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"The RYSL Rug Rat Program Handout"

040618

1. The Rug Rat program takes place at 9:20 am every Saturday they are scheduled. There are **NO** matches. This is a 'comprehensive' 'Child Development Program' that includes 'scrimmaging'.
2. The 'Rug Rat' program "**Four major Goals**":
 - A. To help the children learn to 'Love the Game of Soccer' through a fun and exciting program.
 - B. To make sure they have 'FUN' every time they come to the Soccer pitch; they get a 'treat' every week.
 - C. To use the RYSL proprietary 'Child Development Program' to help in their natural maturation.
 - D. To learn the 'Basics' of the Game of Soccer.
3. The program is designed to 'teach' the following (8) 'Basics' of the Game of Soccer.
 - A. How to kick the ball.
 - B. How to receive the ball.
 - C. How to dribble the ball.
 - D. How to do a kick-off.
 - E. How to do a goal-kick.
 - F. How to do a corner-kick.
 - G. How to score the ball.
 - H. How to throw-in the ball.
4. The 'byproducts' of this 'Child Development Program' will be learning to 'share', 'getting along with others', 'exercise', 'spatial reasoning', 'dribbling', 'shooting & passing' and taking on a player '1 v 1'. This program will help in the 'evolution of their emotional stability', 'evolution of their intellectual development' and the 'growth of their physical prowess'.
5. Another 'byproduct' will be the 'teaching of the parents', as they observe the program, so that they will be ready to volunteer as coaches when their children get older.
6. Each session begins with practicing the 'Skill' for that day and finishes with a 'scrimmage'.
7. The 'coaches' go through a series of "Fun" Technical Development (TD) games for the first 20 – 30 minutes each week that teach the 'Skill' that completes one of the 'Basics' for that week. There will be breaks during each transition.
8. After the (TD) games have been accomplished, the children will 'Play Soccer' (scrimmage) for the remaining 20 - 30 minutes of the session. Each team will be divided into equal groups and play the other Rug Rat team they are scheduled with in a confined space with a 'pug goals', 3 v 3, 4 v 4, etc. There will be little to **NO** coaching during this session. There can be multiple balls in play and parents can help their children. This is where the 'creativity' of the players take 'hold' and we see if they picked up anything in that day's session. The idea is to 'want the ball & to score'.
9. We will be working in a confined space or 'grid', so that the children eventually learn to 'control' the ball and become familiar with 'touch' and 'pace'.
10. One of the (4) 'Basics' will be taught each week. After the first (4) weeks, the cycle starts again. Repetition is the best and most complete way to learn a skill.
11. Please understand that this is '**NOT**' a win vs lose program. It's a program of teaching and development. Of learning and regurgitation. Of excitement and wanting to return each week. The idea is for the players to want the ball, to want to score and to want to return. As you can see, this is a very comprehensive & complete program that helps the young player's transition into the most popular Game in the World unencumbered.

See you on the soccer pitch...