



SSA KINS Philosophy

Overview

Southern Soccer Academy supports GA Soccer's Kicking Is Not Soccer (KINS) philosophy for Under-6 to Under-12 soccer players. For most, the Recreational Program at these ages is essentially the players' first experience with the game of soccer, so it is important for the players to be given the opportunity to develop in a fun and purposeful environment.

Main Objectives

First Objective: To promote and emphasize the skill of dribbling at the U6 through U12 age groups, and discourage aimless kicking of the ball.

When young players are conditioned to just kick the ball forward as far as possible, their skill development is stunted, making it harder for them to reach their true potential. Dribbling is the foundation and preparation for all the other fundamental skills of soccer, such as controlling, passing, and shooting. Laying the proper dribbling foundation at the youngest years will enhance the players' ability to improve all soccer skills. No matter what level the players will end up playing, recreational or select, they will derive increased pleasure from the game if they can control the ball better and become more adept at manipulating it.

Second Objective: To promote decision making by the players on the field and reduce their dependence on adults for problem solving. Soccer is a player's game, meaning that it's the player who must make the decisions on the field. Therefore, frequent positive reinforcement (praise and encouragement) should be given but limited instruction.

Role as a Parent

It's often hard for you to watch your child lose the ball in front of his/her own goal and for the other team to score. So, the next time your child has the ball in his/her half, you can't help it and shout "kick it!" But every time they kick it, they lose another opportunity to learn to dribble. Therefore, instead of using the words 'kick it' during the games or the practices, replace this with '**Soft First Touch**' and '**Keep It Close**'. Every time your child goes to the ball, his/her first touch on the ball should be a soft one, providing the opportunity to dribble.

Dribbling and Passing

There is a strong correlation between the ability to dribble and the ability to pass. Typically, the best dribblers in the team are also the best passers. This is because both of these skills require the ability to shift body weight quickly from one foot to the other and balance on one foot while propelling the ball with the other. Once a player becomes a good dribbler, he/she automatically starts to look up and survey the field in between touches, increasing the chance of a pass.