



Soccer Association of Columbia / HC
Spring 2019 Junior Academy Program
www.SACJuniors.com

Spring 2019 Season: 11 Saturdays (8 regular + 3 bonus)
Apr. 6, 13, 27 May. 4, 11, 18, 25 June 1, 8, 15, 22

2013 Girls Teams	9:00 am to 10:30 am	Clemens Crossing ES, Thunder Hill ES
2013 Boys Teams	9:00 am to 10:30 am	Centennial ES, Clarksville MS, Dunloggin MS
2014 Girls Teams	11:00 am to Noon	Clemens Crossing ES
2014 Boys Teams	11:00 am to Noon	Centennial ES, Clarksville MS

Eric Haupt VP Juniors Programs VP-Juniors@SAC-HC.org
Willie Ibarra Junior Academy Technical Director SACUnitedHC@aol.com
Board of Education field status hotline: **(410) 313-6827**

Age Group Coordinators (AGCs)

2013 Girls Teams	Katie Dalziel	Girls2013@SAC-HC.org
2013 Boys Teams	Melanie Lewis	Boys2013@SAC-HC.org
2014 Girls Teams	Becky Nipper	Girls2014@SAC-HC.org
2014 Boys Teams	Nicole Bumphus	Boys2014@SAC-HC.org

Team Administration

SAC's website <http://www.sackick.com/home/> , Blue Sombrero portal, Volunteer.
Coaches can view their team rosters and contact info., and send emails to their team.

Uniforms will be handed out to players at the first Saturday, April 6th. UA Jersey & Socks. New Coaches need to pick-up their team's uniforms Thurs. April 4th at Outdoor training session. Players added to existing teams will be asked to pick-up from SAC the office before the season. Uniforms are one size fits all.

Head Coaches To Do List

1). By **Sunday March 31, 2019** please send an email to your team. Introduce yourself and your assistant coaches. Let your team know the location and time for their sessions, reference the field map on the website. Remind parents that all players need to bring a size 3 soccer ball, shin guards and water. Soccer cleats are optional. Recommend giving the parents on your team your mobile phone number so they can contact you. Ask the parents to volunteer to help if you need another assistant coach. Ask for a parent to be the "snack schedule manager" and organize a team snack each Saturday.

- 2). Between **Now and April 5th** review the SAC Junior Academy lesson plans, lesson videos and coaching information. Check your email for additional players being added to your team and more coaching information. See <http://sacjuniors.com/coaching-resources/>
- 3). On **Saturday April 6th** please be at your field a little early to greet your team. Take the first 5 - 10 minutes to have a quick team meeting to get to know the players and parents. Hand out uniforms. Start your first team training activity! Have fun! We will not be scrimmaging other teams the first weekend.

SAC Junior Academy Program is ...

- About developing fundamental soccer skills of dribbling, shooting and passing.
- Focus on "age appropriate" activities and skills. Stay Positive! Have Fun!

SAC Junior Academy Program is NOT ...

- Not Competitive. We will not record scores or keep standings at these age groups.

Things we will **not** be doing in the Junior Academy age groups:

- No heading the ball! Keep the ball on the ground at this age.
- No Throw-Ins, No Corner kicks, No Goal kicks. No Off side.
- Avoid **L**ines, **L**ectures and **L**aps. All running should involve a soccer ball.
- No Goalkeepers. Everyone is a field player at this age group.

It is important for us as coaches to have a basic understanding of the intellectual, emotional and physical developmental stage of the players we are coaching.

Here are some typical characteristics of the Under 6 player:

- Focused on themselves – reality to them is based on what they see and feel.
- Unable to see the world from another's perspective. Everything is in the here and now.
- Cooling systems are less efficient - need frequent water breaks.
- Enjoy playing, not watching. Every player should have a ball in practice.
- Limited attention span - keep directions concise and to the point.
- Effort is performance – if they try hard, they are doing well.
- Active imaginations –utilize their imagination in activities, and they will love practice!
- Look for adult approval – be encouraging when they say "Coach, look what I can do!"
- Unable to think abstractly – spatial relationships are a mystery.
- Typically have 2 speeds -- extremely fast and stopped.
- Usually unaware of game scores – keep it that way!

Coaching Education Resources

SAC Juniors website <http://sacjuniors.com/coaching-resources/>

MSYSA <http://www.msysa.org/coaches/u6sessionplans/>

USSF Digital Coaching Center <https://dcc.ussoccer.com/> Grassroots Coaching

Thank you for volunteering!