

# Coaching 5th & 6th Grade

**Ball Size:4 Players:8 vs 8 including goalie Time: 2 Halves-20min each**

*This division is still instructional and developmental, but also game oriented. each session may consist of 5-10 minutes of pregame warmup instruction followed by a game with **NO** coaches allowed on the field*

## General Rules:

- o Get an Assistant Coach. It is extremely hard to control 10-12 players by yourself.
- o All players must wear shin guards that are covered.
- o **All players will receive equal playing time.**
- o Players cannot wear any jewelry – this includes rings, earrings, necklaces, or any pierced jewelry. If a player has newly pierced ears, band-aids or other protective covering must be worn. This is for the safety of the player.
- o Blatant attempts to hurt another player will result in removal from the current and one additional game.
- o Under no circumstances should a coach, player, or parent or any one in attendance be allowed to question a referee in a disrespectful manner. It is the responsibility of the coach to enforce this rule. Failure to adhere to this rule can result in removal of person from the game. If a coach has an issue with a referee they should contact a member of the soccer board.
- o Soccer Cleats are recommended but not required. If a player does not own any, they may wear tennis shoes instead. Cleats that are used in softball, baseball, football, etc. are NOT permitted for use during soccer practices or games.

## Practices:

We recommend you have at least one practice a week on a day that there are no games and that works for at least one of the coaches to be there. Have players bring a soccer ball. Focus on giving players opportunities to practice with a soccer ball.

Skills recommended to focus on during practices:

- 2 touch passes and 1 touch passes
- Aggressive play
- Attacking skills (attacking as a team)
- Throw-in, goal kick corner kick strategies
- Trapping/Settling the Ball
- Opposite foot work
- Goalie training
- Shooting
- (Practice drills linked on page 2)

Absolutely NO practicing at the Eastside Soccer Fields. Places to hold practices:

Armstrong School, Neumann Park (by the Farm Park), Lincoln School, or any open area you can find.

## Pregame

Arrive at least 10 minutes before game time and have the rest of your team do the same.

### Warmups:

- Run a lap while dribbling a ball
- High knees/butt kicks
- Stretch hamstrings and quads
- pass with a partner
- Take turns dribbling and shooting on the goal (with the goalie in it so they can practice too)
- Any of the drills explained in the video below

## Important Coaching Info and Practice Drills

Please Watch:

[https://youtu.be/NJ5\\_9JSE5vk](https://youtu.be/NJ5_9JSE5vk)