



# **Little Stars Coaches Meeting**

# Circle City FC

We are the 8<sup>th</sup> Largest Club of 145 in the state.

Only 2 clubs in the top 10 are volunteer based – CCFC and Glendale Soccer Club

**THANK  
YOU**





# Little Stars

Little Stars is a unique program for 18 month to 3 years old. Each "Little Star" is assigned to a team with a coach and will be given a full soccer uniform (shirt, shorts, and socks). Little Stars participate in age-appropriate drills and activities that are setup to develop basic skills, familiarize them with soccer, encourage soccer play, and burn off some energy. Parent participation will be occasionally needed to assist with activities. Each team will have a coach that explains the drills and encourages the kids as they go through each activity. This age group does not play competitive games against other teams. Little Stars serves to introduce kids to soccer in a non-competitive yet fun environment.



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# Rosters

A

Rosters were sent, did  
you get it?

B

If not, we need to  
know NOW!.

C

If you did receive it,  
have you contacted  
everyone?

D

If not, you need to do  
so ASAP, if you need  
help or have not  
heard back from  
someone, let us know





# Dates to Know

Saturday, August 2, 9AM – Field Day

Saturday, August 9 – Meet & Greet and Uniform Distribution  
– Coaches pick up at pavilion and handout to team - Time up to coach

Saturday, August 16 – Opening Day – Training 1

Saturday, August 23 – Training 2

Saturday, September 6 – Training 3

Saturday, September 13 – Training 4

Saturday, September 20 – Training 5

Saturday, September 27 – Scrimmages - Trophy D



\*All Little Stars activities start at 10:00 a.m.

# Schedule

| FALL 2025 - LITTLE STARS |          |                          |                       |
|--------------------------|----------|--------------------------|-----------------------|
| DATE                     | TIME     | Team and Station Start   | DRILL                 |
| 16-Aug                   | 10:00 AM | Team Barcelona Station 1 | Cone Knock Over       |
| 16-Aug                   | 10:00 AM | Team Lions Station 2     | Candy Land            |
| 16-Aug                   | 10:00 AM | Team Panthers Station 3  | Red Light Green Light |
| 16-Aug                   | 10:00 AM | Team Sounders Station 4  | Sharks & Minnows      |
| 16-Aug                   | 10:00 AM | Team Jaguars Station 5   | Kick the Coach        |
| 23-Aug                   | 10:00 AM | Team Barcelona Station 1 | Red Light Green Light |
| 23-Aug                   | 10:00 AM | Team Lions Station 2     | Defenders             |
| 23-Aug                   | 10:00 AM | Team Panthers Station 3  | 4-Goals               |
| 23-Aug                   | 10:00 AM | Team Sounders Station 4  | Candy Land            |
| 23-Aug                   | 10:00 AM | Team Jaguars Station 5   | Shark & Minnows       |

| FALL 2025 - LITTLE STARS |          |                          |                       |
|--------------------------|----------|--------------------------|-----------------------|
| DATE                     | TIME     | Team and Station Start   | DRILL                 |
| 6-Sep                    | 10:00 AM | Team Barcelona Station 1 | Kick the Coach        |
| 6-Sep                    | 10:00 AM | Team Lions Station 2     | 4-Goals               |
| 6-Sep                    | 10:00 AM | Team Panthers Station 3  | Cone Knock Over       |
| 6-Sep                    | 10:00 AM | Team Sounders Station 4  | Defenders             |
| 6-Sep                    | 10:00 AM | Team Jaguars Station 5   | Red Light Green Light |
| 13-Sep                   | 10:00 AM | Team Barcelona Station 1 | Candy Land            |
| 13-Sep                   | 10:00 AM | Team Lions Station 2     | Hoop Run              |
| 13-Sep                   | 10:00 AM | Team Panthers Station 3  | Sharks & Minnows      |
| 13-Sep                   | 10:00 AM | Team Sounders Station 4  | Dribble & Shoot       |
| 13-Sep                   | 10:00 AM | Team Jaguars Station 5   | 4-Goals               |

| FALL 2025 - LITTLE STARS |          |                          |                       |
|--------------------------|----------|--------------------------|-----------------------|
| DATE                     | TIME     | Team and Station Start   | DRILL                 |
| 20-Sep                   | 10:00 AM | Team Barcelona Station 1 | Dribble & Shoot       |
| 20-Sep                   | 10:00 AM | Team Lions Station 2     | Partner Passing       |
| 20-Sep                   | 10:00 AM | Team Panthers Station 3  | Red Light Green Light |
| 20-Sep                   | 10:00 AM | Team Sounders Station 4  | Hoop Run              |
| 20-Sep                   | 10:00 AM | Team Jaguars Station 5   | Cone Knock Over       |
| 27-Sep                   | 10:00 AM |                          |                       |
| 27-Sep                   | 10:00 AM |                          |                       |
| 27-Sep                   | 10:00 AM |                          |                       |

|         |
|---------|
| Field 1 |
| Field 2 |
| Field 3 |

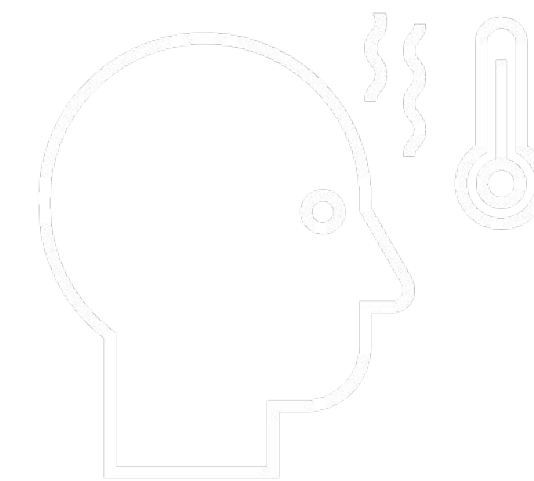




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- Uniforms
  - Field Day
  - Picture day is September 6<sup>th</sup>
  - Join the Board!
  - Email Opt Out (please don't)
  - NO Golf Carts
  - NO Tobacco or Alcohol
  - NO Vaping
  - and NO Pets

[Field Day Sign Up](https://www.signupgenius.com/go/10C0F4DABA722A5F5C25-54457757-field#/)

<https://www.signupgenius.com/go/10C0F4DABA722A5F5C25-54457757-field#/>



# Field Closures

## Check before you go

Field closures due to weather are listed on our website.

A

C

## Do you have to cancel?

No, but you can't be on a painted field, you can still practice.

## Help Protect our fields

If they are closed, they are closed to everyone, we must stay off them when they are too wet, so we don't tear them up..

B

D

## Be smart

If lightning is present, no one should practice. Cold and raining is miserable for everyone, when hot, take frequent water breaks.





