



# **Youth Soccer Coaching Handbook**

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## Code of Conduct

All coaches are expected to abide by reasonable standards while volunteering for the Northbrook Park District. Coaches must abide by all policies and guidelines listed in this handbook. Coaches are subject to disciplinary actions or dismissal for failing to abide by all policies and guidelines listed in the handbook.

Officials will be instructed and given the authority to ask players, coaches or spectators to leave the park in the event of any conduct violations. There will be no warnings. Failure to comply with officials' or staff members' requests may result in cancellation of games.

Conduct Guidelines:

- 1) Verbal or physical intimidation of any individual is prohibited. This includes, but is not limited to, all players, spectators, Northbrook Park District staff members and other coaches.
- 2) **Foul language is strictly prohibited.**
- 3) **ZERO TOLERANCE POLICY**

Officials will be instructed and given the authority to ask players, coaches, or spectators to leave the park in the event of any conduct violations. There will be no warnings. Failure to comply with officials or staff members requests may result in cancellation of games.

## Coaches Code of Ethics Pledge

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for each age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first-aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all my players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach and that the game is for children and not adults.

## **Team Formation**

All teams will be formed according to the following guidelines and restrictions:

1. All participants will register for the program according to grade and school.
2. All participants who register prior to the registration deadline will be placed on the appropriate team.
3. In the event a school's registration is too large or insufficient to form one school team, the following criteria will be used:
  - a. For schools with insufficient registration, children will be paired with others from additional schools in order to form a full team. Schools that are combined are at the discretion of the Park District.
  - b. For schools with large registration numbers, children will be split as evenly as possible into two or more groups and combined with other schools.
4. Teams will be selected within one week of the registration deadline. Every effort will be made to form **full** teams after the deadline.
5. In the event a team is not full, children on the waiting list will be placed on the particular team with no consideration of school or geographic location.
6. If a child is offered the opportunity to be moved from the waiting list to a formed team and refused the offer, the child will be placed at the end of the waiting list, and the next child in line will be given the identical offer.
7. Under no circumstances will friendship requests be accepted or granted.
8. **Under no circumstances will children be switched from one team to another unless a documented error in registration has occurred.**
9. Rosters will be made available to team coaches after they are formed.

## **Switching Players**

Once team rosters are established by the Northbrook Park District, **they will not be changed.** Coaches are required to abide to the following guidelines:

1. Coaches may not ask another coach permission to switch rostered players.
2. Coaches may not offer a child or parent of a child on **(a)** another team **(b)** on the waiting list, or **(c)** a non-registered player the opportunity to switch to his/her team to the Leisure Services Supervisor responsible for the youth athletic league.
3. Coaches should direct **all** calls from players or parents who desire to switch or join teams to the Leisure Services Supervisor responsible for the youth athletic league
4. Under no circumstance should a coach offer or insinuate agreement or desire to allow a child on his/her roster.

Coaches who do not abide by **all** of the above guidelines will be dismissed as volunteer coaches indefinitely. Any alleged violation will be investigated. If a coach is found to be in violation of even one small violation, that coach may be removed immediately.

## Pre-Season Meeting

After teams are assigned, schedule a team meeting with parents and players.

### Suggested agenda:

- Introductions
- Coaching/Team management help
- Carpooling
- Snack List
- Expectations for players and parents

### Goals for the season:

- Fun
- Learn new skills
- Sportsmanship
- Meet new friends
- Do your best
- Win or lose with dignity

Talking about your goals with parents and players can set the right tone for the season.

## Games and Practices

Coaches are asked to attend all games and practices scheduled for them. Coaches are responsible for scheduling and conducting at least one practice per week. If a coach is unable to attend a game or practice, a competent substitute must be secured.

**Plan your practices.** The more time you spend planning, the more that can be accomplished. Write down what you will do. Remember your goal is to keep all players active.

**Make them fun.** Try to do different drills to involve everyone. Try not to have players standing around – keep everyone involved and as active as possible. Talk to other coaches about their

practices. Discuss problems or concerns you are experiencing. Other coaches may have helpful ideas and solutions.

**Start and end on time.** This is very important to parents. Even if you think “Just five more minutes and I’ll be done,” don’t. Your good graces with parents are more important than those five minutes.

Do not have too many practices. Remember the age you are coaching. We expect parents will have other activities planned. Recreation activities are to complement other activities, not compete with them.

**Keep an attendance record.** If a player misses without notification, try to contact the parent to find out the reason. This serves a two-fold purpose. First, maybe the parents thought the child was, in fact, at practice. Second, you should expect a reason for missing. Remember, do not punish the child if it is the parent’s fault he/she missed practice. Try to work out a way to get the player to practice. Practice attendance should be noted and applied to playing time. A pre-season meeting should help this problem.

**Ensure all players have a way home.** Never leave anyone at practice waiting for a ride. Know how your players will get home. Don’t make yourself the taxi. Once you start, you’ll be the taxi for the entire season.

**Ensure water is available.** Encourage players to bring their own water bottles. A large cooler with cups is another option.

## Time Limits

All games in the Park District in-house programs will have time limits. Time limits serve two purposes. First, they provide a timely procedure for proper scheduling. People arrive to play or watch a game, expecting it to start at a designated time. The proper starting of the game should be a feature of a well-run program. Second, players should learn that hustle and focus on the game are important lessons.

## Treatment of Officials

The officials for our in-house program will be, for the most part, the youth of our community. It is a very difficult job. Please understand that our youth are trying to do the best they can. The Park District is offering training and supervision in an attempt to improve our officials. We ask coaches to conduct themselves in a manner that will not bring discredit to the officials or to themselves. If you have constructive criticism about an official, please find an opportune time to contact the Park District Village Green Office 847-291-2980. Working together, we can strive to bring officiating to an acceptable level.

## Expectations of Parents

1. Stress timeliness for games and practices. You are donating your time and should expect parents and players to be on time. Do not set unrealistic pre-game times. For most

leagues, 15 minutes before a game should allow enough warm-ups. Stress to parents the need to pick up players on time after practices. Do not get into the habit of running players home. Parents have responsibility for their children.

2. Talk about times and locations of practice with the parents.
3. Discuss the role or need for a team manager. Roles a team manager could fulfill:

Form of carpools for practices.

Create a calling tree or similar method to notify players and parents of practice changes or game reschedules. Coaches should not be expected to have to call everyone.

