

MSA COACHING RESOURCE

3v3/4v4



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OUR MISSION

Our Mission, as stated in our By-Laws is:

To advance and promote the game of soccer

To provide the opportunity of fun and recreation through the development of leadership, courage, and fair play through team competition

To develop the highest levels of ideals, sportsmanship, and fellowship

To provide competent leadership for the attainment of a successful soccer program

To ensure that all children who wish to participate may do so without regard to sex, race, religion, or any other social label and in recreational leagues, without regard to playing ability.

The McKinney Soccer Association offers a positive, safe, and fun family-oriented environment with the opportunity for players to develop values that will help them throughout their life. These values include but are not limited to:

- Honor,
- Good Sportsmanship,
- Teamwork,
- Commitment,
- Dedication,
- Camaraderie,
- Selflessness,
- Fellowship

Studies show children involved in soccer experience:

- Higher Graduation Rates
- Risk Aversion – less incidences with alcohol, drugs, and gangs.
- Less Teen Pregnancies
- Better Character Development
- Higher Development of Social and Communication Skills, Leadership, & Team Building

The City of McKinney has recently been voted #1 Best Place to Live in America (Money Magazine 2014) and has been one of the fastest growing cities several times in the last decade. The McKinney Soccer Association has kept up with this pace of growth and continues to meet the high standard of commitment expected from our residents.

Please review our No Victory Without Honor program to pledge your commitment to these same values and help us continue to support our children and community.

<https://mckinneysoccer.org/about-msa/>

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F20-S21 MSA PLAYING RULES

Age Group	<u>4U / 5U</u>	<u>6U</u>	<u>7U</u>	<u>8U</u>
Game	3V3	4v4	4v4	4v4
Min. players to start	2	3	3	3
Game Time: Length	8 min quarters	8 min quarters	10 min quarters	10 min quarters
Quarter Breaks: Length	2 minutes	2 minutes	2 minutes	2 minutes
Halftime Break: Length	5 minutes	5 minutes	5 minutes	5 minutes
Player Substitution	Quarters	Quarters	Quarters	Quarters
	Halftime	Halftime	Halftime	Halftime
	Injury	Injury	Injury	Injury
Field Size (in yards)	20 X 25 YDS	20 X 25 YDS	25 X 35 YDS	25 X 35 YDS
Goal Size	4' X 6'	4' X 6'	4' X 6'	4' X 6'
Goalie	No	No	No	No
Punt Allowed	No	No	No	No
Headers Allowed	No	No	No	No
Offside Rule?	No	No	No	No
Out of bounds restart	Kick in	Kick in	Kick in	Throw in
Penalty Kicks	No	No	No	No
Direct/Indirect kicks	Indirect only	Indirect only	Indirect only	Indirect only
Slide Tackles	No	No	No	No
Referees	1 Ref	1 Ref	1 Ref	1 Ref
Ball Size	3	3	3	3
Max. Weekly practice time	2 hours	2 hours	2 hours	3 hours
Max. Roster Size	6	8	8	8
Yds from ball	3	3	3	3

Playing Rules Explained

TEAM SET UP:

- In 3v3/4v4 soccer there are no goalkeepers
- Players are encouraged to play in defense and attack
- Players should not stand in the box area

SOCCER BALL:

- Size 3 soccer ball is used for these age groups

REFEREE:

- There will be 1 referee per game

FIELD SIZE:

- 4U/5U/6U – 20x25 Yds
- 7U/8U – 25x25 Yds

GAME TIME:

- 4U/5U/6U – 8-minute quarters
- 7U/8U – 10-minute quarters

SUBSTITUTIONS:

Substitutions can be made at the following points of the game:

- Quarter Break
- Half Time
- Injury Time

OFFSIDES:

There are no offsides in 3v3 or 4v4 soccer games

KICK-Off:

- A kick-off will be taken after each quarter and goal scored
- All players must be in their own half when the kick is taken
- The kicker may only kick it once until the ball is touched by someone else (teammate or opponent)

OUT OF BOUND RESTARTS (Sidelines):

