

2010 Littleton Youth Soccer League

U10/Grade 3-4 Coach's Guide

Mission Statement: Develop soccer fundamentals in our grade K-6 youth by providing a fun learning environment while using a co-ed, recreational format.

Welcome to new coaches & welcome back to those returning for another year!

Schedule: We'll use a format similar to last year: Sat morning skills 9:00-10:30am at Norton, Wed games & the new Friday "Skills Night" practices at Apthorp – both from 6:15-7:30pm. We'll have a Mid-Season Jamboree, travel-team tournaments and finish with the year-end Round-Robin Playoffs & Awards night. We'll also add rain dates for make-ups, if needed.

New Age Grouping & Skills Night: This year's age group changes & additional Skills Night is a continuation of our efforts to balance our teams & skill sets. The new U10/grade 3-4 format brings the 4th grader's from the Tues/Thurs league and removes the 2nd graders, leaving a more closely matched group. This will also reduce the number of players, leaving 4 teams with fewer players to sub.

Player Development: Also attached are reference copies of the following:

- What is LYSL?
- Best Practices for Coaching Soccer in the US
- U10 Ball Skill, Creativity & Insight
- Why Small-Sided Games?

We would like all coaches to be familiar with the articles so that we're working from the same basic principles – both for reinforcing our mission & player development. There are the usual questions or comments each year like; "Why don't you play on the big field?", "Our kids aren't prepared for tournaments because of the little field" or "We do so many drills & why not more games"?

Youth team sports that utilize a field or court – baseball, basketball, soccer, hockey & football – recommend that they play on appropriately sized fields like our small-sided games for these U10/grade 3-4 players. If you are questioned by a parent or spectator, please explain why we use US Youth Soccer's philosophy or feel free to give them a copy.

The Game: Here are some other basic principles that we would like to continue this year:

- Round-robin game format: 3 games of 15 mins ea, rotating fields w/5 min break between games
- Substitute at any stoppage – **All** players must play at least half of every game. The timekeeper will remind coaches about halfway through each game as a reminder for subs.
- Coaches **will** be asked to help referee – if needed, one coach from each team will be asked to volunteer. If only one ref is needed in addition to an adult ref, each team will supply a ref for one half of the game. An adult ref may call a game alone, but ask the coaches to help make calls along the bench sidelines. **Students grade 7 – 12 are not allowed to ref games alone!** At least one coach will ref along with 1 or more of the students for each half of the game.
- Problem parents and/or players should be brought to the board's attention – ie: not shaking hands at the end of games, foul language & physical play **will not be tolerated.**

After completing the skills & drills stations on Opening Night, we will re-group with coaches to select 4 equally talented teams. Again, we'll look for your help as coaches to group the new players by grade, ability & gender so it will be clear when the time comes to place the players on teams.

Good luck & most of all – Make it Fun!!!

LYSL Board
Deane Horne, Ron Lahout, Kate Paradice, Brian Nelson & Karen Horne