



Handbook for SuperMod Soccer Coaches

(4, 5, 6 & 7 Year old players)

Thank you for giving your time to the kids in our community and providing a place for them to play soccer. Without you we could not make the Super Mod program the success it has been year in and year out. The following packet will give insight into how Super Mod works and what we as coaches can do to help develop the young players.

General Information

Supermod practices and games will all occur on Fridays starting at 5:30pm at Hoss Field. There will be 4 weeks of practices, and then 4 weeks of games.

We have assembled 4 practices. These practices are in the appendix. They are stuffed / loaded / chock full of small games and drills that SuperMod players have responded well to over the SuperMod years.

One key thing to note about the practice pages – there is a column that says how to introduce the game/drill in “25 words or less”. Please try it. Kids this age won’t listen for long. The faster you get them started, the more fun they and you will have.

If at any time during the season you have questions or need assistance, please don’t hesitate to contact RYSC President, Sam Bocook at ryscpresident.wa@gmail.com.

Coaching the Age--The Important B’s:

- Be prepared to work with a variety of players in your team: they all “love” soccer, but interpret it differently through varied ability and attention spans.
- Be prepared to add or eliminate some details in your plan; there is a fine line between too much information and not enough free play.
- Be prepared to ask players to practice a little on their own in their backyard with a sibling or parent. This extra bit of attention is helpful in aiding players’ development and will make your practice just that little bit better.

The 5 Individual Skills and Why Dribbling is the Most Important at this Age

There are only 5 individual skills in soccer –

- 1) Shooting
- 2) Passing
- 3) Receiving
- 4) Defending
- 5) Dribbling

1) In SuperMod soccer we only put three players from one team on the field at a time, no goalies. If your players don't have to get the ball past a goalie, then you don't have to spend any real time on the art of shooting.

2) At the younger age (U4-U5) the players don't want to pass. They mostly think "The ball is mine", so you may find that passing the ball to a teammate may or may not happen. If you expose them to teamwork then passing may occur, but you don't have to focus on teaching passing.

3) And, if you don't teach passing, you don't have to think about teaching receiving. It may happen if they happen to pass, but you don't have to focus on it as the passing will probably be rare, and the speed of the ball probably won't be fast enough for the arts of receiving to be a concern.

4) Defending? Ask them to get the ball away from the other team with their feet. That's starting to play defense, and maybe ask your players to have one of their own players stay between their own goal and the other team.

5) Teach dribbling, it is the key skill in soccer. And the BALL can be the teacher! Build a practice that has games. Games, Games, Games. Lots of Games. Select games that entice the players to touch the ball lots of times with their feet. If you can get them 500 – 1000 ball touches a practice, the ball will teach.

In general if you build your practices with a variety of games that "hide" each of these five skills within them then your team will learn and improve. You will see the growth as they play games.

Hints & Tips for Coaching Younglings

Bend Down or Squat at Their Level - Better to be a person in their world than a monster with large height if you want them to listen a little longer.

Sun in Your Eyes, Not Theirs - They won't listen, at this age, if they cannot see you.

Very Few Words Needed by you the Coach - After 15 seconds they won't listen to you, guaranteed. If you feel you have to explain something in detail – don't. Demo it to the player you want while the others are practicing one of your practice games.

Name That Team - What do you call the team? Let the kids suggest the names and then vote. Sorta. You will end up having to be the final vote counter. But a name can be fun. I'm partial to unique names. The kids will never forget them.

Warm Ups at the Start of Practice? - Stretching isn't really necessary for these flexible younglings. If you start each practice with the dribble across a square game then you get them loose without spending time trying to figure out how to do the right kind of stretching / warm ups. And they know what to expect to start a practice. And they know if they are a slight bit late to every practice past the first practice they know exactly what to do once they arrive.

Congestion is Valuable in Dribbling - Anyone can dribble in a straight line or around cones that stand still. That's not soccer, soccer is traffic. Good dribbling requires looking up. If you use practice games that create congestion the kids will naturally have to look up. That will serve them well as they continue with soccer.

Passing Guidelines to Consider

1. If you have the ball and there is a clear path forward, DRIBBLE forward and take the open space! This is not "being selfish", this is smart soccer!
2. If you have the skill and can beat someone blocking your path, beat them and dribble forward! This is good on multiple levels, it teaches 1v1 attacking and it builds confidence in skilled players.
3. Only look to pass the ball if your path forward is completely blocked and you can't get through. And even then it's not a sin to pass the ball backwards to one of your teammates. We call it a drop pass.

Shooting With the Laces – Only You Can Prevent “Toe Pokeing” - When and if you want to teach them how to shoot, (and you may have to resist the temptation), read a little about it by searching online for the “instep kick”. Many kids this age start by using the toe of their shoe to kick hard. Not the best. Best technique is to hit it with the laces. And to plant your non-shooting foot even with the ball instead of behind it.

So – have them put their finger on their shoe with the part of their foot to kick it with (the laces). And have them focus on their other foot and where they place it. Then ask them to ensure they put their foot directly next to the ball instead of behind it. You can try this as a science experiment by asking them to kick multiple balls and tell you what happens with each as you move them toward the desired way.

Treats - After each game most SuperMod teams hand out treats (a snack and a drink) for their players. The treats responsibility is rotated among the parents so it's not a financial burden on any one family. There is a treats sign up page example following.

