

Coaches Handbook

1st and 2nd Grade (4v4)

North Clackamas Soccer Club





NORTH CLACKAMAS SOCCER CLUB

ncsoccerclub.com

CONTACT

info@ncsoccerclub.com



MINI COACHING RULES



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.

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.

NO Lectures!

Unless you can give a compeling 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.

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!

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.

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.

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.

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

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 on our FAQ page.

Answer Questions

Don't know that answer? Have them check out the FAQ page at **ncsoccerclub.com**

Our website has a ton of fantastic information! Or email us at 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!

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.

PLAY

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



Soccer 5: 1st and 2 Grade Details

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

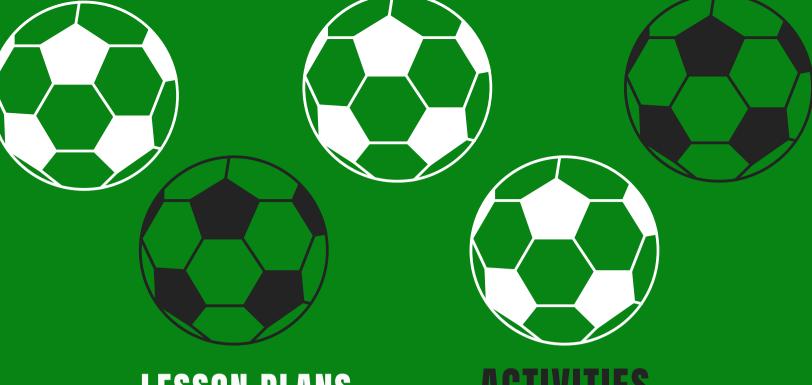
If a team is up by 5 the other team can add a player. NO extra time. NO slide tackling. NO offside rule. NO direct kids or penalty kicks; all free kicks are indirect. NO headers.

Soccer 5 Rules









LESSON PLANS



EASICOACH U7-U8

ACTIVITIES



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.

PRACTICE³ 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

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 RFP

