

## **Spring Sports Program**

### **Junior Kindergarten Soccer Manual – Station #1**

#### **Message from the Bridlewood Community Association (BCA):**

Thank you for taking part in the Spring Sports Program and making it a success year after year. The Spring Sports league is one of the programs of the Bridlewood Community Association (BCA), a not-for-profit community organization whose mandate is to work together with our community to make Bridlewood a great place to live, work and play. The BCA is committed to making sport in our community a positive and rewarding experience for everyone and has designed the Spring Sport Program to give children aged 5 – 14 an opportunity to have fun, learn new skills, get exercise and enjoy the beautiful parks of Bridlewood. It is a non-competitive league where the values of excellence, fun, inclusion and fairness dominate the game. On our fields, everyone is a winner.

#### **Overall Objectives of the Spring Sports Program:**

- Emphasize safety and, above all, have fun!
- Help young athletes develop coordination, a sense of teamwork and teach the fundamentals of the sport.
- Recognize the important contribution that sports can make to our children and our community.
- Afford families a chance to get to know other Bridlewood families in a relaxed, fun, outdoor setting. Make new friends!
- Reinforce the True Sports Principles as part of the culture supported by the BCA, the City of Ottawa and local schools.

#### **Coaching Philosophy:**

As a volunteer coach, your most important job is to ensure that your athletes have fun, learn new skills and make new friends. As this is an entirely volunteer-run program, all parents are expected to participate in some way, this includes asking parents to help out both on and off the field! Remember that the entire Spring Sports team is there to help you as well.

#### **Requirements to be a coach:**

- You enjoy working with children.
- You encourage and are able to organize children.
- You are available for weekly practices and games.
- You may have some experience with the sport. This coaching manual will provide rules, suggestions for warm up and drills and tips to help you teach the sport.

#### **Expectations of Coaches:**

- Arrange for equipment pick up as organized by the convenor. If you are not available, delegate it to another parent on your team.
- Communicate information to team regarding schedules, location, expectations for both players and parents, etc. or arrange for team manager to do so.
- Arrive on time for weekly practice with the equipment or designate someone to take your place for the warm up if you will be delayed.
- Be prepared – plan the warm up, drills and game plan or delegate to your assistant coach or manager.

*Proud Member*

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- Explain and/or demonstrate skills, rules and positions to the team.
- Ensure all children have an equal opportunity to play and try out different positions.
- Respect all participants including players and coaches from both teams.

### Expectations of Players:

- Arrive on time for practice with all necessary equipment, proper footwear and water. No sandals or jewellery.
- Respect all participants including players and coaches from both teams.
- Pay attention to coaches or managers.
- Always be aware of what is happening on the field.
- When not actively on the field focus on the game, encourage your teammates and use only positive comments.
- Work with everyone on your team, not just your friends.
- Shake hands with opposing team after the game.
- Help the coach assemble all equipment after the game and clean up after yourself.

### Expectations of Parents:

- Have child at the field on time and ready to play every week.
- Assist coach in whatever capacity they need – snacks, supervising children not on the field, with game, etc.
- **CRITICAL:** A parent or guardian **MUST** be present with their child on the field at every station.
- Communicate any absences to coach in advance whenever possible.
- Respect all participants including players and coaches from both teams.

### Getting Ready to Coach:

- Review this manual in its entirety – contact [springsports@bridlewood.ca](mailto:springsports@bridlewood.ca) if you have any questions, concerns or are missing any equipment.
- Contact your team with information about dates, times and location of your sessions. Recruit parents to act as team manager or any other function you may require.
- Pick up your t-shirts, coaching manuals, equipment, etc. as directed by the Spring Sports Coordinator. If you are not available, please arrange for someone else from your team to attend in your place.
- To help you learn the children's names, and make t-shirt distribution easier, write their name on masking tape and attached to the front of each shirt before you hand them out.
- Select a team manager to prepare snack schedules, manage the children on the bench when you are on the field and contact parents with any schedule changes or other information.
- Don't be afraid to add a bit of silliness to the drills or practices – keep it fun!

Here's what you can expect at your station for the 8-week program:

Schedule: 6:00 – 6:10 pm

Warm-up for all teams run by the Field Co-ordinator or team coach. Please show up on time or early so the children can get properly warmed up.

