



# Coaches Handbook

**1st and 2nd Grade (4v4)**

North Clackamas Soccer Club





**NORTH CLACKAMAS  
SOCCER CLUB**

[ncsoccerclub.com](http://ncsoccerclub.com)

**CONTACT**

[info@ncsoccerclub.com](mailto:info@ncsoccerclub.com)



# MINI COACHING RULES



## 1 NO Laps!

Never use running laps as a punishment! It's normal for kids to not listen at this age, running laps won't make a 5 year-old more attentive. It likely will just make them want to skip practice.

## 3 NO Lines!

You don't like waiting in lines. Kids don't either. Create activities that keep all feet moving instead of waiting to kick a ball.

## 5 Focus on Fun!

Our goal is to create a life long love of soccer. Kids will never remember their win/loss record but they will remember how you made them feel.

## 2 NO Lectures!

Unless you can give a compelling 30 sec lecture, skip them all together. Small children want to play. Keep your verbal direction short and focused.

## 4 NO Bad Language!

Congratulations you are now a coach and have become a role model for these players! These tiny sponges are watching everything you do. Our goal is to inspire, not teach creative language.

## 6 Come Prepared!

Trust us, life is easier if you have a plan. Spend 5-10 minutes to come up with a practice plan prior to practice.



# LET'S GET STARTED!



## PRESEASON CHECKLIST

### OYSA Registration & Background Check

Make sure this is completed ASAP. It can take up to 2 weeks to complete. You will not be able to start practices until this is complete. Applies for assistant and team parent as well.

### SafeSport Training

SafeSport is an educational program designed to keep all our players safe. It is required by OYSA and it must be completed by any adult engaging with players during practice or games.

### Identify an Assistant

Our club requires that every team have an OYSA approved (background+SafeSport) assistant or team parent to assist the head coach. Look for this person early!

### Pick up Gear

Stay tuned for information about gear pick up! We will supply balls, cones, pinnies, first aid supplies, and any other items you need.

### Contact all Families

Please look for an email from PlayMetrics. This is our club communication platform and how you will connect with individual families about your first practice, game schedule, changes, etc.

### Coaches Cards

All coaches are required to have a coaches card on hand at games. Upload a photo to Affinity to ensure you will be issued a card.

# PARENT MEETING

Set a meeting  
with families  
at the first  
practice

## Code of Conduct

Review the NCSC code of conduct with families

We have a zero tolerance policy for abuse of any kind. Throughout the season, please forward any concerns to

[president@ncsoccerclub.com](mailto:president@ncsoccerclub.com)

## Ask for Volunteers

Coordinator for snacks  
Canopy set up  
End of season party

As a volunteer run club we need all hands on deck! Assess interest for volunteers to help stripe fields, party plan, or fundraise!

## Season Overview

Discuss practices  
Game schedule  
First game/last game

Game schedules always come out at the last minute. We appreciate your patience! Refer parents to inclement weather policy found on our FAQ page.

## Answer Questions

Don't know that answer? Have them check out the FAQ page at [ncsoccerclub.com](http://ncsoccerclub.com)

Our website has a ton of fantastic information! Or email us at [info@ncsoccerclub.com](mailto:info@ncsoccerclub.com)

# PRACTICE

## HAVE A PLAN!

### PLAY-PRACTICE-PLAY

## PLAY

- Set up an environment that is safe and fun.
- Activities that allow players to warm up and have fun e.g. Sharks and Minnows and Red Light Green Light

## PRACTICE

- Focus on targeted learning activities like dribbling, passing, and finishing
- Remember, no lines!

## PLAY

- The goal is to allow for play that is uninterrupted and allows the coach to assess learning during the session e.g. scrimmage

## PHILOSOPHY

Coaches should focus on making soccer fun! We aren't keeping score and success is measured in smiles and laughs. We emphasize equal playing time and want to get players as many touches on the ball as possible.







## Soccer 5: 1st and 2 Grade Details

<b>Format</b>	4V4 or smaller
<b>Maximum Roster</b>	6 players
<b>Keeper</b>	None
<b>Offside</b>	No
<b>Ball Size</b>	Size 3
<b>Game Time</b>	4 Quarters, 10 minutes each
<b>Break between quarters</b>	5 minutes
<b>Referees</b>	None

If a team is up by 5 the other team can add a player. NO extra time. NO slide tackling. NO offside rule. NO direct kicks or penalty kicks; all free kicks are indirect. NO headers.

## Soccer 5 Rules





## LESSON PLANS

## ACTIVITIES



**EASICOACH U7-U8**

**FUN SOCCER DRILLS**  
**BY MOJO**

PRACTICES SHOULD ALWAYS BE FUN,  
BUT PREPARATION IS IMPORTANT.  
SPEND 5-10 MINUTES THE NIGHT  
BEFORE WRITING OUT A LIST OF  
ACTIVITIES FOR YOUR SESSION. USE  
THE RESOURCES BELOW FOR  
TEMPLATES AND IDEAS. TALK WITH  
OTHER COACHES AND SHARE YOUR  
FAVORITE ACTIVITIES.



# PRACTICE PLAN

WEEK OF:

DAY 1 PLAY

DAY 2 PLAY

DAY 1 PRACTICE

DAY 2 PRACTICE

DAY 1 PLAY

DAY 2 PLAY

NOTE:

Don't have  
kids  
specialize in  
positions too  
early

Teach players  
to trust their  
dribbling skills

It's all  
about  
touches  
on the  
ball!

ADVICE  
FROM  
OUR  
CURRENT  
COACHES

Invest in  
rain gear

My  
mantra,  
don't panic,  
PASS!

Parents  
stay for all  
practices  
until 3rd  
grade

Buy an  
electric ball  
pump

Keep it  
fun!

**YOUR GO TO**

# RESOURCE LIST



## HAVE QUESTIONS?

CHECK OUT OUR WEBSITE! WE HAVE A LONG LIST OF FAQs TO HELP GUIDE YOU!



## OYSA

COACHING RESOURCES, FAQs, BACKGROUND CHECK INFORMATION CAN BE FOUND HERE!



## SAFESPORT

NEED HELP WITH SAFESPORT! USE THIS HELPFUL GUIDE!



## **AFFINITY SUPPORT**

CALL 1-800-869-3921 FOR SUPPORT FROM A REP

