

Table of contents

1. Table of contents
2. Introduction
3. Micro Soccer Job Description
4. Annual Calendar
5. Parents Meeting
6. Coaches Meeting
7. Practice Schedules
8. MUSC Established Games
 - Red Light Green Light
 - Knock Out & Ultimate Knock-out
 - Sharks and Minnows
 - Tunnel Tag
 - Numbers Soccer
 - Neutral players and multiple goals
9. Mirco Camps
10. Appendix 1—Resume
11. Appendix 2—Resources
12. Appendix 3—Letters of Recommendation
13. Appendix 4—Micro Soccer Flyer
14. Notes
15. References:

Introduction:

Purpose: This document will provide and outline for MUSC board members to manage an effective micro-soccer component with Moscow Parks and Rec. It contains processes and procedures that have been used during the 2009/2010 seasons and deemed effective.

About the Author: Luke Ordway for Moscow United Soccer Club created the following curriculum. He is a Moscow product, graduating from MHS in 2001, and from Warner Pacific College in 2006 (*B.S. Health and Human Kinetics*). In the past three seasons. After graduation Luke worked at 24-Hour Fitness as a personal trainer and aggressively pursued playing professional soccer. He trained at Performance Training Center, attended a professional combine, worked out with the Portland Timbers, and tried out twice for the Seattle Sounders. On the other hand he certified as a CrossFit trainer, directed Champion Soccer Academy summer camps, earned his USSF national 'D' license, and acted as the micro-soccer director for MUSC.

From the fall of 2009 through the spring of 2011 Luke developed this curriculum for coaches to have a solid foundation to build from.

Preface: Practices are the majority of your time as the micro-soccer director. The children are young and have limited physically and mentally. You must control their attention. You must use consistent 'key-words', well-defined spaces, and fun soccer-related games. They do not participate in drills but 'activities'. Tunnel Tag and Knockout, to Sharks and Minnows. These activities have soccer related aspects, are challenging, and fun for the kids.

Be ready and proactive with parents. They trust you to practice soccer with their kids. Parents are welcomed to get involved with a ball as well or they may sit and watch. A parent with out a ball trying to help is actually more distracting. Dress like a coach and encourage the kids to attend and play. Older players can play down in age-groups if they act appropriately and play fair. Younger children can only play up an age group by invitation.

Don't be scared. It is more fun than work. Most of the outlined activities run themselves. Enjoy the new forming personalities! Encourage them to play soccer!

Annual Calendar:

Dates are flexible and subject to change. Communication and coordination with MUSC and Moscow Parks and Rec is required for the specific dates each season. The dates may change, but the task still need to be completed at the given time or year.

- 1/1/11 Secure a new micro soccer DOC: See Job Description pg: 4
- 2/20/11—Attend MUSC Board meeting for personal introduction and to become familiar with the action of the club.
- 3/1/11 --Advertisement for volunteer coaches and referees:
 - Moscow Daily News will run a “Brief” for this position. Include start date, descriptions of duties, contact info(Moscow Parks and Rec), etc
 - University of Idaho Greek system: Some houses require community service hours; (Contact?)
 - University of Idaho Men’s and Women’s Club Soccer teams are great sources for referees. They get paid \$10/game. See Appendix for 2010 referees contact info.

- 3/5/11— Micro-soccer Spring flyer to elementary schools (appendix 4)
- 3/20/11—Update practice schedule. Prepare for parents and coaches meeting. Mass email time and dates of upcoming meetings including info about gear swap.
- 3/25/11—Hold meetings. This is the best time to give out material on MUSC, rules, and practices times.
- 4/1/11—5/20/11 Hold weekly age group specific practices.
- 5/20/11--Provide info about MUSC summer camps
- 6/25/11—7/1/11--Administer micro camp in coordination with MUSC
- 8/15/11—Advertise for Volunteers(same process as spring season)
- 8/25/11—Provide micro-soccer Fall flyer to elementary schools
- 9/1/11—Update practice schedule, prepare for parents and coaches meetings. Mass email the times and dates of meetings
- 9/4/11—Hold meetings
- 9/10/11—11/1/10—Hold age group specific weekly practices
- 11/1/11—Inform kids about MUSC Christmas break indoor-camp.
- 12/28/11—12/30/11—administer Christmas break indoor-camp



