



ROCKY MOUNTAIN SOCCER CAMPS, INC.

P.O. Box 47 VICTOR, CO 80860 719-689-5547,
720-394-5257 OR 1-800-831-6749 ROCKYMTNSOCCERCAMP@JUNO.COM



SEASON KICK-OFF EVENT

THE COACHING, PLAYER AND PARENT EDUCATION PROGRAM

DESCRIPTION An 8 hour training program that is being offered to clubs as an effective, affordable event that educates Coaches, Parents and Players alike. The 8 hour program is broken into 2 Hour Segments and can be easily completed in a weekend, a two day period or even in a single day.

THE 2 HOUR SEGMENTS

1) COACHING COURSE – CLASSROOM

- a) Philosophy
- b) Principles
- c) Progressions
- d) Practices

2) COACHING COURSE – FIELD

- a) Dribbling Activities
- b) Shooting Activities
- c) Passing Activities
- d) Receiving Activities

3) “COMPLETE CONTROL PLAYER SKILLS CLINIC” (120 Players Max) COACHING COURSE - PRACTICAL

Segment #3 will consist of a 10 Station Skills Clinic for players that will be organized and led by the RMSC Event Director. The final phase of the coaching course will be the use of the coaching course participants as instructors for the stations. This will allow the coaches some practical application of the information presented during the classroom and field training portions of the course.

Players will be placed in age appropriate groups of no more than 12 players. Each station will last for 10 minutes as the players rotate through. A SAMPLE of the activities at each station is as follows:

- STATION #1 – “Cone Zone” – Dribbling Techniques
- STATION #2 – Dribbling Games
- STATION #3 – 1v1 Ladder Tournament
- STATION #4 – Passing Techniques
- STATION #5 – Passing Games
- STATION #6 – Small Sided Scrimmage
- STATION #7 – Receiving Grid – Ball Control Techniques
- STATION #8 – Juggling and Tricks
- STATION #9 – Shooting Technique
- STATION #10 – “World Cup” – Shooting Game

4) “PARENTS AND KIDS SOCCER CARNIVAL”

The Soccer Carnival will be open to all recreational club members (players, coaches and parents). It will consist of FUN, “carnival-type” soccer activities that are designed to allow the player’s to practice their skills as well as to educate the player’s parents in the techniques and concepts involved in the game. Most importantly, the carnival provides an event where the players and their parents can participate together in a fun, positive, active and healthy environment. EXAMPLES of the activities that will be provided at the soccer carnival are as follows:



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- 1) Radar Gun
- 2) Rebound Nets
- 3) Ball Machine
- 4) Small Sided Scrimmage Fields
- 5) RMSC SKILL CONTESTS (See attached diagrams)
 - i. Juggling
 - ii. Ball Touches in 1 minute
 - iii. Dribbling Course
 - iv. Passing Contest – Through Hoops
 - v. Shooting Contest – Target Net
- 6) “Capture the Castle” Game
- 7) Juggling and Tricks Demonstrations
- 8) 1v1 Tournament
- 9) Skill Games
- 10) Soccer Golf
- 11) Soccer Volleyball
- 12) Parents Q & A with the CYS Recreational Program Director

Players and parents will be free to roam throughout the area and try out the activities at their leisure throughout the 2 hour time block. Should they choose, players may record their scores from the RMSC SKILL CONTESTS and compare them with the average scores and record scores for each age group. Prizes may be awarded for players and parents for the fastest shot on the radar gun.

THE PROGRAM IN ACTION

- 1) **SEASONS** – The Kick-Off event can be held at any time of the year although, as the name suggests, it is designed to be something to get coaches prepared, and parents and players excited about the upcoming season.
- 2) **FACILITIES** Classroom and field facilities must be provided by the individual club.
- 3) **SCHEDULE** The schedule for each club will be determined individually, based on their needs, time frame and facility availability. Three scenarios that might apply are as follows:
 - A) FRIDAY - Segment 1 – Coaches Classroom Clinic – 2 Hours – 6:00 – 8:00 pm
SATURDAY – Segment 2 – Coaches Field Clinic – 2 Hours – 8:00 – 10:00 am
- Segment 3 – Complete Control Skills Clinic – 2 Hours – 10 am-12 pm
- Segment 4 – Kids and Parents Soccer Carnival – 2 Hours – 1:00-3:00
 - B) SATURDAY - Segment 1 – Coaches Classroom Clinic – 2 Hours – 9:00 – 11:00 am
- Segment 2 – Coaches Field Clinic – 2 Hours – 1:00 – 3:00 pm
SUNDAY - Segment 3 – Complete Control Skills Clinic – 2 Hours – 1:00 am-3:00 pm
- Segment 4 – Kids and Parents Soccer Carnival – 2 Hours – 4:00-6:00 pm
 - C) SATURDAY – Segment 1 – Coaches Classroom Clinic – 2 Hours – 8:00 – 10:00 am
- Segment 2 – Coaches Field Clinic – 2 Hours – 10:00 am – 12:00 pm
- Segment 3 – Complete Control Skills Clinic – 2 Hrs – 1:00-3:00 pm
- Segment 4 – Kids/Parents Soccer Carnival – 2 Hrs– 4:00-6:00 pm
- 4) **FEES** = **\$1,250.00 per club per event**