# Find us On

stack team app

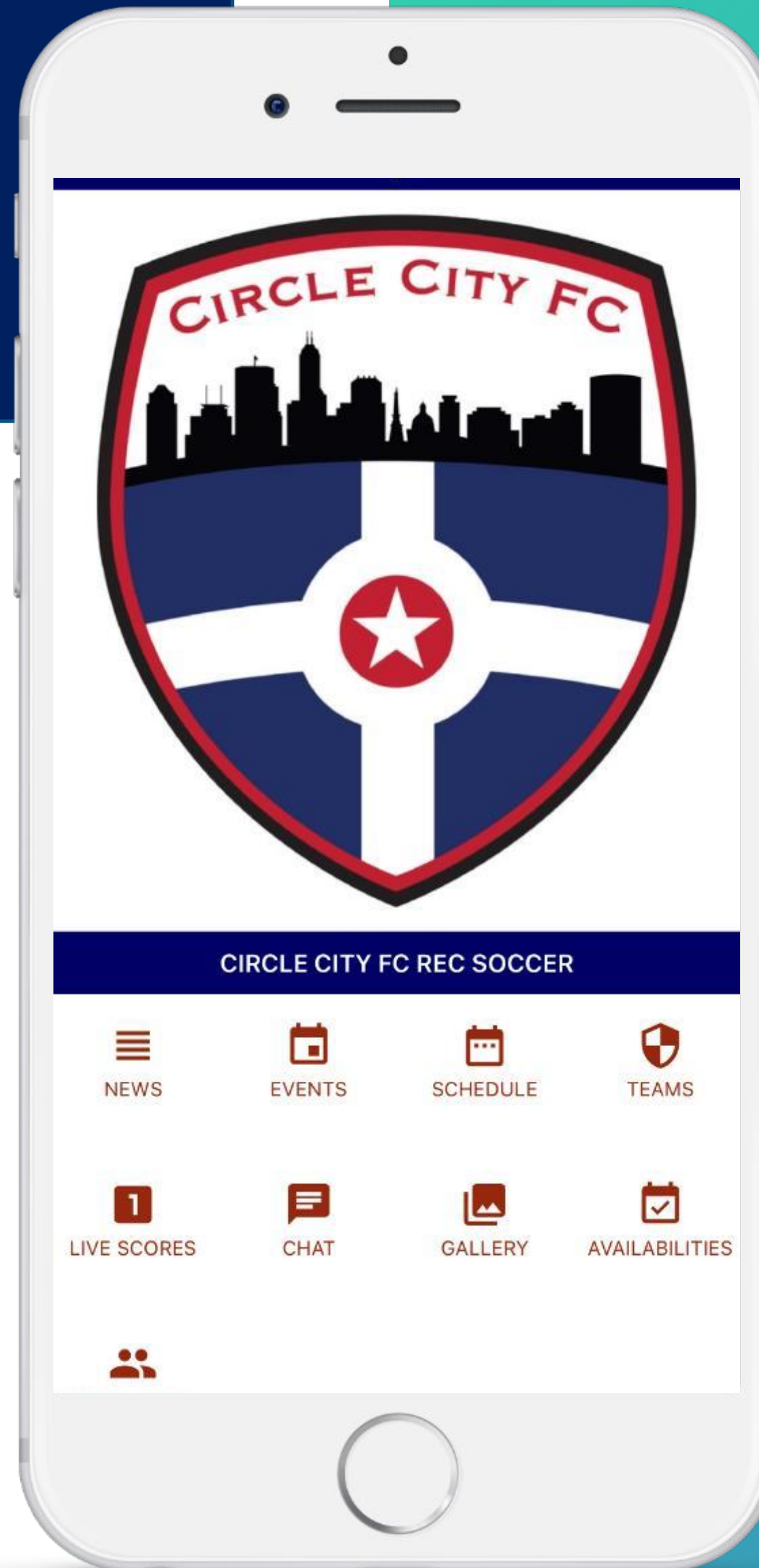


## Communication

Reminders

From the Club

Field Closures and  
emergency notifications.



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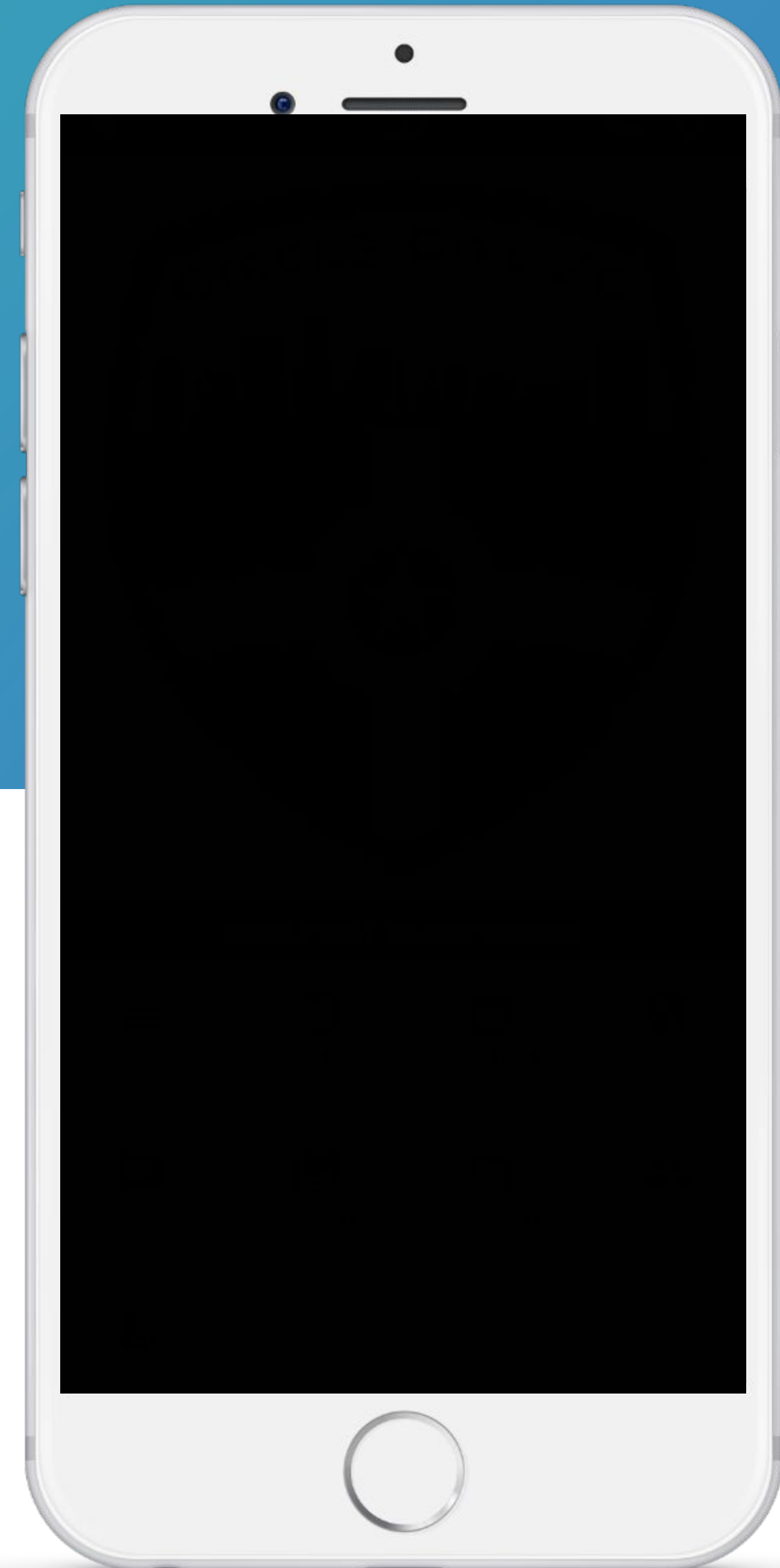
# GET. THE. APP!



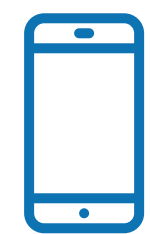
Search “Team  
App”



Download Team  
App  
It's FREE!!!