Moscow United Soccer Club (MUSC)

MUSC provides soccer opportunities otherwise un-available to local kids by organizing traveling teams, hosting local tournaments and camps, and by continued development of the overall soccer community. MUSC

Job Title:	Micro-soccer Director	Date:	Spring/Fall 2011
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Job Description: Micro-soccer Director, open-practice coach, information source for new and returning soccer parents

We are looking for a student, recent graduate, or individual who has experience working with children age 4-9 in a physical education setting. If you have any experience playing or coaching soccer that is a plus, but not required. Under the guidance of the MUSC board, Director of Coaching, and this manual the Micro-soccer Director will complete the outlined responsibilities.

Responsibilities:

- Use local sources to advertise and recruit coaches and referees.
- Organize and hold a pre-season coaching and parents meeting.
- Provide education material on the rules of soccer, practice games, language and sportsmanship to as many people as possible.
- Run age group specific practices as outlined in this manual.
- Recognize and recruit possible future MUSC players.

Qualifications:

- Two-years working with children ages 4-9
- Strong leadership capabilities as a big brother/sister as well as a coach
- Pass a criminal background check
- Willingness to continue education related to micro-soccer.

Location:	Mountain View Park, Moscow, Idaho	Education	Early childhood Education
Job Role:	Coach/Director	Joining Date:	3/1/2011
Employment Status:	Part-time	Employment Type:	Part-time/Intern
Monthly Salary Range:	DOE	Manages Others:	Volunteer Coaches/referees
Email application to:	Jared Vreeland, DOC	Email:	Jared06@gmail.com

For more information about the club please visit www.moscowunited.org

Parents Meeting

Procedure:

This meeting is purely informational and held by you and the MUSC President. The key points to be covered are listed below.

- Introductory Email: meeting agenda including info about gear swap.
- Gear swap: come early and bring your old stuff to trade in for bigger and better gear.
- Your Background info: necessary info
- MUSC: The local club creating opportunities for young soccer players.
- Coach Vs. Parent: MUSC supports you the coach over the parent. Thank you for volunteering your time.
- If a few more coaches are needed this is the place to get them. “You don’t need to know anything about soccer, just keep time, be able to make subs, and be able to tell when the ball is out of bounds (especially important for youngest ages) and that’s it.
- Practices: give out practice schedule. Explain these are open practices, run by you, divided by age, and open to all kids. At practice you will teach the kids basic soccer skills through soccer related games. Tell them the names of the games: Red-light green-light, knockout, etc. Get them excited and be likeable!
- Teams, coaches, and rosters: Usually parents have not been informed who their coach is. “Coaches get their roster at the coaches meeting coming up on_____. The coach of your son/daughter team will contact you the day after our _____ meeting.”
- Parents: help coaches, positive attitude, cheering always, not sideline coaching, car-pooling, snacks, phone tree.
-

Coaches Meeting: email agenda one-week prior.

Introduction: MUSC works with Moscow Parks and Rec, but it's tricky. MUSC is a "non-profit organization whose mission is to assist in the physical, mental, and character development of each player through the game of soccer. The Association is dedicated to providing Moscow are youth the opportunity to achieve and enjoy the highest attainable level of team soccer in both recreational and competitive formats. " With that being said they are willing to invest in Me as a coach and person to help facilitate your child's introduction to soccer.

Your background info: insert here.

MUSC support of the Coach: Coaches are giving your time. MUSC gives you their support. You are the managers of your team, of the game, of parents. If there is an issue, MUSC will support your on-field decisions and ask the complainant for their side of the story.

