

## CIPS Elementary Soccer Coach Contract



### Roles and Responsibilities

Practice at least two times per week. To coordinate gym/field time with after-school program and regular season games; practice should be held on Mondays, Tuesdays or Thursdays.

To fully support the development of student-athletes, protect academic time of after-school program and have students participate in study tables prior to practices or games.

Ensure all players have current physical on file.

Confirm that students have met eligibility requirements in the areas of grades, attendance, and behavior.

- Student must have C or above in each subject
- Student must not have any behavior referrals for the week to participate
- Student must be present during the school day to participate in game

Allow all players to participate in the game by playing the equivalent of one half.

### Sportsmanship

Spirit of sportsmanship: Positive school spirit and sportsmanship are key factors to a successful event. Any behavior or language deemed inappropriate by the school administration and/or game officials will not be tolerated and may be grounds for ejection from the game and/or facility.

### Teach the Fundamentals of the Game

#### **Technique:**

Running with the ball

Passing with the inside and outside of the foot

Receiving passes with the inside and outside of foot (body behind the ball)

Dribbling and turning with the ball

Introduce heading

Practice throw-ins

For goalkeepers: ready stance, getting the feet set, how to hold a ball after a save, diamond grip, catching shots at the keeper, punting, recovery from down to the ground and up to set position and footwork exercises. Also introduce goal kicks and throwing

#### **Psychology:**

Keep soccer enjoyable to foster a desire to play using self-motivation

There is an increase in responsibility, sensitivity, awareness of how to win or lose gracefully, fair play, parental involvement, how to play, communication and emotional management.

#### **Fitness:**

Focus on endurance, range of motion flexibility, rhythm exercises and running mechanics. Any fitness activities should include a soccer ball. Introduce the idea of cool down.

#### **Tactics:**

1v1 defending

Roles of 1st attacker and defender,

2v1 attacking,

What it means to get goal-side

More information about fundamentals and sample practice plans can be found here:

[http://www.kysoccer.net/coaches/lesson\\_plans/](http://www.kysoccer.net/coaches/lesson_plans/)