- A kick in/throw in is awarded when the whole of the ball is over the touchline
- A goal cannot be scored directly from a throw-in!
- If the ball enters the opponent's goal directly from a throw-in, the referee will award a goal kick
- If the ball enters the thrower's own goal directly from a throw-in, a corner kick will be awarded

4U/5U/6U/7U Age Groups – Kick In:

- The ball should not be moving when the ball is kicked in
- The kick in should be taken from the location the ball went out of play
- The ball can be placed on or behind the sideline

8U Age Groups – Throw Ins:

- When taking the throw, the player must face the field of play
- The player must have part of each foot either on the touchline or on the ground outside of the touchline when throwing the ball
- The player must use both hands to throw the ball
- The delivery of the ball must come from behind and over their head
- The thrower is unable to touch the ball again until it has been touched by another player

Playing Rules Explained

GOAL KICK:

- A goal kick will be awarded when the ball passes a team's goal line, either side of the goal, having touched an opposing player last
- The whole of the ball must be outside of the line for the goal kick to be awarded
- Any player from the team can take the goal kick
- The player taking the goal kick cannot touch the ball a second time until after it has been touched by another player
- A goal may be scored directly from a goal kick, but only against the opposing team

CORNER KICK:

- A corner kick is awarded when the whole of the ball crosses a team's goal line, either side of the goal, having touched a defending player last
- The ball can be placed anywhere on or inside the corner arc
- The ball is in play once the attacker kicks the ball
- A goal may be scored directly from a corner, but only against the opposing team
- The player taking the corner cannot touch the ball twice before another player makes contact with the ball

SLIDE TACKLES:

Slide tackles are not allowed in these age groups. A free kick will be given for dangerous play if a slide tackle occurs

FREE KICKS:

All free kicks are indirect. This means the ball must be touched twice before going into the goal

PENALTIES:



PRACTICES

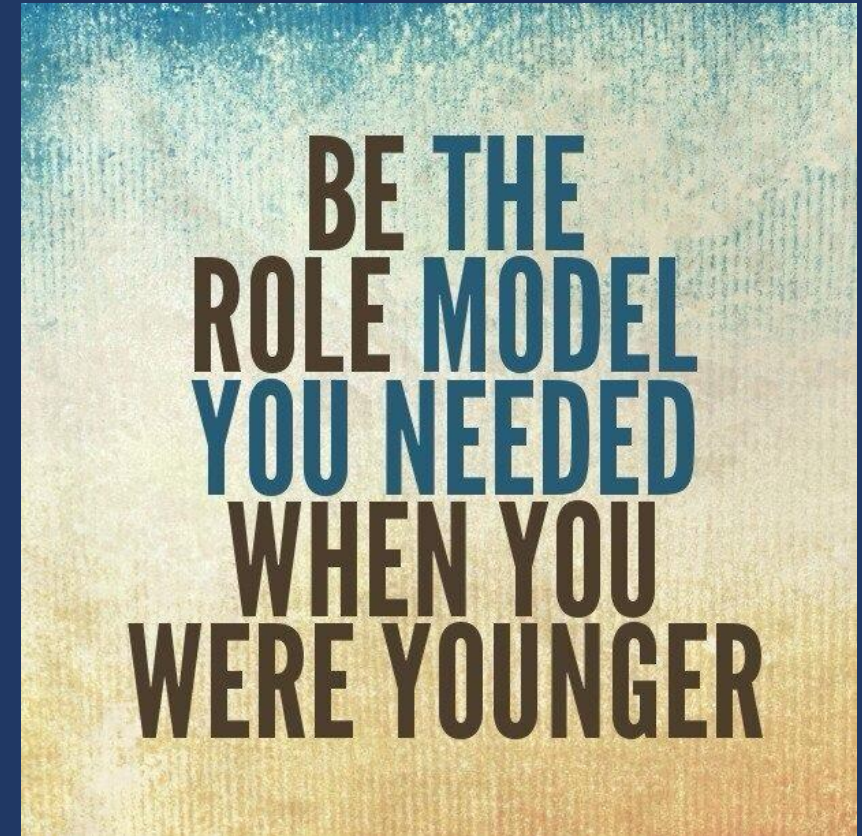
Warm-ups can be done with or without a ball. At these age groups, beginning without the soccer ball, then introducing the ball can help with player understanding.

