



COACH & PARENT HANDBOOK

5U & 6U

Introduction

Firstly, Crossroads would like to thank you for volunteering your time to work with our kids. You are extremely important to us. Without you the Recreational leagues would not be possible.

We are working tirelessly every year to find ways to aid you throughout the year. Hopefully, what we implement will make the task at hand easier so you can get the most out of the experience.

This booklet will give an overview of everything you need to know for the coming season. The booklet will include:

- Age-Group Focus
- Small-Sided games
- Needs for the Year
- Laws of the Game
- CSA Office Information
- Session Plans

Thanks again for your generosity and time given to the players of Crossroads and we wish you all the best for the coming season.

Age-Group Characteristics

- Short attention span – directions should be simple and concise.
- Most are individually-oriented – reality is what they can see and feel.
- Little or no concern for team activities – Unable to see the world from another’s perspective.
- Active imagination – be creative. Your activities should be stories.
- Constantly in motion – enjoy playing, not watching. Everyone should have a ball at their feet.
- Two speeds – All out or stopped.
- Psychologically easily bruised. To them EFFORT = PERFORMANCE. They look for approval.
- Physical and psychological development for boys and girls quite similar.
- Physical coordination is undeveloped - Technique, technique, technique...
- Unable to think in the abstract – the concept of space is a mystery.

Age-Group Focus

- Activities should be based on individual play and maximum number of touches on the ball.
- Encourage players to be selfish and to dribble the ball (more so than kicking/shooting).
- Help kids learn changing directions and transitioning from offense to defense.

Needs for the Year

CSA want both coach and players to be prepared correctly for the coming season. “Fail to Prepare, Prepare to Fail”. The list below shows what you will need for the soccer season:

Coach

- **2 Assistant Coaches** – You need two coaches to watch each field and another make sure players are getting subbed in and out of the game.
- **Cones** - Provided by CSA to help set-up practices for your team.
- **Scrimmage Vests/Pinnies/Bibs** - Provided by CSA to help with practices.
- **Lessons Plans** - CSA will provide session plan examples but the coach must plan something every week to aid the child’s development and ensure they have fun!.

Players

- Size 3 Ball
- Shinguards
- Cleats*
- Water
- Black Shorts
- Jersey and Socks - These will be provided by CSA to you to hand to your team.

*Cleats not a necessity for this age group. Soccer trainers are best.

Why Small-Sided Games?

At CSA, we adopt US Youth Soccer small-sided games philosophy. Small-sided games are played on smaller fields and with fewer players than the traditional 11v11. Doing this has many benefits for our young soccer players:

- More touches on the ball therefore become more skillful. (Individual Technical Development)
- More decisions to be made during a game, improving tactical development.
- Children are physically more efficient in smaller spaces
- Children are actively involved for a longer period of time.
- More exposure to playing in both offensive and defensive situations.
- More opportunities to score goals and make saves (Pure excitement)
- Greater success rate for players

The ‘Small sided environment is a developmentally appropriate environment for our young soccer players. The focus is on our young players in a FUN environment.

Laws of the Game

The Laws of the Game are slightly modified to fit the needs of the players at U5 and U6. Below is everything you need to know.

Field Dimensions: 30x20

Number of players on a field: 4v4 (No Goalkeepers)

Ball Size: 3

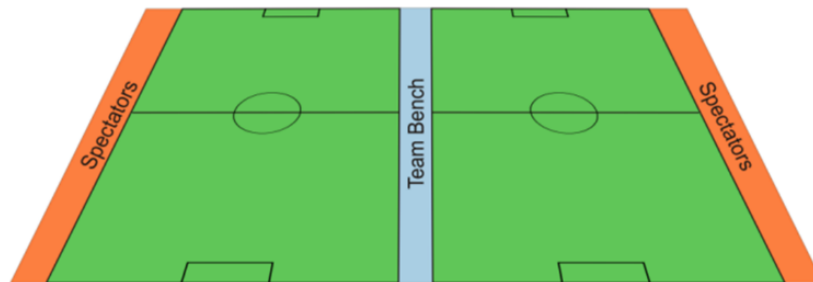
Duration of the Match: 4 x 8mins (3-5 Minute breaks)

Roster Size: Min = 10 Max = 16

Playing Time: Minimum of at least 50% playing time for each child.

