

## ST. VRAIN FC AFTER SCHOOL PROGRAM



### ST. VRAIN FC PHILOSOPHY

**FUN – the main objective is that the kids embrace the game.**

St. Vrain FC focuses on the technical and tactical development of each individual player within a team setting.

It is our goal to develop players at the younger ages so as they continue to grow and mature, they will possess the skills necessary to play at the highest level possible. We feel that by teaching them individual skills at the younger ages, they will be empowered and confident as they grow thus progressing as a player.

St. Vrain FC emphasizes the development of individual players along with the overall growth of the team.

To register a player:

1. go to [www.stvrainfc.com](http://www.stvrainfc.com)
2. Click on "Fall 2009 Registration"
3. Click on "Click here to register for the fall 2009 season"
4. Highlight "My family is new to St. Vrain FC" and click "Continue"
5. Enter Player information and click "Continue"
6. Highlight the After School Enrichment Program and press continue
7. Proceed to step 2
8. Fill out all your household contact information and proceed to checkout!

To register as a volunteer coach:

1. go to [www.stvrainfc.com](http://www.stvrainfc.com)
2. Click on "Volunteer Opportunities"
3. Highlight "I am new to St. Vrain FC and would like to volunteer" and click "Continue"
4. Enter your contact information, highlight the "Coach" option, and select your after school enrichment program from the drop down menu.
5. Click "I agree" to proceed to the Colorado Youth Soccer Volunteer Application
6. Fill out the Volunteer Application

**MAKE CHECK OUT TO FLAGSTAFF ACADEMY**

# FLAGSTAFF ACADEMY

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## ST. VRAIN FC

### AFTER SCHOOL ENRICHMENT SOCCER PROGRAM



### THE SOCCER PROGRAM!

- **WHAT:**

- **FUN** – the main objective is that the kids embrace the game and focus on skills of the game.
  - AGILITY/BALANCE/COORDINATION
  - DRIBBLING
  - RECEIVING
  - END WITH A SCRIMMAGE
- **Player cost is \$30** per 6 week season. ONE night per week
  - Make checks payable to: Flagstaff Academy.
  - Each player will be provided with a St. Vrain FC shirt and a St. Vrain FC size 3 soccer ball.
  - A maximum child cap is in place of 30 children.

- **WHO:**

- Only 30 students Grades K-5

- **WHEN:**

- Wednesday from 3:30 to 5:00, Starting October 6

- **WHERE**

- At Flagstaff Academy Soccer Field

### **VOLUNTEERS NEEDED:**

If you would like to help coach please indicate on the signup sheet below. We are in need of at least **Three volunteers**. **You must commit to all six days of the program and are required to take a coaches training through the St.Vrain Football Club.** We will contact you and provide details of when and where the training will be held.

Check Payment/Number: \_\_\_\_\_

Shirt Size: YSmall---YMed.---YLg.

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ Contact Numbers \_\_\_\_\_ /Cell \_\_\_\_\_

Yes I can be a volunteer coach, please contact me.

No, I am sorry, I can't coach at this time.

**PLEASE CIRCLE YES OR NO STATEMENT ABOVE**

## ST. VRAIN FC AFTER SCHOOL PROGRAM



At this age, players are only familiar with themselves – that’s all they understand. Therefore, activities and games that should be done are based solely on an individual basis: A ball for each player. Coaches should not focus on teaching the players to pass at this age. If the kids figure it out themselves, that’s great. Activities (games) that incorporate the player becoming familiar with the ball and their body are certainly appropriate.

### AREAS OF FOCUS

**FUN** – the main objective is that the kids embrace the game.

**AGILITY/BALANCE/COORDINATION** – do activities (warm-ups) that incorporate basic athleticism with and without the ball (i.e. tag).

**DRIBBLING** – games/activities that familiarize the player with eye-foot coordination – using different surfaces to manage the ball.

**RECEIVING** – activities where the player must manage the ball (coming to them and going away from them) – require player to control the ball and take it somewhere else (i.e. back to a coach or to a goal to shoot).

