

# ***Southeast Cincinnati Soccer Council, Inc.***



## **Dribblers and Trappers**

**4 v 4**

## **Handbook**

**Spring 2007**

- A model rocket that is launched from a nearby field will get 99% of the player's attention. By all means, stop whatever you are doing and go watch for a couple of minutes!
- During a season, you will end up tying at least 40 - 50 shoe laces.
- They will do something that is absolutely hysterical. Make sure that you laugh!

## Involving the Parents

It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but the Dribbler/Trapper player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (Phone chains.)
- Choosing a team administrator-someone to handle all of the details.
- Complete all paperwork.
- Discuss the laws of the game.
- Carpool needs.
- How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards (Cleats are not required or recommended.)
- Most importantly, your philosophy about coaching Dribbler/Trapper players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.
- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

## Sportsmanship

Keep soccer FUN for both the fans and the participants.

Always shake hands with both opponents and referees.

Respect the integrity and judgement of game officials. The officials are doing their best and at this level may be kids learning how to referee. Treat them with respect, even if you disagree with their judgement.

Teach good sportsmanship skills and reward your players for demonstrating these skills.

Be gracious in victory and defeat.

## Advantages of Playing Small Sided Games

- Children are physically more efficient in smaller space
- Children are actively involved for a longer period of time
- It takes less time to score a goal or advance to goal
- Greater success rate for the players

## Dribblers/Trappers Rules of Play

**Law 1 – The Field of Play**

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 25 yards maximum 35 yards

Width: minimum 20 yards maximum 30 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the mid-point of the halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (4) yards is marked around it.

The Penalty Area: none.

Flag posts: none.

**Law 2 – The Ball:** Size three (3).

**Law 3 – The Number of Players:** A match is played by two teams, each consisting of four players. There are NO goalkeepers.

Substitutions: At any stoppage of play and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time.

**Law 4 – The Referee:** All infringements shall be briefly explained to the offending player.

**Law 5 – The Duration of the Match:** The match shall be divided into two halves with a two (2) minute break at the mid-point of each half. There shall be a half-time interval of five (5) minutes.

**Law 6** – The opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play.

**Law 7** – Offside: None.

**Law 8** – Fouls and Misconduct: No slide tackles to be allowed in this age group. All fouls shall result in a direct free kick. The referee is to explain ALL infringements to the offending player. No cards shown for misconduct.

**Law 9** – Free Kicks: All kicks are direct and all opponents are at least four (4) yards from the ball until it is in play.

**Law 10** – The Penalty Kick: None.

**Law 11** – The Throw-In: None

**Law 12** – The Goal Kick: Opponents must remain at least four (4) yards from the ball until it is in play.

**Law 13** – The Corner Kick: Opponents remain at least four (4) yards from the ball until it is in play.

### **Dribblers/Trappers Guidelines of Play**

Each team will play TWO simultaneous games on game day. The head coach should select four players to play on each field. All remaining players should remain in the six yard substitution/coaching lane between both fields. Each game should be supervised by an assistant coach/parent from each team. Players can be moved between the fields during the game.

If one or both teams do not have enough players to play two 4 v 4 games both coaches should consider playing one or both games in a 3 v 3 format. Please try to use both fields and both referees.

Game Form: 4 v 4

Equipment: Players on the same team must wear the same color of shirt, must wear shin guards, socks should be pulled up to cover the shin guards.

When ball goes out of bounds, the game is restarted with a kick-in or dribble-in.

Goal kicks: Referee should pace off four yards from the end line to place the ball for a goal kick.

Corner kicks: Referee should place the ball in the appropriate corner arc for corner kicks.

Referee: There will be one referee for each field.

### **Troubleshooting Chart 5 and 6 Year Old Players**

<b>Problem</b>	<b>Analysis</b>	<b>Solution</b>
Players Bunch around the ball.	This is perfectly natural at this age because they all want the ball.	Make sure each player has a ball.
Players dribble with their heads down.	They need to, or they will lose the ball.	Dribbling is not as easy as it looks. Practices/games should be constantly focused on Dribbling
Players don't pass the ball.	Why should they? They won't get it back	Strongly encourage dribbling at this age. Sharing will become an option for this age group. Practices should have some paired activities
Players seem uncoordinated and fall down a lot.	This age group likes falling!	Anatomically, their center of gravity is high, so in essence they are top heavy. Activities that encourage whole body involvement will help their general motor abilities. Ballnastic activities.

