

Milton Coaching Manual

FALL 2019



1st Grade BOOKLET

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MILTON YOUTH SOCCER MISSION STATEMENT

Our Philosophy

Milton Soccer wishes to create and foster a safe learning environment in which all children enjoy themselves and develop an appreciation for all aspects of the game of soccer. Soccer not only offers the opportunity to display specific physical skills, but more importantly, it offers the opportunity to develop a sense of team, cooperation, work ethic, self-discipline, and personal accountability and responsibility.

Milton Soccer will continually strive to be a program, which stresses integrity, honesty, honor, and class.

Program Objectives

1. TO ENJOY ONESELF
The game must be fun to practice, play and learn
2. TO LEARN AND STUDY THE GAME
The game must be played safely and fairly
3. TO VALUE EFFORT
Effort is always stressed. The game allows for a wide range of skills
4. TO MAKE A COMMITMENT
The game requires prioritizing all responsibilities.
5. TO LEARN SELF DISCIPLINE
The game is based on teamwork as well as individual skills.
6. TO RESPECT SPORTSMANSHIP
Players must learn and value healthy competition.



MILTON YOUTH SOCCER 1ST GRADE RULES

1st Grade - 4v4 (no goalie)

Boundaries: We do observe out of bounds. Please ask players to place ball on or behind line and not inside the field of play as that is illegal. In the Fall we start with a simple kick-in to get the ball back in play, and then progress to throw-ins. In the Spring we start with throw-ins. We also do goal kicks, but no corner kicks (just do throw in from corner).

THROW-INS: BOTH FEET DOWN (DRAG FOOT), DO NOT JUMP, AND ALLOW FOR 2 THROW INS

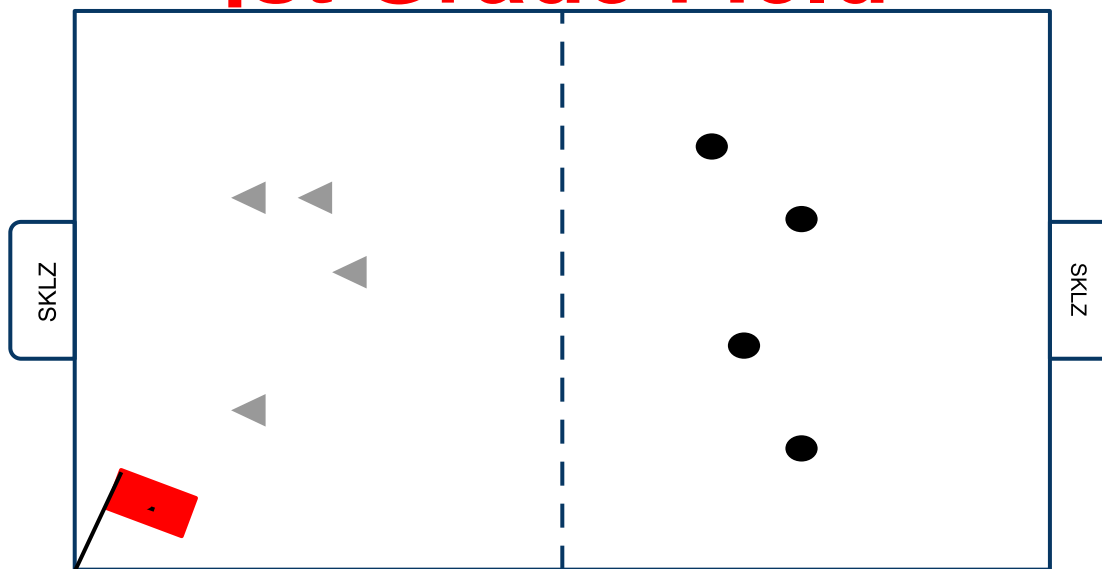
Goalie: no goalie

Each grade session consists of a 45-minute practice of fun activities and small sided games, and then a 30-minute game (2nd Grade plays a 45-minute game). It is suggested that you take a "half-time" break between the practice and the game. Good time to have a snack for the kids. Oranges, watermelon, something like that.

Setup -each field will need 2 bags of SKLZ (they come one goal per bag). Only use hands to drive in stakes that hold down SKLZ. If you use your foot they will break.

Breakdown – Take each pole apart then place back in bag without tangling nets. Return by the info board.