Distribute a list of all phone numbers, and have a number where you can be reached during the day and at night.

Assist players on and off the field.

Handle first aid and player injuries.

## **Expectations of the Players**

1. Stress importance of timeliness for games and practices.
2. Instill in players their responsibility to notify you if they will miss a practice or game.
3. Each player should have a water bottle.
4. Players' names should be on water bottles and equipment.

## **Parent and Player Expectations of the Coach**

1. Safety. Coach will carry a first aid kit at all times. All coaches will pass CDC concussion training program. Coaches will promote an anti-bullying environment.
2. Timeliness. Start and end practices on time. Do not try to take another 10 minutes. Parents expect practices to be finished at a certain time. Respect that. Try not to get into the habit of waiting for more players. Respect and reward those who arrive on time by starting on time.
3. Fairness. Northbrook Park District has requirements for participation. All coaches must adhere to these requirements.
4. Fun. Try to make practices a learning experience as well as fun for the players. Try to keep all involved and allow them to try different positions. Ask parents to help at practices. Give them a definite assignment, and let them help.

5. Do not forget **your** family. Your coaching assignment will take a lot of your time. Save time for your family. Balance is the key.

### **Medical Information**

1. Talk to parents about any medical problems their children may have. Know what to do in an emergency.
2. Explain what you will do in the event of an accident.

This is just a small list of possible discussion items. The key is information. The more information and understanding of the rules and expectations you share with players and parents, the more enjoyable your season will be. Remember that you are not alone in this coaching effort, you are not a professional coach, and you should not be expected to have all of the answers.

### **Season Wrap-Up**

#### **Plan a team party.**

Early in the season, establish a date, time and place, if possible, for the end-of-season celebration. Let the team manager get involved and plan it. Use team parents and resources in the community.

### **End-of-Season Surveys**

Please encourage parents to fill out program surveys. We take these seriously and use them in our planning for the next season. A link to the surveys is sent via email during the final week of the season.

### **Equipment Return**

To help with inventory and insure that equipment is cleaned and properly stored, please return the equipment as soon as possible to the Village Green Center, 1810 Walters Avenue. It is essential that coaches turn in all equipment at the completion of the season to insure that enough practice equipment is available for next year's programs.

### **Volunteer Coaches' Credit**

At the end of each season, coaches will be given a \$75 credit to their Park District account for volunteering as a youth league coach. In order to receive this credit, the following stipulations must be met.

1. Provide certificate of completion for Center for Disease Control's Concussion in Youth Sports program
2. Coaches must have attended more than 75% of games and practices
3. The equipment bag must be returned

No more than two coaches per team can receive credit.

Individuals who have been removed from coaching duties are not eligible for coaching credit. If you prefer to give the coaches' credit to another coach, please notify us prior to the last game of the season.

## Severe Weather Protocol

Strike Guard, a lightning ***detection*** system will sound when actual lightning strikes have been detected within a 5-mile radius of the transmitters which are located at Sportsman's Country Club and Village Green Center. Strike Guard monitors cloud and cloud-to-ground lightning within a 5 mile radius and the technology prevents false alarms. It is imperative that warnings are adhered to immediately since the system has actually detected lightning in the area. The alert of one long (15-second) siren will sound and a strobe will flash on the unit when lightning has been detected. Seek shelter immediately.

**The siren will sound a waivering noise for 15-seconds and the strobe will go off after the Strike Guard system determines conditions are safe. Activities may resume only after the all clear siren and strobe turns off.**

### Strike Guard-West

#### Horn and strobe light locations

**Sportsman's Country Club:** horn/strobe light located on the clubhouse, on the pumphouse near 17<sup>th</sup> hole, #5 green/#11 tee on the 18-hole course, and the #4 tee on the east-9 course

**West Park:** horn/strobe light located on the Sports Center roof (NE corner)

**Wood Oaks:** horn/strobe light located on the south end of the tennis building in the middle of the park

### Strike Guard-East

#### Horn and strobe light locations

**Village Green Park:** horn/strobe light located on top of the Village Green Center, strobe light on the scoreboard at the ball field, and a strobe light on a light post next to the playground

**Techny Prairie Park and Fields:** horn/strobe light located on the electrical cabinet next to Techny Prairie Center, horn/strobe light located on the warming shelter building by the sled hill, strobe light on the batting cage control building, and a strobe light on a pole on the golf course behind Tee Box #2

**Meadowhill Park:** horn/strobe light located on top of the Chalet next to the Velodrome, strobe light at Meadowhill Aquatic Center, and strobe light at ballfield #2 in Meadowhill Park.

Be vigilant in monitoring threatening weather and always err on the side of caution. Seek shelter immediately if:

- You hear one long siren.
- You hear thunder (regardless of siren).
- You see lightning (regardless of siren).

Avoid open areas, water, tall trees, metal fences, overhead wires, power lines, elevated ground, golf carts, mowers, cellular phones and radios.

30/30 Lightning Safety Rule:

Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

The Northbrook Park District strives to provide a safe environment for participation in all activities.

**What to Do During a Thunderstorm**

<b>If you are:</b>	<b>Then:</b>
In an open area	Go to a low place such as a ravine or valley. Be alert for flash floods.
Anywhere you feel your hair stand on end (which indicates that lightning is about to strike)	Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground.
<b>Park District Facilities</b>	
Greenfield Park	Return to your vehicle
Indian Ridge Park	Seek shelter in the Leisure Center or return to your vehicle
Meadowhill Park	Seek shelter in the Chalet, MAC locker rooms or the OEC, depending on which is closest. If not open, return to your vehicle.
Stonegate Park	Return to your vehicle
Techny Prairie Park and Fields	Seek shelter in the Techny Prairie Center golf area or restrooms or the Shelter Restroom facilities at the bottom of the sled hill
Tower Rink	Return to your vehicle
Village Green	Seek shelter in Village Green Center or Pavilion restrooms. DO NOT seek shelter in the gazebo.
Velodrome	Seek shelter in the Chalet. If not open, return to your vehicle.
Wescott Park	Return to your vehicle
West Park	Seek shelter in the Sport Center. If not open, return to your vehicle.
Williamsburg Square Park	Return to your vehicle
Wood Oaks Green	Seek shelter in the tennis building. If not open, return to your vehicle.

