



Soccer Handbook



www.funteamalberta.com

WHAT IS FUNTEAM?

FunTeam Alberta is a non-profit recreational sport organization that assists individuals and families in the participation of less competitive and low cost sports and recreation. Children, youth and adults can participate in physical activities in an atmosphere of fun, co-operation and fair play. FunTeam is designed to guide volunteers in the organization and implementation of sport in their own neighborhood or community.

FUNTEAM'S MISSION

FunTeam aims to foster, through active leadership, the participation in sport for children, youth and adults interested in sport and recreation, in an atmosphere where enjoyment is maximized for all and the costs associated with participation are minimized.

FUNTEAM PRINCIPLES

Low cost, less competitive, family orientated, manageable time commitment, skill development, complementary to organized sports, fair, safe & FUN!

FUNTEAM SOCCER

SETTING UP A FUNTEAM SOCCER GROUP:

ESTABLISH A LOCATION

Select a field to play on.

It doesn't have to be an official soccer pitch. If not, just try to find a flat, grassy park area with enough space to keep the balls off the road and not to interfere with other park users. Remember to always first do a safety check and walk around the field to check for hazards like glass, etc.

EQUIPMENT

Balls

EVERY PLAYER SHOULD HAVE A SOCCER BALL. For younger children a smaller soccer ball or a soft soccer ball will work best. Once the players are over the age of ELEVEN go to a regular size ball. If you cannot secure soccer balls for each player contact FunTeam- we can arrange for soccer balls for your group.

Nets or Goals

For nets or goals you can use the soccer posts existing on a park site or you can use pylons/cones; small plastic crates or even a few coats or shirts will do. You can also obtain portable practice nets at most sport stores with new and used equipment.

Players

Players can wear running shoes or soccer shoes. Soccer shoes are not necessary for younger children (under 10 years old). Players should wear soccer shin pads and high socks, t-shirt and shorts. Have players bring a WHITE and a COLORED t-shirt to each session so you can divide them into easily identifiable groups when needed.

NUMBER OF PLAYERS

FunTeam soccer sessions can be run with any number of players, with or without goalkeepers. Just set up two goals or one pylon as a target to score. Play 1 vs. 1, 2 vs. 2, or up to 11 vs. 11. There's no wrong way to play. If you have different age groups you can divide them into groups based on age or ability and run more than one game at a time. A smaller group allows for more involvement by each player, more touches on the ball. THE YOUNGER THE AGE THE FEWER THE NUMBER OF PLAYERS PER TEAM. FOR EXAMPLE , Under age 6: 3 V 3, no Goal Keeper. Under age 8: 4 V 4 plus GK. Under 10: 6 V 6 plus GK. Under 12: 7 V 7 plus GK.

RECOMMENDED TIME COMMITMENT

One or two sessions of 45-60 minutes a week. Focus the session on keeping the players moving and changing up the activities in a reasonable time frame throughout the session to keep the players' interest as well as have them try a variety of skills.

GENERAL STRUCTURE OF A FUNTEAM SOCCER SESSION

Below is a suggestion for organizing your weekly soccer sessions:

"SOCCER SANDWICH"

1. "GET'EM GOING" (7-10 minutes)

A ball for each player to practice or create dribbling and juggling skills. Let them work on their own. Show them a few skills to try or allow them to create/experiment on their own.

See Resource #1: Become a friend with the ball. Pg# 18.

**Short water break. Call players in. Let them have a water break as you give brief positive feedback and quickly demonstrate/explain next activity.

2. "GET A FRIEND TIME" (10-15 minutes)

Working with and against a partner. DRIBBLING: keep away (1 vs. 1). PASSING to a team mate with/without opponent. Expand to 3 vs. 1, 4 vs. 1.

See Resource #1:

Dribbling. Pg# 14.

Relay. Pg# 19.

Technical Development. Pg# 20.

Fun Game. Pg# 21.

Dribbling. Pg# 26.

Relays. Pg# 27.

Indy 500. Pg# 36.

Numbers Game. Pg# 36.

Inside Out. Pg# 56.

Exercise with an Adult/Parents. Pg# 60.

Relay. Pg# 61.

See Resource #2:

Score on Grown Ups. Pg# 62.

Game One. Pg# 24.

Game Four. Pg# 27.



**Short water break- explain/demo next activity.

3. "FUN GAME" (10-15 minutes)

Extension of skills worked on in previous drill. Expand to a mini-game.

See Resource #1

Related Games. Pg# 19, Pg# 21 & Pg#27.

Micro Soccer Jamboree. Pg# 37.

Zone Game 4 vs. 4. Pg# 56.

Super 6's. Pg# 57.

See Resource #2.

**Short water break. Quickly set up next activity

4. "THEIR GAME TIME" (10-15-minutes)

"Let them play". The younger the players, the smaller the teams. Under age 11, 7 vs. 7 max. Run more than one game at a time if you have large numbers. Apply general rules: No hands, except for goal keeper. No pushing.

See Resource #1: Super 6's. Pg# 57.

REMEMBER THE 3 P's:

BE POSITIVE

BE PLANNED

BE PATIENT

