



kinder soccer guidelines

BODY AWARENESS, COORDINATION, ACTIVITY GAMES, GET'S KIDS TO LOVE SOCCER

KINDERSOCCER: 2- 4-year old's with parents

PLAYER PATHWAY:

- *Players are placed into co-ed groups and not teams. Each group of Kindersoccer players will have 1 leader /coach who will lead each group through the season.*
- *For each player there does need to be a Parent to participate with the child throughout each practice*
- *Each group will participate 1/week.*
- *There is no league play. There 2-4 years old*

Players at this age are too young to play in a league. Their social skills and mental maturity does lead to success by putting these players onto teams for league play. Instead, we will have larger groups of players led by adult coaches. These coaches, with the help of the player's parents (grandparents, uncles, aunts, etc), will lead the players through 3, 4 or more different activities each practice. As the season progresses then the coaches will build towards introducing a game-like activity once the players are more ready. All activities will include body awareness, jumping, twisting, running, keeping the ball by dribbling, catching it etc. While including the ball there will be 1 ball/1 player. At times the parents will be on the field with their player, and at other times they will be just off to the side.

GAME STRUCTURE: *There is no league play. All sessions are structured around physical literacy, movement, and activities.*

PRACTICE STRUCTURE: *Our Coaching Leader is coaching the adult who motivates and encourages their son or daughter.*

Each player will be included in 1 practice/week. At times organized chaos (never just chaos, though)! Each practice will be 45 minutes in duration. A ratio of 1 ball/player will be used. The size of the ball will be a size 3. There will be a number of shorter activity games and water breaks so the players are active and can become more confident within the group (social skills) and with the ball (want to keep it and try new things with it). Most of these activity games are with parents. At times a player will love coming to Kindersoccer but then, once arrives, will freeze up and not want to participate. As a parent, allow this to happen and encourage them to be in the soccer environment. Before too long they will start to participate.

THINGS TO CONSIDER:

- *QUALITIES OF A COACH FOR THIS AGE GROUP: Patience, Personality; animated, use of voice, ability to relate to players at their level.*
- *All parents need to be engaged and help their child and the Coach.*