

# FOOTWORKS

This is a program run by the local soccer club to foster the development of ball skills for players' seven to ten years old. **FOOTWORKS** is open to any and all players and participation as a "team" is discouraged. Instead the emphasis is put upon the children playing with the ball to acquire a passion for playing skillfully and intelligently with the ball. To this end when players arrive for a **FOOTWORKS** session they should be asked to join a different group of players each time. This will also allow them the chance to make new friends. Mixing age groups is encouraged since the focus is on technique, not competition. Every third session the players should also be exposed to a different coach.

Skills should be taught in game-like activities that are age appropriate. The coaches must work out a lesson plan for each session. Each **FOOTWORKS** session should be forty-five to sixty minutes long. The last ten to fifteen minutes of the session should be playing a 4 versus 4 match. A different technique should be taught each week. The players must be encouraged to work on their ball skills at home, during recess at school, in pick-up games around the neighborhood and at their soccer team training sessions. **FOOTWORKS** coaches could also assign soccer homework, such as ball lifting, dribbling moves, ball juggling, etc.

The coaches involved must be those best suited to coaching children. These coaches must have earned a certificate from one of the state level youth modules. Ideally all of the coaches involved should have the full National Youth License, also known as the "Y" License.

One session should be held each week for four to six weeks. The best time would be a weekday evening. A lighted field in a central location is best.

The State Staff Coaches will be glad to conduct two clinics to help a local club get the **FOOTWORKS** program off the ground. A single two hours clinic should be held for the coaches who will run the **FOOTWORKS** sessions. Another two hours clinic should be scheduled for players. One hour for under eight players and one hour for under ten players. The coaches who will run the sessions locally must attend these player clinics and assist the State Staff Coaches.

A nominal fee should be charged to the players, perhaps \$3.00 to \$5.00 per session. This money would then be used to purchase the equipment needed to conduct the **FOOTWORKS** sessions, pay for the lights, etc. The coaches travel and meal expenses should be paid from this fund. Further from this fund and other club funds the fees should be paid for these coaches to attend the National Youth License.

The equipment needed will be cones of various colors, sizes and shapes, junior size bibs of various colors, a first aid kit, a ball pump and portable goals are a great asset. Of course a drinking water supply is mandatory.



Please contact the coaching department at the your state office to make arrangements to implement **FOOTWORKS** in your area.