Activities: 6:10 – 7:00 pm

There will be 4 teams per field. **Parents are active participants and will shadow their child.** They will also keep track of when each team needs to move to the next station. Each team will spend 10 minutes at each of the 5 stations on the field.

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7:00 – 7:15 pm

Once through all the stations the Field Co-ordinator will divide the teams into 3 versus 3 mini-soccer games each within a 15 x 20 grid. This will likely mean that you will have 9 mini soccer games to watch. The idea is to let the kids play. No coaching is necessary. We'll simply give the children the ball and let them play. Snack can be done following the mini games.

### **STATION #1 – BALANCE AND STRENGTH**

#### **Week #1: Equipment – One soccer ball per child**

##### **Balance**

- Stand on one foot and balance for a count of 5, (how long?); try your other foot
- Close your eyes and repeat the above two
- Little Person standing on one foot and see if they can lean forward and make the shape of a plane and still keep their balance. Same as above, see how far little person can lean back and look into the sky.
- Have little person stand in front of their big person on one foot and see if their big person can knock them off balance by poking their shoulders, chest or stomach.
- Standing a few feet in front of their Big Person, see if little person can hop on one foot towards their big person.
- Same as above, but see if little person can hop around their big person.
- Same as above, can little person hop backwards.

##### **Strength without a ball**

- Big and little person stand facing each other with palms touching
- Big person tries to push little person backwards while little person tries to push big person backwards

Same as above but now hold each other's hands and try to pull the other person forwards

##### **Strength with a ball**

- Big person holds ball in hands; little person jumps up and grabs it from hands (how high can you jump?)
- Big and little person hold onto ball with two hands; have a tug of war to see who can get the ball
- Same as first one but now little person lies on belly and reaches above his/her head to grab the ball; do that 8 times

#### **Week #2: Equipment – One soccer ball per child**

##### **Balance**

- Balance on one foot with eyes closed; how long can you hold it?
- Balance on one foot with body like a figure skater; how long can you hold it?
- Balance like a figure skater and while balancing touch the ground with your hand without falling down
- Walk backwards about 5-6 big steps from your big person, then run as fast as you can to him/her and when you get there stop quickly and balance on one foot; can you keep your balance without falling over?

*Proud Member*

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## **JK SOCCER MANUAL – STATION #1**

- Remember to switch feet

### **Strength with the ball**

- Lie down on ground, squeeze ball between feet and then lift legs up and down 10 times (touch big person's hands with your toes)
- Big and little person pass the ball to each other by hand while doing 10 sit-ups
- Sit on ground with ball at waist; push bum off the ground then sit down and then lift legs up. Do this 10 times (ball will roll up and down legs if done properly)

In push-up position, roll the ball around your arm four times; repeat on other arm

## **Week #3: Equipment – One bean bag and one skipping rope per child**

### **Balance**

- Big person throws a small object out in front of the little person
- Little person hops on one foot to the small object, balances on that one foot, bends over, picks up the small object and then hops back; repeat again but using the other foot

### **Strength & Coordination**

- Little person keeps body as stiff as a board and falls backwards; big person catches little person at the shoulders, brings little person down to ground and then raises little person back up. Do this 3 times.
- Partner Push - big and little person touch palms and try to push each other over a line made by the skipping rope.
- Same as above but this time with their feet. Both Little Person and Big Person sit on their bums and put their feet together and push.

## **Week #4: Equipment – One soccer ball per child**

### **Balance**

- Have little person make their bodies big, small, and as wide as possible only standing on one foot.
- Have little person on their toes stretching out their hands as if they are reaching for the sky.
- Now see if they can get really low and close to the ground as possible.
- How far can they stretch out with arms and legs apart? How tight can they get, with legs crossing over each other and arms across their body like they are hugging themselves.
- How high can you jump??

### **Hanging**

Little Person is hanging off their big persons arm.

