sides, soles of feet, Wickets, Fast Feet: inside of feet and sole of feet, Relay Races, Stopping the ball w/ various body parts.

**PLEASE FEEL FREE TO SUPPLEMENT THESE AND CHANGE THEM FROM WEEK TO WEEK BY USING YOUR G LICENSE MANUAL AND THE INFORMATION FROM THE WEB-SITES WE PROVIDED TO YOU IN YOUR COACHES PACKET**

**MICRO SOCCER GAME:** The Micro Soccer game should last about 35 minutes. Coaches do not need to be on the field during a Micro Soccer game. The coach's main responsibility is to make sure that each child gets equal playing time. We want to have continuous play as much as possible. We are not trying to teach restarts during a Micro Soccer game (i.e., throw in, goal kick, and corner kick). Most kids at this age cannot or will not pass the ball nor will they stay in a certain position. Twenty seconds after the start of a game, every player will be within five yards of the ball. Coaches should not get overly concerned with teaching positional play. **THE GAME ITSELF IS THE GREATEST TEACHER. JUST LET THE KIDS PLAY!**

**NUMBER OF PLAYERS:** Four versus four. ***there is no goalie OR keeper/sweeper.*** Encourage all children to play the same position (forward/defender). **HAVE THEM GO BOTH WAYS. THE OBJECT IS TO OBTAIN AND POSSESS THE BALL AND SCORE GOALS. WHEN THE OTHER TEAM HAS THE BALL THEY SHOULD DEFEND AGAINST THEM BUT NO GOALIE!!!**

**SUBSTITUTIONS:** Every three minutes or so, the coaches should stop the game and all eight players should come off the field and eight new players should come on the field.

**RESTARTS:** Strive for continuous play as much as possible. Parents should help to keep the ball in play by positioning themselves around the perimeter of the playing field. After a goal, remember to restart the game with a place kick at mid-field. Defending players should be at least five yards away from the ball before the place kick is taken. The coaches should stop and restart the game when necessary to prevent injuries and also to substitute the players every three minutes or so.

**ALL PLAYERS MUST WEAR SHIN GUARDS!!!**  
**SOCCER CLEATS & MOUTHGUARDS RECOMMENDED.**