## Introduction to Dribbling

Pre K-K	Organization	Coaching Points
<b>Foxes and Rabbits</b> In a 20x20 grid	Each player gets a pinnie and tucks it in to the back of their shorts-these players are now rabbits. 1-3 players are picked to be foxes- foxes must try to grab pinnies from rabbits and bring the pinnies back to the coach. The rabbit that was caught now becomes a fox. The game is over when there is only 1 rabbit left who becomes the winner. <b>Progression:</b> <ul style="list-style-type: none"> <li>All foxes must now have a soccer ball and keep it within 1-2 feet while trying to catch the rabbits.</li> </ul>	<ul style="list-style-type: none"> <li>Rabbits must change speed and direction in order to get away from foxes</li> <li>Rabbits must run into open space</li> <li>Rabbits should look up to identify who the foxes are.</li> <li>Foxes can work together in order to catch rabbits</li> </ul>
Pre K-K <b>Squash the Frog</b> In a 20x20 grid	Coach sets out disc cones facing up(frogs). Players have got to squash as many cones as they can in 1 minute. Players have then got to try and beat their score.	<ul style="list-style-type: none"> <li>Keep the ball close and under control</li> <li>Use bottom of the foot to roll ball on "frog"</li> </ul>
Pre K-2nd Grade <b>Body Parts</b> In a 20x20 grid	Players all have a ball and dribble around, on the coaches command players must place a certain body part on the ball (e.g head) coach is looking for the quickest 3 players. <b>Progression:</b> <ul style="list-style-type: none"> <li>Coach can shout out multiple parts of the body</li> <li>Coach can act as a passive defender so that players have to find open space</li> </ul>	<ul style="list-style-type: none"> <li>Keep the ball close, if its not then player can not get their body part to the ball quickly</li> <li>Dibble into space so that you have space to perform command</li> </ul>
Pre K-2nd Grade <b>Coach Says</b> 20x20yrd grid	Play Coach Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.	<ul style="list-style-type: none"> <li>Focus on dribbling skills and keeping the ball close and under control.</li> <li>Focus on players listening skills.</li> </ul>

Pre K-2nd Grade	Organization	Coaching Points
<b>Stuck in the mud</b> In a 20x20 grid	All players with a ball except for 2 'mud monsters'. All players must dribble inside the grid and avoid mud monsters. If a mud monster touches a players ball with their feet that player is stuck in the mud and must hold their ball up high with hands and stand with legs apart. The only way to get unstuck and back into the game is if another player passes the ball through the players legs. Game is over in a set time or when all players are stuck in the mud.	<ul style="list-style-type: none"> <li>• Dribble the ball close with small touches</li> <li>• Look up to see where mud monsters are</li> <li>• Dribble into open space away from mud monsters</li> <li>• When stuck try to communicate with other players to get help.</li> </ul>

Pre K-2nd Grade	Organization	Coaching Points
<b>Traffic lights</b> In a 20x20 grid	<p>Players pretend that their soccer ball is their car and must drive within the city limits (square) and keep the car close and under control. Coach then introduces green light for go and red light for stop (must stop with foot on car (brake)).</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• Add cones as buildings within the city limits</li> <li>• Add 3 speeds for green light. Green light truck (slow motion) Green light taxi (normal speed) Green light race car (fast, fast, fast)</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close and under control</li> <li>• Look up so you don't crash the car</li> <li>• Dribble into space to avoid traffic</li> </ul>

## Getting Used to the Ball/Running With the Ball

Pre K-4th Grade	Organization	Coaching Points
<b>Introduction to Gear Change</b> 20x20yrd area	Players dribble around the grid using all surfaces of the foot. Players must dribble around the grid without banging into other players. Coach can yell freeze and if players are 2 steps away from each other then they have to do a fun punishment. This encourages the players to look around and dribble into space. Next the players are asked to dribble at different speeds. They must be aware of the other players also dribbling in the tight area. For younger players relate ball to car.	<ul style="list-style-type: none"> <li>• Recognition of space</li> <li>• Laces contact with ball</li> <li>• Accelerate into space</li> </ul>

Pre K-K	Organization	Coaching Points
<b>Pirate Ships</b> In a 20x20 grid	Players all pretend they are pirates on a ship and the captain of the ship is the coach. When the coach shouts captain on deck the players must stand with one foot on the ball Salute and shout 'eye, eye captain' as quickly as possible. Players then must dribble around the ship until the captain orders them to: Scrub the deck- 10 step over's Climb the mast- 10 toe taps Stormy weather ahead- 10 inside taps <b>Progressions:</b> <ul style="list-style-type: none"> <li>• Have each side of square names Starboard, stern, bow, port and have them dribble to a side on command (but they must not go too far past the line or they will be swimming with the sharks)</li> <li>• Pirates coming (coach goes in and tries to get their ball)</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• React quickly to instruction</li> <li>• Dribble to space</li> </ul>

Pre K-K	Organization	Coaching Points
<b>Frogger</b> In a 20x20 grid	All of the players will start on one side of the grid and try to make it to the other side. The two FROGS must hop and try to tag the other players as they try to get to the other side. When a player is tagged, they both become a frog. Play continues until only 2 players are left, who become the frogs for the next game.	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Dribble into space</li> <li>• Look up to see where the frogs are</li> <li>• Use all surfaces of feet</li> </ul>

Pre K-K	Organization	Coaching Points
<p><b>Scooby Doo</b> In a 20x20 grid</p>	<p>All players are lined up on one side (Scooby Doo) and must dribble to the other side (on the coaches command) with the ball under control. In the middle there is a ghost, if the ghost touches the ball with their feet before they make it to the other side the Scooby Doo becomes a ghost. They then go again until there is only 1 Scooby Doo left. Ghosts are standing up with a pinnie on their head (They should be able to see through pinnies)</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• Smaller space</li> <li>• Scooby Doos only have 10 seconds to get to the other side</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Dribble into space</li> <li>• Look up to see where the crabs are</li> <li>• Use all surfaces of feet</li> </ul>

Pre K-2nd Grade	Organization	Coaching Points
<p><b>Crabs on the Beach</b> In a 20x20 grid</p>	<p>All players are lined up on one side (surfers/shrimps) and must dribble to the other side (on the coaches command) with the ball under control. In the middle there is a crab, if the crab touches the ball with their feet before they make it to the other side the surfer becomes a crab. They then go again until there is only 1 surfer left. Crabs must stay in the crab position (on all fours with back to the ground).</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• Smaller space</li> <li>• Crabs can stand up</li> <li>• Surfers only have 10 seconds to get to the other side</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Dribble into space</li> <li>• Look up to see where the crabs are</li> <li>• Use all surfaces of feet</li> </ul>

