

# Boise Timbers Thorns Youth League



**“Idaho’s Best Soccer Option”**



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# Boise Timbers Thorns

## Youth League Administrator

Jim McMillan  
208-841-0441 - c  
[youthleague@boisetimbersthorns.org](mailto:youthleague@boisetimbersthorns.org)

Brittany Houghton  
208-254-1155 - c  
[youth@boisetimbersthorns.org](mailto:youth@boisetimbersthorns.org)

## New Positions This Year:

### Youth League Directors:

Boys: Lee Weatherly  
[lee.weatherly@boisetimbersthorns.org](mailto:lee.weatherly@boisetimbersthorns.org)

Girls: Brittany Houghton  
[youth@boisetimbersthorns.org](mailto:youth@boisetimbersthorns.org)  
208-254-1155

## Director of Coaching

Eric Simmons  
208-921-5110 - c  
[eric.simmons@boisetimbersthorns.org](mailto:eric.simmons@boisetimbersthorns.org)

## Technical Directors

Boys: Gavin Kempe  
208-440-1315 - c  
[gavin.kempe@boisetimbersthorns.org](mailto:gavin.kempe@boisetimbersthorns.org)

Girls: Jason Vittrup  
208-919-9951 - c  
[jason.vittrup@boisetimbersthorns.org](mailto:jason.vittrup@boisetimbersthorns.org)

## Youth Academy Director – U10/U9

TJ Thaemert  
208-794-3615 c  
[tj.thaemert@boisetimbersthorns.org](mailto:tj.thaemert@boisetimbersthorns.org)

# Boise Timbers Thorns

“History”

FC BTT (Boise Timbers Thorns) was created when the Technical Staff and BOD's of Boise Nationals Timbers and FC Nova decided to merge resources, missions and targets for the betterment of soccer in Idaho, June 2018.



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## “Faces of Timbers Thorns”

BTT helped create a truly comprehensive model for the following programs to be maintained within...

- Elite Level Play Formats & Programming - Boys and Girls - U13 and above
  - ENCL for the girls & PA for the boys
- Competitive Level Play Formats & Programming - Boys and Girls - U10 and above
- Youth Development Academy (YDA) - Boys and Girls - U9-U10 (discussed within)
- RECREATIONAL Programming (Youth League) - Boys and Girls - U5-U14
- TOTS - Physical Education thru Soccer - Boys and Girls - U3/U4
  - Above CREATES all the “Faces of Timbers Thorns”



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“Having a bigger picture”

- You are a part of the most successful soccer club housing the most IYSA State Championships, Regional Champions (2 - only club in Idaho) and National Championships (3 - only club in Idaho).
- You are a part of the highest qualified overall professional staff in Idaho (licensure, experience and qualifications).
- The one and only Elite Clubs National League (Girls) member in the State of Idaho ever
- The one and only Pre-Development Academy (Boys) member in the State of Idaho ever
- You are part of the highest placement percentage of college bound student-athletes averaging 87% over the past 10 years annually, boys and girls.



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## “Raising the Bar”

What you will see during this coaching education session and through the annual cycle...

- Resources, included but not limited to...
  - New Staff Youth League Directors
    - Lee Weatherly and Brittany Houghton
  - COVID Protocol - Fall 2020 Season
  - YouTube Channel - **IN THE WORKS**
  - YL Coaching Pre Packaged Practices - **BTT Library**
  - YL Coaches Newsletter/Education - New



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## “YOUTH LEAGUE STATEMENT”

FC BTT (Boise Timbers Thorns) believes, “teach the kids how to play today; they will learn how to win tomorrow”. This philosophy is based on DEVELOPMENT first! Emphasizing winning at an early age greatly impedes a player’s long term enjoyment and success in this sport. Kids need the freedom to explore and take risks without the pressures of winning or losing.

Soccer is called the “beautiful game” as it incorporates individual expression within a team concept. Players must problem solve, develop creative thinking skills, make split second decisions, and have the ability to improvise during pressure/stressful moments, all with the ball at their feet. As the player matures and develops a strong technical foundation (skill), he/she is better prepared to perform at a higher level.

Skill is the most important element in a player’s development. Size and speed are wonderful assets, but if a player is not able to manipulate the ball on their terms, the ball then manipulates the player, which negatively impacts the strong physical attributes, and ability to play at a high level.



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## SECTION ONE

UNDERSTANDING “WHAT” YOU  
ARE DEALING WITH



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“Understanding who you work with equals 100% of the battle”

## U5, U6, (Day 1) & U7 (Day 2):

- Physical and Mental Maturities can and will vary.
- Wide range of coordination.
- Very little comprehension of space relations, time and boundaries.
- May be fascinated more with a bird or jet flying overhead.
- Most will cry at the slightest bit of contact, and some cry even when nothing hurts.
- At least one player may cling to a parent's leg.

