

PK/GK Programs: “Embrace the chaos. It’s a GREAT thing!”

Welcome to our fall season. As we embark on this 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 they learn how to make the ball do what they want, when they want
3. Allow space for creativity, innovation and leadership skills

How we will accomplish this:

- Using 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: [6U \(Pre-K/Kinder\) | Massachusetts \(mayouthsoccer.org\)](https://www.mysa.org/6U-Pre-K-Kinder-Massachusetts-mayouthsoccer.org)
- Using guided discovery. Ask questions and do not give answers. Let them think and discover.
- Ending each session with a “coaching free” scrimmage. Keep field as small as needed, so there is less chasing the ball and more touching the ball.

Key recommendations:

- Read over your practice plan before arriving to your practice.
- Arrive to practice early, allowing time to set up your field.
- Begin activities as soon as first player arrives. Example: roll balls onto field and have players retrieve the ball and shoot on net (coach or high school player in net).
- Due to unforeseen things, like low attendance, player moods, weather, etc., remember to remain flexible with your plan.
- Minimize your talking and instructions. Focus on getting them 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. Feel free to add/experiment with other activities throughout the season.
- Embrace the chaos. Chaos is not something to be afraid of or try to change. It allows them to problem solve. These should not resemble the adult game.
- Goal scoring is a joyful experience for all kids. You should see a goal every 20-30 seconds during scrimmages. Do not limit the opportunity to score. Shrink field size, use multiple balls, whatever it takes to maximize goal scoring. No goal keepers at this level.

Concepts to live by:

- Maximize touches
- Minimize lines. No standing around.
- Maximize scoring.
- No positions at this age, including no goal keepers.
- Passing is not important at this age, may even be detrimental
- Give ample water breaks.
- Have FUN!

Questions or Assistance:

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