

FALL 2019

# Milton Coaching Manual



2<sup>nd</sup> 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 2<sup>ND</sup> GRADE RULES**

5V5 INCLUDING GK (ALLOW/SUPPORT GKS TO STEP UP AND NOT STAY IN OWN NET!)

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

FREE KICKS: DIRECT AND INDIRECT FREE KICK (HAS TO BE TOUCHED BEFORE SHOOTING)

GET 2-3 PLAYERS IN WALL WHEN A FREE KICK OCCURS NEAR GOAL

CORNER KICKS: ON OPPONENTS END

SUBBING ON THE FLY

FULL SOCCER RULES:

- 1) BLATANT HAND BALL RESULTS IN A DIRECT FREE KICK!
- 2) NO PKS!!
- 3) NO OFFSIDES AT THIS LEVEL!
- 4) THROW-INS ARE VITAL FOR THESE KIDS; ALLOW FOR PLAYER TO ADJUST AND FIX ERRANT THROW.



## **AREAS OF FOCUS**

### **1V1 DRIBBLING**

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

### **POSITIONS/SHAPE**

UNDERSTANDING POSITION AND SHAPE ON THE FIELD THROUGH NUMBER SYSTEM

### **CREATIVE SKILLS AND TRICKS**

INCREASED DEVELOPMENT OF 1V1 TRICKS AND SKILLS

### **DEVELOPMENT TO TECHNICAL SKILLS**

EACH PLAYER SHOULD HAVE KNOWLEDGE OF BASIC TECHNIQUES IMPROVED (PASSING, SHOOTING, AND SHIELDING)

### **INTRODUCTION OF TACTICAL AWARENESS**

ALLOW PLAYERS TO HAVE BASIC INTRODUCTION OF SPACIAL AWARENESS



**K2 SCHEDULE FALL 2019**

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

**K2 2nd Grade Boys**

**Saturday September 7th - 10:00 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 - 10:00 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 - 10:00 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 - 10:00 AM**

|             |    |         |              |
|-------------|----|---------|--------------|
| Argentina   | vs | England | Houghtons #1 |
| Mexico      | vs | Italy   | Houghtons #2 |
| Netherlands | vs | France  | Houghtons #3 |
| Belgium     | vs | USA     | Houghtons #4 |

|          |    |        |              |
|----------|----|--------|--------------|
| Portugal | vs | Brazil | Houghtons #5 |
|----------|----|--------|--------------|

### **Saturday October 5th - 10:00 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 - 10:00 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 - 10:00 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 - 10:00 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 - 10:00 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 - 10:25 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 - 10:50 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 |

|   |   |  |
|---|---|--|
| <p><b>RECEIVING</b></p> <p>On balls of feet<br/>Get in line with the ball<br/>Decide on surface<br/>Present surface towards ball<br/>Open Body to find space<br/>Relax on impact<br/>Touch away from pressure</p> <p><b>Common Errors:</b><br/>Flat footed, cannot turn<br/>Heavy touch into pressure</p>  | <p><b>DRIBBLING</b></p> <p>Keep ball close<br/>Vary surfaces of the foot<br/>Keep head up<br/>Soft touch on ball<br/>Know where the ball is<br/>Change pace<br/>Change direction if required</p> <p><b>Common Errors:</b><br/>Heavy touch, loss of control<br/>Too close to defender</p>  | <p><b>RUNNING WITH BALL</b></p> <p>First touch out of feet<br/>Get into running stride<br/>Ball contact with laces<br/>Try not to break stride<br/>Keep head up<br/>Look down on impact</p> <p><b>Common Errors:</b><br/>Identify space to accelerate<br/>Head down, lack of awareness</p>  |
| <p><b>SHORT PASSING</b></p> <p>Look at target<br/>Then focus on ball<br/>Non kicking foot alongside ball<br/>Pointing towards target<br/>Strike center of back of ball</p>   | <p><b>LONG PASSING</b></p> <p>Look at target<br/>Then focus on ball<br/>Angled approach<br/>Non kicking foot alongside ball</p>   | <p><b>SHOOTING</b></p> <p>Identify area to strike the ball<br/>Touch away from pressure<br/>Eyes on ball<br/>Non kicking foot alongside ball</p>   |



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