1st Grade Field





AREAS OF FOCUS

DRIBBLING

EACH PLAYER SHOULD BE ABLE TO DRIBBLE INTO SPACE WHILE USING DIFFERENT PARTS OF THEIR FEET (OUTSIDE, INSIDE, LACES, SOLE)

STRATEGIES

1,2,3 EYES ON ME/IF YOU CAN HEAR ME, TOUCH YOUR NOSE, EYES, EARS, ETC.
HAVE PLAYERS SIT DOWN FACING YOU – YOU FACE THE SUN, THEY FACE AWAY FROM SUN AND DISTRACTIONS

1V1 DRIBBLING

EACH PLAYER SHOULD BE ABLE TO BEAT AN OPPOSING PLAYER IN 1V1 SITUATION

CREATIVE SKILLS AND TRICKS

PLAYERS SHOULD BE REINTRODUCED TO PRIOR SKILLS AND TRICKS IN ORDER TO BEAT AN OPPOSING PLAYER IN 1V1 SITUATION

RE-INTRODUCTION TO TECHNICAL SKILLS

EACH PLAYER SHOULD HAVE KNOWLEDGE OF BASIC TECHNIQUE OF SOCCER SKILLS (PASSING, RECEIVING, CONTROLLING SOCCER BALL, SHOOTING, AND SHIELDING)

PLAYER ENJOYMENT

MAXIMUM ENJOYMENT AND TOUCHES ON OF THE BALL FOR ALL PLAYERS



K2 SCHEDULE FALL 2019

1 st Grade Boys	8:15am	Houghton's Pond
Kindergarten Boys	11:45am	Houghton's Pond
2 nd Grade Boys	10:00am	Houghton's Pond
1 st Grade Girls	8:15am	Milton Health Care
Kindergarten Girls	1:30pm	Houghton's Pond
2 nd Grade Girls	3:15pm	Houghton's Pond

K2 1st Grade Boys

Saturday September 7th - 8:15 AM

Argentina	vs	Belgium	Houghtons #1
Italy	vs	France	Houghtons #2
Portugal	vs	Mexico	Houghtons #3
Brazil	vs	Netherlands	Houghtons #4
USA	vs	England	Houghtons #5

Saturday September 14th - 8:15 AM

Netherlands	vs	Italy	Houghtons #1
Belgium	vs	Mexico	Houghtons #2
France	vs	England	Houghtons #3
Portugal	vs	USA	Houghtons #4
Argentina	vs	Brazil	Houghtons #5

Saturday September 21st - 8:15 AM

USA	vs	France	Houghtons #1
England	vs	Netherlands	Houghtons #2
Mexico	vs	Brazil	Houghtons #3
Italy	vs	Argentina	Houghtons #4
Portugal	vs	Belgium	Houghtons #5

Saturday September 28th - 8:15 AM

Argentina	vs	England	Houghtons #1
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Mexico	vs	Italy	Houghtons #2
Netherlands	vs	France	Houghtons #3
Belgium	vs	USA	Houghtons #4
Portugal	vs	Brazil	Houghtons #5

Saturday October 5th - 8:15 AM

England	vs	Mexico	Houghtons #1
France	vs	Argentina	Houghtons #2
USA	vs	Netherlands	Houghtons #3
Brazil	vs	Belgium	Houghtons #4
Italy	vs	Portugal	Houghtons #5

Saturday October 12th - 8:15 AM

Belgium	vs	Italy	Houghtons #1
Mexico	vs	France	Houghtons #2
Argentina	vs	Netherlands	Houghtons #3
Portugal	vs	England	Houghtons #4
Brazil	vs	USA	Houghtons #5

Saturday October 19th - 8:15 AM

Netherlands	vs	Mexico	Houghtons #1
Belgium	vs	England	Houghtons #2
France	vs	Portugal	Houghtons #3
USA	vs	Argentina	Houghtons #4
Italy	vs	Brazil	Houghtons #5

Saturday October 26th - 8:15 AM

Belgium	vs	France	Houghtons #1
Mexico	vs	Argentina	Houghtons #2
Brazil	vs	England	Houghtons #3
Italy	vs	USA	Houghtons #4
Portugal	vs	Netherlands	Houghtons #5

WORLD CUP FINALS GAME 1 - Saturday November 2nd - 8:15 AM

Belgium	vs	Netherlands	Houghtons #1
Portugal	vs	Argentina	Houghtons #2
Brazil	vs	France	Houghtons #3
USA	vs	Mexico	Houghtons #4
England	vs	Italy	Houghtons #5

WORLD CUP FINALS GAME 2 - 8:40 AM

USA	vs	England	Houghtons #1
Argentina	vs	Belgium	Houghtons #2
France	vs	Italy	Houghtons #3
Netherlands	vs	Brazil	Houghtons #4
Portugal	vs	Mexico	Houghtons #5

WORLD CUP FINALS GAME 3 - 9:05 AM

England	vs	France	Houghtons #1
Italy	vs	Netherlands	Houghtons #2
Brazil	vs	Argentina	Houghtons #3
USA	vs	Portugal	Houghtons #4
Mexico	vs	Belgium	Houghtons #5