

Recreation Soccer



Pre K

Information

Introduction

Pre K soccer is one of the most exciting ways for a child to experience soccer for the first time. This booklet has been designed to help the parent and parent coach set up and run a fun exciting practice for their players.

As we look at the development stages of a 3 to 5 year old, how they learn, what makes sense to them, how they feel working in groups and why they must learn with the help of their parents and coach.

All of this in a fun and stimulating environment which helps the children learn through games and their imagination.

Child Development

Each child develops in many ways during the ages of 3 to 5. These changes are physical, socially and psychological.

The principle of Pre K soccer is to improve a child's basic motor skills, whilst also developing the child's physical, psychological and social development. The aim is to give children a good physical and social foundation to start soccer skill training.

Physical development

This is the time of a child's physical development when the emphasis of the coaching is to improve child's basic movements.

Motor Skills

The emphasis of coaching is to give children versatile experiences of basic motor skills and combinations. They are divided to three groups: motor skills of movement, motor skills of movement and balance and motor skills of handling equipment.

Skills of movement

Walking Jumping
Running Skipping

Skills of movement and balance

Standing Sitting
Rotation Bending

Skills of using equipment

Throwing Hitting
Catching Bouncing
Kicking Dribbling

Social and psychological development

When working with Pre K children you must be aware of their psychological and social development as part of the child's overall development. The coaching is focused on creating a child who is motivated, confident, and has a positive attitude towards soccer.

Social and psychological characteristics

- Children are egocentric
- There is a fine line between reality and fiction
- Children will copy both good and bad
- The child's concentration span is short
- The "why" questions have just started

Good Coaching Habits

Due to the inactive lifestyles of many young children, the role of the coach at grassroots level has never been more important. Coaches owe it to the youngsters who attend sessions to give their best and to ensure above all else, that young people experience all the fun that the game can offer in a safe and caring environment. It is, therefore essential to consider the following:

Manner

The coach's manner is the key to success when working with children. At the age of Pre K soccer knowledge of children is more important than knowledge of soccer.

- Patience and understanding
- Encouragement
- Showing a good example
- Setting realistic objectives

Time Management

Consideration must be given to providing a session which allows for an equal distribution of time between skills practices and games.

Preparation

Every effort should be made, before the start of a session, to preparation the area to be used. Apart from being efficient in terms of time, this reinforces to players that the coach is paying attention to detail and giving their best.

Activity as soon as possible

Avoid a long winded explanation of the activity. Remember a picture paints a thousand words.

Maximize Participation

Provide the players with as many opportunities as possible to repeat the skill, organize the participation groups into small, manageable numbers.

Enjoy yourself

Let go and enjoy yourself, if you are not having fun then the children will quickly realize this and will feel reluctant to join in on activities and have fun.

A good technique is to try and have different voices for all the games you play. i.e If you are a Shrek during a game then make your voice deeper and put on an accent. Children won't care if it sounds silly, it makes it more interesting for them

Integrating the group

Each child takes a different amount of time to warm up to their surroundings. Some will join the group right away and will start having fun. Others might take a few weeks and you have to be prepared to allow them to sit with their parents till they are ready to join the group. Don't force them.

Parent participation sessions

We will have a couple of parent participation weeks where parent, siblings or grand parents can play in the fun games with their Pre K child. This is a great way for parent and child to interact and make the soccer environment so much more fun.

Session structure

All sessions will be led by a professional Hartwell trainer with assistants from willing energetic parents to actively participate.

Any questions regarding the program can be directed to doc@glastonburysoccer.org