

**2024 Coaching Meeting - 4v4  
(U6/U8)  
Thursday, July 25th**



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# Welcome and Introductions



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# Important Dates / General Updates



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# Important Dates - 2024 Fall Season

## PRESEASON

### Uniform and Spirit Wear Sales:

Tuesday July 30th @ Stone Creek 6pm-8pm

### Field Prep:

Saturday August 3rd @ Stone Creek 9am

### Seeding Tournaments:

**U10-U14:** Saturday August 10th

**U16-U19:** Saturdays August 17th AND 24th

### Jamboree:

**U6-U12:** Saturday August 17th @ Stone Creek 9am - 3pm

### Team Pictures:

**All Ages:** August 19th - 21st @ Stone Creek 5pm-7pm

# Important Dates - 2024 Fall Season

## SEASON

### First Games:

**U6-U14: First Week of Games:** Saturday August 24th

**U16-U19: First Week of Games:** Saturday September 7th

### Bye Weeks (All AGES)

**Labor Day:** Saturday August 31st

**Re-Seed Week:** Saturday October 5th

### Final Games:

**U6-U14:** November 9th

**U16-U19:** October 26th

# General Club Updates

- NO Practices @ Stone Creek Park
  - Friday Scrimmages and Saturday Matches
- Practice Fields by Age Group
- U6 / U8 Matches Move to Navigator Elementary
- U14 Moves to Three Bridges For League Play
- SPIRIT WEAR IS AVAILABLE!!!

# Uniforms / Player Equipment



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# Uniforms / Player Equipment

- Need to have uniforms for pictures
- Confirm uniform colors for each game day or make it a policy always to bring both
- Shin Guards UNDER socks, NOT over
- As it cools off, ok to wear sweatshirts under a jersey but recommend a thin base layer and warm ups/sweatshirts when off the field.
- Player gloves are ok to wear in cold weather
- If players lose uniforms they can contact Kelly for replacements **rcuniforms1@gmail.com**



# Team Equipment



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# Team Equipment

- Bags for Coaches Are Available
- 3 balls that can be used as game balls + practice Cones and Pinnies (training vests)
- If items break or are lost, **DON'T WAIT UNTIL THE END OF THE SEASON.**  
ranchoequipment@gmail.com
- 4 v 4 Goals provided by the club **FOR MATCHDAY** but don't abuse them or let players hang on them during matches
- **Return bags at the end of the season**

# Refereeing



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# 4v4 Refereeing

- U6 / U8 - COACHES ARE THE REFEREES. HAVE A WHISTLE AND USE IT!
  - Intent Doesn't Matter!
- Follow Rancho Cordova Soccer Club Playing Rules
  - <https://www.ranchosoccer.com/u6rules.html>
  - <https://www.ranchosoccer.com/u8rules.html>
- Defense Drop Back to Own Half on Goal Kicks
- Goal Kicks , Place Ball 4yd-ish from endline
- No Scorekeeping
- Have an official and backup time keeper for each field

# Coaching



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# Coaching 4v4 - General Info

- **Coach Requirements - COMPLETE ASAP IN GOTSPORT IF NOT DONE**
  - Safesport
  - Background Check
- **Team Management / Communication**
  - Facebook page / Email / Text Groups / TeamSnap / Bella Football / etc
- **Make sure to have an assistant coach**, Highly recommend having a team parent to organize parties, game snacks (if you want them), team pop up, t-shirts, etc
- Have a team meeting before or just after the first practices

# Coaching 4v4 - Education and Practices

- **Coach Education**
  - <https://learning.ussoccer.com/coach/courses/available>
  - Free - Introduction to Grassroots Coaching
  - Paid - Reimbursable by club
    - Online 4v4, 7v7, 9v9, and 11v11
- **Practices**
  - Full Season Session Plans Available
    - <https://tinyurl.com/RCSoccer4v4>
  - Teams are limited to field space for 1 hour
    - Cooldown OFF the field
    - Be Courteous to other teams + Pick Up Trash (Leave it better than you found it)
- Contact Brian [rcsoccerdoc@gmail.com](mailto:rcsoccerdoc@gmail.com) for help with a **particular skill or problem**