1. Duties of the Coach:

Contacting your team: Communicate with your team as soon as you have your roster. Copy and distribute game schedule. Give out your number and the rain-out number (208-883-8402).

Team Name: Please establish a team name. Although we have you organized by team number, it is important the children feel part of a team. Have a team name is one of the best ways to do this. It also lets you get the attention of your team by simply saying "MIGHTY DRAGONS, bring it in"

Team Management: Every team should have a parents meeting after their first game. Get to know other parents, cover some basic issues: Phone-tree, snacks, car-pooling. These are all very good things to establish within your team but not required.

Through the season: Examples: Injured players, No referees, Over ambitious parents, Can't make a game:

- Can't make a game? Quickly establish the phone numbers of a few other parents on your team. Ask who would be willing if absolutely needed. If you know a date you will miss, the sooner it is known by the rest of your team's parents the better.

- Injured players, have other players take a knee. Deal with situation, applaud the player as they leave the field.
- No referee: This should not be an issue this spring, but if it is the following protocol: Bring both teams in: Both coaches explain they will be acting as referees. Explain the whistle means stop playing. If no whistle is available depending on age group I suggest either “Freeze” or “Red Light”!
- Over Ambitious Parents: Soccer is a thinking game with quick transitions from offense to defense. Sideline coaching is not aloud but cheering and encouragement is. Use your best judgement if parents are getting out of hand by asking them not to coach but to cheer. This is a tricky one, use your discretion and with any issues, remember MUSC support you as the coach:

Rules Highlights: This is under the control of Parks and Rec and you should ask for their current rules each season. Some things are negotiable with agreement between coaches and referee.

- 3v3: No Goalies: either 4 quarters, 8 minutes in length or two 15 minute halves. Restarts are all kick-ins with opposing player at least 4 yards away. Goal kick taken within 3-4 yards from goal.
- 4v4: No Goalies: either 4 quarters, 10 minutes in length or two 20 minute halves. Introduction of throw-ins. No jumping, ball starts behind the head.
- 5v5: Goalies, throw-ins, (2) 25minute equal halves: size 4 ball.

MUSC Open Practice: **Give out this season’s practice schedule**

These are free training sessions provided by MUSC to facilitate a better understand and enjoyment of the game. They will be run by _____YOU_____ and everyone is encouraged to attend with their teams. Content will consist of basic technique drills, soccer related games, and small-sided scrimmages. Parents, please feel free to watch or get your own exercise while your child works out. Coaches please come ready to be active. Parents may join in and help their child but they to must have a ball and be actively participating in the activities.

Practice Example: “now we are we are going to go through what the kids will be going through.” Quickly play each of the MUSC micro-soccer curriculum games: Red-light green-light, knockout, tunnel tag, sharks and minnows. This gives coaches a chance to see how to use “key words” (appendix __) and how the games are organized and progressed.

End Meeting: *Thank you. Does anyone have any questions that have not been answered?*

2009/2010 Established Micro-Soccer Games:

These games have been used for the past 3 micro season and the kids are very familiar with them. They are listed in the order they should be administered and taught through the season and practice to practice. You will quickly learn how difficult it can be to teach a new game. Many kids will be familiar with these games from P.E. at school although we play with a “*Soccer Style*” twist.

If you administer each drill for 15 minutes with a quick water break you can cover three games.

1. Red-Light, Green-Light!: Always start with this game. It gets kids focused and is easy to join if kids arrive a late.

SET-UP: A square grid appropriate size to the number of kids.

DIRECTIONS: A basic “ball control” activity where each child has a ball and is the “driver” of their car. Different verbal cues will represent different soccer related techniques. This game is very open to creativity. Cues used in the past are listed below.