As you work with your players, you will quickly learn what they enjoy. Don't be afraid to play the same games week in week out if they enjoy it, whether it is during a warm-up or in the middle of a session.

Keeping your players engaged is one of the toughest tasks at these ages. Ensuring the practices are fun and follow a 'storyline' or 'theme' is a great way to achieve this.

Do not be afraid to make a fool out of yourself. Most games you will see over the next few pages are all about having fun, following a storyline or being a silly coach. The younger your players are, the sillier you act, the better it will be.

If your practice doesn't go perfect, don't worry!! No practice ever goes perfect, especially at these age groups. If they are having fun, touching the soccer the ball and leave with a smile... you've done a great job!



WARM-UP GAMES → PROGRESSION

MR Freeze – No Soccer Ball:

A simple game of tag is a great way to get any practice started. Tag is a game that majority of players will already know, therefore taking very little explaining. Players all run around, when they are tagged, they become frozen until a friend can high-five them.

Tips:

- Coach begins as the tagger
- Encourage the players to shout and talk (help, I'm frozen!)
- Add a story line. E.g. the tagger is a supervillain who is trying to freeze all the superhero's



MR Freeze – Soccer Ball:

Beginning without the soccer ball allows for players to gain an understanding of the rules of the game. Once this has been grasped, introduce a soccer ball.

With MR Freeze, all players to dribble the soccer ball around with their feet. If they get tagged, they must hold the ball above their head, with their legs open until a team-mate can pass through the gap.

Tips:

- Only the coach is the tagger
- Encourage players to stay inside the area, but do not worry if they go outside at this age

Animal Movement Activity:

This is a great way to get the players engaged, talking, having fun, whilst moving around at different speeds and directions.

Players begin by walking slow like the animal of choice (Turtle). When the coach calls a different animal, the players move with that action

Slow – Turtle

Fast – Cheetah

Jump Around – Kangaroo

Move In Lots of Directions – Snake

Stand and stretch tall - Giraffe

Tips:

- Ask the players questions, which animal is the tallest? Let them give you the answers
- Encourage players to make the animal noises



Animal Movement Activity - Soccer Ball:

All games without a soccer ball can be adapted to play with a soccer ball.

Players this time are asked to dribble around with their soccer ball, when the coach shouts an animal, players then react to it.

Tick Tocks – Penguin

Toe Taps – Monkey

Jump over the ball – Kangaroo

Tips:

- Be creative, use different animals for different movements
- When asking players to do foot skills, count together as a group
- Use cones as trees, if you are in a forest/jungle, or as buildings if you are superhero's in a city

FUN GAMES → PROGRESSIONS

GET THE CROCODILES:

Tall cones are placed around the area, these cones are known as the crocodiles. The crocodiles are scaring all the animals out of the jungle. Our goal is to kick over the crocodiles with our soccer balls.

Tips:

- Coach walks around to lift the crocodiles back up
- Encourage players to count how many crocodiles they kick over



COACH THE CROCODILE:

This time, the coach is the crocodile. All soccer players must try and kick the soccer ball at the coach's legs, while the coach is moving around.

After being hit a number of times (10 as an example), the coach falls to the floor and the players win.

Tips:

- Act like a crocodile, use your arms as the mouth
- Begin walking slow, if the players find it easy, speed up a little

FINDING TREASURE:

Coach hides treasure under different cones. Players must dribble around to try and find the treasure. To look underneath the cone, the player must do a skill (Example – 10 Toe Taps). After they find a piece of treasure, they give the treasure to the coach.

Tips:

- Create a storyline – the pirates have hidden our treasure and we must get it back
- Each time a player hands you a piece of treasure, re hide it under another cone



Sleeping Pirates:

The coach is the nasty pirate, who has stolen all the players treasures. Use cones as treasure.

When the coach falls asleep the players can move forward to get closer to the treasure. But when the coach wakes up, they must freeze.