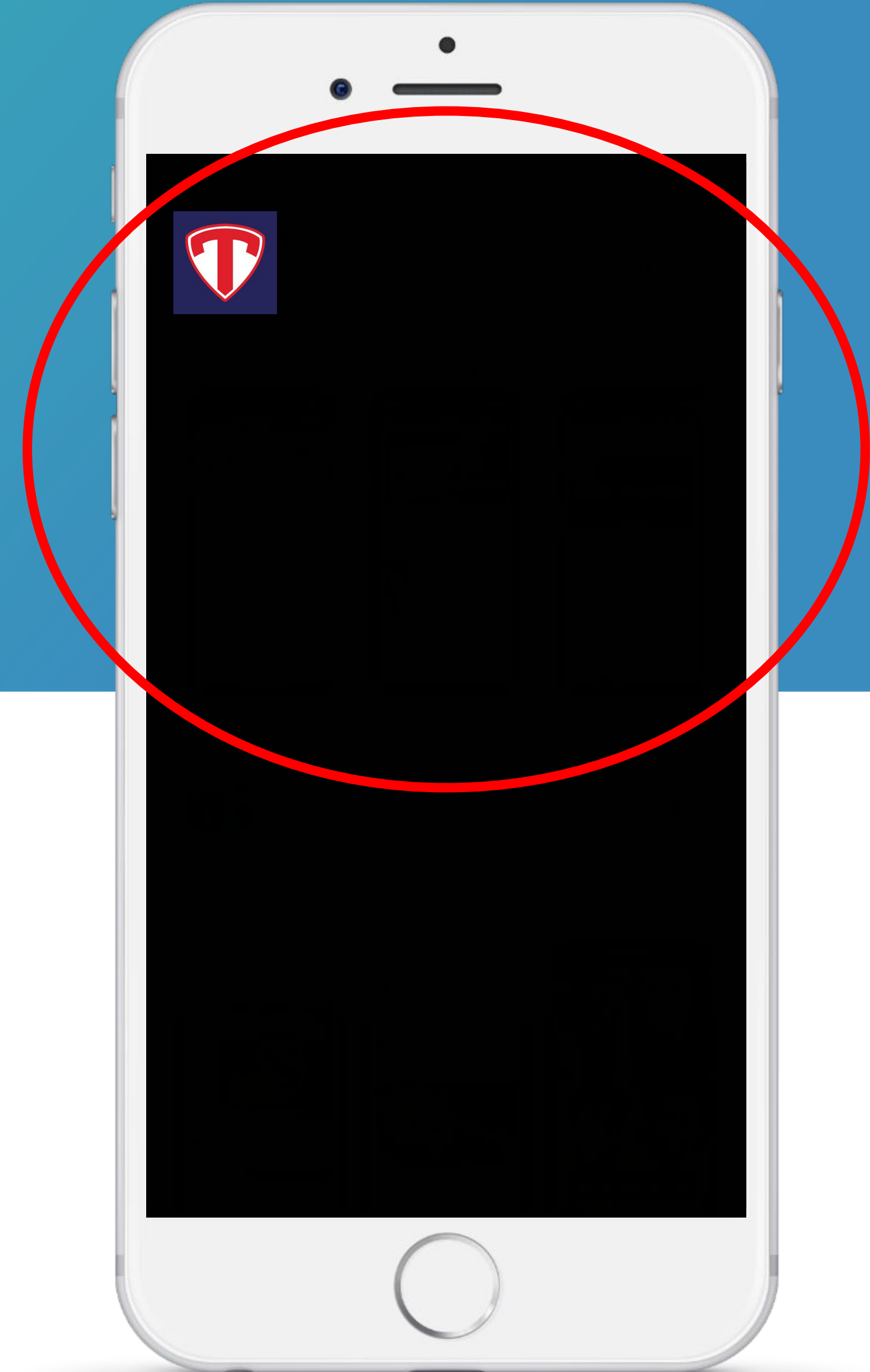
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GET. THE.  
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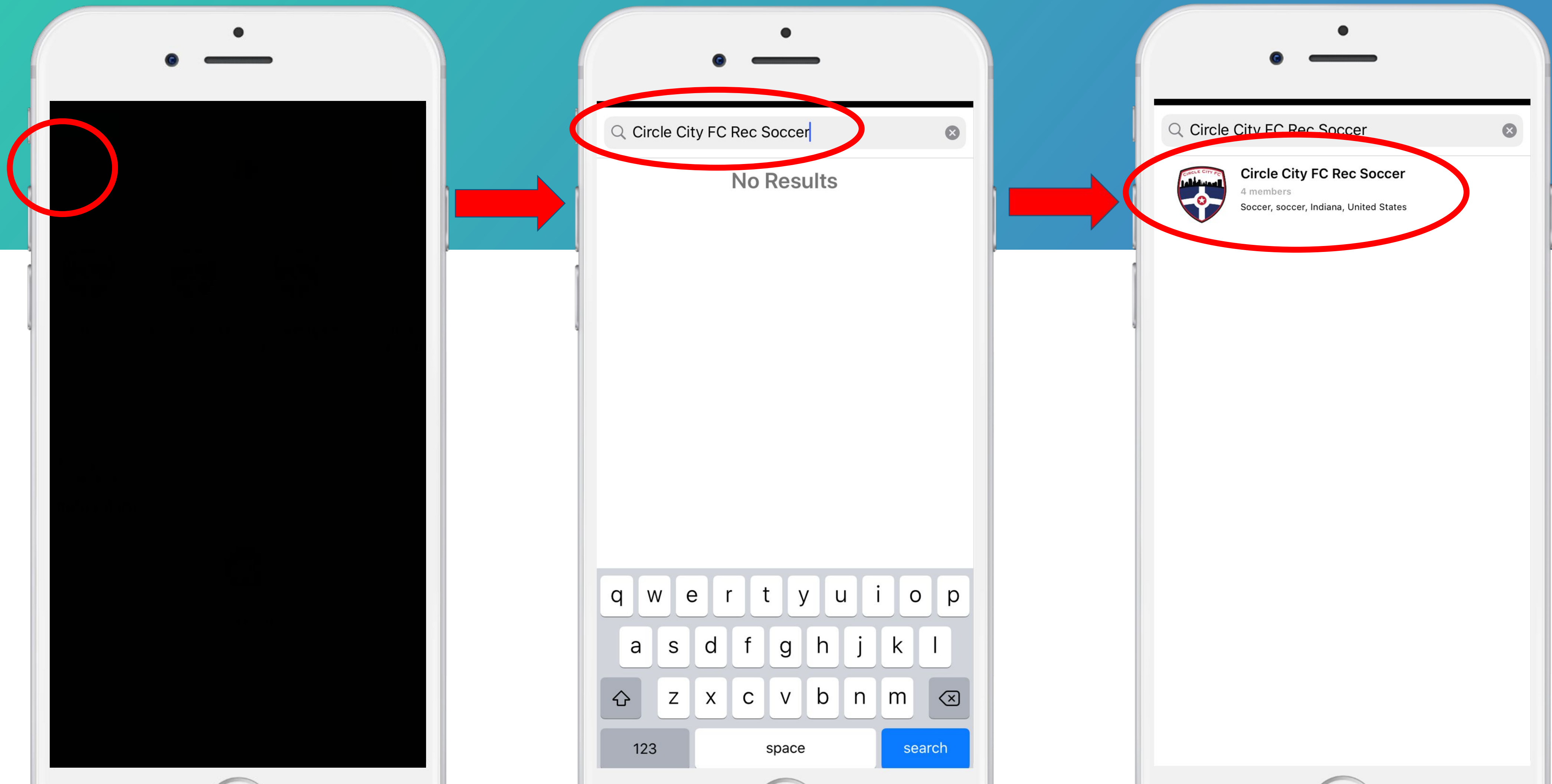
Download Team  
App  
IT'S FREE!!!





# Search

## “Circle City FC Rec Soccer”





# Referees

- Want to become a referee? The process has become even more simple

- 2.5 Hr online course
- 20-30 test/quiz
- Background check
- Introduction to safe and healthy playing environments
- SafeSport Training
- License Cost: \$40
- Background Check cost \$23

- [https://learning.ussoccer.com/referee/courses/available/10000039/list?utm\\_source=lc&utm\\_medium=article&utm\\_campaign=become\\_a\\_referee](https://learning.ussoccer.com/referee/courses/available/10000039/list?utm_source=lc&utm_medium=article&utm_campaign=become_a_referee)  
([https://learning.ussoccer.com/referee/courses/available/10000039/list?utm\\_source=lc&utm\\_medium=article&utm\\_campaign=become\\_a\\_referee](https://learning.ussoccer.com/referee/courses/available/10000039/list?utm_source=lc&utm_medium=article&utm_campaign=become_a_referee))

# Coaching Profiles

Are **required** to be complete by August 1

Safe Sport



Safe Sport

Mandated by US Federal Law

Background Check



Background Checks

We can't allow you to be involved in anyway without a clear background check.

CDC Heads up Concussion Training



Concussion Training

This is critical to ensure the safety off all of our kids. Concussions are life threatening

All three must be renewed every two years



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## Coaching Profiles

Are **required**

Incomplete Profile

=

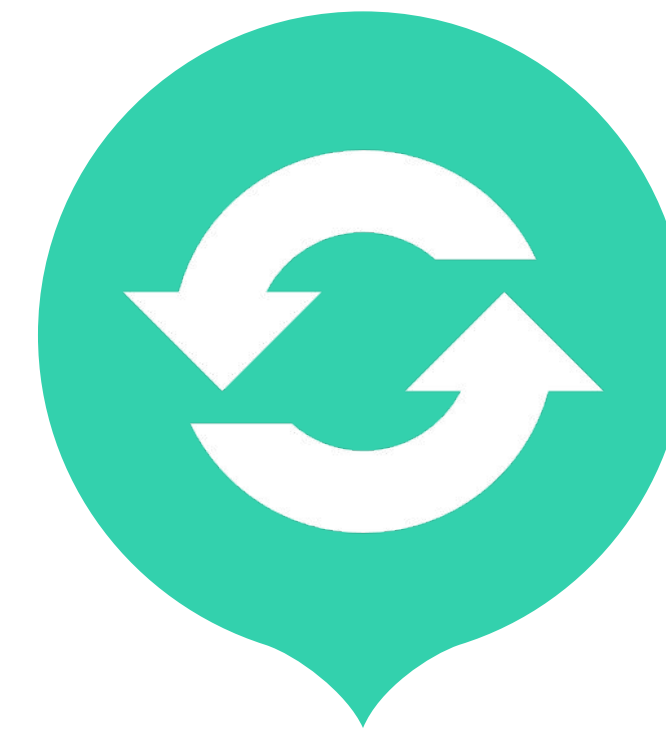
No Coaches Shirt and not  
allowed to coach

# Coaching Reminders



## You are a mirror

Your players attitudes and energy are a direct reflection of your attitude and energy, lead by example.



## Need Help?

Never be too proud to ask for help, we love to hear from you and help when needed, coaching isn't always easy.



## Rule #1

Always have fun. Kids learn more and stay engaged longer when sports are fun, you should be having fun too!



## Great Coaches

Great Youth sports coaches are not determined by wins and loses. Great youth sports coaches are the one's who's players are excited to return next season!.



Read that AGAIN, now one more time

How long do I have their attention for?

Kids will give you their attention for 2x their age  
in seconds (Mind your L's).



8-12 Seconds!



16 Seconds



20-24 Seconds



30 Seconds?



# PLAYER DEVELOPMENT PATHWAY

[www.thecoachingmanual.com](http://www.thecoachingmanual.com)

**0-6**

**Active start**



Intro to physical activity. Touches on the ball in a fun, unstructured environment.

