



Soccer Association of Columbia / HC

Spring 2019 Junior Academy

Coaches Meeting

FUN STARTS HERE!



Welcome to the SAC Juniors Program

Meeting Agenda

1. Overview of SAC and the Juniors Program
2. Schedule and locations
3. Contact Information and Weather Hotline
4. Team administration and logistics
5. Defining “What is SAC Junior Academy Soccer?”
6. Coaching Education
7. Questions?



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- SAC was founded in 1971 and currently has over 6000 players.
- SAC Junior Academy (formerly Clinic) has about 300 to 500 players
- We are a Nonprofit organization, 501(C)3

The mission of the Soccer Association of Columbia / Howard County (SAC/HC) is to provide boys and girls from age 4 to 19 with both instructional and competitive youth soccer opportunities that will build character, enhance community, and promote an appreciation of the game of soccer. The vision also emphasizes the core values of self-esteem, confidence, teamwork and respect along with support for the inherent benefits that physical exercise brings.



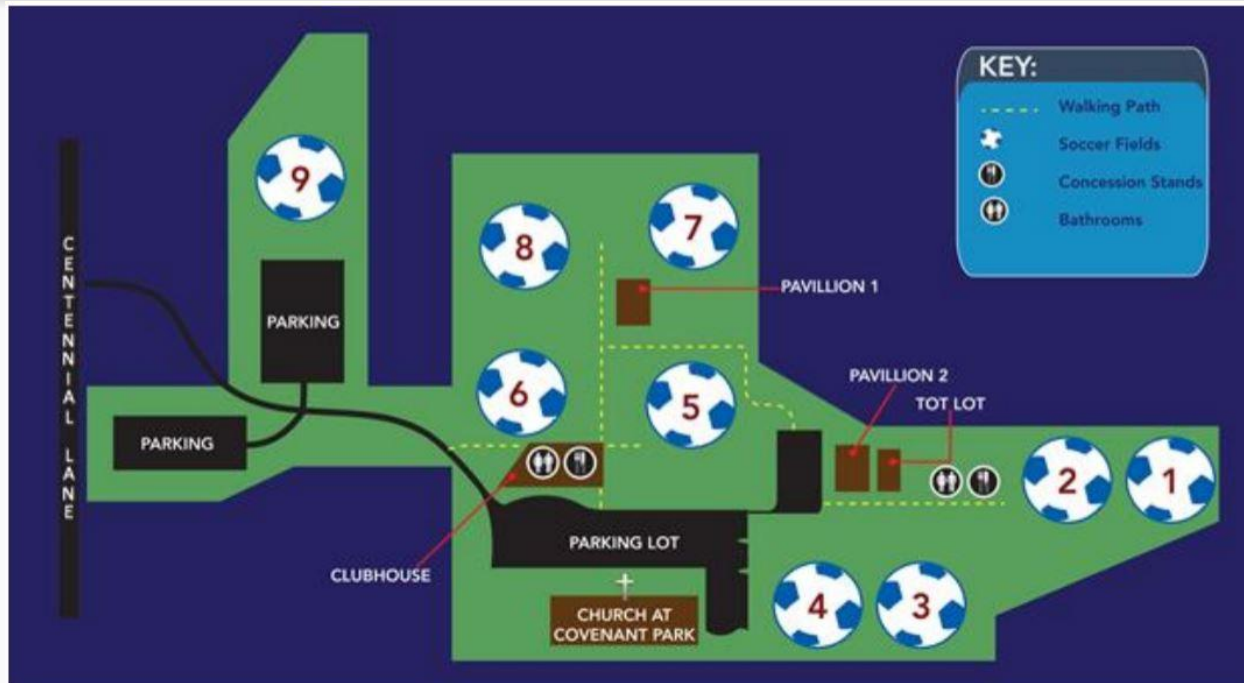
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SAC Player Development Structure



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Spring 2019 Season

April 6, 13, 27 May 4, 11, 18, 25 June 1, 8, 15, 22

No soccer on April 20th (Spring Break)

