



Junior Soccer Program

Philosophy

TSC JSP's main focus is to provide an "academy style" environment that focuses on player development based on learning rather than just competing. An "academy style" program puts the players first with the emphasis on enjoyment, learning basic skills of the game, participation rather than competition, as well as understanding and learning the basic concepts and rules of the game. The other purpose of the program is to identify and develop parent volunteers as future coaches to ensure the future and long-term success of the player, teams and programs.

The alternative to an "academy" style program is one that is a league or "team/competition" style program. This program is where a coach given 10 kids on a roster, a bag of balls and told practice is this day and games that day. The coach is provided little or no coaches training, no practice plans or program curriculum and on game day, you have to manage three players on the field with 7 waiting to sub in within a 30 minute game.

So, it is more about management of players and playing time then helping them to learn the game. Many children may have a "good or enjoyable" experience from this environment, but it does not really provide an environment of learning skills, getting the repetitions needed to hone those skills and having ample opportunity in a match setting to display those skills.

Although many programs in our immediate area still adopt and run this style of program, Washington Youth Soccer, US Soccer and most of the world recognize that an "academy" style program is more beneficial to player and coaching development.

The other benefit of an “academy style” program is the flexibility of not having a “set team”. The director will be working closely with coaches to make sure the groups are balanced and children are playing with peers close to their age, ability level and any possible peer/friendship groups that may be needed to be kept in tact. Ultimately the structure of the program and moving players, if needed, becomes much easier to ensure a better learning experience for all.

JSP Overview of schedule

The program is two nights a week, five to six weeks in duration and is offered twice a year (spring and fall). The first night’s theme is “training”. A small group is assigned to a coach (6-8 players) and assigned to a specific area or field. That way the kids learn together with one recognizable figure in a similar area to help with organization. It also provides a better learning environment for the children through a lessened stress of a new group or teacher each time.

On the “training” nights, all fields will be set-up and each coach will have a set curriculum to follow. The curriculum is based on age appropriate games and skill building activities that allow for learning the game through enjoyment and “play” based activities. Each game will follow US Soccer guidelines for organized practice activities as well always finish with the chance for the group to actually “play” soccer in a game setting to start learning the basic concepts of the actual game.

The second night of each week is “game” night! This is a big deal for the kids to actually feel as if they are preparing for a real competitive experience. There is warm-up, preparation and then the group will split up under the coach’s supervision and play a real match (two sides, two goals, two halves, one ball), but again, under a closely supervised setting where the coach is helping the kids learn the game rather than just managing the game.

Players are “assigned” teams for that day and if things need to be switched, can be done at half-time. Each week, the coach will try and make new teams so kids are always facing new opponents as well as having new teammates to work with. Another benefit is that the coach can manipulate the game more to help players with understanding the game without interrupting or impeding the flow of the

game (i.e. player takes a corner kick and it goes directly out of bounds. The coach may let the player try again to experience success).

Here is the benefit of the “academy” style program. If a younger player is dominating a group and it is clear the other children are struggling to keep up with his or her skill level, we can rearrange the teams during the game to provide a better challenge or move the player to another group to give them a better challenge. All it takes is communication with the program director and the coaches involved as well as letting the parent know of the player for permission.

Conclusion

It is our responsibility as a soccer organization to help the young children of our community learn the game of soccer, the skills needed to compete, the ideals and attitudes towards teamwork and teammates in an enjoyable, safe and non-threatening setting.

Our main goal long-term is to instill a passion for the game to help them learn to play, love and participate for not only their youth but for the rest of their lives. We can do that through organized, fun centered and skill building activities with dedicated parent volunteers committed to see their children and the children in their community fall in love with the world’s most popular sport: the beautiful game!

Thanks and enjoy coaching!

Tumwater Soccer Club



Junior Soccer Program

Session #1

Big welcome! Big smiles and lots of high 5's. Make sure you introduce yourself and ask the kids their names.

Theme - Beating players with change of speed & direction

Set-up – 24 x 30 yard field (already set-up) with PUGGSs, one 12 x 12 yard “magic box” (use spare scrimmage vests to define area)

Warm-up (10 mins)

“Magic box” ****MAKE SURE YOU DEFINE THE SPACE BEFORE YOU BEGIN****

Get group going with every player with a ball and dribbling the ball with their feet in the box. “Touch as many pieces of grass w/ the ball”

No bumper balls – dribble without your ball touching another player’s ball (dribble with head up)

Change direction w/ any part of foot on clap (repeat multiple times, clap every 5 – 6 seconds, go for 90 seconds) *No airplane turns (try to make movement sharp and quick)!

Change direction w/ any part of foot on clap and add a sprint (repeat multiple times) ****“Soccer astronauts go into space!”** (Encourage players to move into a “free area” quickly).