1st-4th Grade	Organization	Coaching Points
<p><b>Traffic Cones</b> In a 20x20 grid</p>	<p>Kids line up with ball on line opposite the coach. Coach holds up colored cones to signal stop (red), go (green), and turn&amp; get back to start line (Yellow). Players stop and go with ball toward coach. On yellow, last one back is out and goes by coach to spot next player for elimination. Turns introduced.</p>	<ul style="list-style-type: none"> <li>• Awareness</li> <li>• Ball control - both feet</li> <li>• Look up</li> <li>• Quick turn to take ball in opposite</li> <li>• direction</li> <li>• Speed helps</li> </ul>

3rd-4th Grade	Organization	Coaching Points
<p><b>All Parts</b> <b>Dribbling</b> In a 20x20 grid</p>	<p>Players dribble around the grid using all surfaces of the foot. Players must dribbling around the grid without banging into other players.</p> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Players are asked to use inside and outside of foot while only taking one step in between touches. This helps players keep ball close to them. Encourage self-talk (Inside, Outside). Ball should go in a zigzag motion.</li> <li>• Players are now asked to use laces only. This encourages them to move faster with the ball as there touch should allow them to run while still only taking a maximum of 2 steps between touches</li> </ul>	<ul style="list-style-type: none"> <li>• Where on our foot do we touch the ball when trying to go in a zig zag motion?</li> <li>• Head up when not touching the ball</li> <li>• How can we make sure we are touching the ball with our laces?</li> </ul>

3rd-4th Grade	Organization	Coaching Points
<p><b>Running with the Ball</b> 20x20 yrd grid</p>	<p>Players are asked to push the ball out of their feet, using their laces for contact on the ball after they have received the ball. The player then dribbles the ball at speed to other side/player opposite them.</p> <p>They should try and run smoothly and not break their stride. Coach should run through the importance of the receiving and dribbling techniques. Coach can also talk about awareness and when to look up.</p> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Races can be introduced to put more pressure on the players</li> </ul>	<ul style="list-style-type: none"> <li>• First touch out of feet</li> <li>• Look down on ball contact</li> <li>• Use instep for second and third touches</li> <li>• Laces contact on the ball</li> </ul>

## Dribbling Close Control

1st-4th Grade	Organization	Coaching Points
<p><b>All Parts Dribbling</b> In a 20x20 grid</p>	<p>Every player has a ball. Very simply players are to dribble using different parts of the feet. Commands include: right foot only, left foot only, inside of feet, outside of feet, inside outside, left foot right foot. <b>Turns Integrated.</b></p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• Introduce turns</li> <li>• Smaller space</li> <li>• Increase speed</li> </ul>	<ul style="list-style-type: none"> <li>• Small touches to keep the ball close</li> <li>• Dribble into space</li> <li>• Look up</li> </ul>

1st-4th Grade	Organization	Coaching Points
<p><b>Musical Cones</b> In a 20x20 grid</p>	<p>Set up cones in grid -- one fewer cone than players. Tell kids to dribble, trying to visit each cone. Players must use turn at each cone. Coach yells GET TO A CONE &amp; each player dribbles to open cone. Player left without is out. Coach asks eliminated player to retrieve a marker while others dribble, then call out the next person who's out.</p> <p><b>Variation:</b> No one is out - keep taking cones away &amp; have each player give himself a point for getting to open cone.</p> <p><b>Progression:</b> Eliminated players/coach runs out and move cones around during dribbling.</p>	<ul style="list-style-type: none"> <li>• Ball manipulation</li> <li>• Turning</li> <li>• Awareness</li> <li>• Speed</li> </ul>

1st-4th Grade	Organization	Coaching Points
<p><b>Follow Me</b> 20x20yrd game</p>	<p>All players have a ball. In pairs, the players are numbered 1 and 2. Number 1 moves off with the ball, while number 2 follows with his ball. Number 2 is trying to touch number 1 on the back, while maintaining control of his own ball. Number one is trying to avoid being touched. The coach asks the players to use their upper body to disguise, which way they intend to move. He challenges the lead player to see how close he can allow the chasing player to get without being touched.</p> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• To progress the practice we remove the following player's ball so he is quicker and harder to get away from.</li> <li>• The player with the ball moves away from his opponent in to space. He is aware of his opponent and the space around him</li> </ul>	<ul style="list-style-type: none"> <li>• Ball manipulation</li> <li>• Turning</li> <li>• Awareness</li> <li>• Speed</li> </ul>

1st-4th Grade	Organization	Coaching Points
<p><b>Blob</b> 20x20yrd game</p>	<p>Players all stand on one side of the grid. 1 player starts as the blob. The players then try to get from one side to the other side. If their ball is touched by the Blob they join the Blob. Players must link arms or hold hands to form the blob. The Blob then moves and cannot separate. If they do then the players get a free ticket to the other side.</p>	<ul style="list-style-type: none"> <li>• Players must keep ball close to them</li> <li>• Different parts of the foot</li> <li>• Acceleration after players are past "Blob"</li> </ul>

## Dribbling to Space

1st-4th Grade	Organization	Coaching Points
<p><b>Colored Marker Game</b> 20x20yrd grid</p>	<p>A number of different colored markers are put down at random in the area.</p> <p>The coach has one color of each marker in his hand (Or calls out color). He raises a colored marker at random, the players then have to run to the corresponding colored markers. When the coach holds up a different colored marker, the players have to run to a marker in that color. Players should then use ball to dribble to cones.</p> <p>The coach keeps moving around the practice area to alter his position. This forces the players to look around and see where he is to identify the color of the marker. <b>Moves/Turns Integrated!</b></p> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Turn at cones</li> <li>• Moves at cones</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness</li> <li>• Ball manipulation</li> <li>• Turning</li> </ul>

1st-4th Grade	Organization	Coaching Points
<p><b>Policeman Game</b> 20x20 yrd grid</p>	<p>The coach is a passive defender. He walks around initially, pretending to make a challenge. He then starts to jog around the playing area, still only acting passively. Finally he becomes more active and begins to move quicker and attempt to get the ball. If the player uses good technique to try and escape the coach's tackle, he will leave them alone. The coach knocks the ball out of the area to eliminate the player.</p> <p>The coach then recruits the eliminated player/players to help him police those still in the game. The eliminated players must follow the same rules applied to the coach, they must walk, then jog, remaining passive until the end when they become active. If good technique/<b>moves/turns</b> are spotted, they should allow the player to continue.</p>	<ul style="list-style-type: none"> <li>• Ball manipulation</li> <li>• Awareness</li> <li>• Turning</li> <li>• Use of two feet</li> <li>• Change of pace</li> </ul>