- Green light—dribble the ball by pushing it with your toe pointed down using the laces on your shoe always keeping it close to you and always rolling.
- Yellow light—go fast for a second,
- Red light—Everyone stops and puts their foot on the ball. Push down on the ball to “get used to how it feels.”
- U-turn—From a red-light position pull the ball back to make a 180-degree turn. Once they know the technique, introduce and show the needed aggressiveness.
- Rain—aka toe touches. Light hop back and forth tapping your foot on the top of the ball. “it’s raining”
- Thunder—using the inside of the foot, tap the ball back and fourth between your feet. Progress to

forward thunder, reverse thunder, advanced thunder(inside of the foot, outside of the other foot, inside of the foot, outside of the foot), tricky thunder(thunder with every once in a while doing a dummy touch to trick the defender.)

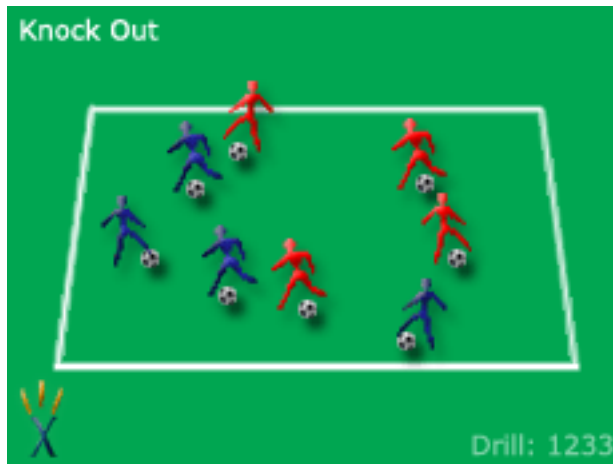
- River—From a red-light position pull the ball back and scoop it up in the air. Progress to trying to scoop and catch the ball.
- Round about—When cued, dribble the ball quickly around any cone on the edge of the square and quickly return to the middle. Progress to trying to do it in two touches
- Meteor Shower: Pick the ball up and toss it in the air and try to catch it. Start small and work your way up toward bigger tosses. If you drop it do one burbee(see notes on Burbees)
- Lightning—pick the ball up, toss it in the air and put your foot on top of it to control it and then dribble away quickly. Progress to running through the ball. All elements of trapping the ball.
- Car thieves—on cue the coach becomes a car thief and tries to steal your “car.” Emphasis on getting eyes up and looking for the car thief and escaping. “There’s a car thief!” “The car thief went away”
- Rail Road tracks—on cue the kids roll the ball using the bottom of their foot.

Example: “Green-light, you had to make a U-turn, it started Raining and there was some thunder. You saw a bolt of Lightning. Red Light, green light, yellow light!, U-turn. Meteor shower. Red light. Why do we do this? What are we working on?” Creating thinking players.

2. Knock-out (Ultimate Knock-out): probably the favorite two games of the 2010 micro season.

SET-UP: A square appropriate size for the number of players

DIRECTIONS: A progression of red light green light. Each player has a ball and tries to protect it while trying to knock other players ball out of the grid. If your ball gets knocked out, five jumping stars, or three burpees, five push-ups, etc and you're back in the game.



Progress into "ultimate knockout" where you are out until the person who kicked your ball out gets knocked out. Makes for a nearly endless game. Add a jail for players who are out, and don't be afraid to call "Jail-Break."

Watch out for frustration in this game. If you notice frustration starting, call for a "red-light_ and make a coaching point to make the players more successful. Don't use the frustrated players in the example but directly address how they can over come their frustrations. Ex: keeping the ball moving, or keeping the ball under your body so you can turn away from pressure.

3. Tunnel-Tag

SET-UP: A square appropriate size for the number of players.

DIRECTIONS: Assign one or more players as the tagger or the person who freezes other players by giving them a penny. The rest of the players dribble around in the playing area as the tagger tries to freeze players by touching their ball with their foot.

