



LMVSC

Recreational Soccer D1 & E Divisions –
Fall 2018 Thursday, August 30th 2018



WELCOME

Player Directors



Boys D1 - Girls D1 - E Division
- Keri Johnson -



The Season will start
September 8th

Uniforms



Uniform exchange -

- E-mail Tanya at tanyadh1@cox.net -
- Also inform her of the set number.
- Indicate what size you are wanting to exchange.
- BE SPECIFIC

Once you have met with your parents, select a “uniform parent”

Re-Scheduling



In order to reschedule, the following must occur:

- 1) Your rescheduling request must be within the existing schedule.
- 2) You must have agreement from your opponent to reschedule existing time, day and field to the rescheduled requested time, day and field.
- 3) You must have agreement from the two teams that are playing in the time, day and field that you wish to reschedule to, agreeing to play in your current time, day and field.

Re-Scheduling



4) In order to help you facilitate your request, all LMVSC Soccer Coaches e-mails are posted on the website. Will be posted by September 10

5) To verify that all parties are in "agreement", fill out the form below, email to Jessica Gore admin@lmvsc.org within 72 hours of rescheduled request and copy via e-mail addresses all parties involved; i.e.: Your opponent, home and away teams you are rescheduling with.

Team and Division (i.e. Girls D1) Requesting Game Change:

Opponent in Agreement to Game Change:

Swapping Home Team and Division:

Practice Fields



- [Practice Grid](#) – On the Website LIVE
- Access Code – coaches18
- Always have access to field permits. i.e. cell phone. Permits are on the website - bookmark on your cell phone
- Practice Etiquette – Arriving – Leaving – Trash

U5/U6 Academy- Practice on Tuesday's from 5:45 - 6:45 PM at Hayfield

U7 Academy- Practice on Friday's from 5:30 - 6:30 PM at Lee District Park

Game Fields



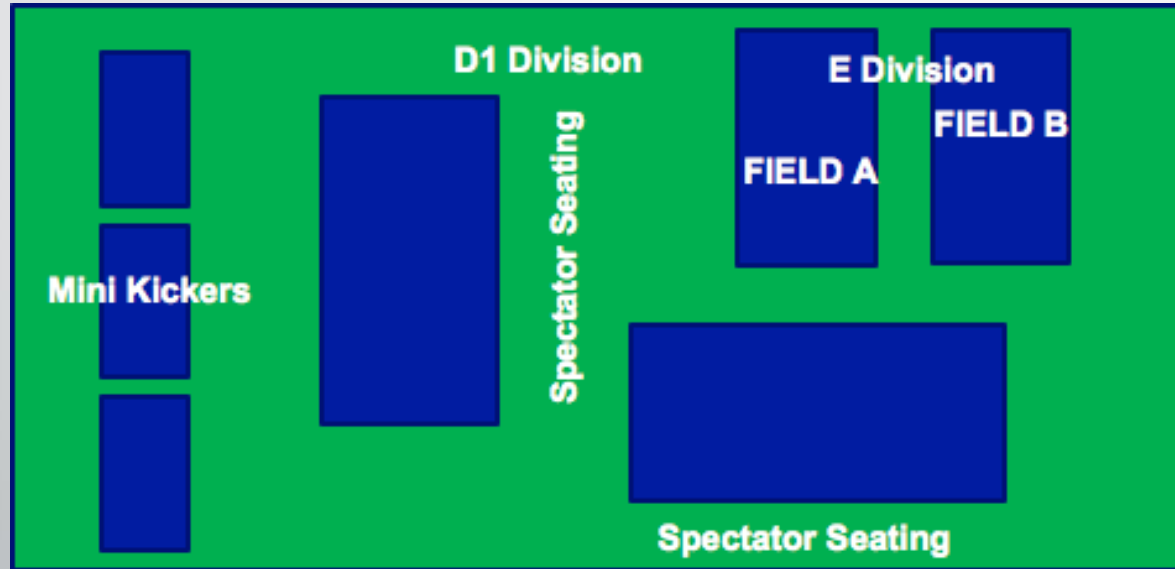
Field Permits and Space – Online live

- D1 Division – Manchester Lakes
- E Division – Manchester Lakes

All field directions will be on line – www.lmvsc.org

Subject to Change

E // D1 Division Field Set Up
Manchester Lakes
Lower Field



Field Set-Up



- Upon Arrival at Manchester Lakes Home Team will Set the bownets up that are in the box
- Team with takedown will put bownets back in the orange jobox

Coaching Education



HOW DO CHILDREN LEARN
PLAYER CHARACTERISTICS
PRACTICE ORGANIZATION
LESSON PLANS
SAMPLE PARENT MEETING AGENDAS
THE COACHES TOOL BOX

Coaching Education



If you have not completed your United Soccer Coaches (NSCAA) Coaching Course, you must do so prior to the season opener

E-Mail Justin O'Shell @ oshelldorpd@lmvsc.org for your login information

Referees



That would be you!