Once the players get one piece of treasure back, they must run it back to their treasure chest to keep it safe

Tips:

- Act the role of a pirate, make the noises etc.
- When you are awake, walk around to check if any players are moving – try to make them laugh by making funny faces

EXAMPLE SESSIONS



Petite - Pirates

Category: Warm-ups
Skill: U6

Pro-Club: Steel Sports
Adam Tourle, McKinney, United States of America

Islands (20 mins)

Set Up:

Suitable size area for number of players. Each corner marked out with a different color to represent an island. Cone in the middle represents a steering wheel to steer the ship.

Players begin by running around the area, when the coach calls a color the players must run in to that island.

Blue - Frozen Island. Walk around like penguins. Once ball is introduced, tick tocks

Red - Volcano island. The floor is really hot, high knees. Once ball is introduced, toe taps

Yellow - Magic Island. Puts everyone to sleep. Once ball is introduced, scissors which stops the magic

Green - Jungle island. Jump around, both feet and then single foot. Ball between legs and jump.



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Progression:

. Captain on deck - When the coach shouts 'captain on deck', the players salute the captain and say 'aye aye captain'. Foot on the ball once the ball is introduced

. Players steer the ship by running around the steering wheel in the same direction

. Introduce a ball

. Seagulls - Coach shouts 'seagulls are coming!', players lie on their ball to protect it. Coach pretends to be a seagull and looks for their soccer balls

. Scrub the deck - Sole roles to clean the ship

Coaching Points:

- . Head up to look for space and avoid collisions
- . Change of speed and direction when moving to the different islands
- . Introducing technique when practicing footskills

Finding Treasure (10 mins)

Set Up:

Suitable sized area for number of players. Tall cones are placed within the area, half of them with pinnies hidden inside as treasure. Players dribble around before performing a footskill next to the cone and looking underneath to try and find the treasure



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Progressions:

- . Different use of footskills to look for the treasure

Coaching Points:

- . Head up to look for treasure and avoid collisions
- . Small touches when dribbling to keep the ball close
- . Can we move faster between cones?

Stolen treasure (10 mins)

Set Up:

Suitable size area for number of players. The pirates have stolen our treasure and we must get it back. Soccer balls are now cannon balls, and we must knock over all the cones (pirates) by passing the ball on to them

Progression:

- . Dribble around the pirate to tie them up before kicking them over
- . Increase the distance away when passing the ball
- . Players to pick the pirates back up, only using their feet

Coaching Points:

- . Head up to look for pirates that are still standing
- . Amount of power needed to kick the pirates over
- . Keep the ball close when dribbling with small touches



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Sleeping Pirate (10 mins)

Set Up:

Suitable size area for number of players. Cones act as treasure one side of the area, with the coach. Players on the opposite side of the area. When the coach sleeps, the players can move forward towards the treasure. Once the coach wakes, players must freeze. Once the players get to the treasure, they can collect one piece and run back as fast as they can. If the coach wakes up and sees them moving, they can be sent back to the beginning. Begin without a soccer ball



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Progressions:

- . Introduce soccer ball
- . When the coach wakes up, players put their foot on the ball and become invisible
- . Players to balance treasure on their head as they head back to their side

Coaching Points:

- . Head up to see if coach is sleeping
- . Small touches to keep the ball close, and be ready to freeze if the coach wakes
- . Change of speed to run back once the players pick up treasure

4v4 Advanced

Once players begin to understand the rules of the games, around the 7U/8U age group, practices can be adjusted to a more 'Play-Practice-Play' type. Play-Practice-Play is an important component of US Grassroots coaching.

A full explanation on Play-Practice-Play can be found on the below link:

<https://www.ussoccer.com/stories/2018/02/five-things-to-know-about-playpracticeplay>

An example of a Play-Practice-Play session can be found below:



Foundation - Defending 2
Category: Technical: Defensive skills
Skill: U9

Pro-Club: Steel Sports
Ian Hughes, Plymouth, United States of America

Description:
Core Value Focus: Respect – Coaches should encourage athletes to demonstrate respect in all aspects of the session. Athletes should be commended for any action relating to the organization's core values.

