

Coach's Notebook

Danville Soccer Club
www.danvillesoccer.com



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Developing coaches and players to attain the next level

Coach Handbook Contents

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If no one else tells you this season, I would like to say that I appreciate you! You have made a great choice to work with our city's youth. Your time will be well spent with this team.

Our club is not large in comparison to other clubs. We do not have the luxury of a vast population to draw out the best soccer players, so we have to teach the kids we have, and keep them involved!! I really believe that if we can all be on the same page, and know what our job is in the bigger picture, we can produce players at all levels who love the game, and also some kids who have the chance to play for our national team.

Don't worry about any lack of soccer knowledge or experience; if you want to have fun, it's likely your kids will too.

Even though it may not seem like it, they will watch and listen to everything you do and say, so make your words and actions good models for your players. You have an amazing chance to give them a positive experience and a great role model. Neither one of these choices requires a heritage of soccer skills.

Survey after survey has revealed that the true reason players sign up is to have fun. Meeting new friends or playing with their friends is up there too. Please don't drill this spirit to death. Try to satisfy their basic instinct to move in practices and games.

Respect your players, and they will respect you. Try to imagine what you would want from a coach if you were 9 or 12 years old. This coach reassures me when I make a mistake. This coach protects me from other kids. This coach makes the practices and games fun.

You are an important part of a large picture in the players' careers. I hope that you will give the players the skills they need to get to the next level of their careers whether it is u8 rec, u12 travel, the Western District Olympic Development team, the varsity team at a local high school or a college level team. The goal here is player development, so we design our program around their needs – not your need to win a trophy or put an all-star sticker on your car. I hope we can always put players in the best environment for their skills and personalities.

These are just my opinions. Take them or leave them, the last thing I would want to do is frustrate you with preaching.

If you ever want to talk shop, please call 797-2081 h, 251-6686 c., or write wrights@gamewood.net.

Good luck,
See you on the field,
Cary Wright

Job Descriptions

Coach

1. Select the team through a fair tryout process.
2. Hold pre-season team/parent meeting to outline season expectations for players and parents
3. Create and foster a productive and safe environment. Avoid the use of physical activity as punishment. Use praise, not criticism.
4. Organize and communicate regularly with volunteers and assistants.
5. Make a plan to select captain(s).
6. Plan and execute training sessions, and be responsible for arranging practice coverage with an assistant when not present
7. Attend matches, and run substitutions in matches, or arrange appropriate coaching support for games with the assistant coaches.
8. Teach the laws and spirit of the game.
9. Provide for medical assistance & complete paperwork on appropriate injuries. Have one cold pack at all training sessions and matches.
10. Instruct players in soccer technique, tactics, mental aspects, and physical fitness.
11. Help each player reach her potential.
12. Listen to parent concerns and listen to the needs of each player.
13. Represent our club in a positive fashion at all times with respectful demeanor and appearance.
14. Communicate in an appropriate and effective manner.
15. Make professional development a priority: know the characteristics of your age group, attend coaches' meetings, attend licensing courses
16. Serve as the liaison for the team with the DSC
17. Supply game scores and player recognition to the DSC website as appropriate
18. Constantly improve knowledge and understanding of the game, be able to read the game, determine team objectives, set priorities and plan future development.

Blast coach additional duties:

1. Insure proper team registration with the state league.
2. Serve as the liaison for the team with the state league as appropriate.
3. Work with the team manager to determine uniform needs.

Travel Team Manager

1. Register the team with the state league and insure adequate documentation for participation of the team in the state travel league
2. Collect registration money from players and submit it in a timely manner to DSC treasurer
3. Maintain player cards and other team documentation
4. Work with the head coach to publish and distribute team information to players and parents
5. Work with the head coach to determine uniform needs and order uniform pieces as needs and budget require
6. Assist the head coach in organizing team meetings and parties

Player

1. Attend every team function in a punctual fashion with appropriate materials.
2. Listen to instructions from coach and teammates.
3. Strive to improve technically, tactically, mentally and physically.
4. Understand the laws and the spirit of the game.
5. Represent our club and your team in a positive fashion at all times.
6. Respect every participant.
7. Determine team and individual goals.
8. Decide on team rules.
9. Have a basic understanding of nutrition, injury prevention & care, sleep needs.
10. Communicate in an appropriate and effective manner.
11. Care and be responsible for all team equipment issued to you.
12. Communicate any injuries to the coach on the day of the injury.
13. Practice on your own or with a partner outside of team training.

