

BINS PROGRAM

(Booting Is Not Soccer)

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BINS PROGRAM OBJECTIVE

BINS stands for Booting Is Not Soccer. It is a program for soccer clubs, aimed at educating parents and coaches of U-4 through U-11 players. In Pennsylvania West Soccer (PA West Soccer), these are the youngest, introductory ages of recreational programs referred to as “Community” or “Travel” teams. The BINS program’s main objective is to promote and emphasize the skills of dribbling, passing and possession style soccer; and discourage the aimless booting of the ball that is all too prevalent at these young ages.

BENEFIT OF THE BINS PROGRAM

1. To educate parents and coaches on the skill priorities for young players
2. To raise the skill level at the recreational (community and travel) level
3. Improve the skills and enjoyment of players, regardless of ability level, regardless of results.
4. To provide an on-going coaching assistance program to soccer clubs and parents.
5. To serve as an introduction to the 4-3-3 possession style currently used by PA West ODP.

STEPS TO IMPLEMENTING A BINS PROGRAM

1. Appoint a BINS Program Coordinator for each team and/or DOC for your club
2. Design BINS program’s practice and games format
3. Educate coaches and parents about the program
4. Educate parents (give them handouts and have pre-season meetings) to de-emphasize shouting “boot it or kick it” during practices and/or games.
5. Monitor practices and games after implementation
6. Evaluate the program

SKILLS PRIORITIES FOR U-6/8 and U10/12 PLAYERS

Age	U6
Fitness	<ul style="list-style-type: none"> • Tumbling • Balance • Running • Jumping • Turning/Spinning
Technique	<ul style="list-style-type: none"> • Stopping rolling balls with the feet • Dribbling • Ball striking
Tactics	<ul style="list-style-type: none"> • Orientation (which goal to attack, and which goal to defend) • “How to play” (understand basic rules of play)
Psychology	<ul style="list-style-type: none"> • Fair play • Emotional control • Imagination • Courage
Training	<ul style="list-style-type: none"> • 30-35 practices per year (Academy-style, 40 minutes/practice) • Majority of training activities include a ball for each player • No activities with more than 4 players per ball
Competition	<ul style="list-style-type: none"> • 3v3 to small goals (no goalkeepers) • 25-30 scrimmages per year (“street-soccer” style, with “New Ball!” rule used instead of throw-ins or kick-ins) • No formal games, jamborees, or tournaments
Age	U8
Fitness	<ul style="list-style-type: none"> • Agility • Eye/foot and eye/hand coordination • Continued refinement of gross motor development • Introduce concepts of warm-up and cool-down
Technique	<ul style="list-style-type: none"> • Bounce juggling and ball-lifting (with the feet) • Change of direction (using pullbacks and basic cuts) • Receiving ground balls with inside, outside, and sole of the feet • Push pass • Block tackle • Shooting (ground balls, with inside of the foot and with the instep) • Introduce basic throw-in (two-footed) • Introduce full volley (from hands)
Tactics	<ul style="list-style-type: none"> • 1v1 attacking (courage to dribble toward the goal and at defenders) • 1v1 defending (seek to win the ball)

	<ul style="list-style-type: none"> • 2v1 (wall pass) • Recognition of open space • Always control the ball on the first touch (“Kicking is not soccer!”)
Psychology	<ul style="list-style-type: none"> • Working in pairs • Sharing • Sportsmanship • Creativity
Training	<ul style="list-style-type: none"> • 60-70 practices per year (Academy-style, 60 minutes/practice) • Majority of training activities have 1-2 players per ball • No activities with more than 6 players per ball
Competition	<ul style="list-style-type: none"> • 4v4 to small goals (no goalkeepers) • 10-15 scrimmages per year (“street-soccer” style, with “New Ball!” rule used instead of throw-ins or kick-ins) • 10-15 games per year, which may be part of an organized jamboree/festival (using approved U8 rules, no reported scores/standings) • No tournaments

Note: “Introduce” in the curriculum descriptions implies that we want to give players exposure to certain topics at this stage of development, but success is not expected at this stage.