Free Play (10mins)
Set Up: 4v4 small sided game
Aim: To get the participants moving on a field
Coaching Points: Ask guided questions and read body language of the players before the session starts




Technical Practice (20mins)
Set Up: Set up in a 20x30 area, 2 defenders, holding a pinnie between them, staying connected whilst defending. Everyone else with a ball.
Instructions: If a defender makes contact with your ball, you must become a defender too. Maximum chains of 2 players. The last player standing, wins. Rotate the defenders who start frequently.
Progression: Defender has to knock the attacker's ball out of the area. Every touch of the ball the defenders get they count a point, the player with the most touches/touches of the ball, wins.
Coaching Points:
-Communicate with each other
-Low center of gravity when tackling
-Arms length away from the attacker



Skill Practice (20mins)
Set Up: 15x20 yards (adapt for age/ability/numbers). Each player is numbered from 1 to 4. Every ball starts with the coach.
Instructions: When a number is called, that player must run out and contest for the ball, there will be 1 attacker and 1 defender. The aim of the game is to score into the other team's net.
Progression:
-If a defender wins the ball and then scores on the other team's net, gets 3 goals for their team.
-More than one number will be called at a time.
Coaching Points:
-Side on surfer position
-Low center of gravity when tackling
-Arms length away from the attacker



Scrimmage (10mins)
Set Up: Let them play.
Coaching Points: Focus on defensive body shape:
-Side on body position
-Low center of gravity
-Arms length away from the attacker



HOW TO LEARN MORE?

1. Contact Adam – coaching@mkinnneysoccer.org with any questions or advice

2. US Soccer has a free 'Introduction to Grassroots Coaching' course

<https://learning.ussoccer.com/coach/courses/available/16/details/1546>

3. US Soccer also runs several fantastic online courses

<https://learning.ussoccer.com/coach>

TEAM MANAGEMENT

Team management covers several different areas within the game. As a coach you will be in control of practice times/locations, communicating with parents, and players playing time, to name a few.

COMMUNICATION:

- Good communication is very important when coaching a soccer team of any level. Without this you may find it difficult to have consistent numbers at practice each week, low attendance at games and lastly, in the long term have disgruntled parents
- When receiving new players, a great way to start is by contacting their parents and introducing yourself
- You don't have to do it alone! Many teams name a team manager who takes the communication side away from the coach. If you have a parent who is willing to do so, this is a great way of sharing the workload and encourages the parents to feel part of the team

PRACTICE TIMES/LOCATIONS:

- At the 4U, 5U, 6U and 7U age players are permitted to practice a maximum of 2 hours per week
- 8U players may practice for 3 hours maximum per week
- Practice for this amount of time is not compulsory
- Unfortunately, no recreational practices are to be held at Craig Ranch Soccer Complex. However, there are many parks around the city which allow soccer practices. If you are having trouble finding a location to practice, please reach out to your league director
- The earlier you can communicate your practice plans to your parents, the better!

TEAM MEETING:

- At your first practice, I would recommend holding a team meeting
- This is an opportunity to introduce yourself in person to players and parents
- Be upfront with your goals and what you hope to achieve as a team. If you have any disagreements on this, it is best to discuss them early in the season and move on!
- I would recommend, as a coach, only you speak with the officials at games and this is explained to parents during your meeting
- A reminder that the players are young, but so are the officials!!

TEAM MANAGEMENT

GAME DAY:

- It is good practice to ask your players and parents to arrive 15 minutes prior to kick off. This will give a time cushion for parents stuck in traffic or running late
- Remember, the players are there to have fun! Winning is nice, but the enjoyment of the players is the most important
- After the game, finish with a team talk. Keep the team talk positive – at this age, it is a great opportunity to share out some snacks
- Ensure all players go home with their parents. Do not leave until everyone has left the field safely

PARENTS:

At MSA we are very fortunate to have a lot of amazing parents and supporters

On the odd occasion however, you may come across a disruptive parent. If this happens what can you do?

- Firstly, talk to the parent calmly in a private setting.
- Secondly, be open to their feedback and respond in a professional manner
- Thirdly, if you continue to have issues, contact your League Director/Commissioner or Director of Coaching for further help!

Final Word:

Enjoy the season! You as a coach are giving these players an opportunity to play and grow their love of the game. You are instrumental in their future in sports, not only soccer. Thank you!!