Developmental Levels



- Psychomotor Development
- Physical Development
- Cognitive Development
- Conceptual Development
- Psychosocial Development
- Mental Development

Psychomotor Development

Pre-K, Kindergarten, 1st Grade



- Their Body segments grow at different rates – Top heavy
- The Differences between boys and girls are minimal
- Weight range is approximately 30 – 50 lbs
- Height range is approximately 35 – 37”
- Constantly in motion
- Can balance on good foot
- No sense of pace (full speed ahead)
- Easy fatigue, rapid recovery
- Catching skills are not developed
- They have a need to explore qualities of rolling and bouncing the balls

Psychosocial Development

Pre-K, Kindergarten, 1st Grade

Need generous praise. Play without pressure!

LOVE to show off

Little or no real concern of team activities

Tend to parallel play – play next to but not with a friend or teammate

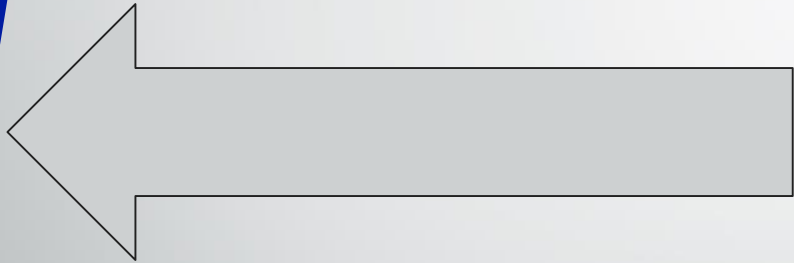
Influential person in their life is their MOM

Like to mimic “goofy” actions



Tactical Sign

One Way..



Typical Training Session



Should not exceed 60 minutes

Every Child should have a ball

Warm up includes movement education problems (approx. 20 min.)

Games Activities, mostly of a body awareness type – along with maze games (approx. 20 min)

Finish with 3v3 game to small goals – NO GKs (approx. 20 minutes)



Example Training Session

- Upon Arrival, have player practice juggling by holding the Ball in their hands and dropping it, kicking it back up and catching it (cannot go above their head) have them switch feet each time
- A seasonal progression would be- “now drop it and kick it once with your right and once with your left before you catch it..”
- Once team has arrived, dribbling game having the player stop the ball with different parts of the body
- A seasonal progression would be- adding toe touches, tick-tocks, scissors, pull back, etc.

Example Training Session



-Small sided activity could be utilizing cones as “magical gates” that can only be opened by dribbling through them

-A seasonal progression would be having different color cones- “can you get through a red gate, blue gate, etc.” “can you do a skill before you get through the gate”

-A partner seasonal progression would be- “can you and your partner pass through a red gate, blue gate, etc.”

-PLAY is the *MOST IMPORTANT* aspect of any child’s development

-ALWAYS end with a game, 3v3 with NO GK’s

Example Training Session



WARM UP –

10 – 12 Minutes : Tag With a Ball

-Start with the players in a designated area trying to tag you (1-2 Minutes)

-Add the ball in; now they are dribbling and trying to tag you (8-10 Minutes)

Coaching Points: Keep the ball close, use both feet to dribble

Example Training Session

ACTIVITY ONE –



12 – 15 Minutes : Candyland

- Have area set up with different color cones
- Start with the players without a ball trying to get around as many candies in 30 seconds as they can
- Introduce the Ball
- Can you get around all of the white candies and back to me? Etc.
- Add progressions, with only your right foot, get all of the blue candies and back to me? Etc.
- Can you tick-tock around all of the red candies and back to me? Etc.

Coaching Points: Keep the ball close, lift your head up, accelerate and decelerate while controlling the body and ball (very hard)

Example Training Session

ACTIVITY THREE



12 – 15 Minutes : The Race Track

- Using the same cones set up
- Start with the players without a ball trying to get through as many gates in 30 seconds as they can
- Introduce the Ball
- Can you get around the whole track in 1 minute?
- Add progressions, with only your right foot, can you get through all of the white gates?
- Can you get through all of the red gates with your left foot? Now both feet?
- Add a skill before each gate now?

Coaching Points: Keep the ball close (now they are “racing” this should be the main focal point) Using both feet, Trying the skills

Example Training Session



GAME—

12 – 15 Minutes : 3v3

- Having the goal set up, and two cones as the other goal
- The team scoring on the cones has to dribble through the cones
- Switch after 6-7 minutes

Coaching Points: Keep the ball close, Using the skills

Before You Leave...



Before you leave, please make sure you have picked up all your belongings.

Please make sure you pick up the correct uniform bag.

Please THANK your Player Director for all his/her hard work.

Thank you for volunteering your time and on behalf of the entire LMVSC Board, we wish you a fun and safe season.....



Thank You!