



**CENTRAL**  
SPORTS

Coaches training

Welcome!

If we haven't met yet, I'm Lauren Young, I'm one of the family activities associates here at Central.

We also have our Central Sports Interns:

- Zach Yaeger
- TJ Wright
- Jacob Kitts
- Sydney Smith
- Jacob Beadles

They are your go to person during practices! They'll give you uniforms when they come in and help you with equipment as needed and just be around if you have any questions. They will also refs for some of you!

## Important Dates

- Meet-the-Team: March 7<sup>th</sup>
- First week of practice: March 25<sup>th</sup>
- First Game: April 6<sup>th</sup>
- Last Game: May 25<sup>th</sup>
- Medals Due: April 18<sup>th</sup>

## Why are we here?

Mark 10:13-16

And they were bringing children to him that he might touch them, and the disciples rebuked them. But when Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it."

Kids are important to Jesus so they are important to us. kids both need Jesus and can show up more about faith than you might expect

## Why are we here?

- Fun
- Growth
- Respect

### Fun

- we want the kids, parents, and you the coach to have fun!
- We want playing to be fun!
  - 70% of kids quit sports by 13 because they aren't fun anymore
- God is the creator of fun and we want learning about Jesus to be fun

### Growth

- We want them to be a better player at the end of the season than we are at the start
- We want coaches, players, and parents to all have a deeper relationship with Jesus at the end of season as well:
  - 100% of people on those fields need Jesus and need to grow closer to Him
  - There will be players and parents who don't know Jesus
  - 30% of these kids said they didn't go to Church and that could be lower compared
  - Start praying for their hearts now!

### Respect

- We want players and coaches to play to win, but at the same time not win at

all costs

- We want players and coaches to respect the opponent
- Have the same reaction winning or losing
- Jesus teaches us to love others and need to love the other team

## Coaching for life

- A Good coach can change a game. A Great coach can change a life. – John Wooden
- A coach's worth isn't found in their W/L record or on their resume, but in the impact made on the game and in their players lives. – unknown
- A great coach not only inspires but encourages and supports others to get results. – Richard Schuy
- A great coach realizes it is not about him, but about his players and at times, the other team. - unknown
- For me, success is not about the wins and losses. It's about helping these young fellas be the best versions of themselves on and off the field. – Ted Lasso

## Coaching responsibility

- Ministry safe Background check & Abuse Awareness training
  - Make Central Sports the safest environment for players and volunteers Stops abuse before it happens
  - Make you a more prepared coach and parent.
  - It will help protect your kids, you, and the church
- Attend Coaches Training
- Attend Meet-the-Team
- Conduction practice
- Coach games

You should have been told at check in if you needed one or the other. Both background check and Ministry safe abuse training will come as a link via Ministry Safe, please let us know if you can't find it and we'll end you a new link

### Abuse training

- 45 minutes between the videos and test at the end
- Good for 2 years

### Meet-The-Team:

- Kinder teams 6:00-6:20
- 1-3<sup>rd</sup> teams 6:30-6:50
- 4-6<sup>th</sup> teams 7:00-7:20
- If you can't be there, let the team us know you aren't meeting and tell the team season information

### Conduction practice

- Come prepared with drills and for devotional
- Positive reinforcements only! Only happy burpees

### Coach Games

- Engaging those playing and those on the bench
- If you're coaching Kinder or 1-3<sup>rd</sup>, Congrats! We thought your skills were so good, we moved you up to ref!