Dribbling, turning, receiving and striking the ball. Focus on the individual.

**6-9**

**FUNdamentals**



Skill development in a structured, positive and fun environment.

Technical development of passing, receiving, dribbling and finishing. Focus on lvl actions and promote game understanding and technical execution in small sided games.

**9-12**

**Learning to train**



Acquire & develop football specific skills in a fun and productive environment. Introduce competition. Focus on refinement of movement skills. Develop skills in and out of possession as well as transitions. Intro to basic tactical concepts and continue to develop game understanding through 7v7/9v9 games.

**12-16**

**Training to develop**



Continue to develop football-specific skills as players transition to lvl.

Competition makes players want to win and give 100%, but the main focus still on training & developing skills. Introduce position specific roles & responsibilities and meeting physiological demands of the game.

**16-19**

**Training to compete**



Develop the player to meet physiological, technical and tactical demands of the game. Competition is provided to challenge and develop.

Training targets development and maintenance of technical & tactical skills. Understanding position specific roles in relation to the game. Individual prep tailored to respective strengths and weaknesses.

**19+**

**Training to win**



Maximise the the physiological, technical and tactical skills of the player so they peak in competitions.

Focus in training around performance and winning games, as all athletes capacities should be fully established. Training = high volume + high intensity.

**Any Age**

**Active for life**



Positive experiences in football. Focus is less on winning and more on social aspects, having fun and completing for the love of the sport, whilst still being challenged as an individual or group.



# **Player Supplied EQUIPMENT**

- 1. Shin guards**
- 2. Cleats**
- 3. Size 2 or 3  
soccer ball**

# EQUIPMENT Supplied by CCFC



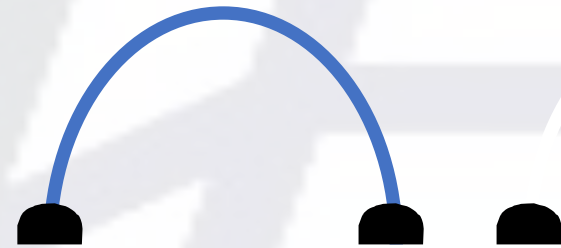
Tall Orange Cone



Multi-Colored Small Disc Cone



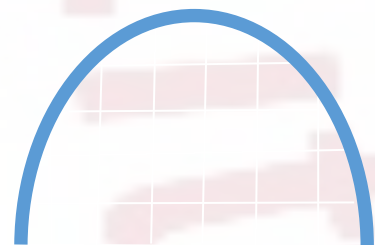
3' Fixed Goals



PEX Tubing with weighted bases

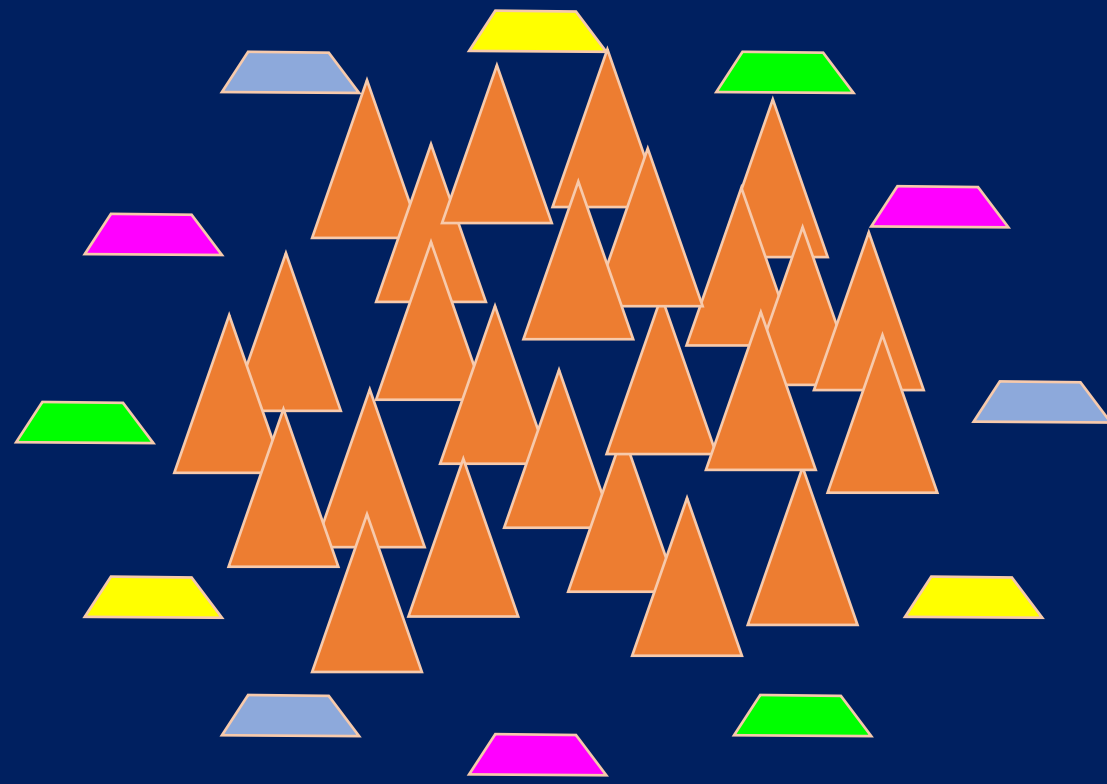


Pool Noodles with ground stakes



Pop-up Goals



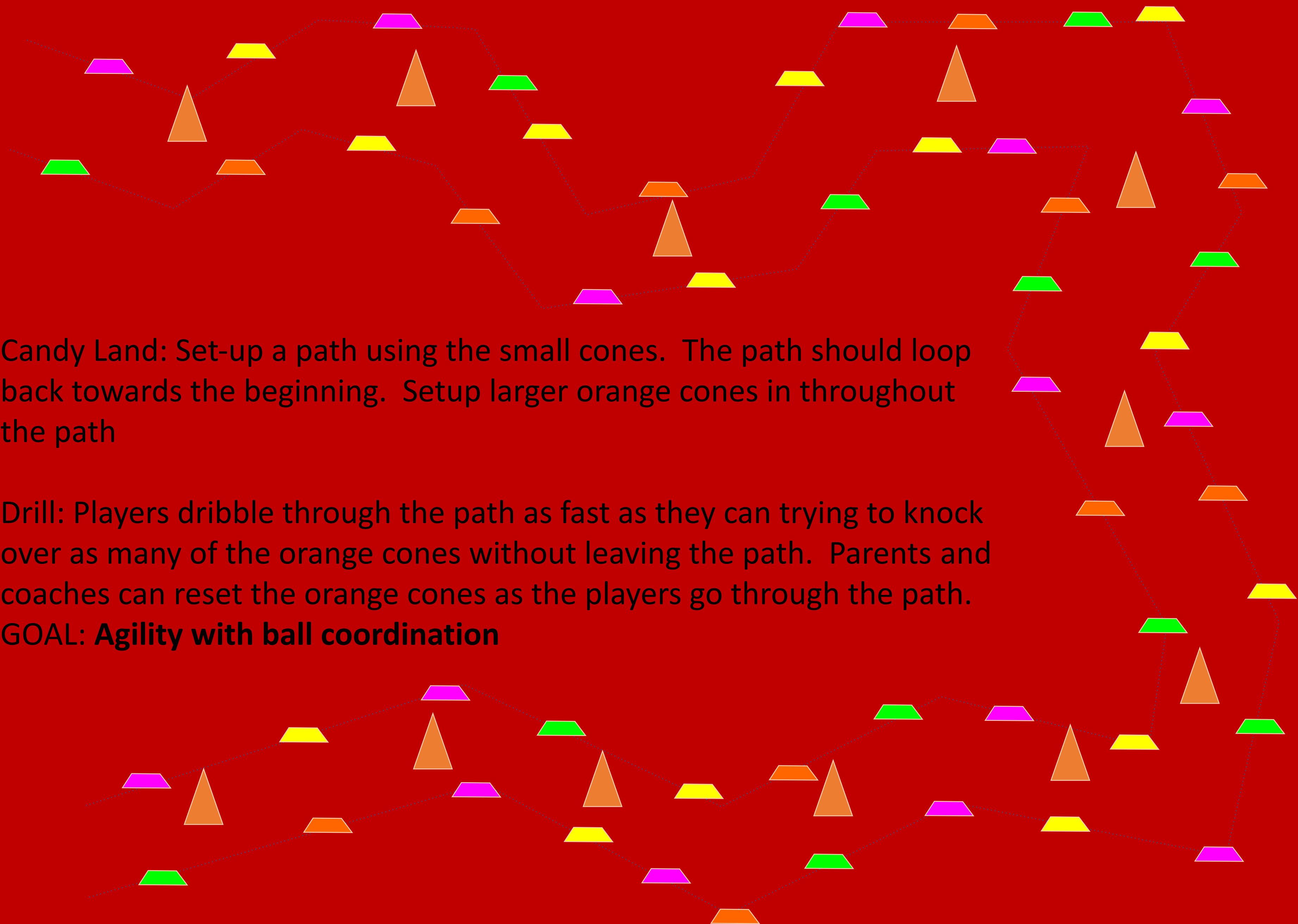


### Cone Knock Over:

Set-up a circle using the small disc cones (about 10ft' Diameter). Using the Tall orange cones, fill the center of the circle.