Players who are frozen then must hold the ball up over their head and spread open their legs. Other players can unfreeze these players by

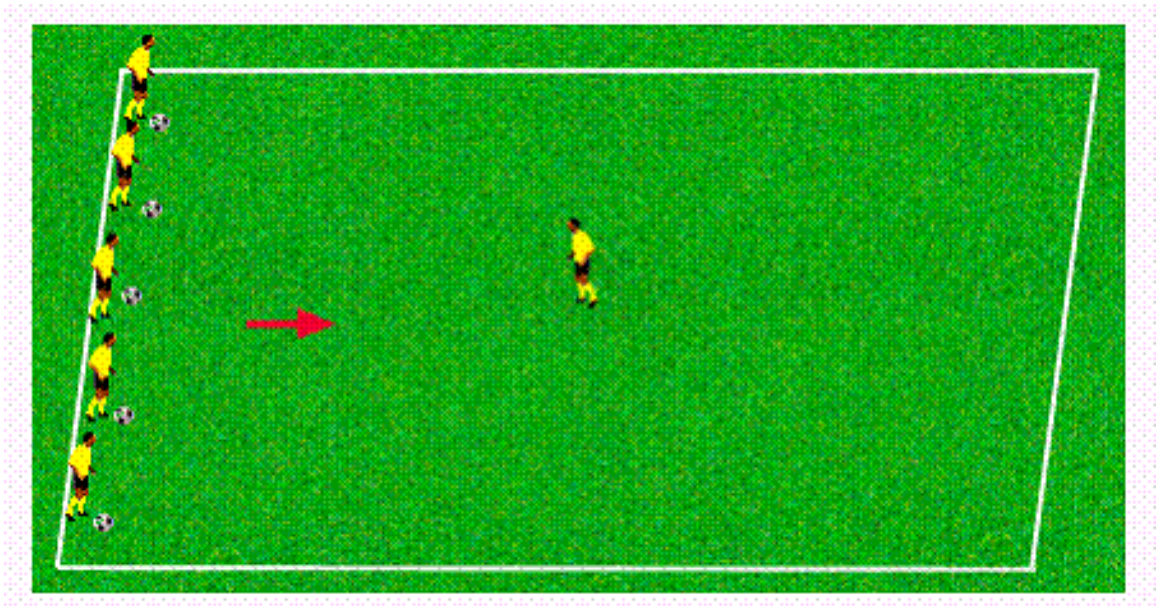
passing the ball through their legs. Once unfrozen they again start dribbling around in the playing area. If a player dribbles out of the area they are frozen.

Everyone should be a tagger. Rotation works like this: "Red-light." Wait till everyone is at a proper red light. "Raise your hand if you haven't been a tagger. Taggers, give your penny to someone with their hand up and take their ball. (Pause) New taggers, you are frozen, everyone else green light. (this allows non-taggers to get ready and see who the new taggers are.) Tunnel tag!" continue this scheme until everyone has had a chance to be the tagger.

4. Sharks and Minnows

SET-UP: A well-defined longer than wider "river". Approx 25x40yards.

DIRECTIONS: In this activity "minnows" try to "swim" across a designated area. One shark to start, can be the coach, tries to touch their ball with their toe. The minnow then does an exercise (3 burpees) and becomes a shark. On the first trial we usually let all the players make it. "Minnows are you ready?" "yeah!" "Swim!" they make it. "Wow! Great job! Are you ready? Swim!"



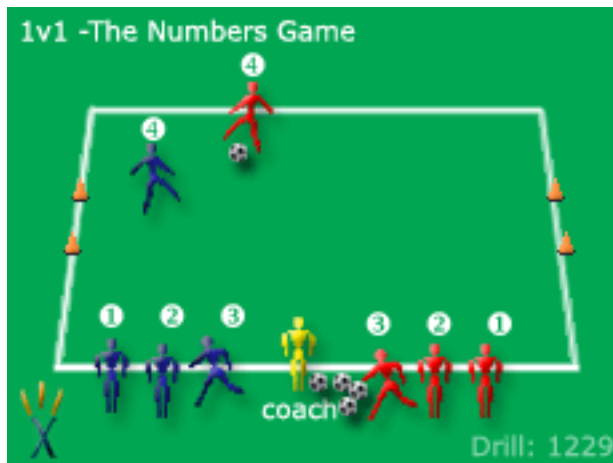
Note: The coaching point of this game is to go around defenders or “sharks” not right though them. The better dribblers will be more successful enforcing the importance of having good ball control.

