

SCVAA Soccer  
KG/1 Division Summary

**Coaches' Responsibilities:**

- Serving as instructor and teacher
- Exhibiting good sportsmanship
- Informing team members regarding schedule changes
- Explaining the rules to youth and parents
- Ensuring equal playing opportunity for all players regardless of skill level.
- Officiating their teams matches

**Player Equipment (parents/guardians provide):**

- Shin guards; required for safety
- Soccer socks
- Size 3 soccer ball; recommended
- Sneakers or molded cleats optional; no metal spikes
- Team jersey from VAA will be provided to each player

**Team Equipment (VAA will provide to coaches):**

- Equipment bag
- Two size 3 soccer balls
- A jersey for each player
- Dozen cones/discs
- 1 small bottle of hand sanitizer and a first aid kit
- One 6' Pugg pop-up goal

**Skill Development Goals:**

- Individual soccer skills - dribbling
- Spatial awareness – dribbling in traffic
- Role of offense (score goals) vs. defense (protect from goals)

**Division Format:**

- Small sided field created with cones for lines and pop-up goals
- First 30 minutes of every scheduled meeting time are practice, last 30 minutes are scrimmage against another team
- Use 1/4 of field for practice with cones to create small sided (20' x 40') practice area
- Use 1/2 of field for scrimmage with each team providing one 4'x6' pop-up goal
- Scrimmage should be 6 players from each team with substitutions every 5 minutes; short 1 minute water breaks as necessary (every 5 minutes if desired)
- Both team's coaches should actively coach from the field and keep ball in play
- No throw-ins, offsides, penalty kicks
  - If a ball goes out of bounds, return it to play without stopping play
  - If player uses their hands, remind them (gently!) and keep play going

## **Additional Details:**

- As this is most players' first year of organized play, the goal is just to teach some basics, like soccer is a game for the feet. The exception of hands use for goalies and throw-ins just complicates things, so we don't introduce them yet. Feet only!
- If a player accidentally or intentionally touches the ball with their hands, just call it out – "No Hands! Keep playing!" Do not stop play or try to explain penalty kicks.
- At this age, coordination is still limited, so you will have some pushing, tripping, etc. As long as it is unintentional, just stop play so that players can get up and make sure everyone is okay. Remind players that soccer is a non-contact sport and that pushing is not allowed.
- Enforce sportsmanship. I have encountered very competitive kids at this young age who get upset because of a perceived rule violation. If a player continues to behave a certain way after multiple warnings or even one major infraction (like fighting or using inappropriate language), have them sit and have a discussion with their parents after the session.
- Focus your energy on the players that want to learn and have an assistant or another parent watch over those that are not interested or not listening. If a player continues to be disengaged, have a talk with their parents and ask them to participate in practice to ensure their child is supervised. Remind them you are a volunteer coach, not a babysitter.
- Assign players a role as either offense (score goals) or defense (protect our goal), but not more specific than that. Avoid having a goalkeeper! You will have one or more kids who insist on being the goalkeeper. If you need to, tell them you are the goalkeeper and they need to go out and play.
- Remind them to pass and spread out, but realize they will ignore this advice!