1st-4th Grade	Organization	Coaching Points
<p><b>Traffic Lights Game</b> 20x20yrd area</p>	<p>The players all stand in line, shoulder to shoulder and face the coach. Each player has a ball at their feet. The coach has two colored discs or markers in his hands. One disc is green and the other is red, to simulate the traffic light system. Green represents 'go' and red is for</p>	<ul style="list-style-type: none"> <li>• Awareness</li> <li>• Instep contact on the ball</li> <li>• Get ball out of feet in order to run quickly</li> </ul>

	'stop'. Holding the two markers up together instructs the players to quickly turn( <b>stop turn and Inside/Outside Cut</b> ) and go back to the starting position.	
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1st-4th Grade	Organization	Coaching Points
<b>Dribble to target Game</b> 20x20 yrd grid	<p>Players are split on either side. The coach numbers each line. The numbers in the opposite line of players corresponds with the first. A target ball is placed on top of a marker at either end of the playing area. The object of the game is to knock the opponents ball off the opposition's marker with the ball, from a distance no more than 2-3 yards. The coach calls out a number that refers to two players, one from each side of the playing area. In order to keep the game safe and stop collisions, the coach passes the ball to one of these players</p> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Players must to <b>move/turn</b> before they can score</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness 1v1 dribbling</li> <li>• Doing the moves</li> <li>• Acceleration</li> <li>• Using both feet</li> </ul>

1st-4th Grade	Organization	Coaching Points
<b>Gates/Beat the clock</b> In a 20x20 grid	<p>There are several gates set up around the square and every player has a ball. With a time limit players must dribble through as many gates as possible, keeping track of their score. After they have had 1 turn they must go again and attempt to beat their own score. <b>Moves/Turns Integrated.</b></p> <p><b>Progressions</b></p> <ul style="list-style-type: none"> <li>• Time</li> <li>• Moves through gate</li> <li>• Smaller gates</li> <li>• Add gate blocker (players who can block gates)</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Look up to see where to go and what gates are open</li> <li>• A quick change of pace to attack a gate</li> </ul>

## Dribbling Under Pressure

1st-4th Grade	Organization	Coaching Points
<p><b>Gates/Beat the clock</b> In a 20x20 grid</p>	<p>There are several gates set up around the square and every player has a ball. With a time limit players must dribble through as many gates as possible, keeping track of their score. After they have had 1 turn they must go again and attempt to beat their own score. <b>Moves/Turns Integrated.</b></p> <p><b>Progressions</b></p> <ul style="list-style-type: none"> <li>• Time</li> <li>• Moves through gate</li> <li>• Smaller gates</li> <li>• Add gate blocker (players who can block gates)</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Look up to see where to go and what gates are open</li> <li>• A quick change of pace to attack a gate</li> </ul>

1st-4th Grade	Organization	Coaching Points
<p><b>King of the ring</b> In a 20x20 grid</p>	<p>All players have a ball and dribble around the square, when the coach shouts 'King of the Ring' players try to kick other people's balls outside of the square while keeping theirs inside the square. Players who's ball goes out have to do 10 toe taps the first time 20 the second time etc</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• Smaller space</li> <li>• Time limit</li> <li>• Eliminated when ball is kicked out or set number of 'lives'.</li> </ul>	<p><b>Key Points:</b></p> <ul style="list-style-type: none"> <li>• Keep the ball close and under control</li> <li>• Dribble to space</li> <li>• Shield ball</li> <li>• Look up to see who is trying to kick your ball</li> </ul>

1std-4th Grade	Organization	Coaching Points
<p><b>Mirror Moves</b></p>	<p>Player's dribble ball towards cone/defender and try the move shown by the coach. This should be done so players go opposite ways from each other. A <b>fake take, bish bash</b> and <b>circle take</b> may be attempted.</p> <p>Encourage players to use body disguise when doing a move. The coach should encourage the players to take smaller touches as they get closer to the cone. Players should also be encouraged to look up every time they do not touch the ball so that they can see how close they are getting to the cone.</p>	<ul style="list-style-type: none"> <li>• Disguise</li> <li>• Awareness</li> <li>• Technique of move</li> </ul>

	<p>Players should be encouraged to accelerate after they get by the cone</p> <p style="text-align: center;">○ —————→ △ ←———— ○</p> <ul style="list-style-type: none"> <li>Races between teams can be introduced to add to the "in game" competition.</li> </ul>	
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1st-4th Grade	Organization	Coaching Points
<p><b>1vs1</b> 10x20</p>	<p>Split player into groups with half on each side of the grid. Players at one end (A) have the ball and the first player passes/rolls the ball across to the next line (B) who then tries to dribble past the opposite end line. If A wins the ball he tries to dribble past line B. Once play has done players switch lines and next 2 play.</p> <p>A-----→B</p>	<p><b>Key Points:</b></p> <ul style="list-style-type: none"> <li>Keep the ball close and under control</li> <li>Dribble to space</li> <li>Shield ball</li> </ul>

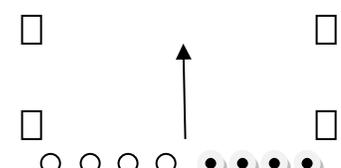
3rd-4th Grade	Organization	Coaching Points
<p><b>Dribble Game</b></p>	<p>The defending player holds a ball in his hands. He defends a line approximately 15 yds in length. The ball is rolled to the attacker, who must dribble past the defender and finish with a shot on goal.</p> 	<ul style="list-style-type: none"> <li>First touch out of feet</li> <li>Positive attitude</li> <li>Decision on technique</li> <li>Change of pace</li> </ul>

## Passing

3rd-4th Grade	Organization	Coaching Points
<b>Guard the castle</b> In a 1x12 grid	<p>Organize the team into groups of four. One of the four players should wear a pinnie and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the "castle". If you do not have disc cones, a tall cone will work just as good.</p> <p>The 3 players have got to try and knock the ball off the cone by working as a team. If players are standing next to cone create a "no go" zone 3x3yrd grid.</p>	<ul style="list-style-type: none"> <li>• Instruct players to get their heads up to find the pass.</li> <li>• Weight of pass</li> <li>• Movement</li> <li>• Decision making</li> </ul>