# Coaching 4v4 - Practices (cont.)

- Suggested Practice Breakdown U6/U8 (45 - 60 min)
  - Gathering Game (free play): 2-3 min after start
    - Intro 3 min
  - Skills: 10-12 min
    - Break 2 min
  - Speed 8-10 min
    - Break 3 min
  - Shooting 10 min
    - Break 2 min
  - Small Sided Game (1v1 / 2v2 / 3v3) 12-15 min
  - Summary / Home Assignment: 3-5 min



# Coaching 4v4 - Gameweek

- Gameweek To DO:
  - Email / Text / Call Other Coach - Confirm info by Thursday
  - Confirm field, time, jersey colors, and side of the field, and ask for any special instructions
  - Confirm your players (Known how many to expect. Adjust from the start if short players)
  - Confirm if other coach wants to mix all players or split into beginner or advanced.

# Coaching 4v4 - Gameday

- Game Day
  - Fields will be lined by our referees or club volunteers, typically Friday evening
  - Game Balls - Home Team Provide 2-3 (Pump up to proper PSI)
  - 3 Team Reps. 2 Coaches + 1 Bench Master
  - CONTROL YOUR PARENTS. Parents can be asked to leave but it is ultimately the responsibility of the coach. Have your team fans sit together whenever possible.

# Coaching 4v4 - Gameday (cont.)

- Gameday (cont.)
  - Players must play AT A MINIMUM of 50% of the game
  - NO SCOREKEEPING
  - HAVE FUN!

# U6 / U8 Specific Goals and Coaching Tips



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# U6 / U8 - Program Goals

## Ball Mastery

- Walk and run slowly (dribble) while keeping the ball close and **STOP** on demand
- Move within a crowded grid while using their eyes to avoid collisions
- Maneuver successfully around marker cones with **BOTH** feet

## Speed

- Improved reaction speed
- Increased ability to concentrate
- Quicker with and without the ball

## Shooting

- Kick /Shoot the ball (at least 5y) with left and right foot with the laces, not toe or inside
- Kick the ball through a target gate from 5yd with some consistency
- Strike a ball rolling towards them
- Lift the ball (a little bit) into the air as they shoot

## Small-Sided Games / Match Play

- Understand the flow of a game – attacking a goal, defending the other
- Play 2v2\*\* with some examples of passing to a teammate

**\*\*We want players to be comfortable and engaged in playing 4v4 by the end of U8**

# U6 / U8 - Definitions

It's important that you, your players, and your parents use the same terminology.

Here are some commonly used ones in soccer that we hope all players are familiar with by the time they leave U8.

**Control Dribble:** Moving while keeping the ball close

**Speed Dribble / Running with the ball:** Moving WITH the ball quickly around the field

**Shoot:** Kick the ball into the opponent's goal

**Pass / Push Pass:** Give the ball to a teammate (This is not natural for most U6/U8 players. They have a "ME" mentality)

**Clear / Clearance:** When under pressure, kick the ball towards the SIDELINE

**Attack:** When your team has the ball and is trying to score

**Defend:** When your team doesn't have the ball and you're trying to win the ball back + prevent the other team from scoring

**End Line/Goal-line:** The lines along the ends of the field

**Sideline/Touchline:** The lines along the sides of the field

# U6 / U8 - Tips

## Match + Playing Tips

- Focus on a Diamond Shape
- **If dominating, HAVE EVERYONE TRY AND SCORE** before allowing players to score multiple goals
- They want the ball at this age, passing is not natural
- Recommend teaching players to throw-in TOWARDS the opposition goal as quickly as possible
- Ball cannot score from a throw in. If a throw in goes into the goal you can retake it or treat it as a goal kick (goal kick will be rule in U10+).
- Goal Kick
  - Place ball within 4 yd of the goal
  - Opposition should go back to half field on opponents kick off (prepare for U10 build out line)
- Corner Kick
  - After the ball crosses the ENDINE (aka. goal line) and it was last touched by a defender
  - Place the ball within 1yd of the corner
- Kick off
  - The ball can be played in any direction
  - Suggest passing back to support or out to a wing

# Questions and Answers



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