### Game Day:

- Most if not all will swarm to the ball as they are ME/MINE thinkers cognitively.
- Self-centered is the cognitive stage...no getting away from it.
- Trying to get them to understand passing is like training an elephant to fly.
- Attention spans short.
- Sometimes they may or may not remember which goal they are attacking/defending.

### What works?

- Dribbling games where each has their ball, maximizes touches and provides little combination/group play concepts. USE IT.
- Enhance fundamental skills – running, jumping, leaping, hopping, kicking, throwing, catching, twisting, pulling, pushing.
- There is a need for showing how the ball can be controlled when rolling, bouncing, tapping it, and how it may be controlled with different surfaces/body parts.
- Games that involve “monster/animals” tagging/hunting “aliens/animals” who are dribbling are appealing.
- Brief training sessions (no longer than an hour) with a number of activities.

### CONCENTRATION:

- Comfort level with ball at their feet. Turning/changing directions with the ball. Ball rarely is kicked off the ground, so receiving air balls is not a demand or need.
- Plenty of opportunities to touch the ball.
- Corrections in a positive manner.
- Establish protocol in advance. Including playing areas, rules (limited), and consequences.

### LOVE TO PLAY...

**LEARNING SHOULD  
BE FUN GAME  
FOCUSED ACTIVITY**



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“Understanding who you work with equals 100% of the battle”

## U8 (Day 2) & U9 (Day 3):

- Improved speed and coordination in most
- Physical immaturities still vary
- Challenging with multiple tasks may still be challenging, focus on one task in an activity
- Typical, just controlling ball requires complete focus
- Concepts of time and space are starting to develop.
- Need for social acceptance is very strong
- Wearing a scrimmage vest is exciting and associates them as part of a team
- Feelings are easily bruised.
- Praise extraordinary work, but do not single out those who do not have grasp of technical skill or tactical concept.

## What works?

- Their incentive to become a GREAT player is not the ULTIMATE goal. ULTIMATE goal is to have FUN.
- Anticipate that one child will search for attention by exaggerating an “injury”.
- Play small sided games for maximum activity. 2v2, 3v3, 4v4 even if playing 6v6 in league games.
- DO NOT criticize a player for being selfish by dribbling when surrounded by opponents.
- INSTEAD offer praise for those who do look to pass when situation arises.
- Challenge to practice on their own. STARS and JUGGLING Goals.
- Foster good Habits – take care of equipment, respect opponents, coaches and teammates.
- 1-2 sessions per week of 1 hour to 1 hour 15 minutes with 1 game.

## CONCENTRATION:

- Comfort level with ball at their feet. Turning/ changing directions with the ball. Ball rarely is kicked off the ground, so receiving air balls is not a demand or need.
- Plenty of opportunities to touch the ball.
- Once comfort ability is grasped, start “WE” concept, sharing/passing the ball
- Corrections in a positive manner.
- Establish protocol in advance.
- Including playing areas, rules (limited), and consequences.



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“MAKING IT EASY FOR YOU”

STAGES	AGE GROUPS	CHARACTERISTICS
INITIAL	U6	Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
	U7	Players must spend the maximum time possible in contact with the ball and experiment by themselves.  For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.
	U8	Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
BASIC	U9	Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
	U10	1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
	U11	Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.
	U12	Speed, coordination, balance and agility are the main physical aspects to improve at this stage.



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## SECTION TWO

### COACHING DEVELOPMENT INITIATIVE



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“WE are here for YOU”

Coaches Education Initiative

TARGET - Licensure of all non-licensed coaches/volunteers - PROVIDED BY BTT

NEW - US SOCCER Initiative

DIGITAL COACHING CENTER

[dcc.ussoccer.com/courses/home/](http://dcc.ussoccer.com/courses/home/)

Sign Up > Log In > Courses Section on Navigation Bar

USSF GrassRoots License (Select)



Available Now

“Register” for course

Free vs. \$25 dollar course (Online)

Once Completed - Save Image, Copy, File of Certificate

Send “Grassroots License” to Jim McMillan at

[youthleague@boisetimbersthorns.org](mailto:youthleague@boisetimbersthorns.org)

BTT will issue reimbursement checks for coaches completing the USSF Grassroots License



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## SECTION THREE

*“Giving you the tools you need to succeed”*

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# COVID Planning

## Fall Programming

- Mask Up Initiative (will email it out)
  - As of “today” : Use of masks or cloth facial coverings by staff and athletes on the sideline of games should be guided by local or national guidelines regarding public use - CURRENT COUNTY STATUS - MANDATED
- Buffer Zones between fields
- Groups of 10 include spectators : Not youth athletes
- Note : Cheatsheet will be provided at uniform handouts that will allow for coaches, players, parents, directors, and admin staff to be on the same page as much as possible