**BALL STRIKING** – mainly incorporate shooting in with dribbling and receiving games/activities.

**END WITH A GAME** – end training with some sort of 2v2/3v3 game – maybe with multiple goals that creates choices for the player – **KEEP SCORE** (competitiveness), but make sure the teams are as even as possible and ending w/a tie will keep them wanting more!

### GAMES THAT INCORPORATE THESE AREAS OF FOCUS

**RED LIGHT, GREEN LIGHT** – good for dribbling and body control (stop/start).

**SHADOW DRIBBLING** – for dribbling and ball control.

**JUNKYARD SOCCER** – excellent for receiving and ball striking!

**4 GOAL GAME** – each team attacks 2 goals and defends 2 goals.

**HOSPITAL TAG** – good for dribbling (and fun).

**PAC-MAN** – activity for learning to pass to a moving target (add safety rule of passing to hit player below the knees).



SHARKS AND MINNOWS (A.K.A. NEMOS AND BRUCES OR RED ROVER) – another fun dribbling game.

STEAL THE BACON – two teams (each player has a number) and they go out and play until ball is out of play.

1V1 OR 2V2 “GET OUTTA HERE!” – a game where the winner stays and a new team of two comes on. When the ball goes out, both teams are off.

There are other games and activities one could do. These are just a few examples. Any activities are acceptable as long as the topics above (areas of focus) are all covered!

## THINGS TO ENCOURAGE

Make sure players are excited about playing soccer!

Help them during the drills to understand basic rules of play (can't use hands, ball in or out of play, etc.)

Teach them to go toward the goal when a teammate has the ball (to attack).



Teach them to protect the goal when opponents have the ball (to defend).

Play each child for a full period if possible (a lot will depend on the game-day roster sizes).

Be encouraging and praising!

Let the game be the teacher outside of explaining the rules of the game.

## BASIC RULES OF PLAY

SCORING – No scorekeeping and no team standings. All players get participation awards (if incorporated).

KICKOFFS – The opponent must be at least four yards from the kicker and the first kick must be forward.

THROW-INS – If the ball goes completely over the Touch Line (side line), it is thrown in by the team that did not touch it last. A second try is allowed if the first try is incorrect.

Kick-ins are allowed vs. throw-ins.

GOAL KICK – If either team kicks the ball completely over the End Line, the defending team has the goal kick. It is taken 2-3 yards from the end line at the nearest point from where the ball was retrieved. The opponent must be at least 4 yards away. A second try is allowed if the first try is incorrect.

FOULS/MISCONDUCT – Free kick with the opponent four yards from the kicker.

## THE 4 NO'S

NO OFFSIDE RULE, NO CORNER KICKS, NO PENALTY KICKS AND NO GOALKEEPERS – These rules will be added gradually as the players get older.

## GETTING STARTED!

Player cost is \$30 per 6 week season. This will include 1 day per week for 6 weeks of soccer.

Each player will be provided with a St. Vrain FC shirt and a St. Vrain FC size 3 soccer ball.

The day of week is determined by the school and should be directly after school until 5-5:30 about 1 ½ hours total per day. Supervised by an approved adult at all times!

Each School will be provided 2 Pugg brand 4' goals, 20 cones, 15 penny shirts, and a few size 3 soccer balls to be kept at the schools for practices. (to be kept secure when not in use).

Each administrator and or coach will be provided with a basic starting youth soccer training held by St. Vrain FC prior to program start date.

The funding will be collected by the individual schools from the student and families and turned in to St. Vrain FC prior to the program start. A portion of the funding will be donated back to the individual schools (\$5 per child per season).

A maximum child cap is in place of 30 children per day of practice (or less at the discrepancy of the schools and St. Vrain FC).

Liability for the children and property falls on the responsibility of the individual schools insurance policies and under St. Vrain FC player's coverage but also supported by a waiver sent home to have signed by the legal guardian releasing St. Vrain FC and the individual school from liability.

The coaches and administrators of the program will either be employed by the schools or are coaches of St. Vrain FC (all coaches are submitted to a background check) and are all volunteers of the program. If there are volunteers they are supervised by the main director or coach. Parent volunteers are recommended highly.

Practices should be conducted in the gymnasium unless a field is provided by the individual school.