Captain

1. Represent club with pride, respect and leadership
2. Establish game plan with the coach before the team meeting
3. Coordinate final team meeting. Lead the prayer / pep talk
4. Make sure all players are on time for practices, trips and games.
5. Be the link between players and the coach
6. When on the field, take responsibility for leading the group to their best performance
7. Communicate when necessary, and be the role model in terms of leadership, friendship and patience and confidence in all teammates
8. Keep in constant contact with the coach during the match, requesting and offering suggestions

The State of Soccer in Danville

- One of many opportunities for youth
 - There are many other sports in town: dance, football, baseball, basketball, swimming, tennis, softball, martial arts.
 - Many kids are involved in scouts or music
- Several soccer programs
 - YMCA indoor for youngest age bracket
 - County program growing
 - Danville Soccer Club has rec & travel components
- We are mostly a working class community
 - Economy based on many manufacturing jobs and tobacco
 - Encountering a gradual change to technology with the Cyberpark and future nanotechnology jobs.
- NC/VA Border
 - Some Danville teams play in VA; some play in NC
- Area values athletes
 - Sports coverage excellent for traditional big sports
 - Professionals in basketball, football and baseball from this area

D.S.C. Mission

We will provide each player the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, enjoyment and skill learning at a level that fits his/her interest and ability, and we will create a challenging environment for the best players who aspire to reach their full potential.

D.S.C. Goals & Objectives

- Appropriate environment for all area kids that develops soccer skills
 - Maintain TOPSoccer program
 - New travel team each year for boys & girls at u12
 - Male & female rec leagues from u10 & up
 - Focus is on fun with a purpose – demonstrate development over each season that is not tied to win/loss records
 - Measure # of elementary public school contacts
 - Work with local elementary public physical education teachers
 - Offer a soccer academy for 8, 9 & 10 year old players
- Excellent communication among all levels
 - Web site updated every week
 - Programs and clinics in schools and community before rec registration
 - Off-season parent workshops
 - Email notification of soccer events
 - Newspaper space for advertising events and reporting after the event
- Assist players to progress to highest competitive level of interest
 - Measure player retention and attrition
 - Notify club of “next-level” opportunities: ODP, camps.
 - Create a college recruiting program
- Quality staff, coaches and referees
 - Accurate job descriptions and qualifications for each position
 - All coaches and referees licensed with an emphasis on professional development
 - Offer coach & referee clinics in summer & winter
 - Each u8 rec team has at least one referee get certified as they go to u10
 - Good role models who show solid work ethic, responsibility & community spirit
 - Provide financial incentives for coaches to upgrade their licenses
- Year-round opportunities for soccer development
 - Winter agility training
 - Winter futsal league
 - Summer kickarounds
- Remain financially solvent
 - Host a fall & spring tournament or festival
 - Monthly budget updates

Your Philosophy of Coaching

1. Beliefs

- a. Why do you want to be a youth coach?

- b. Why do we have youth soccer?

- c. What are your responsibilities to each player, to the team, to yourself and to the community?

- d. What is a successful season?

2. Motivation

- a. Why are you interested in coaching?

- b. What do you enjoy most about coaching?

- c. What do you like least about coaching?

3. Experiences

- a. What were your youth experiences in sport?

- b. What are you doing now to be a better coach?

- c. What experiences will you seek to become a better coach?

Training Session Evaluation

Theme: _____ Date: _____

Safe & Appropriate area

Well-planned: equipment, numbers

Developmentally Appropriate Topic

Simple to complex when successful; conditions; warm-up, activities, cool-down

Lots of Repetition

Clear, concise, correct instruction – players show growth in topic at end

- Coach players; don't manage drills

- Focus on key points of topic

Allows for decision making

Shows implications for the game

Fun? - No lines, laps, lectures

- Your attitude appropriate

Parent meeting agenda

Introduce yourself
-background
-philosophy

Team Guidelines
-specifics of this program (player equipment)
-practice & game schedules
-nature & risks of participation
-VYSA secondary insurance

Explain value of parent involvement

Identify ways they can contribute
Manager
Publicist
Team picture organizer
Snack/drink organizer

Team party
Transportation
Fund raising
Help at practice

Explain our approach
What is success?

Expectations of players & parents
Pre-game
Game
Post-game

Pre-game – provide for good sleep & nutrition, work with me – don't create conflict in kid's mind about coach
Game – don't coach, support our team,
Post-game – ask about fun, skill improvement, learning experiences

Address their concerns
Child protection measures
Attitude to competition
Will Johnny make the national team?
Training vs. practice
Training schedule
Game time

Handouts:
Schedule
Code of conduct

Injury Report Form

Fill this out every time you have to stop the activity to attend to an injury.

Form is to be completed by the Coach, Manager or Club Official, and then submitted to the appropriate League Commissioner as soon as possible (within 72 hours). Fill in the form as completely as possible.

Date: _____ Location: _____

Club/Team: _____

Situation _____ Game _____ Training _____ Other _____

Name of Player: _____

Postal Address: _____

Phone: _____ Nature of Injury _____
_____ (ankle, knee etc)

Brief description of the incident, injury, treatment (if applicable)

Signature _____ Date / /

Print Name _____ Position _____

Phone _____ e-mail _____

Please complete this form and retain the original copy for Club records.