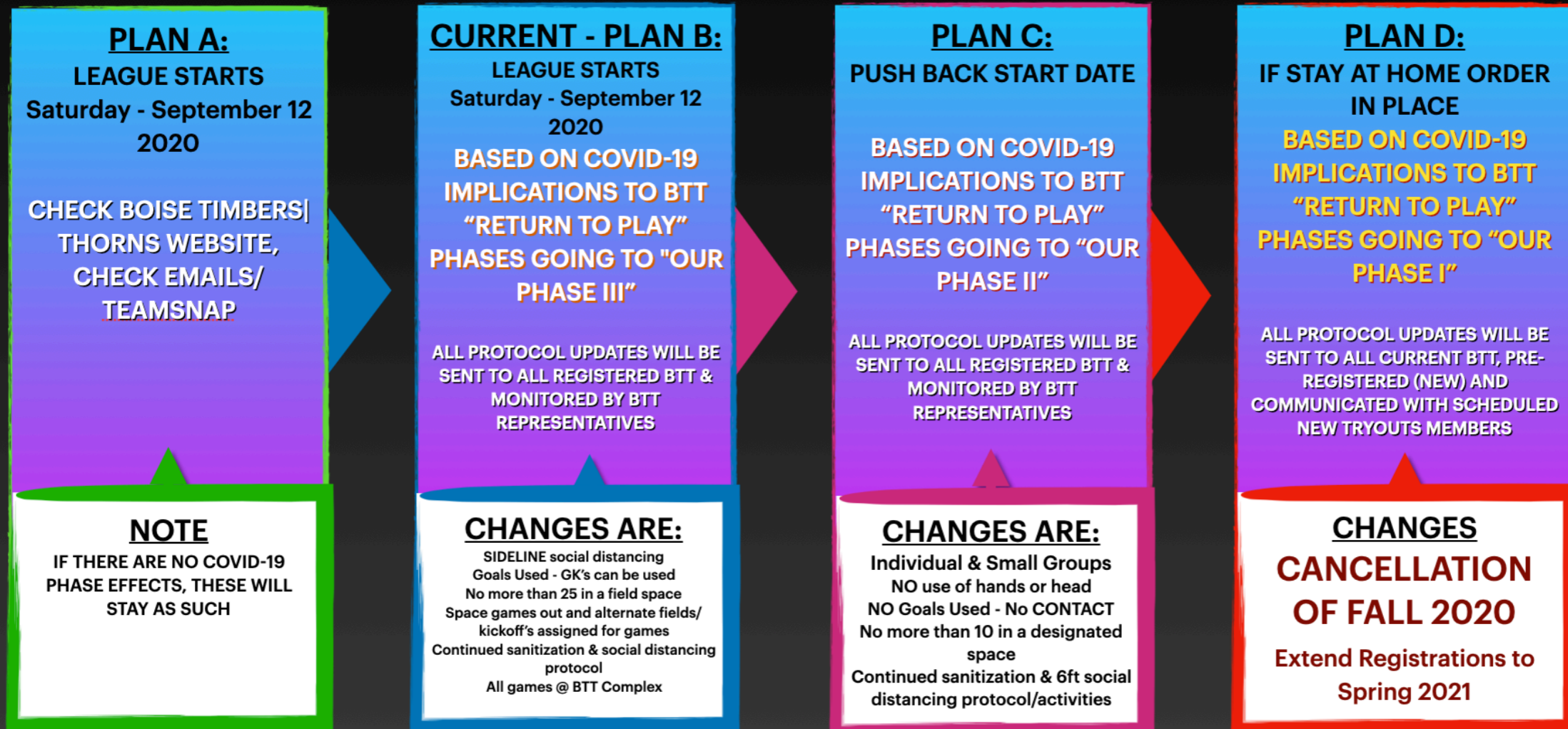
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# RESPONSIBLE & OBJECTIVE

## 2020 YOUTH LEAGUE PROGRAMMING

YOUTH LEAGUE .....➔ MODIFICATIONS BASED ON COVID-19 AFFECT PLANNING



Current Plan in Place - Plan B



# RESPONSIBLE & OBJECTIVE

## 2020 COMPETITIVE PROGRAMMING

YOUTH LEAGUE .....▶ **PLAN "B" - MODIFICATIONS BASED ON COVID-19**

**CURRENT - PLAN B**  
LEAGUE STARTS SEPTEMBER  
12TH 2020

**BASED ON COVID-19  
IMPLICATIONS TO BTT  
"RETURN TO PLAY" PHASES  
GOING TO "OUR PHASE III"**

ALL PROTOCOL UPDATES WILL BE SENT  
TO ALL REGISTERED BTT & MONITORED  
BY BTT REPRESENTATIVES

### **NOTE:**

BASED ON THE ACTUAL PHASES FOR  
RETURN TO PLAY & COMPETITION  
PARAMETERS, FACILITIES AVAILABLE TO  
IYSA AND DEVELOPMENT OF A  
COLLECTIVE COVID PLANNING &  
PROTOCOL TO GET ALL COMPETITIVE  
PROGRAMS ON THE SAME PARAMETERS