May 25th is Memorial Day Weekend (Coach's decision)

Coaches On-Field Training
Thursday April 4th 6:30 pm to 7:30 pm
Covenant Park Field #4



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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 Lane 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 Lane ES Clarksville MS



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Age Group Coordinators (AGCs)

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



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Contacts

Eric Haupt	VP Juniors Programs	VP-Juniors@SAC-HC.org
Craig Blackburn	Executive Director	CBlackburnCOO@sachc.org
Willie Ibarra	Juniors Technical Director	SACUnitedHC@aol.com

Weather

If Thunder Roars, Go Indoors!

Board of Education field status hotline: **(410) 313-6827**



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Team Administration

SAC's website <http://www.sackick.com/home/> , on the upper left corner of the home page is a link to the Blue Sombrero portal. Logon and select Volunteer.

Coaches can view their team rosters and contact info. and send emails to their team.

Tip: Please print a copy of your roster with player and parent names and their phone numbers and keep this with you on the field. It will help for learning names!



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Head Coaches Pre-Season To Do List

1). By **Sunday March 31st** 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.



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Head Coaches Pre-Season To Do List

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.



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Uniforms

Every Junior Academy player will get an Under Armour Jersey and Socks.

Uniforms for new players, on new teams will be distributed to players on the field on April 6th.

New Coaches need to pick-up their team's uniforms on Thursday April 4th at the Outdoor training session.

New players who are added to existing teams are being asked to pick-up their uniform at the SAC office during business hours.



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Uniforms

Uniforms are one size fits all. Shin guards are required.

Soccer cleats are not required, but recommended. Tennis shoes are fine.

The 2013 Girls and Boys Teams wear a Blue Jersey.

The 2014 Girls and Boys Teams wear a White Jersey.



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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 ...

- 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.



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Age Appropriate Soccer Activities

PLAYER ACTIONS		USA			
		4 v 4	7 v 7	9 v 9	11 v 11
		U-6, U-7, U-8	U-9, U-10	U-11, U-12	U-13+
ATTACKING	U-6	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions
	U7/U8	<ul style="list-style-type: none"> • Spread out • Create passing options • Support the attack 	<ul style="list-style-type: none"> • Create a 2v1 or 1v1 • Change the point of attack 		
DEFENDING	A>D	DEFEND AS QUICKLY AS POSSIBLE			
	U-6	<ul style="list-style-type: none"> • Protect the goal • Steal the ball 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area
	U-7/U-8	<ul style="list-style-type: none"> • Make it compact • Keep it compact 			
D>A		ATTACK AS QUICKLY AS POSSIBLE			



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It is important for us 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.



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It is important for us 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:

(continued)

- 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!



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Coaching Education Resources

US Soccer and MSYSA Grassroots Initiative

Play, Practice, Play

Play-Practice-Play is a Grassroots developed philosophy designed around a player-centered approach to coaching. Taking a player centered approach places the needs and motivations of the player at the forefront of a coach's approach to coaching his or her players. The concept of Play-Practice-Play is to allow young players to experience the game and game-like situations as much as possible. This approach differs from traditional practices that may have children standing in lines, running laps and participating in drills that don't resemble the game of soccer.



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Coaching Education Resources

US Soccer and MSYSA Grassroots Initiative

Play, Practice, Play

FIVE THINGS TO KNOW ABOUT PLAY-PRACTICE-PLAY

From US Soccer

<https://www.ussoccer.com/stories/2018/02/27/20/03/20180227-feat-coaching-education-five-things-to-know-about-play-practice-play>



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Coaching Education Resources

<https://dcc.ussoccer.com/>

Free 20 minute "Introduction to Grassroots Coaching" video.
Online courses and schedules for Outdoor In-Person courses.





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The screenshot shows the Digital Coaching Center interface. The top navigation bar includes the USA logo, 'DIGITAL COACHING CENTER', and menu items for COURSES, GROUPS, RESOURCES, PLANNING, and HELP. A user profile for ERIC HAUPT is visible in the top right.