Drill: Players attempt to knock over as many cones as they can. Parents and coaches can reset the cones as you go. All players can play at the same time.

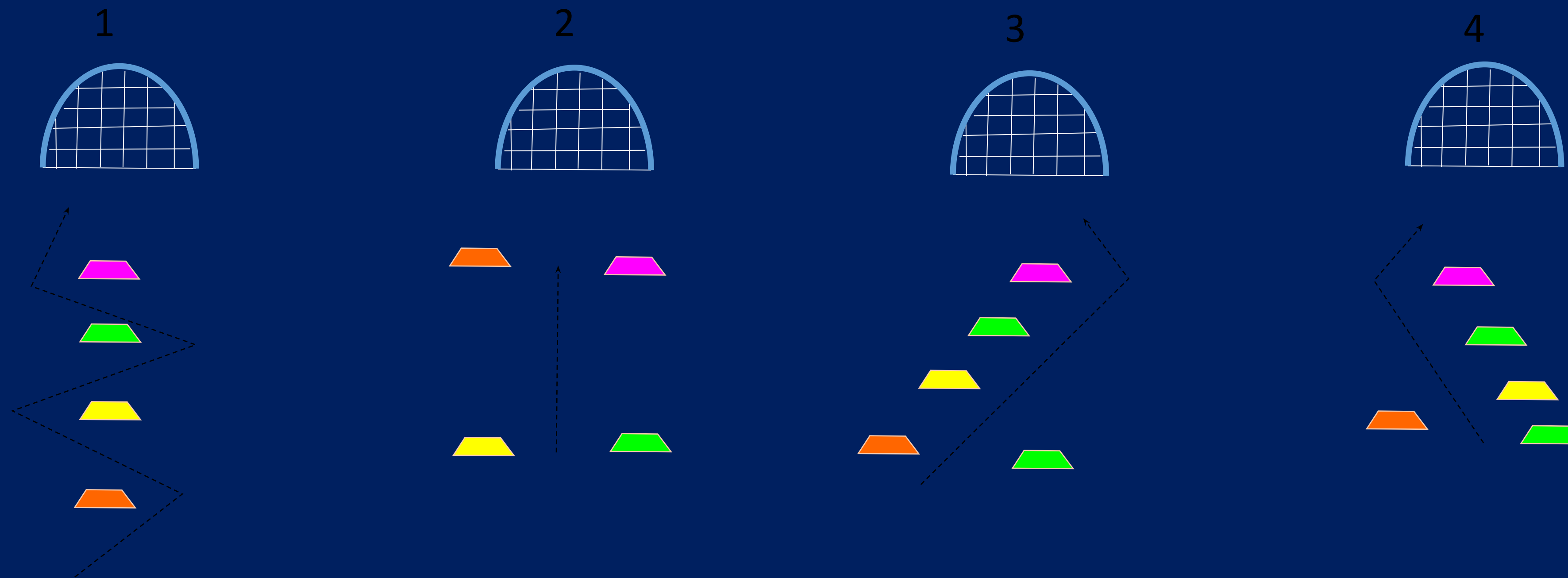
**GOAL: Foot-Ball Coordination**



Candy Land: Set-up a path using the small cones. The path should loop back towards the beginning. Setup larger orange cones in throughout the path

Drill: Players dribble through the path as fast as they can trying to knock over as many of the orange cones without leaving the path. Parents and coaches can reset the orange cones as the players go through the path.

**GOAL: Agility with ball coordination**



### Dribble & Shoot :

Set-up the pop up goals in a row (approx. 5 ft apart). Set-up small cones to establish drills like the ones above.

### Drill:

- 1) Instruct the players to dribble between each cone then shoot on the goal.
- 2) Instruct the players to dribble forward from the back set of cones and kick the ball in before crossing the second set of cones
- 3) Have the players stay outside of the cones and kick it in once they are past the goal
- 4) Have the players stay outside of the cones and kick it in once they are past the goal

GOAL: Foot Skills and Confidence



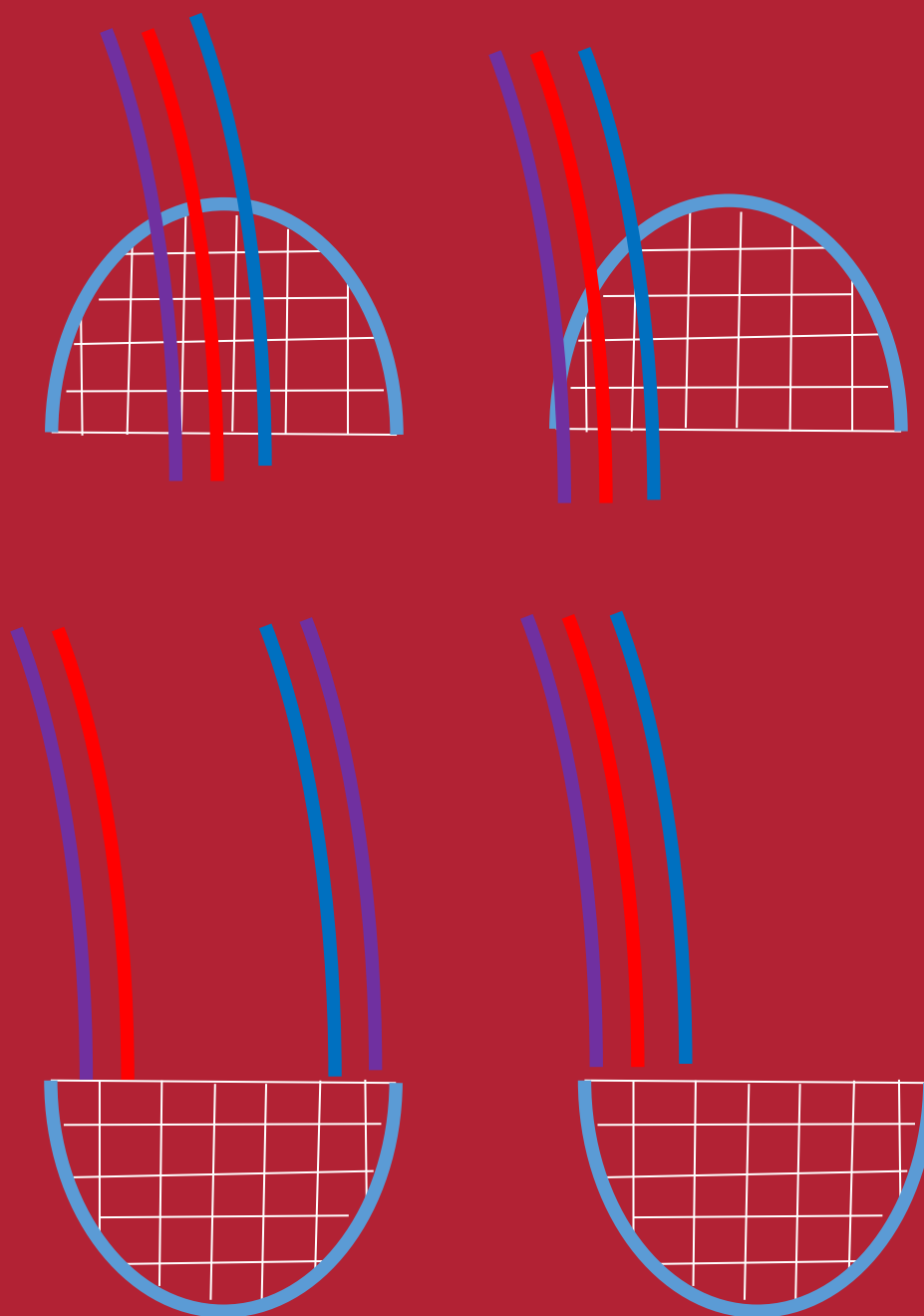
Defenders:

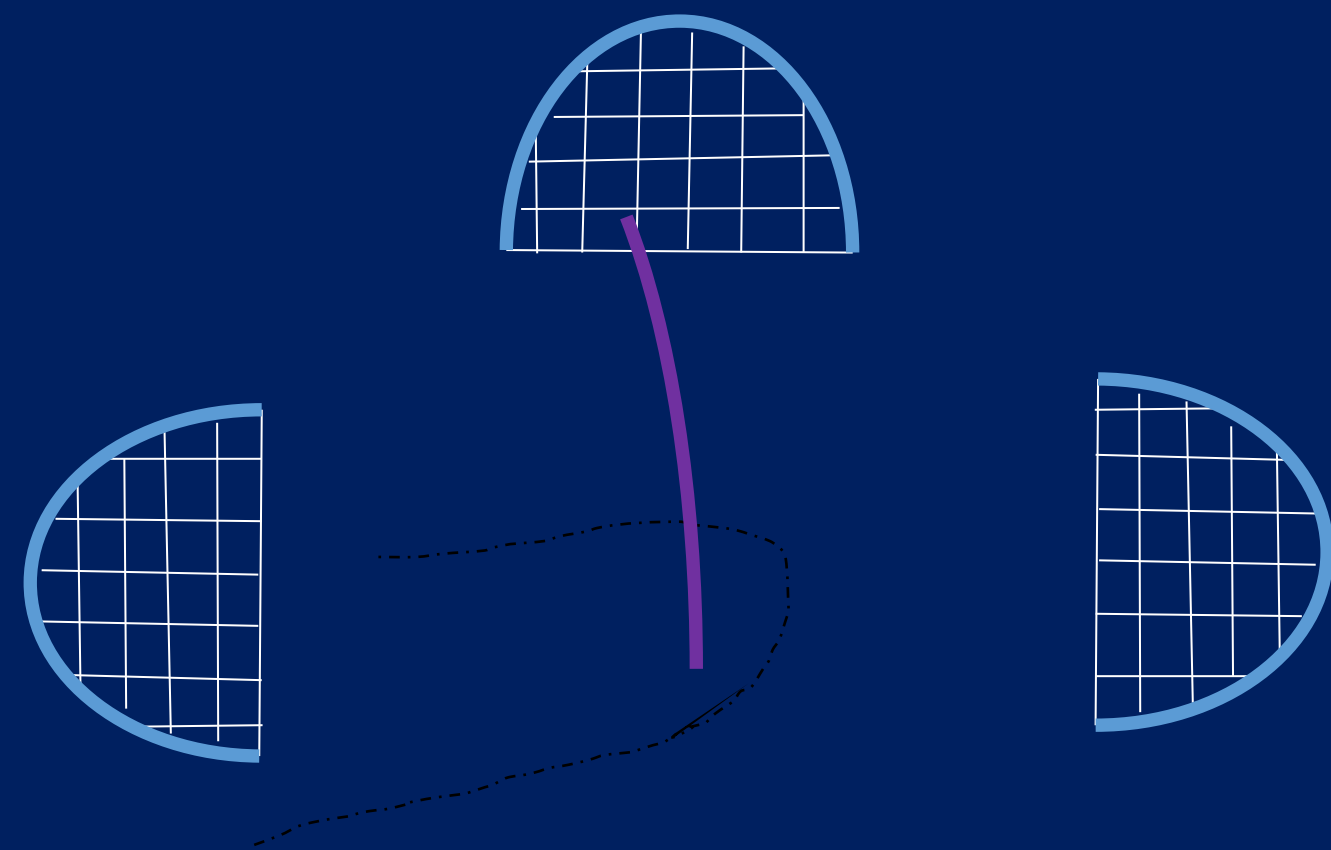
Set-up the pop up goals in pairs (approx. 15 ft apart). Set-up 3-4 Pool noodles for each goal (1-3 inches apart). The setup should have a special setup of pool noodles for each goal.

- 3 center
- 3 left
- 3 right
- 2 on each side

Drill: Instruct the players to avoid the “defenders” and try to score around them.

**Ball skills: get around a "player" and foot skills**



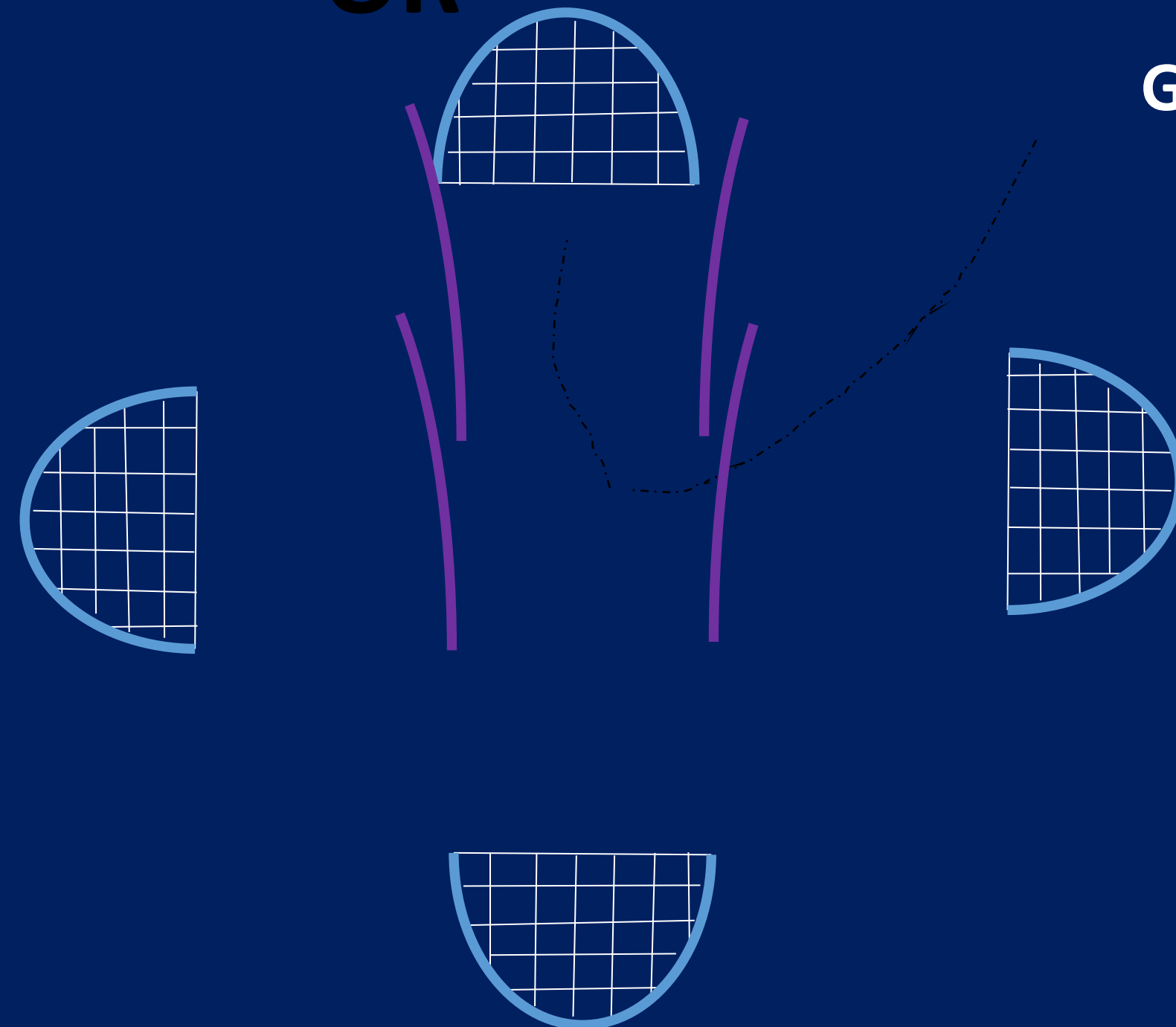


#### 4-Goals:

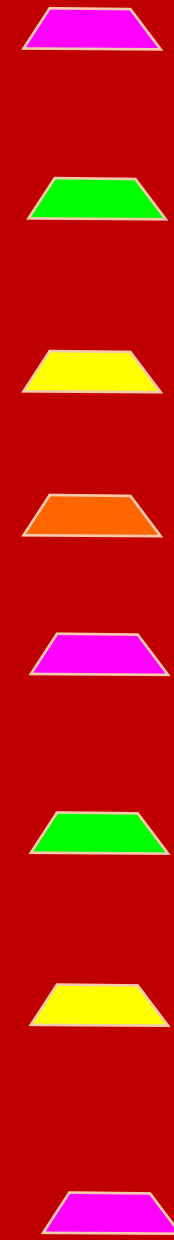
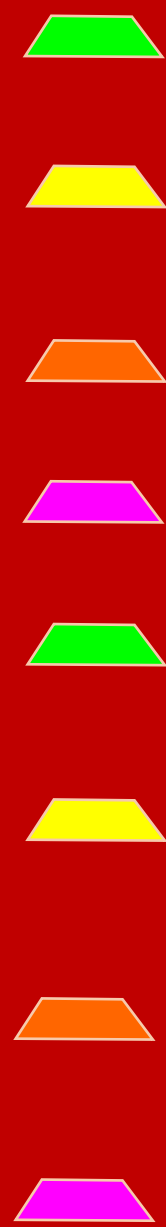
Set-up the pop up goals in a square facing each other (approx. 15 ft apart). Set-up either one Poolnoodle (dead center) or 4 in a square (about 3 f wide).