At CSA, we adopt the Dual Field method. Your team will be split into two, to play on separate fields simultaneously (See Below).

Suggested Set-up for 4v4 Fields Dual Mode



US Youth Soccer

Kick-Offs

Used to start the beginning of each quarter and after every goal.

Ball should be placed in the middle of the center circle on the halfway line.

Ball can go in any direction

Opposition need to be in their own half, on the outskirts of the center circle

Free Kicks and Penalties

No Free kicks or penalties shall be called at this age-group. All fouls and misconduct tend to be due to a child's lack of coordination. If a child is being too rambunctious then it is up to the coach to take him to one side, calm him/her down and give instruction as to what he/she is doing wrong.

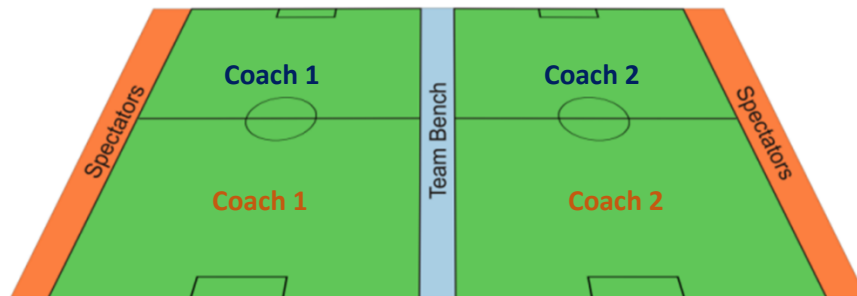
New Ball Method

NO GOALKICKS, NO THROW-INS!

When the ball goes out of play: roll 'new ball' to neutral space, or to disadvantaged team, and say "new ball" to players on the field.

Coaches must assign themselves to a half and have one or two balls in your hands (See Below). Get parents to retrieve balls.

Suggested Set-up for 4v4 Fields Dual Mode



US Youth Soccer

DO NOT bounce the 'new ball'

DO favor the team on the wrong end of a one-sided game.

DO favor individual players who are not becoming involved in the game.

Why do we use the 'New Ball' Method?

More touches on the ball: This method doubled or tripled the number of touches by each player in a study conducted in 2001/2002 by the Richmond Hill SA in Georgia. More touches means faster skill development and increased enjoyment of the game.

More playing time: Indiana Youth Soccer studied the effect of the New Ball Method and found that in 7 minute quarter, the ball was in play for 4 minutes using traditional rules, and about 6 minutes and 30 seconds using the New Ball Method

This method will speed up the game, produce more goals and more excitement, while at the same time de-emphasizing the importance of scoring and emphasizing play and fun.

This method can be used to get non-assertive players involved by rolling the new ball to those players; and can be used to even the playing field in a lopsided game. At this age, score is not kept, there is no win/loss record, and the emphasis is on playing, having fun and sportsmanship, not winning.

Unlike at the higher levels, at this age, goal kicks, corner kicks, and kick-ins do not provide the tactical advantage for the kicking team, and can often be a disadvantage. Consequently, re-starts substantially slow the game with no benefit to the player or spectator.

The New Ball Method has proven to be a great success with clubs around the country that have adopted it.

CSA Office Information

Any Problems or concerns please do not be afraid to Contact Us. We are here to help you guys through the season to ensure you enjoy the experience as well as the young soccer players.

Below are all the Staff's e-mails:

Coordinator of Club Programs – Martin Iddon – martin@cenlasoccer.com

Recreational Commissioner – Martin Iddon – martin@cenlasoccer.com

Director of Operations – Jeremy Poklemba – director@cenlasoccer.com

The office is open all week, M-F between 10am -12pm, 1pm-5pm. Martin is available by appointment after these times between 6-8pm.