



Soccer Association of Columbia / HC  
Spring 2018 Junior Academy Program

www.SACJuniors.com

Fall 2020 Season: 8 Saturdays  
Sept. 12, 26 Oct. 3, 10, 17, 24, 31 Nov. 7 ( rain date is Nov. 14 )

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|------------------|---------------------|---------------------------------|
| 2015 Girls Teams | 9:00 am to 10:30 am | Centennial Park Field #6        |
| 2015 Boys Teams  | 9:00 am to 10:30 am | Cedar Lane Park (East) Field #7 |
| 2016 Girls Teams | 9:00 am to 10:30 am | Centennial Park Field #6        |
| 2016 Boys Teams  | 9:00 am to 10:30 am | Cedar Lane Park (East) Field #7 |

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Contacts

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|------------------|-----------------------------------|--|
| Eric Haupt       | VP Juniors Programs               | <a href="mailto:VP-Juniors@SAC-HC.Org">VP-Juniors@SAC-HC.Org</a>     |
| Craig Blackburn  | Executive Director                | <a href="mailto:CBlackburnCOO@sachc.org">CBlackburnCOO@sachc.org</a> |
| Willie Ibarra    | Junior Academy Technical Director | <a href="mailto:SACUnitedHC@aol.com">SACUnitedHC@aol.com</a>         |
| SAC Office Staff |                                   | <a href="mailto:AskSAC@sac-hc.org">AskSAC@sac-hc.org</a>             |

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/> , 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, Sept 12th. UA Jersey & Socks

Head Coaches To Do List

1). On **Wednesday September 9, 2020 SAC will release the team rosters. Every coach and player will get an email with their team roster.** Please send an email to your team and introduce yourself and your assistant coaches. Let your team know the location and time for their practices. 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). On **Saturday September 12, 2020** please be at your field a little early to get your team's uniforms. 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!

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:

- Heading the ball! Keep the ball on the ground at this age.
- Throw-Ins, Corner kicks, Goal kicks. Off side.
- Avoid Lines, Lectures and Laps. All running should involve a soccer ball.
- No Goalkeepers. Everyone is a field player at this age group.

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.
- 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.msya.org/coaches/u6sessionplans/>

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

Thank you for volunteering!