

Parental Support The Key to Peak Performance

The role that parents play in the life of a soccer / football player has a tremendous impact on their experience. With this in mind, here are some helpful reminders for all of us.

If you should have any questions about these thoughts, please feel free to discuss them with the coaches.

Support the program:

Get involved. Volunteer. Help out with laundry, oranges, fundraisers, car-pool; anything to support the program.

Support and root for all players on the team:

Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.

Do not bribe or offer incentives:

Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.

If the player hears a lot of people telling him what to do, or yelling at the referee, this diverts their attention away from the task at hand.

Monitor your child's stress level at home:

Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.

Monitor eating and sleeping habits:

Be sure your child is eating the proper foods and getting adequate rest.

Help your child keep his priorities straight:

Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help them fulfil this obligation to the team.

Reality test:

If your child has come off the field when his team has lost, though they played their best, help them to see this is a "win". Remind them to focus on "process" and not "results". The player's fun and satisfaction should be derived from "striving to win". Conversely, they should be as satisfied from success that occurs despite inadequate preparation and performance.

Incidental Coverage:

At any time that you are not happy that your child may appear in accidental coverage please notify the Club Administration Manager on:

Email info@nedlandscf.com.au or phone 9284 0090.

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Let the coaches' coach:

Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for them and their performance usually declines.

Encourage your child to talk with the coaches:

If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.

Understand and display appropriate game behaviour:

Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of their ability; a player needs to focus on the parts of the game that they can control (his / her fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them).

If the player starts focusing on what they cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), the player will not play to their ability.

Keep soccer in its proper perspective:

Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.

Be your child's best fan:

Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.

Have fun:

That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

Information provide in this guideline are from the following references:

Parental Support from Jeff Pill – www.eteamz.com/soccer/pills/jpill

Rules of Game from Football West

Phases of Player Development series are from a report by the staff of the U.S. Women's National Team.

Nedlands Football Club Under 10 Guidelines Rooball Player Development



Summary of the Rules of Game

Field Size: Min: 50m x 45m / Max: 70m x 50m

The field of play must be rectangle in shape. The length of the touch line must be greater than the length of the goal line.

Ball Size: Size 4

Number of Players:

9 players on the field, one of whom must be the goalkeeper
3 substitutes are allowed (maximum 12)

Players' Equipment: Shin guards are required.

Substitution: Substitutions may occur while the match is in play without stoppage.

Referees: No Official Football West referee

For unofficial referees, they must be at least 2 years older than the players in the match and of sufficient age to control the game accordingly.

Game Length: 2 x 25 minute halves

Start/Restart of Play: All opponents must be 7m away.

Ball Out of Play: The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air.

Scoring: A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

Offside: Offside **IS NOT** in effect. However, it is against the spirit of the game for a player be deliberately encouraged or positioned to be in an offside position.

Fouls/Misconduct: All classified Indirect

Free Kicks: All Free Kicks should be indirect and no goal can be scored from a free kick taken even if the ball crosses the goal line. Free Kicks should be taken within the spirit of Rooball. All defending players must be at least 7m away.

Penalty Kick: Penalty kicks are not part of Rooball matches and should not be awarded in a game

Throw-In: The thrower must face the field and with both feet on the ground, delivers the ball from behind and over the head using both hands.

Goal Kick: All opponents must be outside of the penalty area.

Corner Kick: All opponents must be 7m away.

Back Passing to Goal keeper: Against the rules for goal keeper to handle ball kicked back by a team mate.

Coaches should treat this as one of the important features of the game to be taught to players, along with throw-ins and passing, especially as when players reach the bigger league pitches, the ball will be awarded to the opposition as a free-kick for the goalie handling a back-pass.

Under 10 Rooball Player Development

Development of individual skills – individual and small group tactics:

The motivation to learn basic skills is very high at this age level. Children gradually begin to change from being self-centered to being self-critical and develop the need for group and/or team games.

The "Six principles" of U10 player development should be the cornerstone of any program.

1. Are activities developmentally appropriate?
2. Provide clear, concise and correct information.
3. Organize activities simple to complex.
4. Provide safe and appropriate training area.
5. Include decision making by the players within activities.
6. Ensure activities have implications for the game.

Coach

Sensitive teacher; patient; enthusiastic; imaginative; ability to demonstrate; understanding of technique

License: Rooball (U10s) or higher.

Technique

Understanding the mechanics of the following basic soccer skills:

- Dribbling:
 - Moving with the ball at your feet. Player may move the ball to beat an opponent, accelerate away from an opponent or turn away from an opponent.
- Receiving:
 - Receiving a ball that has been passed along the ground or in the air using any part of the body except the arms or hands.
- Shooting:
 - Striking the ball with the feet towards an opponent's goal.
- Passing:
 - Playing the ball with the feet to a team mate.
- Heading:
 - Intentionally contacting the ball with the forehead (not a priority technique at U9/U10).

Key Considerations

When working on technique key factors include the position of the player's head, eyes, and non-kicking foot.

Of equal importance is which surface of the ball is contacted and by what surface of the foot or body.

Activities checklist:

- Are the activities FUN?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Are there implications for the game?

Tactics = Decisions

At U10 the key development of tactics occurs in 1v1, 2v2 situations.

Play a variety of positions in order to develop into a complete player.

Attacking Examples

- Dribbling to beat an opponent,
- When and where to shoot at goal,
- When and where to pass and move,
- Choice of controlling surface.

Defending Examples

- Positioning between opponent and goal,
- When to challenge for the ball,
- Supporting a teammate challenging for the ball

Physical

Key emphasis on:

- coordination,
- agility (changing direction while in motion),
- quickness
- balance

Psychological

Keep it FUN and ENJOYABLE to foster a desire to play (Intrinsic Motivation).

Demonstrate increased self- responsibility for preparation, and discipline.

Let them initiate play and learn through self-discovery / self-expression.

Enjoy competition.

All activities should have objectives/method of scoring.

Have ability to work in groups, incorporate cooperative game and activities.