5. Numbers Soccer

SET-UP: set up a small soccer field with small goals.

DIRECTIONS:

Divide the group into two teams by numbering off 1,2,1,2, etc. “all the 1s sit over here, all the 2s over there.” Then give each child a number 1-x. Tell the players to “you’re your number up when I give it to you so you don’t forget it. When your number is called you stand up and run behind your goal and then play against the opposing person. The reason we give each kid a number is so we can have 1v5-8 or 2v5-8. Drill can be 1v1, 2v2, 2v1, etc. Smaller is better. Coaching point is to “share the ball” once game gets to be more than 1v1.



Note: This picture is a good layout and example however MUSC does the numbering of players differently so there can be a greater variety of scrimmages. Also, if the group is larger than 10, you can make the field bigger and have two 1v1 scrimmages going at a time.

Example: 1v5 go! 2v6 go! 3v7 go! 4v8 go! And if the the group is bigger:
“Using this ‘red’ ball, 1v6 go! And on this ‘white’ ball...2v5 go!

6. Neutral players and multiple goals

These drills are only for the oldest group and may or may-not work effectively. They contain all the elements of real soccer but with twist to create positive habits.

- *Neutral Player:* Understanding a neutral player is complicated but once learned will never be forgotten. Neutral or all-time-offense is the best way to handle a group with an odd number of players. If you have seven players you can play 3 vs. 3 plus 1 neutral player or 3v3+1. In developing this concept you should play as the neutral player and then hand the duty off to one of the advanced kids in your class.
- *Multiple Goals:* Using one goal per team can be clogging and conducive to bunch-ball. Playing with two goals per team will teach children if they can't go one way to try and go the other. Very similar to real soccer situations where if you can't go one way you should look to go the other.



Note: This picture is good but the goals should be on the wide/long side. The kids will be more successful and the game will be less up and down and the concept of switching the point of attach will be more apparent.

- *Six-goal game:* Progressing from the above four-goal game, if you make it this far you are a wonderful coach. On a much wider field, six goals, three per team, teach many

applications of real soccer. Attacking up the middle, up each side, switching the point of attack etc.

Micro-soccer Camps:

As the micro-soccer director you will be responsible for the administration of micro camps. These are relatively easy and similar to practice with a few changes. Camp usually runs for two hours per day with the assistance of volunteers from the older club teams. Communication with the Director of Coaching and Camp staff will ensure you have enough help to handle a larger group of kids. Pay is separate from micro-soccer director staff and can be increased if you also help with the full MUSC camp.

Advertisement materials are distributed through the elementary schools and the MUSC and Parks and Rec email list.

Previously held camps include:

1. Christmas Break camp: 3 days, 2-hours/day, memorial gym, \$15 or \$7/day
2. Spring Break camp: 5 days, 2-hours/day, sprint turf, \$30 or \$8/day
3. Summer Camp: 5Days, 2-hours/day, Oylear field, \$30 or \$8/day

Resources:

Internet related:

1. <http://www.uefa.com/trainingground/training/drills/index.html>
- 2.
- 3.

Printable Files:

1. PDFs etc
2. A;dijkf
- 3.
- 4.

Human Resources:

1. Luke Ordway
2. Jared Vreeland
3. Roger Rowley

4. HIRC
5. Parks and Red Director



Adjust to meet your schedule.