Drill: Players dribble from outside the goals and around the center noodle then shoot/dribble to goal. If using the 4-noodles, players dribble in one side then out another.

-----OR-----



**GOAL: Shooting Skills**



Foot skills and Reaction

Red Light Green Light:

Set-up the two lines of short cones across from each other.

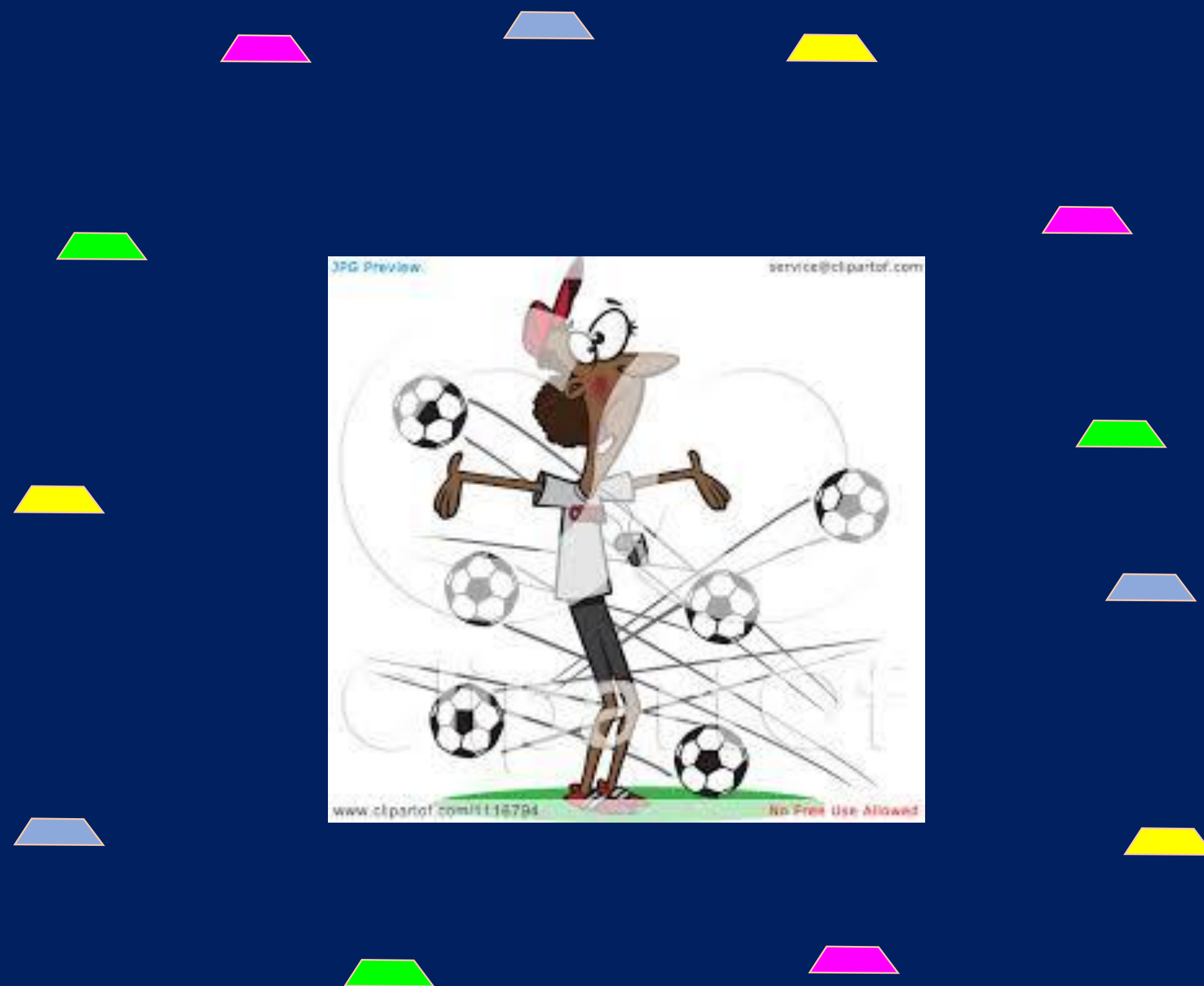
Drill:

1. Start with everyone along the starting line (cones) with a soccer ball at their feet. Coach says: 'Green Light' players will move towards the finish line moving their soccer ball with them.
2. When coach says: 'Red Light' players must immediately stop.
3. If players are still moving when you call 'Red Light', they must go back to the starting line.
4. Start a new round when everyone gets across the finish line or when most players make it across the finish line

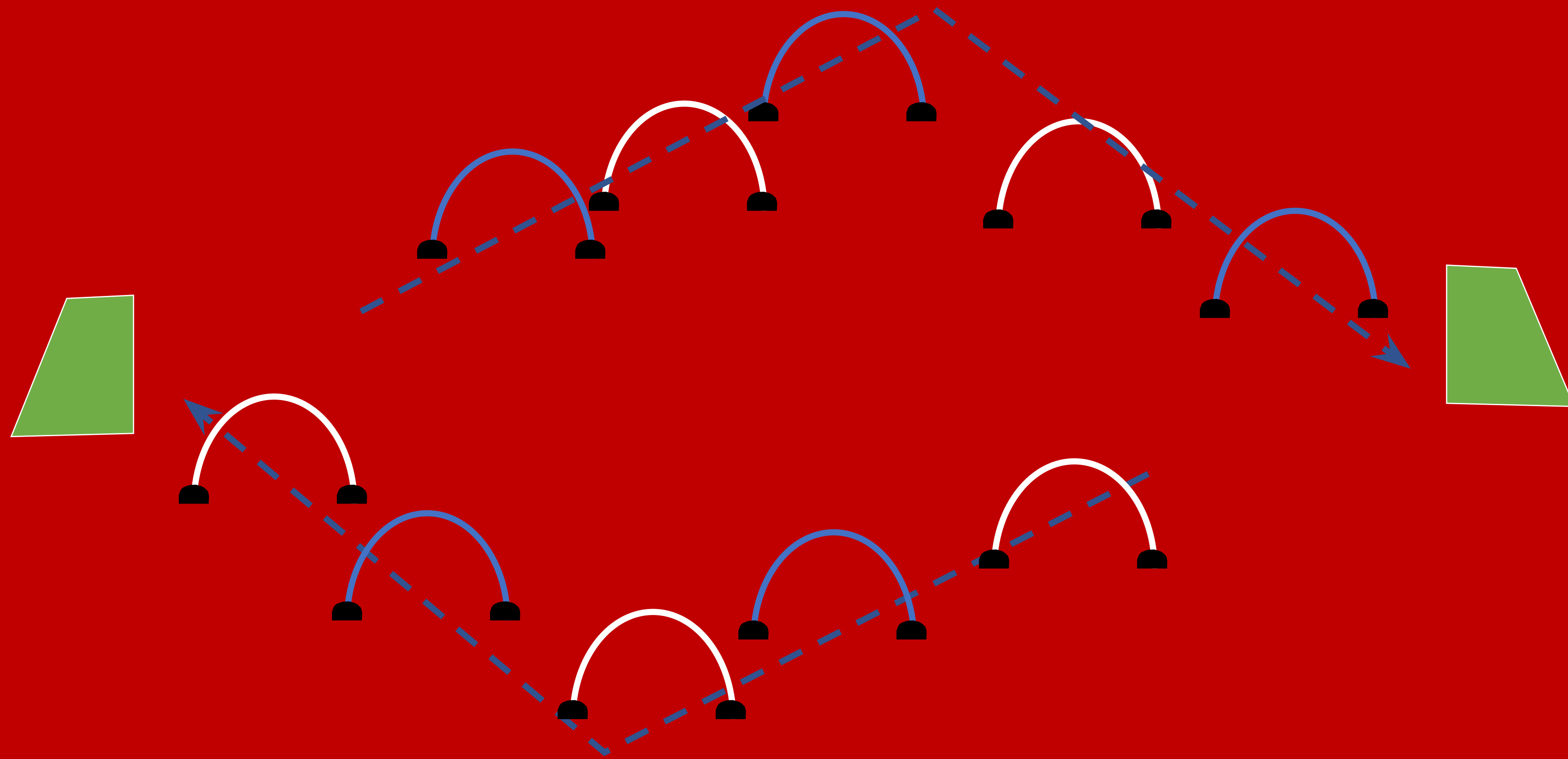
## Kick the Coach: FUN and reaction

Set-up a circle using the small disc cones (about 10ft' Diameter).