Excerpt taken from *Guide to Great Soccer* Written by Tom Fleck and Ron Quinn

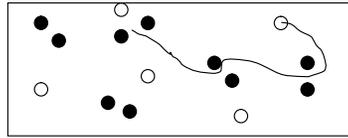
### **Understanding the Dribbler/Trapper Player**

As coaches of these younger players there are things that we know that we can expect during training and games. If we know what to expect, we will be more effective in dealing with the hundreds of situations that come up. This will help us relax, and, in turn, allow us to enjoy the unpredictable nature of working with these children even more. Here are some of the things that we can expect.

- Most players cry immediately when something is hurt. Some cry even when something is not hurt.
- Somebody will come off the field in need of a toilet. Somebody will stay on the field in need of a toilet.  
Don't even consider teaching positional play.
- Twenty seconds after the start of a game, every player will be within 5 yards of the ball.
- Several players will slap at the ball with their hands, or pick it up. Several parents will yell at them not to do that.

**Activity Goal Chase**

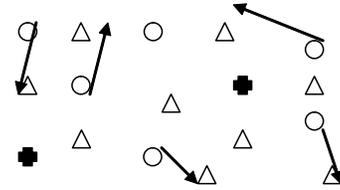
The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.



Progressions: Each player has a ball.

**Activity Bingo**

A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling “bingo” as they do so. The coaches stand the cones back up immediately. Who can get the most bingos?



Progressions: Must be three yards away to knock a cone over, use the laces to strike the ball.

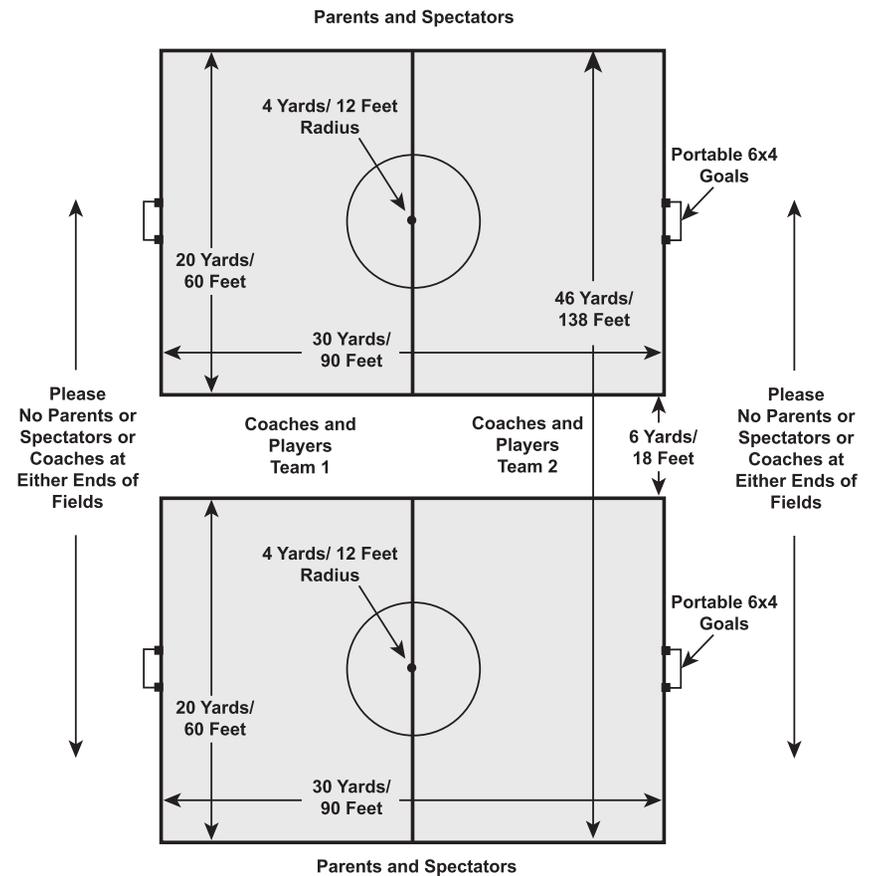
**Activity Scrimmage 2v2 or 3v3**

Players enjoy scrimmages at the end of practice.

