



COACH & PARENT HANDBOOK

7U & 8U

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
- Needs for the Year
- Small-Sided games
- 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

- Attention span is still limited.
- Inclined more toward activities in pairs or small groups
- Still in motion and still want to be active rather than listening.
- Beginning to see the world from others' perspectives
- Still unable to think abstractly – beginning to recognize the concept of time and space.
- Beginning to understand sequence – “If I do A, then B will happen”
- Still very sensitive and dislike personal failure in front of peers.
- Aware of adult reactions and seek approval – be reassuring and supportive.
- Beginning to emulate and imitate heroes and idols.
- Beginning to develop physical coordination and muscle memories.
- Still lack sense of pace. Go flat out.
- Some become more competitive

Age-Group Focus

- Activities should be based on individual & small group play in order to maximize number of touches on the ball for as many players as possible.
- 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.
- Players should play all positions (every game).

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 Coaches** Needed– You need two coaches to watch each field.
- **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’s 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 U7 and U8. Below is everything you need to know.

Field Dimensions: 30x25

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

Ball Size: 3

Duration of the Match:

U7 - 4 x 10mins (3-5 minute breaks)

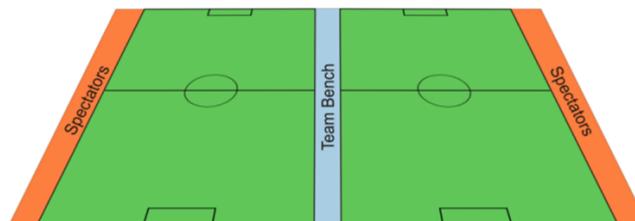
U8 - 4 x 10mins (3-5 minute breaks)

Roster Size: Min = 10 Max = 16

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

Dual Field: 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

Pass – Ins

Pass-Ins (or dribble-ins) are used when the ball is kicked/deflected out over the sideline. This method is used instead of throw-ins, especially at the 7U age. [8U teams/players may attempt throw-ins as long as it doesn't lead to excessive stoppages/waiting]

Players at this age are still developing their hand-eye co-ordination. This combined with the pressure of being put on the spot to throw the ball in leads to increased stoppages in play as players wait and wait for the perfect throw options. Pass-Ins get the ball back in play quicker, ultimately leading the ball being in play for more time out of each period (thereby leading to more touches on the ball and greater development for our players).

Goal Kicks

A goal kick is given when the ball gets kicked/deflected out over the end line from the attacking team. It must be taken from inside the semi-circle.

Opposition players must be in their own half. This will allow the team with the ball to advance up the field.

Players will get a chance to dribble, pass, and receive the ball correctly with no pressure. We want to move away from the kick and run game.

Corner Kicks

A corner kick is given when the ball is kicked/deflected out over the end line from the defensive team. The ball must be placed within the arc in the corner of the field. The opposition must stand at least 4 yards away from the ball.

Fouls and Misconduct

If a child is being too rambunctious then it is up to the coach to take him/her to one side, calm him/her down and give instruction to what he/she is doing wrong. No cautions or sending off shall be issued to players.

Free Kicks

If a foul is committed, a free kick can be given at this age group. All free kicks will be “direct,” meaning the player can score straight from the kick. Players may stand at least 4 yards away from the ball.

Referees and/or coaches will inform the players why it is a free kick. The focus at the age is learning the game and its rules.

Penalties

No penalties shall be called at this age-group. If a foul does occur in the penalty area, a free kick can be given but ball must be placed outside the penalty area.

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.