

Milton Coaching Manual

FALL 2019



1st Grade BOOKLET

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FALL 2019



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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

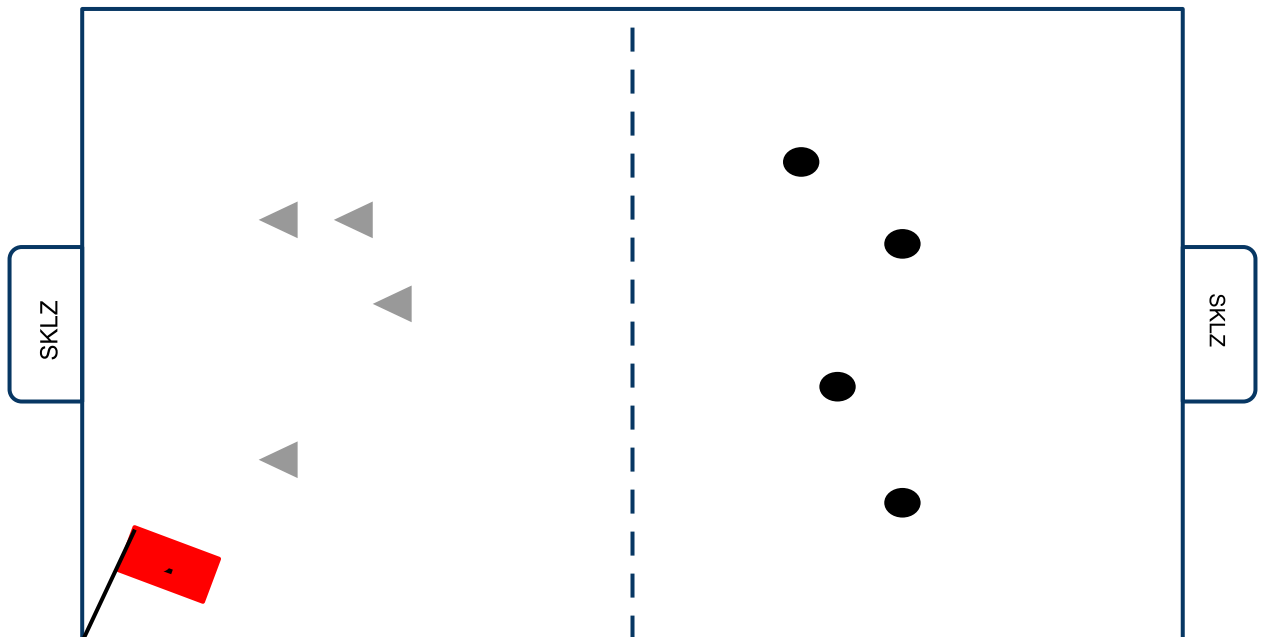
Goalie: no goalie

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 Girls

Saturday September 7th - 8:15 AM

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

Saturday September 14th - 8:15 AM

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

Saturday September 21st - 8:15 AM

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

Saturday September 28th - 8:15 AM

Argentina	vs	England	MHC #1
Mexico	vs	Italy	MHC #2
Netherlands	vs	France	MHC #3
Belgium	vs	USA	MHC#4

Portugal	vs	Brazil	MHC #5
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Saturday October 5th - 8:15 AM

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

Saturday October 12th - 8:15 AM

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

Saturday October 19th - 8:15 AM

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

Saturday October 26th - 8:15 AM

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

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

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

WORLD CUP FINALS GAME 2 - 8:40 AM

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

WORLD CUP FINALS GAME 3 - 9:05 AM

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

RECEIVING



- On balls of feet
- Get in line with the ball
- Decide on surface
- Present surface towards ball
- Open Body to find space
- Relax on impact
- Touch away from pressure

Common Errors:
 Flat footed, cannot turn
 Heavy touch into pressure

DRIBBLING



- Keep ball close
- Vary surfaces of the foot
- Keep head up
- Soft touch on ball
- Know where the ball is
- Change pace
- Change direction if required

Common Errors:
 Heavy touch, loss of control
 Too close to defender

RUNNING WITH BALL



- First touch out of feet
- Get into running stride
- Ball contact with laces
- Try not to break stride
- Keep head up
- Look down on impact

Common Errors:
 Identify space to accelerate
 Head down, lack of awareness

SHORT PASSING



- Look at target
- Then focus on ball
- Non kicking foot alongside ball
- Pointing towards target
- Strike center of back of ball
- Inside the foot / Firm ankle



LONG PASSING



- Look at target
- Then focus on ball
- Angled approach
- Non kicking foot alongside ball
- Pointing towards target

SHOOTING

- Identify area to strike the ball
- Touch away from pressure
- Eyes on ball
- Non kicking foot alongside ball
- Head & body over ball

<p>Follow through towards target Common Errors: Don't look at ball when striking Lack of follow through</p>	<p>Slightly lean back Striker center to bottom of ball Follow through towards target Common Errors: Straight approach miss target Lack of power - follow through</p>	<p>Pointing towards target Across the goal Hit with surface – laces or inside Power / follow through to target Common Errors: Looking at target not ball</p>
<p>TURNING Identify type of turn Element of surprise Confidence Arms out for balance Non-kicking foot used as base Knee bent and body position Accelerate away from defender Common Errors: Awareness of when and where Too close to defender</p> 	<p>DEFENDING Pressure on ball – leg length Angle of approach Slow down at correct distance Body position – Side on (surfer) Stay on balls of feet Delay / patience Decision of when to win it Recovery step and runs Distance of second defender Common Errors: Too fast an approach Lack of patience</p> 	<p>HEADING -- NOT ALLOW Eyes open & mouth shut Forehead contact with ball Use neck and back muscles Arms out – balance / protection Side on for protection Rocking motion Head bottom of ball (Defending) High & distance (Defending) Head middle to top (Attacking) Low & Accuracy (Attacking) Common Errors: Eyes closed, lack of aggression</p> 