Age	U10
Fitness	<ul style="list-style-type: none"> • Endurance • Flexibility (range-of-motion) • Consistent warm-up and cool-down routines
Technique (Field Players)	<ul style="list-style-type: none"> • Running with the ball • Dribbling moves to beat a defender 1v1 and escape from pressure • Push passes to feet across short and intermediate distances (0-20 yds) • Shielding • Juggling (feet, thighs, and head) • Receiving bouncing balls with the instep, sole, inside, and outside of the feet • Receiving air balls with the chest and thigh • Full volleys, half volleys, and push volleys (bouncing balls) • Instep drive • Throw-ins (split stance) • Introduce heading (held balls, bouncing balls) • Introduce chipping and crossing • Shoulder charge • Poke tackle
Technique (Goalkeepers)	<ul style="list-style-type: none"> • Ready stance • Basic catching (“W” grip above the chest, basket catch below the waist) • Introduce high balls (no pressure) • Basic footwork (lateral movement, stepping to the ball) • Developmental diving (from sitting and squatting positions)

	<ul style="list-style-type: none"> • Distribution (throwing, bowling, punting) • Goal kicks
Tactics	<ul style="list-style-type: none"> • 1v1 attacking (change of pace, change of direction, acceleration to penetrate with the ball) • 1v1 defending (angle and distance of pressure, channeling, restraint) • 2v1 attacking (overlapping runs, takeovers, fakeovers, short support) • 2v2 defending (pressure, cover) • Man-to-man defense • Principles of width and depth on attack and defense • Introduce basic systems of play (learn names of positions, experience playing in all roles) • Introduce set plays (basic attacking and defending roles, short restarts, direct vs. indirect free kicks)
Psychology	<ul style="list-style-type: none"> • Working in groups of 3 or 4 • Sensitivity (winning and losing gracefully) • Cooperative competition • Sustained focus on task (ability to focus for one entire half of play)
Training	<ul style="list-style-type: none"> • 65-80 practices per year (Academy-style, 75 minutes/practice) • Majority of training activities have 2-4 players per ball • No activities with more than 8 players per ball
Competition	<ul style="list-style-type: none"> • 6v6, with goalkeepers • 10-15 scrimmages per year (using approved U10 rules) • 15-20 games per year, up to half of which may be part of an organized jamboree/festival (using approved U10 rules, no reported scores/standings) • No tournaments, but at least one jamboree/festival per season (fall, spring)
Age	U12
Fitness	<ul style="list-style-type: none"> • Strength • Speed • Aerobic exercise
Technique (Field Players)	<ul style="list-style-type: none"> • First-touch turning with the ball (feet, thighs, and chest) • Advanced feints, cuts and turns with the ball (performing moves in series) • Passing with the heel, sole, and the outside of the foot • Passing across long distances (20+ yards) • Crossing to near post, far post, and slot targets • Chipping to pass or score • Volleys and headers (to score, to clear) • Introduce diving headers • Introduce the slide tackle
Technique (Goalkeepers)	<ul style="list-style-type: none"> • Advanced footwork (footwork patterns, dropback steps, distinct

	<p>movements in series, field awareness/vision while in motion)</p> <ul style="list-style-type: none"> • Reaction training • Low diving (from feet) • Angle play • High balls (played forward into the penalty area, limited pressure) • Dealing with crossed balls (on the ground, in the air) • Introduce 1v1 breakaway saves • Introduce deflecting (punching, boxing, tipping, parrying) • Saving penalty kicks
Tactics	<ul style="list-style-type: none"> • 1v1 defending (defensive feints) • 2v1 and 2v2(-1) defending (delay/deny penetration, immediate chase) • 2v2 attacking (combination play, reading defensive shape–flat versus deep) • 3v2 and 3v3(-1) attacking (man-up) and defending (man-down) roles • Vision (body shape and eye contact with teammates) • Field player communication (“Man on!”, “Turn!”, “Time!”, “Switch!”, etc.) • Basic goalkeeper communication (“Away!”, “Keeper!”, “Step!”, “Drop!”) • Attacking and defending set plays (long/direct and short/indirect options) • Half-time analysis and implementing half-time adjustments
Psychology	<ul style="list-style-type: none"> • Teamwork • Confidence • Desire and intrinsic motivation • Competitiveness • Self-analysis of performances and abilities
Training	<ul style="list-style-type: none"> • 80-100 practices per year for select-level players (mix of team and Academy-style training, 90 minutes/practice) • 65-80 practices per year for recreational players (Academy-style, 90 minutes/practice) • Separate functional training for goalkeepers (25-35 hours/year) • Majority of training activities have 2-6 players per ball • Very few activities with more than 10 players per ball
Competition	<ul style="list-style-type: none"> • 8v8, with goalkeepers • 5-10 scrimmages per year (using approved U12 rules) • 25-30 games per year, up to half of which may be part of organized tournaments or jamborees/festivals (using approved U12 rules) • 2-5 tournaments (including jamborees/festivals), including an appropriate State Cup competition

SUGGESTIONS FOR PARENTS

- After a game, ask questions about “fun,” “skill improvement”, and “learning experiences” NOT about win or lost.
- Avoid setting up conflict(s) in your child’s mind between his or her coach.
- Be supportive of the coach; and volunteer to help when needed.
- Talk positively with your child before and after practices and games.
- Assist with player supervision and game officiating when needed.
- Help with administrative paperwork when needed
- Assist with the organization of special events when needed.

Credit(s)

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