



Soccer Association of Columbia / HC

Spring 2021 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.



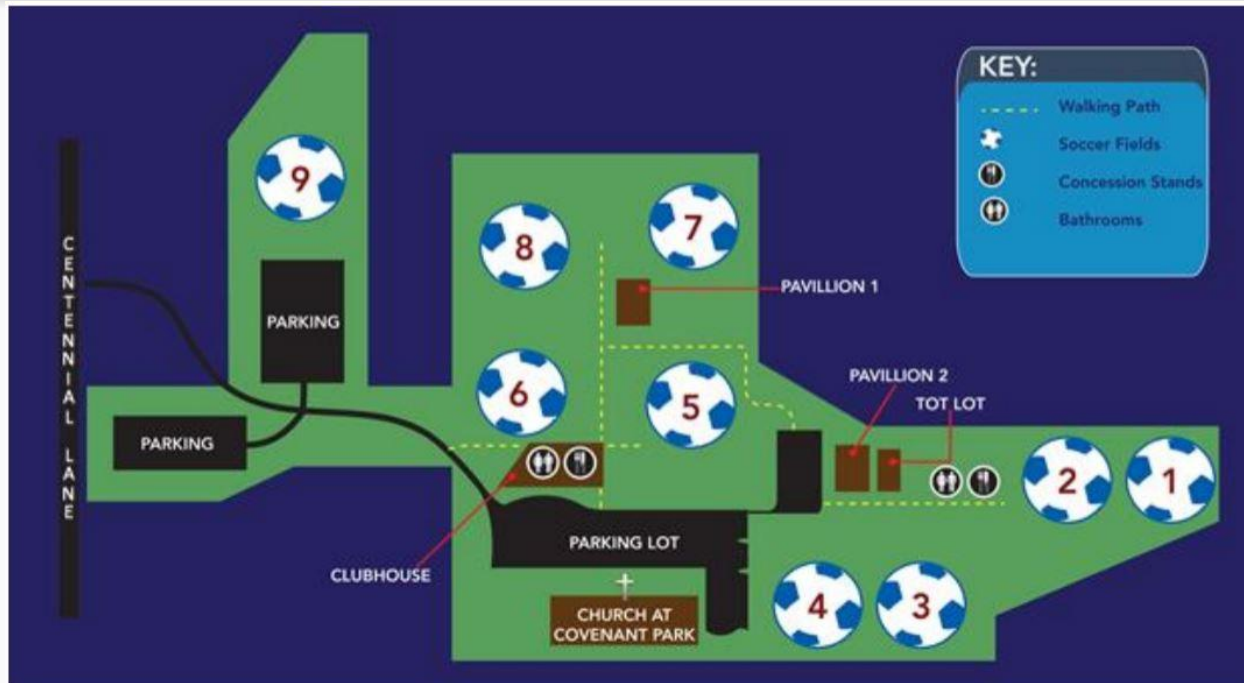
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SAC Player Development Structure



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Spring 2021 Season

April 10, 17, 24

May 1, 8, 15, 22

June 5

May 29th is Memorial Day Weekend

Coaches On-Field Training
** Cancelled due to COVID-19 **



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SAC/BA COVID Guidelines

Face Coverings

In conjunction with MD's expanded statewide mask order, which took effect Friday, July 31 at 5:00pm for anyone over the age of five, the Soccer Association of Columbia has adopted the following face covering guidelines for all visitors to the Bob Lucido Fields at Covenant Park and SAC permitted fields:

- Players are required to wear face coverings to and from the field
- Coaches are required to wear face coverings at all times (on and off the field)
- Spectators are required to wear face coverings at all times

We expect all visitors to abide by these guidelines. Failure to do so may result in removal from the fields.

We also ask, as an added measure of safety, that visitors continue to practice physical distancing around the fields. Please avoid stopping and/or gathering in common walking areas and remember that there are multiple points of entry to each field.



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2015 Girls Teams

9:00 am to 10:30 am Centennial Park - West, Field #7

2015 Boys Teams

9:00 am to 10:30 am Cedar Lane Park - East, Fields #7 and #8

2016 Girls Teams

11:00 am to Noon Cedar Lane Park - East, Field #8

2016 Boys Teams

11:00 am to Noon Cedar Lane Park - East, Field #7



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Age Group Coordinators (AGCs)

Girls 2015 Teams	"Position Available"	2015Girls@SAC-HC.org
Boys 2015 Teams	"Position Available"	2015Boys@SAC-HC.org
Girls 2016 Teams	"Position Available"	2016Girls@SAC-HC.org
Boys 2016 Teams	"Position Available"	2016Boys@SAC-HC.org



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Contacts

Eric Haupt

Craig Blackburn

SAC Office

VP Juniors Programs

Executive Director

VP-Juniors@SAC-HC.org

CBlackburnCOO@sachc.org

AskSAC@SAC-HC.org

Weather

If Thunder Roars, Go Indoors!

Cedar Lane Park - Field Status Hotline 410-313-4453

Centennial Park - Field Status Hotline 410-313-4454



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Team Administration

SAC's website <http://www.sackick.com/home/> , on the upper right corner of the home page is a "Register Now" 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 **Friday April 9th** 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.



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Head Coaches Pre-Season To Do List

2). Between **Now and April 10th** 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 10th** 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 10th.

New Coaches need to pick-up their team's uniforms on Thursday April 8th or Friday April 9th between 6:00 pm and 8:00 pm

at the SAC Office at Covenant Park



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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 2015 Girls and Boys Teams wear a Blue Jersey.

The 2016 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 displays the 'Available Courses' page on the Digital Coaching Center website. The navigation bar at the top includes 'USA DIGITAL COACHING CENTER', 'COURSES', 'GROUPS', 'RESOURCES', 'PLANNING', and 'HELP'. The user 'ERIC HAUPT' is logged in. The page 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 from Pro to Introduction. The main content area for the 4v4 Online Course includes contact information (dcdsupport@ussoccer.org), location details (remotely through the Digital Coaching Center), and pricing (\$25.00). Two congratulatory messages indicate the user has passed the course, with a 'RESUME' button and a 'GO TO RESOURCES' link. A 'Course Details' section provides a description of the two-hour course, eligibility requirements, and the cost.

USA DIGITAL COACHING CENTER COURSES GROUPS RESOURCES PLANNING HELP ERIC HAUPT

Available Courses

MY COURSES AVAILABLE COURSES

License pathway 4v4 Online Course ★

Pro Course	>
A - Senior Course	>
A - Youth Course	>
B Course	>
C Course	>
D Course	>
Grassroots Courses	▼
In-Person Courses	>
Online Courses	▼
11 v 11 Course	>
9 v 9 Course	>
7 v 7 Course	>
4 v 4 Course	>
Introduction	>

FOR ALL QUESTIONS, PLEASE CONTACT:
dcdsupport@ussoccer.org

LOCATIONS
This course is held remotely through the Digital Coaching Center

PRICE PACKAGES Cancellation Policy
Course Fee
\$25.00

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 >

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.

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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2015 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. ** Starts Week 3



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2016 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. ** Starts week 3



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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