Drill: Players attempt to kick the ball at the coach while the coach tries to dodge being hit. All players can play at the same time. Coach and/or parents shout SCORE! Every time coach gets "kicked".

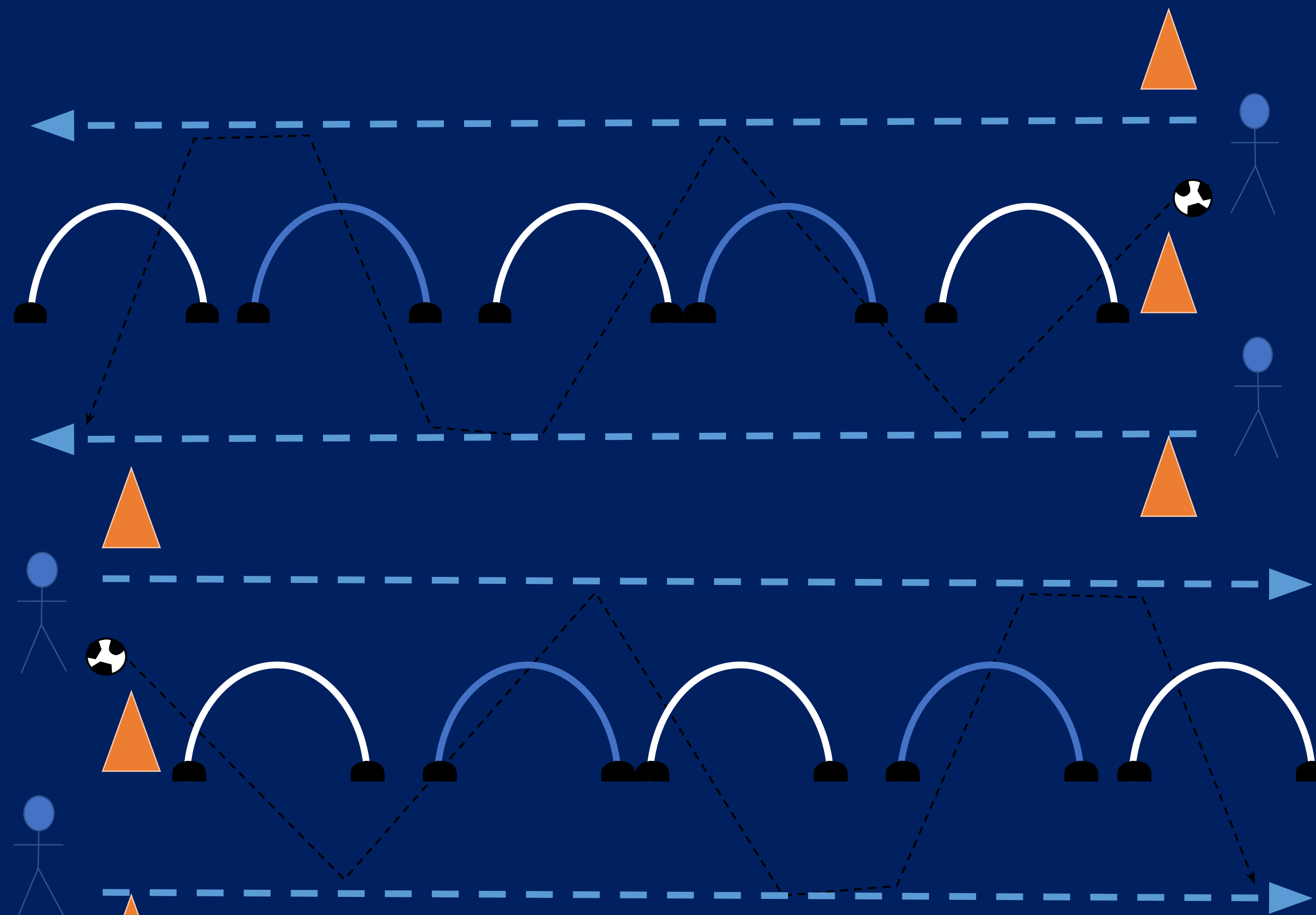






Hoop Run: Set-up two paths using the PEX hoops. The paths should go towards a side then to the goal. **GOAL: Agility with ball**

Drill: Players dribble and pass through the path as fast as they can then score a goal at the end.

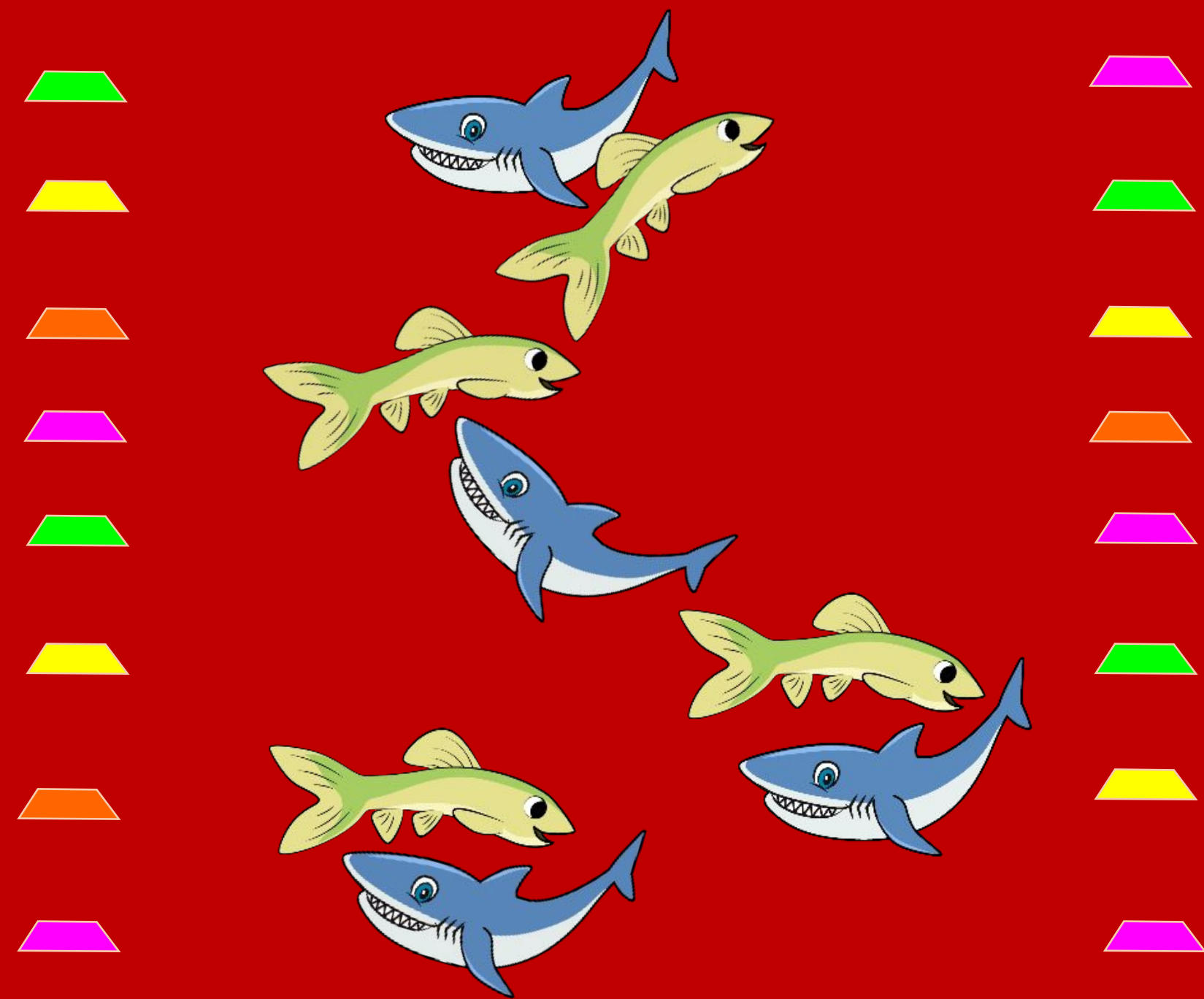


### Partner Passing:

Set-up 2 lines of 5 PEX hoops in a line. 3 cones to show the start line of the two lanes.

Drill: Pair players up with Parents and instruct players and parents to stay on their side of the hoops and move down the line passing back and forth through each hoop.

Advanced players can be paired together instead of parents.



### Shark and Minnows:

Set-up the two lines of short cones across from each other.

### Drill:

1. Pair up players, with one as a minnow and the other the shark. After 5 minutes flip roles.
2. The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.
3. The sharks attempt to gain possession of the ball.



# The FUNdamentals of a great season

Here's the secret to youth soccer: It's the experience that keeps them coming back, not the X's and O's

Focus on Growth – not your record – because that's what you will remember too.

Be sure to celebrate your team at the end of the season and remind them how much they have grown.