Add fast footwear activities: soccer boxing, toe touches, roll-tap, etc. within above activities.

Fun games to play in magic box:

Ticker Game – one player dribbles ball while others dribble their ball. Touch as many players as possible in 20 seconds. Switch so everyone goes.

****Allow multiple water breaks. DO NOT allow players to just walk off!****

Please have a parent or helper look after a child if they need to use the restroom.

Grid game (10-15 mins)

10 x 20 yard box, 2 teams with PUGGS at each end, players start behind goal.

1 v 1's - Encourage players to dribble at opponent "take them on with speed" (encourage them to face their opponent, not slow down or turn their back)

Variations: players must take an extra touch (no shooting first time) or players must be across half way before they can score

*make sure you have like players going against like players

Game (20 minutes)

Play soccer, encourage players to take players on with speed, make sure they do not take the ball from teammates, reinforce the game (boundaries & fair play) go over rules of the game (throw in, goal kicks, corner kicks) no goalkeepers or off-sides.

Final Fun Group Activity

Dribble relay (two team, start on end line, dribble around opposite goal. First team sitting wins!

End of session! Lots of high 5's!

REMIND KIDS FOR NEXT SESSION TO LOOK FOR YOU!



Junior Soccer Program

Session #2

Theme - Beating players with change of speed & direction, introduction of “scissors” move

Set-up – 24 x 30 yard field (already set-up) with PUGGSs, one 12 x 12 yard “magic box” (use spare scrimmage vests to define area).

Key Phrase: “anyone can just kick it, good players try to keep it!”

Warm-up (10 mins) - “magic box”

Constant moving w/ encouragement to not let their ball touch anyone else’s (bumper balls) as well as move into space quickly (“soccer astronauts”)

Change direction and add sprint w/ outside of foot on clap (repeat multiple times)

Add fast footwear activities: soccer boxing, toe touches, roll-tap, etc. within above activities.

Intro “scissors” (“Big step in front, step behind”. Demonstrate the soccer movement, “monkey see, monkey do”). Have players dribble inside magic box and do move on clap. Encourage them to go slow and do the move correctly, then always dribble faster when done.

Fun game – Soccer freeze tag. Player who is “it” holds scrimmage vest and touches as many players as possible. Once the player is tagged, they must stand frozen with the ball above their head. To be unfrozen, their teammates can dribble their ball between their legs and then they can continue to play. 20 seconds for the game and then switch the tagger. Players all start with a ball to

dribble (including tagger). If too hard, let tagger go without ball. If too easy, add an additional tagger with a ball.

Grid game (10-15 mins)

10 x 20 yard box, 2 teams with one PUGG goal at each end, one group of players at each end behind the PUGG goal. Attacking players try to score by scoring in PUGG. *try to have like players play against like players.

Encourage players to dribble at opponent “take them on with speed” (encourage them to face their opponent, not slow down or turn their back). Encourage them to experiment with “scissors” move.

Variations: players must take an extra touch (no shooting first time) or players must be across half way before they can score.

Game (20 minutes)

Play soccer, encourage players to take players on with speed, make sure they do not take the ball from teammates, reinforce the game (boundaries & fairplay) go over rules of the game (throw in, goal kicks, corner kicks) no goalkeepers or off-sides. Introduce “shape” (no positions, but proper spacing).

Final Fun Group Activity

“Scissors city relay” – two lines, players dribble across field, scissors move in middle, turn at other touch line, scissors on middle, high five next player in line, then they go. First team all done wins!

End of session! Lots of high 5's!



Junior Soccer Program

Session #3

Theme - Beating players/keeping the ball under pressure, review “scissors” move and introduce “windshield wiper move”.

Group warm-up (10 mins) “magic box”

Constant moving w/ encouragement to not let their ball touch anyone else’s (bumper balls) as well as move into space (“soccer astronauts”)

Change direction and add sprint w/ outside of foot on clap (repeat multiple times)

Add fast footwear activities: soccer boxing, toe touches, roll-tap, etc. within above activities.

Review “scissors” move, introduce “windshield wiper” move (inside-outside, same foot). Make sure you demonstrate (monkey see, monkey do).

Game – steal the bacon. One player starts without the ball. The player tries to get as many balls from other players as possible in 20 seconds from teammates by stealing ball and dribbling it to coach. If player loses ball to the “bacon stealer”, then they must wait by coach to play again.

Grid game (10-15 mins)

10 x 20 yard box: 1 v 1 dribbling to score on PUGG goals

Similar set up to last week, players start at their goal, pass ball to one player, player must dribble, “beat the payer” and finish. Make sure like players go against like players. Encourage players to do the moves they are learning.

*To encourage success, pass to one player. If players just “kick it”, make them cross midfield before they can score.