**Characteristics of Dribblers and Trappers Players**

- Short attention span.
- Can attend to only one problem at a time.
- May understand simple rules that are explained briefly and demonstrated.
- May or may not understand or remember: what lines mean on the field; what team they are on; what goal they are going for. We need to be patient and laugh with them as they get ‘lost’ on the field.
- Easily bruised. Shout praise often. Give “hints”, don’t criticize.
- Need generous praise and to play without pressure.
- Very individually oriented (me, mine, my).
- Constantly in motion, but, with no sense of pace. They will chase something until they drop. They are easily fatigued but recover rapidly.
- Development for boys and girls are quite similar.
- Physical coordination limited. Eye - hand and eye - foot coordination is not developed. Need to explore qualities of a rolling ball.
- Love to run, jump, roll, hop, etc..
- Want to have fun.

**4v4 Game Fields Diagram**



**Coaching Rational**

It is important to understand at the outset that players coming to any sport prior to the age of 6 years old, in general, do not do so by their own choice. As a result, their coaches need to give them something about which to get excited and have fun. Further, at this age, learning to play soccer is secondary to most other things in their lives.

- Each session should be geared around touching the ball as many times as possible. Involve the ball in as many activities as possible. Basic movements such as running, skipping, hopping, etc. need to be emphasized. If these can be done while kicking, catching, rolling, or dribbling a ball... all the better!
- Training should not last for more than one hour. This is primarily due to physical fatigue and attention span considerations. Train once or twice a week. Any more than this may lead to their and your burnout.

- Have as many different kinds of activities ready as you can get into one hour. Emphasis needs to be placed on what is FUN!.
- Ideally every player should bring his or her own size #3 ball, but the coach should have extras available in case someone forgets.
- Remember, although they may have very similar birthdates, their physical and / or mental maturity may vary as much as 36 months. Activities need to accommodate these individual differences whenever possible.
- Team play and passing is not understood by these players. They know that if they pass the ball, they may never get it back. In fact, they often will steal it from their own teammates. Do not get uptight if they do not pass, let them dribble to their heart's content.

### Typical Training Session

Here are some items that should be included in a Dribblers/Trappers training session:

**WARM-UP:** A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that may or may not involve the ball. They can chase their ball as it is thrown by the coach, bringing it back with different parts of their body. Or, they can chase someone with their ball at their feet. Static stretching is also appropriate at this time, again, hopefully done with the ball. "Soccernastics" activities are very appropriate, like: rolling the ball with the bottom of their feet, with their elbows, backwards, with the back of their neck while holding on to it; throwing it up and catching it; keeping it up with their feet while sitting.

**INDIVIDUAL ACTIVITIES:** Follow the warm-up with some kind of individual activity, not a real 1 v.1 game, but some kind of activity where players act as individuals in a game environment. An example would be a kind of tag game, or "Red Light - Green Light", or a game where players are trying to knock their ball through gates. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" instead of games where the "looser sits".

**PLAY THE GAME:** Move on to the real game, but, make sure it is a 2 v. 2, 3 v. 3, or 4 v. 4 game. Switch the game every 5 minutes or so. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries. Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. It is important that every player has a chance to shoot on goal as often as possible.

**WARM-DOWN & HOMEWORK:** Finish the session with a warm down. Give them some more stretches to do with the ball. You may want to review what you started the session with. Also, give them some homework so that they practice on their own. Think of some ball trick that you would like to see them try to do,

like, bounce it off their thigh and then catch it. It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return.

Written by Jeff Pill, NHSA Director of Coaching. Special thanks to Dr. Thomas Fleck and the National Youth Coaching Staff, Bill Buren, Dr. David Carr, Dr. Ronald Quinn, Virgil Stringfield.

Below are sample activities that can aid in practice plans. They were taken from the US Youth Soccer Website designed for Dribblers and Trappers players. You will find a whole season of lesson plans on the website. Please feel free to mix and match the activities any way you want – Just make it FUN!!!

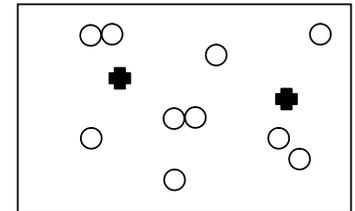


### United States Youth Soccer Association

#### Activity Ouch!

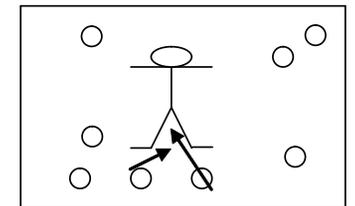
Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.

Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)



#### Activity Tunnel Soccer

Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots or so the coach moves on again. Who can score the most points in one minute?



#### Activity Around the World

Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area.

Progressions: This can be started without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size. The children would have to dribble with speed when going from one town to the next.