- Hang by hands for a count of 6
- Hang by hands and bring knees to chest three times
- Hang by hands and open and close legs three times
- Hang by hands and run for a count of 6

## **JK SOCCER MANUAL – STATION #1**

### **Strength with the ball**

- Big person holds ball in hands; little person jumps up and grabs it from hands (how high can you jump?)
- Big and little person hold onto ball with two hands; have a tug of war to see who can get the ball
- Same as first one but now little person lies on belly and reaches above his/her head to grab the ball; do that 8 times
- Push-up position; little person rolls the ball around one arm 4 times; switch arms

### **Week #5: Equipment – One bean bag and one skipping rope per child**

#### **Balance**

- Big person throws a small object out in front of the little person
- Little person hops on one foot to the small object, balances on that one foot, bends over, picks up the small object and then hops back; repeat again but using the other foot

#### **Strength & Coordination**

- Little person keeps body as stiff as a board and falls backwards; big person catches little person at the shoulders, brings little person down to ground and then raises little person back up. Do this 3 times.
- Partner Push - big and little person touch palms and try to push each other over a line made by the skipping rope.
- Same as above but this time with their feet. Both Little Person and Big Person sit on their bums and put their feet together and push.
- Walk around like a bear - on all four's with belly down
- Walk around like a crab - on all four's with belly up
- Jump around like a frog
- Bridges - little person lies on back with knees bent; lift up bum by balancing on feet and shoulders. Go up and down 12 times

### **Week #6: Equipment – One bean bag and one skipping rope per child**

#### **Balance**

- Give a skipping rope to each little person and make it as long as possible. Little person stands at one end of the skipping rope, leans over to one side, keeping the other leg as straight as possible, then repeating with the opposite hand/leg down the line of the skipping rope.
- Can little person go backwards?
- Same as above, this time little person is going to pick up an object (Bean Bag) on one side, then drop on the other side to pick it up with the other hand.
- Little person will stand at the end of the rope, shoot their web across and crawl along and pretend they are spider man.
- Little person will turn themselves into a crab and walk like a crab along the rope.
- Get a skipping rope and turn it into a circle, and pretend that it is a puddle of water that they are standing in. Have Little Person stand in the circle, puddle of water and tell them to jump out, jump in, jump out, and jump in.

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## JK SOCCER MANUAL – STATION #1

- Have Little Person jump in different directions, forwards, backwards, side to side, on the angle.
- Can we hop now on one foot?
- Little Person walks along the pattern of the rope, tell little person that they cannot fall off the pattern or else the sharks will bite their foot.

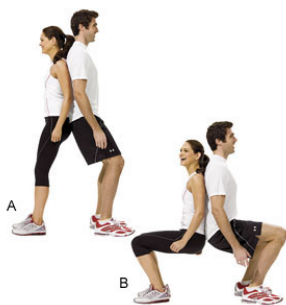
### Strength

- Big person puts the skipping rope behind their hand acting like a tail, big person runs around, while little person tries to step on the back of the rope, switch roles after 30 seconds.
- Little Person and Big person play tug a war with the skipping rope. See if little person can pull Big person over.

## Week #7: Equipment – One each of soccer ball, bean bag and mini ball per child

### Balance

See if little person can perform the following – plank, side plank and bridge poses - and hold each exercise for 10 seconds. Count out loud with them to motivate them.



- Have little person sit with their backs against their big person, and see if they can both get up at the same time. Have them try this about 2 times.

### Catch the Object

- Provide the big person with 3 different objects. Little person stands on one leg and big person will toss one of the objects for little person to catch.
- First tell little person to use two hands and then see if they can move to one hand.
- Have little person switch legs.

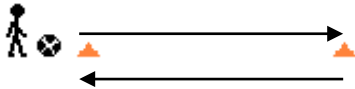
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## JK SOCCER MANUAL – STATION #1

### Week #8: Equipment – One soccer ball per child and 2 cones per group of 2

- Divide the group into 2
- Place each group behind a cone and then put the other two cones 6-8 yards in front of them. Each player at the starting line will have a soccer ball. On the coaches command “GO” the first players will use their hands to role their soccer ball up and around the cone back to the next player in line.
- See which team finishes first.
- Same as above, this time give the players two soccer balls to roll using their hands
- Same as above, this time have the players dribble one soccer ball with their feet.
- Same as above, have the players dribble to the cone, do 5 toe taps at the top cone and dribble backwards to the next player.



### Kick n' Catch

- Provide a soccer ball for each little person and see if he or she person can kick the soccer ball and catch it.
- Same as above this time little person kicks their soccer ball to their big person to catch.

**Above all else – have fun!**