



Soccer Association of Columbia / HC
Spring 2021 Junior Academy Program

www.SACJuniors.com

Spring 2021 Season: 8 Saturdays

April 10, 17, 24 May 1, 8, 15, 22 June 5 (rain date is June 12)

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

Contacts

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SAC Office Staff 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**

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 on the first Saturday, April 10th. UA Jersey & Socks

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:

- 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.
- Focused on themselves – reality to them is based on what they see & feel.
- Usually unaware of game scores – keep it that way!

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.

Coaching Education Resources

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

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

Thank you for volunteering!