

Lake Mills Youth Spring Soccer Program 2024

Coaches Information

Attend coaches meeting

Sign up for practice field and time

Call parents within the week of receiving your final roster, let them know who the coach/coaches are, give them your phone number

Tell them where and when practice/games will be

Let them know what the players will need to bring: All players must have shin guards, tennis/soccer shoes, water bottle and NO jewelry

Soccer balls/first aid kit/cones/pinnies will be in the Shed at the High School practice fields. The combination is 19-21-31. PLEASE make sure the shed is locked up at the end of the practice/night. Players may bring their own ball.

Grade K-3 will use size #3 balls

Grades 4-5 will use size #4 balls

No football or baseball cleats will be allowed (these have the cleat at the toe)

Set up a practice and parent meeting to be held prior to the first game.

A few things to share with parents at your first meeting:

You may set up treat schedule with healthy snacks and drinks for game days.

During the games, parents will sit on the opposite side of the field as the team.

As a coach, you will be teaching the players to respect the opponents, officials, and their teammates. The parents need to show good sportsmanship, as well.

Spring games and practices will be held on the High School Practice fields (on the hill by the church)

Schedule/shirts/picture forms will soon follow

First game will be Saturday, April 20, 2024 - May 18.

5K - 1st grade

3 vs 3, size #3 ball

No goalie, no hands, small field

Refs will make calls and help kids on the field

Corner kicks and goal kicks and out of bound balls, will be kick ins only, no throw-ins.
Reinforce that soccer is a no hands sport.

No Scores will be kept

The game will be 4 - 8 minute quarters

2nd & 3rd grade

4 vs 4, 3 forwards and a mid fielder (mid fielder may move up and down the whole field and may score. The mid-fielder may not hang back in the goal area.

Size #3 ball

No direct kicks, all in direct kicks and inbound balls must be touched by another player before going in to the goal for the goal to count.

No goalie, no hands, small field

Refs will make calls and help kids on the field

Kick ins from the sidelines and corner and goal kicks to inbound out of bound balls.

Reinforce that soccer is a no hands sport.

No Scores will be kept.

The game will be 4 - 12 minute quarters

4th & 5th grade

6 vs 6 (includes goalie)

Goalies will be added

Throw-ins from the sidelines and corner and goal kicks to inbound out of bound balls.

2 - 25 minute halves

Scores are not recorded for these games.

Coaches will need a whistle for practice/games.

Provided by Rec. Program: Soccer balls/Practice cones/First aid kit/pinnies

Tips for planning a good practice:

Get to the practice area early to check field conditions. Is it safe to play on?

Set everything up before the children arrive

Keep players active at all times

Avoid the three L's: laps, lines, lectures

Keep it FUN!

Keep it SIMPLE (don't use fancy words and complicated drills)

There are many useful web sites for youth soccer coaches. Here are a few.

<http://www.coachingsoccer101.com/microsoccer.htm>

http://www.soccerhelp.com/Soccer_Drills.shtml

www.wecoachkids.com

<http://www.soccer-for-parents.com/support-files/rulesv2.pdf>

http://www.ehow.com/way_5795884_fun-soccer-practice-kids.html

<http://www.soccerhelp.com/>

http://www.soccerhelp.com/U-4_Coaching_Ages_2_3_4_5.shtml

Additional Resources:

DVD's - TO ORDER through www.soccer.com or contact www.wiyouthsoccer.com

[An Introduction to Coaching Youth Soccer - Volume 1 -The Novice Coach U6-U8](#)

An Introduction to Coaching Youth Soccer - Volume 2 - The Novice Coach U10-12 (could not find but may be available through Wisconsin Youth Soccer Association)

[US Youth Soccer Skills School](#)

YOUTUBE CLIPS

[US Youth Soccer Skills School](#) and [US Youth Soccer Quick Tips](#)

ONLINE RESOURCES

[Wisconsin Youth Soccer](#)

[US Youth Soccer Coaches Document Center](#)

[US Youth Soccer Skill Manual](#)

[US SOCCER Coaching Center](#) and [US SOCCER Resources](#)

[Soccer Specific](#) (will have to register for access, but it is free) - lots of age specific activities under the DRILLS/EXERCISES tab on the left.