## Coaching responsibility

### End of Year Medals

- Due April 18<sup>th</sup>
- Highlight each players strength during the season
- Examples:
  - Offense
  - Defense
  - Effort
  - Sportsmanship
  - Dribbling

No MVPS or most improved because it's what the whole thing is about

Not the best passer or offensive player on the team but where this specific player has improved or excels

These is not an exhaustive list, so you can ask for others, we just get unlimited vetos

## Coaching keys

- Teach the game through drills
  - Make them fun but with a purpose
  - Pass, not just kick down the field
  - Spread out
- Teach the rules of the game
- Instill sportsmanship with a competitive spirit
- Communicate effectively

### Drills:

This is how they're skills will get better, and they get a good foundation

### Rules:

- To grow, they have to know and understand the rules
- Make sure you take time to explain things, especially when reffing

### Sportsmanship and competitive spirit:

- Sports has winning and losing, and we want to teach them how to handle both
- Teach them to play hard and play to win, but to put others above themselves

### Communication:

- In order to teach them, you need to communicate well
- And to keep parents informed and the whole team organized, you need to communicate well with parents
  - This will be important for game times and locations
- Never had a parent complain their coach communicates to much
- An extra avenue of communication you can give your parents is our Facebook group, Central Sports Soccer

- We will post rain outs or delays there for quickest communication

## Practice breakdown

- Pre-Practice Huddle (3-5 minutes)
- Warm-up Activity (3-5 minutes)
- Practice skills through drills (20 minutes)
- Mid-practice huddle (5-7 minutes)
  - Memory Verse –Ephesians 2:8 “ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God”
- Scrimmage or games that teach (20 minutes)
- Post-practice huddle (5 minutes)

### Pre-Practice Huddle (3-5 minutes)

- Preview what you’re gonna cover in practice

### Warm-up Activity (3-5 minutes)

- Warm up muscles
- Stretch together in a group

Practice skills through drills (20 minutes)

- Reinforce skill development
- Best to do 1-2 at a time

Mid-practice huddle (5-7 minutes)

- This is when you cover devotionals and talk about the memory verse together
- You can schedule it when works best for you but don't wait until the end because you will run out of time

Scrimmage or games that teach (20 minutes)

- Put some of those skills you covered into practice
- Either kids v. coaches or with a team on the near by fields

## Post-practice huddle (5 minutes)

- Grab parents
- Communicate game times

## **Soccer with Central Sports**

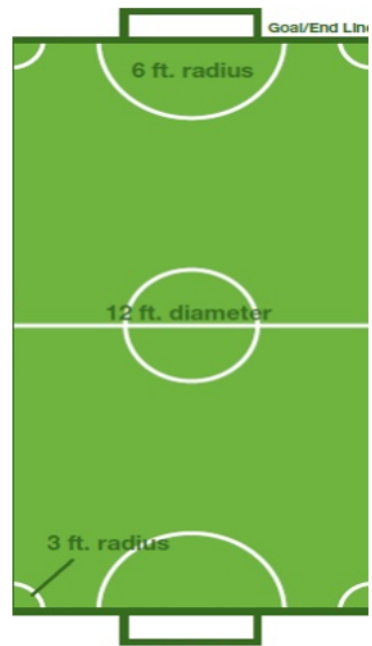
### **Rules - Field of play**

- Field: Two touch lines, two goal lines, midfield line, and a center circle
- Goal Arc: Arc (semi-circle) directly in front of each goal, only Kinder – 3<sup>rd</sup> grade divisions
- Penalty Area: There will be no penalty area marked off
- Flag posts: Placed at each of the four corners of the field, a yellow cone will make the corner kick area
- Corner Arc: quarter circles with a radius of 3'

Goal arc or shooting arc

K-3<sup>rd</sup> grade 110 x 55'

4-6<sup>th</sup> grade 240 x 120'





## Soccer with Central Sports

### Rules - Game format

- Pregame and devotional– gather the team at midfield
- Referees will call and explain violations
- Possession
- Switch goals at half time (not kinder)
- Coaches can walk the sidelines

Before the game:

- Warm –up your kids until this starts
- This will be when you refresh on some rules
- Check for shin guards
- Should have your line up set by this point
- Interns will lead devotionals before each game