Parent Involvement - You can choose to have the parents help you with the running of the team. This gives you more time to do the coaching activities and a little less worry about whether you have covered all the logistics of supplies, etc. Consider making a signup sheet of

some or all of the following activities and have the parents sign up. The help they give you can set your mind at ease.

Spirit / Enthusiasm - Kids this age respond to enthusiasm. A lot. A whole lot. Besides the happy yelling of the parents, grandparents, and other family members from the side of the field consider a “spirit tunnel” at the end of every game and maybe every practice.

Have the adults join hands as high as they can and create a tunnel for the team to run through. Make them run through it 3 times for best effect. Invite the other team to run through it. Corny. But – it works. Make a lot of positive noise as the kids run through.

Super Mod Game Rules

Field of play - the field of play is rectangular. The length of the field (sideline or 'touchline') will be 30 yards and the width of the field (goal line) will be 20 yards. The fields will be marked with the field number in each corner and halfway mark on each sideline. You will set up cones to complete the field (see field set up page later in the packet). A PUGG goal shall be centered on each goal line.

Number of Players - Super Mod teams shall play with 3-4 players on the field at a time. There will be no goalkeeper. Substitutions may be made during any stoppage of play.

Start of the Game/Kickoff - The ball is in play when it is kicked into play (kickoffs can go forward or backward). The kicker shall not play the ball a second time until it has been touched or played by another player.

A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.

After a goal has been scored, the game shall be restarted with a kickoff by a player of the team that gave up the goal. To start each period, the game will be restarted with the kick off by a player of the opposite team to that of the player who started the game.

The ball is out of play when it has fully crossed the goal line or touchline, whether it is on the ground or in the air. The ball is out of play, when the referee (coach in SMOD) has stopped the game.

*Note: If it is close, keep playing!

Scoring - A goal is scored when the whole of the ball has fully crossed the goal line on the ground or in the air.

Offsides - The offside rule will not apply to any Super Mod team, however, the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee (coach in SMOD) shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players).

Free kicks - NO DIRECT KICKS SHALL BE AWARDED IN SUPER MOD. ONLY INDIRECT KICKS WILL BE USED. No penalty kicks will be granted in Super Mod.

- "Direct", from which a goal can be scored by a direct kick against the offending side.
- "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

An indirect kick shall be awarded for the following offenses committed against an opponent: (these are rare in SMOD)

- Kicking, tripping, jumping at an opponent, charging in a violent or dangerous manner, charging from behind, striking, holding, pushing, handling the ball, dangerous play (high kicking), charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved, lying on the ball and not allowing others to play it, and unsporting behavior.

Consistent with the educational intent of the SMOD program, the referee (coach) should inform the offending player of the infraction that was committed.

Throw-ins - When the whole of the ball passes over the whole touch line, either on the ground or in the air, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team to the team that played the ball.

The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.

Several re-throws will be allowed if an incorrect throw occurs. Before the "offending" player takes the re-throw, the referee (coach) will instruct the thrower on the proper technique and then proceed with the re-throw.

The thrower may not play the ball until another player has touched it. If this happens, the above rethrow rules will apply.

A goal shall not be scored directly from the throw-in.

Goal Kick - When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick.

A goal kick is taken in front of the goal. Any defending player may take the goal kick. The kicker shall not play the ball a second time until it has been touched or played by another player.

A goal shall not be scored directly from a goal kick. The ball is in play when it is kicked. The opposing team must drop back to the halfway mark during a goal kick.

Corner Kick - When the whole of the ball passes over the whole of the goal line excluding that portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the defending team, a player of the attacking team shall have a corner kick.

The ball shall be placed within a three (3) foot arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.

A goal may be scored directly from a corner kick.

Players from the opposing team to the kicker shall not approach within 5 yards of the corner until the ball is touched into play.

If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee (coach) shall explain to the kicker the proper procedure of a corner kick. The kicker may then retry the corner kick.

Miscellaneous Rules:

- Dropkicking and punting are not allowed.
- Slide tackling is not allowed. Infringement of this rule will result in an indirect free kick.
- Good judgement, sportsmanship and fair play should govern the decisions and actions of all the coaches, referees and spectators.
- There will be no published team standings and game scores will not be recorded.
- Be sure to tell your players/parents to arrive at least a few minutes before game time on game day. This will allow a little time for warm-up and organizing your team.
- On game day, if you are the coach of the "home" team, arrive a few minutes early and set up your field. When the coach of the opposing team arrives, introduce yourself. Games will consist of two 20minute periods.

- If weather is particularly bad you may want to decrease the length of the game. Make sure to check in with the other coach to come to an agreement if length of game is being changed.

Players Equipment

- All players shall wear shin guards. Socks must be worn up and over the shin guards.
- Standard approved soccer shoes or gym shoes shall be worn by all players. A player may not play in their bare feet.
- A player shall not wear anything that may be dangerous to other players or to themselves.
- All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that: The proper team uniform is worn outermost; and any hat should be without peak, bill or dangling or protruding object of any kind.
- No player wearing a cast or splint shall be permitted to play in any regularly scheduled game unless the cast or splint is padded and covered and both coaches deem that it is safe. A cast/splint should be held in close to the body to protect other players from injury.
- Rules of Play Start of Play (1) The ball is placed at the center mark of the field. All players must be on their own half.