Game (20 minutes)

Play soccer, encourage players to take players on with speed, make sure they do not take the ball from teammates, reinforce the game (boundaries & fair play) go over rules of the game (throw in, goal kicks, corner kicks) no goalkeepers or off-sides.

Final Fun Group Activity

Pairs race – two lines, players line up next to their “partner”. To start, they must have both feet on the line. To go, coach has a special word (i.e. “go”, “meatballs” or some other fun word). Coach holds out two hands and player who wins is first to give coach high 5.

End of session! Lots of high 5’s



Junior Soccer Program

Session #4

Theme - Shielding & turning

Group warm-up (10 mins) "magic box"

Constant moving w/ encouragement to not let their ball touch anyone else's (bumper balls) as well as move into space ("soccer astronauts")

Change direction and add sprint w/ outside of foot on clap (repeat multiple times)
*reinforce "scissors" move and "inside-outside" move.

Add fast footwear activities: soccer boxing, toe touches, roll-tap, etc. within above activities.

Introduction of first move to turn: "Bunny rabbit" (stop-hop-push)

Grid game (10-15 mins) 10 x 20 yard box, 2 teams

1 v 1's – partners, no goals. Try to keep ball away from partner (shielding) but don't let ball stop. Players must stay in box. Encourage the player with the ball to keep their body between ball and opponent, but to try and keep the ball moving.

Shielding game – 2 teams, small sided field, PUGGS both at one end. 1 v 1, player who gets it first, shields ball and tries to "turn" to score on either goal. Encourage "stop-hop-push" turn and if they are facing player, encourage "scissor" move (since there are two goals to attack, change of direction is easier).

*make sure you have like players going against like players. If too simple, make it 2 v 2 or smaller space. Emphasize "don't just kick it, keep it"!

Game (20 minutes)

Play soccer, encourage players to take players on with speed, make sure they do not take the ball from teammates, reinforce the game (boundaries & fair play) go over rules of the game (throw in, goal kicks, corner kicks) no goalkeepers or off-sides.

Final Fun Group Activity

Two lines, players line up next to their partner. Coach throws out the ball. Players race to ball, try to get to it first and bring it back to coach before other player can take it.

End of session! Lots of high 5's!



Junior Soccer Program

Session #5

Theme - Shielding & turning Part #2

Group warm-up (10 mins) "magic box"

Constant moving w/ encouragement to not let their ball touch anyone else's (bumper balls) as well as move into space ("soccer astronauts")

Change direction and add sprint w/ outside of foot on clap (repeat multiple times)

Add fast footwear activities: soccer boxing, toe touches, roll-tap, etc. within above activities.

Review "scissors", "inside-outside" ("windshield wiper") as well as "stop-hop-push" ("bunny rabbit") move to turn. Introduce "cut & push" (choppin' broccoli) move.

Grid game (10-15 mins) 10 x 20 yard box, 2 teams

Partners – set up along touch line, all have ball, groups of two. First player dribbles out, to cone, turns (either move to turn: stop-hop-push or cut-push), dribbles back, second player goes. Slow at first to encourage proper technique. Soccer contest: which group can do the most! Players alternate by dribbling out, turning and dribbling back. Second player then goes and kids keep alternating turns. Go for 45 seconds so kids have a chance to do 5 each.

*Variation, move line back, and player has to do "scissors" one the way out and one the way back. Make duration about 60 seconds so players get lots of repetitions.

Shielding game (same as last week) – 2 teams, small sided field, PUGGS both at one end. 1 v 1, player who gets it first, shields ball and tries to “turn” to score on either goal. Encourage “stop-hop-push” turn as well as “cut & push” (choppin’ broccoli) turn. If the player is facing the defender and has room, encourage the “scissor” or “inside-outside” (windshield wiper) move (since there are two goals to attack, change of direction is easier).

*make sure you have like players going against like players. If too simple, make it 2 v 2 and then try to have both players touch it before they can score (introduce passing/sharing the ball).

Game (20 minutes)

Play soccer, encourage players to take players on with speed, make sure they do not take the ball from teammates, reinforce the game (boundaries & fair play) go over rules of the game (throw in, goal kicks, corner kicks) no goalkeepers or off-sides.

Final Fun Group Activity

Electric! (similar to “Simon Says”) – Set up you magic box, everyone is in the box, jogging in place. You say “electric” and everyone sprints in place. The game is to move before they are allowed by saying “electric”. For example, the coach says “Electric! Up for a header!” everyone then can jump up in the air like they are heading the ball! However, if coach just yells “Forward roll!” but not with “Electric” first, than player must do an exercise surprise (i.e. a star jump, chesty, etc).

End of session! Lots of high 5’s! This is the last session for the program, so thank them for participating!