3rd-4th Grade	Organization	Coaching Points
<b>Space Invaders</b> In a 20x20 grid	<p>Players partner up and hold an end of a pinnie to form a 'space ship'. A player is selected to be a space monster who will try to hit the Space invaders below the knee. If a space invader gets hit below the knee or they let go of the pinnie, they then turn into a space monster and try to catch the space invaders by getting a soccer ball and trying to hit other players below knee by passing the ball.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close and turn quickly to catch players off guard.</li> <li>• Be deceptive, fake to shoot, look wrong way ect..</li> <li>• Space invaders should change speed, direction and look for open space.</li> </ul>

3rd-4th Grade	Organization	Coaching Points

<p><b>Get Outta Here</b> In a 20x20 grid</p>	<p>2 teams of players. Coach plays ball out and calls out 2 numbers to encourage passing. Players try to score in opposite sides goal. If taking too long coach yells "Get Outta Here" and next 2 come in.</p> 	<ul style="list-style-type: none"> <li>• Decision making</li> <li>• Encourage disguise</li> <li>• When to pass and when to dribble?</li> </ul>
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# NORTHBROOK PARK DISTRICT

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## SOCCER GOAL SAFETY AND EDUCATION POLICY

### I. INTRODUCTION AND IDENTIFICATION OF ACT

This Soccer Goal Safety and Education Policy ("Policy") is adopted pursuant to the Illinois Movable Soccer Goal Safety Act, also known as Zach's Law, ILCS \_\_\_ (the "Act"). The Act requires the Northbrook Park District to create a Policy to outline how it will specifically address the safety issues associated with movable soccer goals.

### II. DEFINITIONS

The following words shall have the following meanings when used in this Policy.

**"Act"** means the Illinois Movable Soccer Goal Safety Act, also known as Zach's Law, ILCS \_\_\_.

**"Authorized Personnel"** means Permitted Users and all District employees who have responsibility for or contact with Movable Soccer Goals.

**"Board"** means the Board of Commissioners of the District.

**"District"** means Northbrook Park District.

**"Movable Soccer Goal(s)"** means a freestanding structure consisting of at least 2 upright posts, a crossbar, and support bars that is designed: (1) to be used for the purposes of a soccer goal; (2) to be used without any other form of support or restraint other than pegs, stakes, augers, counterweights, or other types of temporary anchoring devices; and (3) to be able to be moved to

different locations.

**“Organization”** means any unit of local government other than the District, and any school district, sporting club, soccer organization, religious organization, business, or other similar organization.

**“Permitted User(s)”** means an Organization and all of its employees, agents, coaches and volunteers, that use Property for Soccer-Related Activities.

**“Policy”** means this Soccer Goal Safety and Education Policy.

**“Property”** means real property owned or leased by the District where Movable Soccer Goals are used.

**“Safety Guidelines”** mean the Guidelines for Safely Securing Movable Soccer Goals attached to this Policy as Attachment 1.

**“Soccer-Related Activity”** means use of Movable Soccer Goals on Property, including without limitation, soccer games, scrimmages, practices and the like.

### **III. MOVING AND SECURING MOVABLE SOCCER GOALS; WARNING LABELS**

Prior to the commencement of the soccer season each year, the District will place and secure Movable Soccer Goals on its Property in accordance with the Safety Guidelines. Only the District shall be permitted to move any Movable Soccer Goal the District owns, installs, or places on its Property.

Thereafter, if a Movable Soccer Goal becomes unanchored or improperly secured, only Authorized Personnel shall be permitted to re-secure it in accordance with the Safety Guidelines.

A warning label such as the following shall be posted on all Movable Soccer Goals:

**ONLY AUTHORIZED PERSONNEL MAY MOVE AND ANCHOR THIS GOAL. IF THIS GOAL IS NOT ANCHORED DOWN, DO NOT USE IT AND CONTACT THE PARKS & PROPERTIES DIVISION AT 847.291.2960. SERIOUS INJURY INCLUDING DEATH CAN OCCUR IF IT TIPS OVER.**

### **IV. ROUTINE INSPECTIONS BY DISTRICT**

The District shall routinely inspect all Movable Soccer Goals that the District has installed or placed onto its Property to verify that they are properly secured and document such inspection in writing. All completed inspections shall be maintained by the Risk Manager.

### **V. PERMITTED USER INSPECTIONS, PLACEMENT IN NON-USE POSITION AND NOTICE TO PLAYERS**

As a condition of the use of Property, before and after any Soccer-Related Activity, Permitted Users shall make a physical inspection of each Movable Soccer Goal to assure that the goal is secure in accordance with the Safety Guidelines. If any Movable Soccer Goal is not properly secured, the Permitted User shall place the goal in a non-use position by laying it forward onto its front bars and crossbar and shall immediately notify the District of the location of the goal. If the Permitted User is not able to move the goal into this position, the Permitted User shall prevent use of the said goal until District personnel arrive.

As a condition of the use of Property and prior to the commencement of the soccer season each year, each Organization shall advise their players and the players' parents and guardians, that Movable Soccer Goals may not be moved and that any use of a Movable Soccer Goal that is inconsistent with Soccer-Related Activity is strictly prohibited, including without limitation, playing, climbing, or hanging on any part of the Movable Soccer Goal. According to the U.S. Consumer Product Safety Commission, these activities can result in serious injury, including death. A sample notice is attached hereto as Attachment 2.

#### **VI. USE OF DISTRICT PROPERTY BY PERMITTED USERS**

A copy of this Policy shall be provided to all Organizations using the Property for Soccer-Related Activity. Prior to using Property for Soccer-Related Activity, each Organization shall provide each of its Permitted Users with a copy of this Policy and shall require that each of its Permitted Users comply with all applicable provisions of this Policy.

#### **VII. REMOVAL**

At the conclusion of each soccer season, the District will either remove all Movable Soccer Goals that it has installed or otherwise placed on its Property and store such goals at a secure location or otherwise secure such goals on its Property by placing the goal frames face to face (front posts and crossbars facing toward each other) and securing them at each goalpost with a lock and chain; or locking and chaining the goals to a suitable fixed structure such as a permanent fence; or locking unused portable goals in a secure storage room after each use; or fully disassembling the goals for season storage.