Fall MUSC Combined Soccer Practice Schedule:

Monday 5pm: PK, K, 1st Graders
Monday 4pm: 4th – 6th Graders

Tuesday, 5pm: PK, K, 1st graders
Tuesday, 4pm, 2nd and 3rd Graders

Wednesday, 5pm, 2nd and 3rd graders
Wednesday, 4pm, 4th – 6th Graders

***Times will change as the days get longer/shorter, please check your email!**



Learn more:
www.moscowunited.org



Micro Soccer



Micro Soccer

Moscow United Soccer Club

&

Moscow Parks and Rec

would like to invite all to register for the

Fall 2009 Micro Soccer season!

We at Moscow United Soccer are looking forward to another great Micro Soccer season and as the new school year approaches we are encouraging all new and returning Micro-soccer players to register now! By registering early, you allow for team rosters, game schedules, and coaches to be organized in advance of the September start date. In return, this makes it easier for families to plan their schedules. Let's play!

Registration: Currently through September 4th at the Hamilton Indoor Recreation Center (HIRC) or Eagan Youth Center. Or call 883-7084

Games begin: Monday, Sept. 14th !!!

Coaches Wanted!!! Apply at the HIRC

Sharon Loomis-Malin
3023 NE 18th Avenue
Portland, OR 97212
503-701-2395 cell

July 31, 2009

Recommendation for Luke Ordway

To whom it may concern:

I am pleased to write this letter of recommendation for Luke Ordway. I began working closely with Luke in the spring of 2006. I have managed three club-level competitive soccer teams that Luke has been the full time head coach, assistant coach, or seasonal guest coach. One year, the team was ranked 3rd in the State of Oregon. I highly recommend and respect his positive coaching style with a teaching component that not only motivates the soccer player but provides specific areas for the player to work on.

Luke is concerned about the entire competitive youth player: from their technical skill set to their character off the field. His soccer coaching and training includes injury prevention and general physical training that players can utilize for life. He is respected by players, parents and coaches alike.

Luke is very approachable with good personal communication skills and an excellent understanding of competitive youth soccer and physical fitness.

I am available to answer any detailed questions and can be reached via my cell phone.

Sincerely,

Sharon Loomis-Malin

Sharon Loomis-Malin
Team Manager
Oregon Soccer Academy

U11, U12, U13 OSA Hurricanes

November 8th 2010

My name is Lauren Nuxoll and I attended the Champions Academy in the summer of 2010. I was a varsity high school soccer player, but I decided to attend to learn what I could do to become a better soccer player. After this experience I would highly recommend this camp. Every day, we started out with a little game to get touches on the ball, and to learn new moves. Even though I have been playing for 14 years, I learned new moves and ways to control the ball I hadn't heard about before. I enjoyed learning all of this in a game format instead of just drills it kept everyone, from 8 years old to 18 years old, entertained. The coaches were great about helping they taught everyone as a group the ball control, and then had us practice it. If someone wasn't quite getting it they would help them one-on-one till they did. We would break up into older and younger kids so we could work on things appropriate for our age level. Each day we talked about something different, whether it was crossing the ball, using the whole field, defense, passing, shooting, dribbling, or moving into space. All were made into a fun drill or game. There would also be a fitness portion of the day. We had relay races that combined agility, ball control, footwork, balance, and some running. Everyone was split up into fair teams, younger and older kids mixed. Not only did you get your fitness, you learned about teamwork and cheering on your team. Fitness was done in a fun way that everyone could enjoy.

Some things that made this camp stand out from others I have been to are the coaches are all very friendly and try to help each individual. If one kid doesn't understand how to shoot with their laces, they will work with personally so they can learn. Water breaks are also very frequent, so everyone can get refresh and rehydrated. This is very important during the hotter days of summer.

The Champion Academy is a great camp for younger soccer players to the older soccer players! Both will benefit from this camp. I highly recommend this camp to all soccer players.

-Lauren Nuxoll
(208) 413-8987
18865 Tammany Creek Road
Lewiston, ID 83501

