

## G2 PROGRAM

Welcome to the start of the season. As we embark on the new season, you are more than just a coach – you are an activity leader!

### Goals for the season:

1. Foster passion and love for the game
2. Improve foot skills so your players learn how to make the ball do what they want, when they want
3. Allow space for creativity, innovation and leadership skills
4. Embrace being part of a team

### How we will accomplish this:

- Use fun activities where everyone touches the ball, getting 1,000 touches per practice. If you do not have ideas for games to accomplish this, we have provided a sample of activities for you. Feel free to mix/match or create your own plan. You can find other activities on the MYSA website: [8U \(1st/2nd Grade\) - Session Plans | Massachusetts \(mayouthsoccer.org\)](#)
- Use guided discovery. Ask questions and do not give answers. Let them think and discover.
- End each session with a “coaching free” scrimmage. Keep the field small so there is less chasing and more touching the ball.

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### Practice Recommendations:

- Read over your practice plan before arriving to practice.
- Arrive early, allowing time to set up your field.
- Begin activities as soon as first player arrives. Example: play tag, person who is “It” dribbling own ball, carries pinnie and tags another player who is dribbling a ball, they become it. Or set up an obstacle course.
- Be flexible. Low attendance, player moods, weather, etc., can change your plan.
- Minimize talking and instructions. Focus on playing.
- Find 2 or 3 activities in the practice plan that you are comfortable with and that work for your team. Use them as often as you like. Add/experiment with other activities throughout the season.
- Follow the “Play/Practice/Play” model for your sessions.
- Incorporate parents into the practice when you need their help. The players love it!
- Have a scrimmage that resembles the theme of the practice, which means it may not have a traditional looking set-up. In other words, the scrimmage should not resemble an adult game.

### Game Recommendations:

- Arrive 15 - 30 minutes early to set up soccer nets and field. Have players arrive 15 minutes early for warmups.
- Wear your MYSA provided lanyard at all games.
- Give all players a chance to play every position.
- Have a sub sheet ready with players in their positions for each shift/substitution.
- Give equal playing time for all players.
- Recognize any soccer move, trick, skill etc. attempted.
- Do not yell at the referee. They are kids. Treat them as such.
- Control your sidelines. You are responsible for both sidelines. Educate parents and players on appropriate sideline behavior. Do not coach from sidelines. Do not yell players or referees, unless it’s words of encouragement.
- Have a plan if game scoring gets out of hand in your favor. Be prepared when this happens.
- Remember this is about the kids and not about wins and losses. It is about creating the best experience for the kids so that they want to come back.
- Consider having player’s parents set up a post-game snack. This is not mandatory, but builds community.

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### Concepts to live by:

- Have FUN! Your success is not measured in wins/losses or goals scored. You succeed if your players return next season.
- Good sportsmanship and teamwork, ALWAYS. Coaches and players carry themselves with grace and dignity at all times.
- Maximize touches. Minimize lines. No standing around.
- Passing is not important at this age. In fact, it may be detrimental to development as some kids just kick the ball out of fear. If you see an intentional pass or a player having an independent thought, recognize it. Be enthusiastic!
- Give ample water breaks.

### Questions or Assistance:

If you have any questions or if you need any clarification of the above, please feel free to contact Roland Dudney @rolandudney@gmail.com