Referees

- Remember you will be referees if you are coaching in the younger 2 divisions

Possession

- Coaches will determine who gets the ball to start, and the other team will get it to start the second half
- Each half will start with one of the teams having the ball, with a kick-off
  - This is also be what will happen after a goal was scored
  - Make sure the opposing team is outside the center circle, or 4' away
- Period 2, 3, 5, & 6 will start with who had possession at the end of the last period

## Soccer with Central Sports

### Rules - Game format

- Game consists of two 18-minute halves
  - No extended time
- Post game huddle
- Substitutions
  - Every 6 minutes
  - Creates a fair system
  - Goalies must switch

#### Game timing

- 2 18-minutes for a half or 6 6-minute periods
- Referees will keep clock (meaning you if Kinder– 3<sup>rd</sup> grade)

#### After the game:

- Line-up and shake hands
- Parents also like to do the tunnel, which the kids love
- Move them off the field so the next game can jump off
- Pass out snacks
- Have a positively encourage and critique

#### Substitutions

- You will break every 6 minutes to rotate substitutions
- Fair system:
  - Gives players equal playing time during the game and across the season
  - Ensures players don't sit out for 2 periods in a row and play at least half the game
  - Frees coaches from monitoring playing time
  - Keeps coaches from making unfair substitutions

- YOU HAVE TO DO IT

# Filling out the substitution Form

## Week 1

Player's Name		3 Min	12 Min	6 Min
A Gabrielle		X		X
B Rachel				X
C Emily				X
D Madison	X			
E Samantha		X		
F Ashley		X		
G Grace		X		X

**Step 1 –**  
Rank players by ability starting with slot "A". This player ranking order should not change at any point during your season.

**Step 2 –**  
For Week 1, begin with Player "A" and work down the column (A-D). These are your starting four.

**Step 4 –**  
Continue this process for the remainder of the segments

**Step 3 –**  
Begin the rotation where you left off in the previous segment. If you are at the bottom of your list, be sure to go back to the top until you have four players in the segment.

## Filling out the substitution Form Week 2

Player's Name		First Half					
Name	18 Min	12				n	
A Gabrielle							
B Rachel	X						
C Emily	X						
D Madison	X						
E Samantha	X						
F Ashley		X	X		X		
G Grace		X		X	X		
H							

Using the method we just learned, fill in the rest of the substitution for Week 2.

It's Week 3 and, as game time approaches, Samantha has not arrived (she is supposed to be in the starting lineup for Week 3). She did not call prior to the game and inform you that she will not be present.

***What do you do?***

# Filling out the substitution Form

## Week 3

Player's Name		First Half			Second Half		
Name		18 Min	12 Min	6 Min			
							X
				X	X		X
G	Grace	X		X		X	X
H							

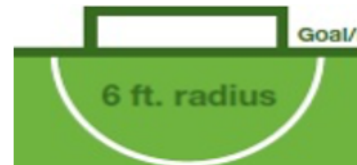
If Samantha arrives during halftime, continue with the proper rotation including Samantha in the following segment. Then continue with the rest of the rotations through the end of the game.

For the second segment, start with the next person in the rotation (Gabrielle) and work down the form to include Rachel, Emily and Madison.

## Soccer with Central Sports

### Rules – Goal arc

- Kinder – 3<sup>rd</sup> grade only
- Defending player in the goal arc
  - Preventing a goal – goal
  - Doesn't prevent goal – corner kick
- Attacking player in the goal arc – goal kick
- If it stops – goal kick
- Do not let defensive players stand in here



### Goal arc

- No ball contact within this arc
- If the ball has broken the plane of the shooting arc and a defensive player touches the ball, but the referee determines that the ball would have gone in the goal, a goal is awarded
- If the ball has broken the plane of the shooting arc and a defensive player touches the ball, but the referee determines that the ball would NOT have gone in the goal, a corner kick is awarded to the attacking team
- If the attacking player touches the ball inside the arc, a goal kick is awarded to the defensive team
- If the ball comes to a stop within the arc, a goal kick is awarded to the defensive team regardless of who touched the ball last.