The main content area is titled 'Available Courses' and has two tabs: 'MY COURSES' and 'AVAILABLE COURSES'. Under 'License pathway', the '4v4 Online Course' is selected and marked with a star.

A sidebar on the left lists various course levels: Pro Course, A - Senior Course, A - Youth Course, B Course, C Course, D Course, Grassroots Courses (expanded to show In-Person Courses, Online Courses, 11 v 11 Course, 9 v 9 Course, 7v 7 Course, 4 v 4 Course, and Introduction).

The main content for the 4v4 Online Course includes:

- FOR ALL QUESTIONS, PLEASE CONTACT:** dccsupport@ussoccer.org
- LOCATIONS:** This course is held remotely through the Digital Coaching Center.
- PRICE PACKAGES:** Course Fee \$25.00. A link to the [Cancellation Policy](#) is provided.
- Course Details:** The 4v4 Online Course is a two-hour course that builds on the principles covered in U.S. Soccer's Introduction to Grassroots Coaching Module. Specifically, candidates will learn more about U.S. Soccer's Grassroots Coaching Education Philosophy, Play-Practice-Play Methodology, the Six Tasks of a Coach, and the characteristics of players aged 6-8. The course will also ask each candidate to reflect on their experiences to develop action steps for personal growth.
- Eligibility Requirements:** In order to register for the 4v4 Online Course, candidates must have completed U.S. Soccer's Introduction to Grassroots Coaching module. This module can be accessed [here](#).
- Cost:** The 4v4 Online Course is \$25 and includes access to training sessions and planning tools in the Digital Coaching Center.

Two congratulatory messages are displayed on the right side of the course details:

- Congratulations!** You already passed this course.
- Congratulations!** You already passed this course. Check the course resources or re-visit the course module. [RESUME >](#) [GO TO RESOURCES >](#)

At the bottom, there is a section for 'Supplemental courses'.



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Coaching Education Resources

SAC Juniors <http://sacjuniors.com/coaching-resources/>
MSYSA <http://www.msya.org/coaches/u6sessionplans/>
USSF Digital Coaching Center <https://dcc.ussoccer.com/>

Junior Academy Coaches on-field training: Thursday April 4th 6:30 pm to 7:30 pm CP4

More coaching education material, lesson plans, videos and articles for the Junior Academy program will be emailed to you and posted on the SAC websites.



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2013 Teams: So what happens on Saturday mornings at Junior Academy?

Set-up a playing area with cones, 20 yards wide by 30 yards long.

9:00 am to 9:15am As players arrive have them start playing! Get them moving and involved. No standing around. Free play, dribbling.

9:15 am to 10:00 am Conduct fun activities from the MSYSA U6 lesson plans.

10:00 am to 10:30 am For the last 30 minutes have a “free-play” scrimmage with another team. Divide your team in half. One group stays on your field with one coach, the other group wears pinnies and visits another team’s field area.



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2014 Teams: So what happens on Saturday mornings at Junior Academy?

Set-up a playing area with cones, 20 yards wide by 30 yards long.

11:00 am to 11:10 am As players arrive have them start playing! Get them moving and involved. No standing around. Free play, dribbling.

11:10 am to 11:40 am Conduct fun activities from the MSYSA U6 lesson plans.

11:40 am to 12:00 pm For the last 20 minutes have a “free-play” scrimmage with another team. Divide your team in half. One group stays on your field with one coach, the other group wears pinnies and visits another team’s field area.



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So what happens on Saturday mornings at Junior Academy?

All teams should take plenty of water breaks as needed!

Be flexible, improvise when needed to keep the activities fun.

If an activity “works” and the players are engaged and having fun then use it again!

All players participate. No substitutions or players on the sidelines.

Be patient. Stay positive. Enthusiasm is contagious.



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Questions?

Thank you for coaching!

www.SACJuniors.com