### **YOUTH FALL LEAGUE**

#### Initial Modification Ideas

- SIDELINE social distancing
- Space games out and alternate fields/kickoff's assigned for games,
- No high fives, handshakes
- Face masks will be worn by players while sitting on teams bench & sideline, etc.
- Continued sanitization & social distancing protocol of equipment, balls, etc. Parents are not to handle any soccer balls that go out of play to help with that.
- Games may not be at Simplot based on City of Boise - requiring BTT as home fields and ancillary locations.

### **COVID PROTOCOL**

**UPDATED LEAGUE  
PROTOCOLS FOR PLAYERS,  
COACHES, AND  
SPECTATORS**

**ADHERENCE TO THE ABOVE  
AND BELOW BY ALL  
PARTICIPANTS, MEMBERS &  
STAFF**

### **PLUS**

**ADDITION OF THE BTT  
"RETURN TO COMPETITION"  
PROTOCOL FOR GAME DAY  
RESPONSIBILITY**

Explanation and Breakdown of Plan B

# Boise Timbers Thorns

## “RESOURCES”

- Resources, included but not limited to...
  - “Heads Up” CDC Concussion Initiative and Requirement
  - Bite Size Coaching
  - YouTube Channel - NEW ONE BEING BUILT
  - YL Coaching Pre-Packaged Practices - Library
  - YL Coaches Newsletter/Education - New



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## “RESOURCES”



- “Heads Up” CDC Concussion Initiative and Requirement
  - Go to [www.gotsport.com](http://www.gotsport.com)
    - User Log-In
      - Teams and Team Officials > Log-In
        - Individual Coach > User Name/Password
        - Coach Acct Tool Bar > Concussion Center
          - Within Concussion Center, scroll down and select: HEADS UP Concussion Test/Go To Courses Page
          - Complete Course Test > Save Certificate



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## “RESOURCES”

- Bite Size Coaching



- The Byte Size Coaching program is a customizable coaching website containing a balanced and progressive curriculum designed to benefit the players and coaches alike. It is a fact that because of time-challenges more than 80% of coaches have no formal soccer coach training. The plans cover all aspects of the fundamentals of the game and should provide you with a good base of ideas to work from. They should help you in your preparation for your teams practices and consequently play a positive role in your teams preparation for games. However, hopefully this program goes even farther than that and facilitates the development of your own ideas and training methods.
  - <http://www.bytesizecoaching.com/login.php>
    - Login: Contact Jim McMillan - Youth League Admin
    - Password: Contact Jim McMillan - Youth League Admin



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## “RESOURCES”

- Youth Development Academy Program - U9 and some U8s
  - BTT YDA Program is designed to facilitate the growth of the individual youth soccer players in the Treasure Valley. The Goal of this program is to provide proper training and education for any player seeking the next level of competition. YDA trainings offer gender specific, age appropriate activities in a positive environment.
  - **FORMAL** Training sessions and open play formats on a calendared basis with FC BTT assigned staff
  - **INTERESTED** and **COMMITTED** Youth League coaches are encouraged to join the Youth Development Academy Staff - Contact TJ Thaemert @ [Tj.thaemert@boisetimbersthorns.org](mailto:Tj.thaemert@boisetimbersthorns.org)



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“RESOURCES”

- YouTube Channel 
- Videos of Foundation Soccer
- Videos of Fast Forward Soccer/Dribbling Moves
- Player and Coach Tool

**BUILDING A NEW CHANNEL**



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## “RESOURCES”

- NEW and IMPROVED...
- YL Coaching Pre Packaged Practices
  - [http://bttiyouth.org/images/documents/library/BTT\\_YouthLeaguePrePackagedPractices.pdf](http://bttiyouth.org/images/documents/library/BTT_YouthLeaguePrePackagedPractices.pdf)
  - <https://www.usyouthsoccer.org/coaching-resources/> - US Youth Soccer
  - [https://www.usyouthsoccer.org/assets/1/6/usys\\_covid\\_activity\\_guide\\_comp.pdf](https://www.usyouthsoccer.org/assets/1/6/usys_covid_activity_guide_comp.pdf) - US Youth Soccer COVID Social Distancing Training
- YL Coaches Newsletter/Education - New



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“SUMMARY...but just the start!”

With delivery of the aforementioned items, continual improvement and support we feel a strong commitment to you, the youth league coach. As leaders in the State and Region, we owe it to the kids and the game to deliver and provide resourcing to you and the members (kids and parents).



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