#### **VIII. ACQUISITION OF TIP-RESISTANT MOVABLE SOCCER GOALS**

After the effective date of this Policy, the District will not purchase any Movable Soccer Goal unless it is tip resistant. A Movable Soccer Goal whose inside measurements are 6.5 to 8 feet high and 18 to 24 feet wide is not tip-resistant unless it conforms to the American Society for Testing and Materials (ASTM) standard F2673-08 for tip-resistant Movable Soccer Goals or is otherwise equipped with another design-feature approved by the U.S. Consumer Product Safety Commission. Notwithstanding the foregoing provisions, the District may continue to use its existing goals in a manner consistent with this Policy.

#### **IX. APPLICABILITY**

If any provision of this Policy conflicts with any provision of the Act, the provisions of the Act shall prevail.

This Policy shall not create any new liability or increase any existing liability of the District, or any of its officers, employees, or agents, which exists under any other law, including but not limited to the Local Governmental and Governmental Employees Tort Immunity Act, 745 ILCS 10/1-101 *et seq.* Nor shall this Policy alter, diminish, restrict, cancel, or waive any defense or immunity of the District or any of its officers, employees, or agents, which exists under any other law, including but not limited to the Local Governmental and Governmental Employees Tort Immunity Act, 745 ILCS 10/1-101 *et seq.*

**X. AVAILABILITY OF POLICY**

All District employees who have responsibility for or contact with Movable Soccer Goals shall be advised of this Policy.

A copy of the Policy is available to all other employees and any member of the public by requesting a copy from: Village Green Center, Athletics & Aquatics, 1810 Walters Avenue, Northbrook, Illinois, 60062, 847.291.2980, or Joe Doud Administration Building, 545 Academy Drive, Northbrook, Illinois, 60062, 847.291-2960.

**XI. AMENDMENTS**

This Policy may be amended by the District at any time.

**XII. EFFECTIVE DATE**

This Policy becomes effective October 26, 2011

## ATTACHMENT 1

*NOTE: The Guidelines for Movable Soccer Goal Safety published by the U.S. Consumer Product Safety Commission state that there are several different ways to properly secure a soccer goal and that the number and type of anchors to be used depend on a number of factors, such as soil type, soil moisture content, and total goal weight. The following guidelines are taken from the CPSC recommendations for Anchoring/Securing/Counterweighting goals. It is advisable to adapt Attachment 1 to the extent the recommendations are appropriate to a District's particular situation.*

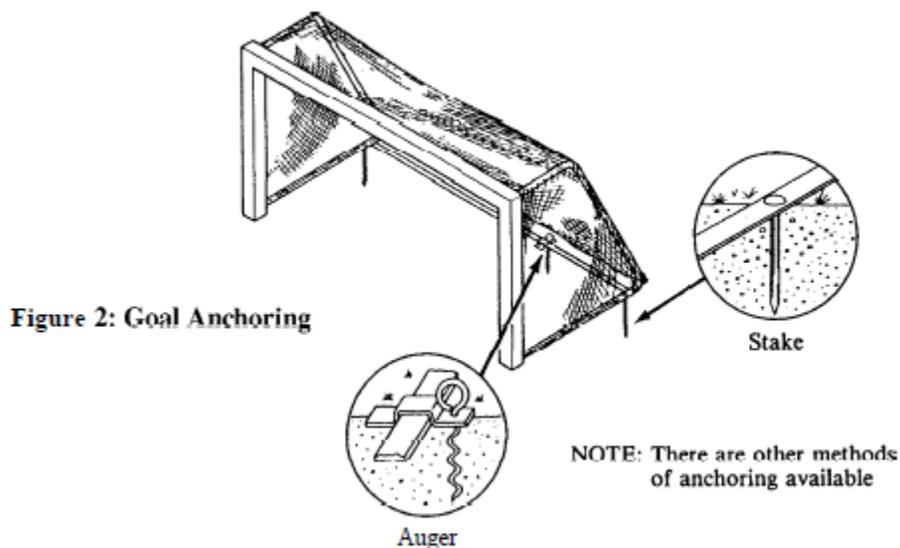
### GUIDELINES FOR SAFELY SECURING MOVABLE SOCCER GOALS

According to the U.S. Consumer Product Safety Commission (CPSC), a properly anchored / counter-weighted movable soccer goal is much less likely to tip over. Accordingly, it is **IMPERATIVE** that ALL movable soccer goals are always anchored properly (e.g., see Figure 2 below) and that they are secured to the ground (preferably at the rear of the goal), making sure the anchors are flush with the ground and clearly visible.

There are several different ways to secure a Movable Soccer Goal. The number and type of anchors to be used will depend on a number of factors, such as soil type, soil moisture content, and total goal weight. Each goal shall be secured in accordance with the appropriate anchoring system as set forth below.

In addition, warning labels required by the District's Soccer Goal Safety and Education Policy will be attached to each goal. Nets shall be secured to posts, crossbars, and backdrops with tape or Velcro straps at intervals of no less than one every four feet.

### Illustrations and Recommendations according to the U.S. Consumer Product Safety Commission



ATTACHMENT 1 - CONTINUED

## Anchor Types

### 1. Auger style

This style anchor is “helical” shaped and is screwed into the ground. A flange is positioned over the ground shoes (bar) and rear ground shoe (bar) to secure them to the ground. A minimum of two auger-style anchors (one on each side of the goal) are recommended. More may be required, depending on the manufacturer’s specifications, the weight of the goal, and soil conditions.

Figure 3.1: Auger Style Anchor



### 2. Semi-permanent

This anchor type is usually comprised of two or more functional components. The main support requires a permanently secured base that is buried underground. One type (3.2a) of semi-permanent anchor connects the underground base to the soccer goal by means of 2 tethers. Another design (3.2b) utilizes a buried anchor tube with a threaded opening at ground level. The goal is positioned over the buried tube and the bolt is passed through the goal ground shoes (bar) and rear ground shoe (bar) and screwed into the threaded hole of the buried tube.

