



WSA U4 Little Roos



WSA's Little Roos Program is for boys and girls who are ready for their first soccer experience! This program helps prepare children, their parents and new soccer coaches for recreational soccer pressure free environment catered to their young age.

Each team will have a Saturday morning 15-minute practice followed by a 16-minute scrimmage. With breaks total time for weekend session will be approximately 40 minutes.

Coach Practice Guidelines- (15 minutes) It is recommended that coaches pick 2 to 3 drills from the Drills of the Week list to focus on before practice time.

- Each practice, circle up your players on your side of the field. Introduce yourself as their coach and ask them if they are ready to have fun playing soccer. Do a fun quick ice breaker to get them engaged by letting them say their name or asking them a simple question (i.e. what their favorite food or color is) or ask them to show you how hard they can kick the soccer ball at the goal. Ask for parent volunteers based off the practice drill needs.
- Line players up to work on the selected practice drills. Demonstrate the skill they will be working on then ask them to try it. Encourage players as they work on the drills and redirect as needed. After 5 minutes move on to the next drill. You can use your whistle to help signal to players that the drill is over.
- You will notice that for some drills it might work better to have players do them together, where players line up and each take a turn, and some drills are better suited to have parent interaction with their player.
- If you find a drill is not working, move on to the next drill. This is completely acceptable. It is NOT required to complete all drills during the weekly session.

Coach Scrimmage Guidelines- (20 minutes total: four 4-minute quarters & a short half time)

U4-U8 players play 4v4 soccer. Not all players will be on field. Each coach will be responsible for calling out of bounds, hand balls (when player uses hands to assist ball), shoving and keeping time for quarter breaks for half of the game. Before the game starts, coaches should talk and agree on who will call and track time for the 1st half (two 4-minute quarters) and who will call and track time the 2nd half (two 4-minute quarters) of the scrimmage using their whistle and watch. Please try to not both being blowing the whistle at the same time. Unlike a true soccer game, for ease of transition, each quarter will start off with a kick-off at the center circle, alternating which team kicks off each quarter. Remember to insert substitution players during breaks so all players get a chance to play.

- Before the scrimmage starts circle your players up. Let them know that they will be taking turns during the game. 4 players will play, and 2 players will be watching and cheering them on. Explain that everyone will get a turn to play and part of being a good team member is watching and cheering. Ask a parent to help with the 2 sub players on the sideline.
- Let your players know that when they hear a whistle it means the game is stopped and they need to stop and wait for instructions. Let them know that when the ball goes off the field you will blow the whistle. Blow the whistle so they know what it sounds like.
- Set up your 4 players on the side of the field you were practicing on, facing the goal on the other side of the field. Point to the goal and let your players know which goal they are going to try and kick the soccer ball in. At every quarter ask your players which way they are kicking to score and point to it. We have animal signs on each end of the field to help them.
- Coaches can be on the field and encourage players to dribble ball towards the correct goal. Coaches should try to not interfere with the plays but provide directions and encourage players. When a ball goes out of bounds and a whistle is blown, coaches will help set the player up for a throw in or kick in. Some players may need a parent to help them but try to limit parents on the field during the scrimmage as much as possible.
- At the end of the game the coach will blow the whistle. Each coach will then line up their players so they can walk and give high fives to the other team. Encourage parents to work on the drills at home.