



## **Grasshopper Soccer®** **“Big Soccer for Little People™”**

Micro Soccer™ uses the fundamental team unit, three, as the basis for learning and having fun. Although there are skill building exercises related to Micro Soccer™, the emphasis is on playing not on formal skills learning which can come at a later stage of development. The learning of formal skills has little relevance to young soccer minds. In the Micro Soccer™ team unit there are no players waiting in line, everybody is involved and nobody is bored. A trip to any local school will show you that that this is most often not the case at present.

Grasshopper Soccer uses the acronym **FEAST** which best explains our philosophy.

***F******un*** *has to be an essential requirement of every exercise, at every practice*

***E******veryone*** *must receive equal opportunity of involvement-in other words, equal time*

***A******ctivity*** *must be at the core because it affects every other part of the FEAST*

***S******kills*** *must be developed for greater enjoyment through greater accomplishment*

***T******eam play*** *must be included in every activity, because soccer is a ‘team’ game*

As with all feasts, the coach must be careful not to give more than can be comfortably digested. In Micro Soccer™ the game becomes the teacher. Each player is given the opportunity for lots of contact with the ball through the small number of participants and the simple nature of the game. Children will learn simply by playing. The coaches/volunteers are then able to better organize and supervise the practice. A more experienced or confident coach will therefore have greater opportunity to help players with tactical decisions and mentor more effectively.

It’s important to note that because the equipment in almost all cases already exists at the school site there are no special purchases necessary to put Micro Soccer™ into action.

**“The giving and taking of passes is the essence of football”**

Bill Shankly, 1970

Bill Shankly, the great architect and builder of Liverpool Football Club made the game simple to his players and to everyone he met. To him, the giving of passes (kicking the ball) and the taking of passes (controlling the ball) were the two most important skills in the game of soccer. In the illustration on the next page, the basic skills of the game are identified.