

Coaching 7th & 8th Grade

Ball Size:5 Players:7 vs 7 including goalie Time: 2 Halves-20min each

*This division is more game oriented. Each session may consist of 5 minutes of pregame warm-up/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
- Throw-in, goal kick corner kick strategies
- Trapping/settling the ball
- Opposite foot work
- Emphasis on making decisions by themselves
- Teamwork, attacking and defending as a team
- Advanced goalie training
- (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 the ball
- High knees/butt kicks
- Stretch hamstrings and quads
- 2 touch pass with a partner
- 1 touch pass with a partner
- Tossing and Trapping the ball 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/GsTRA-VuUx8>