- Don't let defensive players stand in this area

## Soccer with Central Sports

### Rules – Fouls

- Indirect kicks
  - Dangerous play
  - Obstructing an opponent
  - Delay of Game

### Fouls

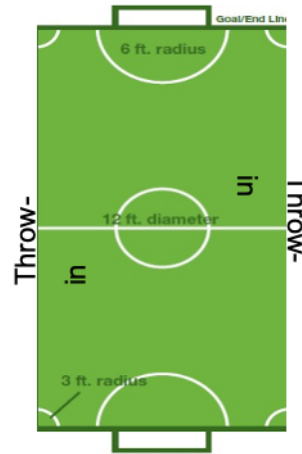
- Indirect kicks (player other than kicker has to touch it before going into goal) awarded to opposing team if:
  - Dangerous play
  - Obstructing an opponent
  - Delay of Game
- Direct kicks (kicker can score directly) awarded to opposing team if:
  - Handling the ball
  - Kicking an opponent
  - Hitting an opponent
  - Pushing an opponent
  - Tripping an opponent
  - Holding an opponent
  - Any unsportsmanlike conduct
  - Slide tackling or any contact with the ball while the player is on the ground

## Soccer with Central Sports

### Rules – Re-starts

#### Out-of-bounds

- Corner kicks (Attacking)
- Goal kicks (Defending)
- Throw-in



- Out of bounds – Soccer balls have to go ALL THE WAY past the boundary lines to be out of bounds, player can be outside of line and ball will still be in play
- Corner kick – when ball crosses goal line and last touched by defensive team, attack team kick
  - Ball placed in corner arc on side ball went out
- Goal kick – when ball crosses goal line and last touched by attacking team, defensive team kick
  - Ball placed on goal line 5 yards from goal arc on side it went out on
- Throw in – When ball crosses touch lines, given to opposing team of last touch
  - completely over the head with both feet on the ground, takes place where ball went out

## Soccer with Central Sports Rules

- No red or yellow cards are given
- No divisional standings
- No goal scored in wrong goal
- No offsides
- No slide tackling
- Multiple fouls

### Goal in wrong goal

- Prevent embarrassment
- Corner kick to opposing team

### Multiple fouls

- If a player gets 2 fouls resulting in a direct kick (excluding hand balls) within the same six-minute period, they will need to sit out for the rest of the period
- They can return when they would normally rotate back in, don't move them up just because they sat out

## Soccer with Central Sports

### Number of players

- Kindergarten and below
  - 6v6
- 1-3<sup>rd</sup>
  - 5v5
- 4-6<sup>th</sup>
  - 8v8
- No goalie – K-3<sup>rd</sup> grade

Because of the goal arc and the size of the goal there is no need for a goalie in the k-3<sup>rd</sup> division. The purpose is for all players to have an active role as field players. Players WILL not be positioned in front of the goal arc to act as a goalie and not be an active part of the game. As a compromise, coaches may position a player around midfield to play as a defender. There is a goalie in the oldest division.

## **Soccer with Central Sports**

### **The Ball**

- Kindergarten and below
  - Size 3
- 1-3<sup>rd</sup>
  - Size 4
- 4-6<sup>th</sup>
  - Size 5

## Last game day

- Team pizza party!
- Awards for kids
- Coaches gift

On the last game day of the year, we are throwing a party. We will provide the awards for the kids, the coach gifts and the inflatable games. Teams can have their end of the year party on site if they so choose.

Now I see there are some



**CENTRAL**  
SPORTS

## Coaches training

Welcome!

If we haven't met yet, I'm Lauren Young, I'm one of the family activities associates here at Central.

We also have our Central Sports Interns:

- Zach Yaeger
- TJ Wright
- Jacob Kitts
- Sydney Smith
- Jacob Beadles

They are your go to person during practices! They'll give you uniforms when they come in and help you with equipment as needed and just be around if you have any questions. They will also refs for some of you!