Figure 3.2a: Semipermanent Anchor

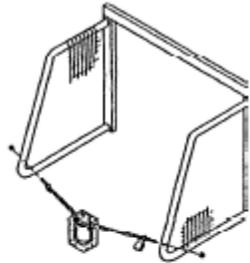
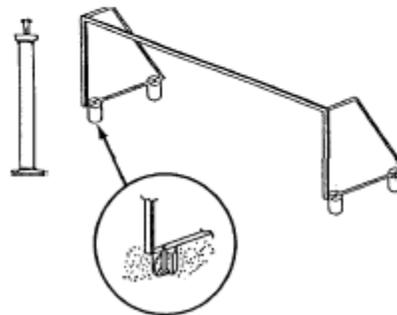


Figure 3.2b: Semipermanent Anchor



### 3. Peg or Stake style (varying lengths) Anchor

Typically two to four pegs or stakes are used per goal (more for heavier goals) (Figure 3.3). The normal length of a peg or stake is approximately 10 inches (250mm). Care should be taken when installing pegs or stakes. Pegs or stakes should be driven into the ground with a sledge-hammer as far as possible and at an angle if possible, through available holes in the ground shoes (bar) and rear ground shoe (bar) to secure them to the ground. If the peg or stake is not flush with the ground, it should be clearly visible to persons playing near the soccer goal. Stakes with larger diameters or textured surfaces have greater holding capacity.



Figure 3.3: Peg or Stake Style Anchor

### 4. J-Hook Shaped Stake style

This style is used when holes are not pre-drilled into the ground shoes (bars) or rear ground shoe (bar) of the goal. Similar to the peg or stake style, this anchor is hammered, at an angle if possible, directly into the earth. The curved (top) position of this anchor fits over the goal member to secure it to the ground (Figure 3.4). Typically, two to four stakes of this type are recommended (per goal), depending on stake structure, manufacturers specifications, weight of goal, and soil conditions. Stakes with larger diameters or textured surfaces have greater holding capacity.

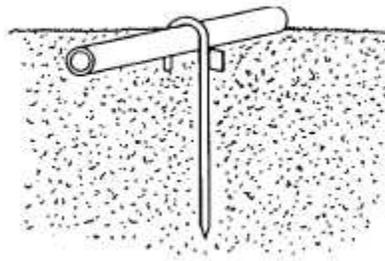
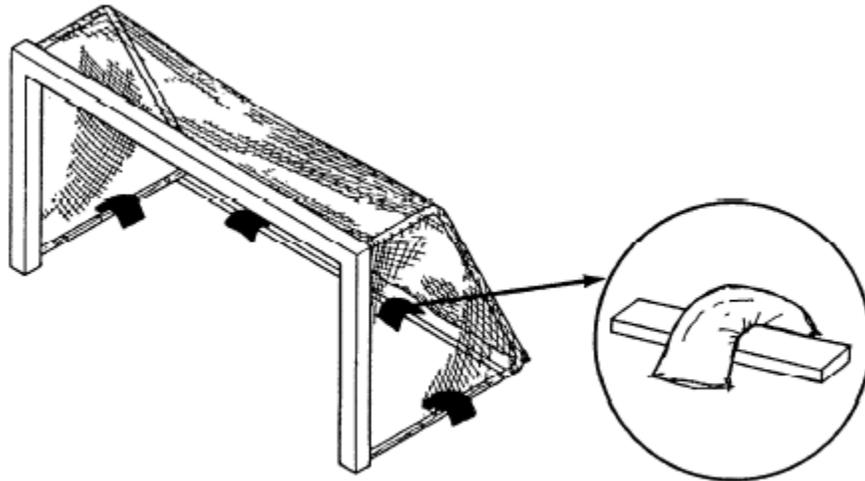


Figure 3.4: J-Hook Anchor

### 5. Sandbags/Counterweights

Sandbags or other counterweights could be an effective alternative on hard surfaces, such as artificial turf, where the surface cannot be penetrated by a conventional anchor (i. e., an indoor

practice facility) (Figure 3.5). The number of bags or weights needed will vary and must be adequate for the size and total weight of the goal being supported.

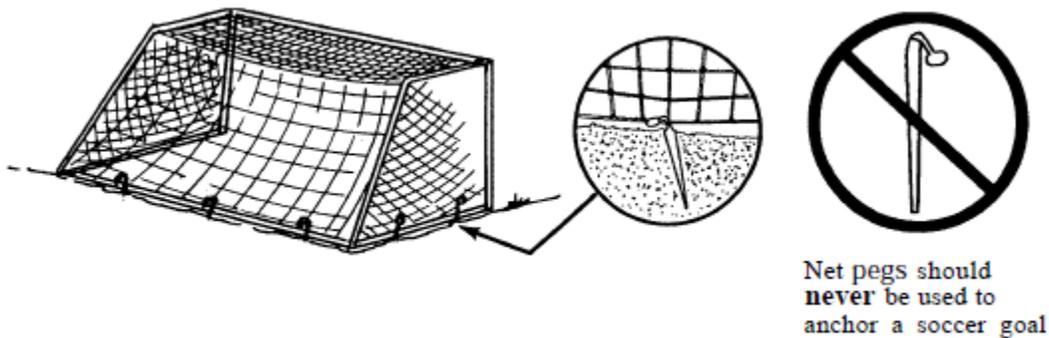


**Figure 3.5: Sandbag Method of Anchoring**

(Rear) Ground Bar/Shoe

### 6. Net Pegs

These tapered, metal stakes should be used to secure only the NET to the ground (Figure 3.6). Net pegs should NOT be used to anchor the movable soccer goal.



Net pegs should **never** be used to anchor a soccer goal

**Figure 3.6: Net Pegs**

## **ATTACHMENT 2**

### **SAMPLE NOTICE**

TO WHOM IT MAY CONCERN: All parents and guardians of soccer players:

One of our primary objectives is that children have safe recreation areas. To that end, soccer goals should remain securely anchored to the ground and nets firmly attached to the goals.

In an effort to keep the goals and nets secure and children safe, you are required to advise your children/soccer players and any other person accompanying you for whom you are responsible that the following is strictly prohibited: moving any soccer goals and any use of a soccer goal that is inconsistent with soccer-related activity, including without limitation, playing, climbing, or hanging on any part of the soccer goal. This especially applies to children climbing on or hanging from nets or goal frames. According the U.S. Consumer Product Safety Commission, these activities can result in serious injury, including death.

If you observe any child inappropriately using a soccer goal or net, immediately and politely ask the child to stop. If the activity continues, please notify a coach or referee as soon as possible. Players violating this rule may be forced to sit out, at the coach's discretion.

Finally, if you see any soccer goal that is not anchored down or any net that is not firmly secured to the goal, please notify a coach or referee immediately.

Sincerely,

**Northbrook Park District**