TRAVEL COACH LICENSE SUPPORT PROGRAM

ISSUE: The Danville Soccer Club (DSC) wishes to promote the continued training and development of soccer coaches active in the DSC. The DSC will establish funds to support the pursuit of a USSF "D" coaching license, NSCAA Advanced National or higher as part of a DSC program entitled "Coach License Support Program."

1. The DSC will pay in full any registration fees related to obtaining a "D" or higher coaching license in exchange for a commitment on the part of that coach to serve as the head coach for a DSC team for at least 2 years and a commitment to participate in the training of other DSC coaches.
2. If the participant fails to meet the 2- year coach commitment, then the registration fee will be reimbursed in full to DSC by the participant.
3. If the participant fails to successfully complete the license program, then the participant will reimburse in full the expenses incurred by DSC.
4. Participation in the Coach License Support Program can only be established by completion of the appropriate application form and subsequent approval of such form and financial support by the board of the DSC. The applicant must sign a simple contract with DSC to establish intent to fulfill the reciprocal commitment.
5. Funding for the CLSP will be through the Coach Development Fund of the Travel League of the DSC.

COACH LICENSE SUPPORT PROGRAM

APPLICATION FORM

Name: _____

Date: _____

Address: _____

Phone: _____

Email: _____

Current **DSC** coaching position:

Years of DSC coaching participation:

LICENSE COURSE INFORMATION:

Location: _____

Sponsor: _____

Registration cost: _____

Deadline date for registration: _____

Registration information (make check payable to, address for registration):

Please provide a copy of the registration form if possible.

DSC USE ONLY:

Date of board approval: _____

Date of check issued: _____

Check number: _____

Date mailed: _____

Mailed by: _____

Team Roster

Age Group _____ Boys _____ Girls _____ Rec _____

Coach Name: _____

The following is a rating evaluation form, which includes the more important skills for field players.

Evaluate yourself/player on each key skill using a rating scale of 1-5.

(5-Excellent 4-Good 3-Average 2-Needs Improvement 1-Poor)

Technical	Self Rating	Coach Rating
Dribbling	5 4 3 2 1	5 4 3 2 1
Passing	5 4 3 2 1	5 4 3 2 1
Shooting	5 4 3 2 1	5 4 3 2 1
Receiving	5 4 3 2 1	5 4 3 2 1
Weak Foot	5 4 3 2 1	5 4 3 2 1

Physical	Self Rating (U-11/12)	Coach Rating
Speed	5 4 3 2 1	5 4 3 2 1
Strength	5 4 3 2 1	5 4 3 2 1
Coordination	5 4 3 2 1	5 4 3 2 1
Agility	5 4 3 2 1	5 4 3 2 1
Endurance	5 4 3 2 1	5 4 3 2 1

Tactical	Self Rating	Coach Rating
1v1 Attacking	5 4 3 2 1	5 4 3 2 1
1v1 Defending	5 4 3 2 1	5 4 3 2 1
Team attacking	5 4 3 2 1	5 4 3 2 1
Team defending	5 4 3 2 1	5 4 3 2 1

Psychological	Self Rating	Coach Rating
Concentration	5 4 3 2 1	5 4 3 2 1
Attitude	5 4 3 2 1	5 4 3 2 1
Determination to improve	5 4 3 2 1	5 4 3 2 1
Sporting behavior	5 4 3 2 1	5 4 3 2 1
Communication	5 4 3 2 1	5 4 3 2 1

Comments:

Player's Signature: _____

Coach's Signature: _____

Date: _____

Due to Cary at midseason and postseason

Monthly Technical Report

Date (month and year): _____

Coach's Name: _____

Team name and age group: _____

*** It is critical you are objective about these recommendations***

List your 5 best players 1 _____

2 _____

3 _____

4 _____

5 _____

List your 3 weakest players 1 _____

2 _____

3 _____

List your training topics in the sequence they were performed with your team:

1 _____ 3 _____ 5 _____

2 _____ 4 _____ 6 _____

The Blast training session I observed was conducted by: _____

The topic was: _____

The date I attended: _____

Due to Cary at end of each month

DANVILLE BLAST
Midseason & Postseason
TEAM TECHNICAL REPORT

Coach: _____ Date: _____

Age Group: _____ Formation Played: _____

Be analytical, not critical. Give praise. Do this with body language also. If they see disappointment on your face or body position, they will get the message.

Coaching players means losing games when they are young. For example, a team needs to learn how to pass the ball up the field from their goalkeeper's roll. Sometimes the big, strong kid on the other team will zap in, steal it and score. The coach doesn't give up the game plan. When the kids are three years older, they will be able to do it with style.

A defender does not have to win the ball. If she is limiting an attacker's time, space and options, she is defending.

A coach who is genuinely interested in the well being of his players, is fair, honest, stern, willing to keep them on the edge, they'll never forget him.

U6

Varied movement experiences: balancing, skipping, somersault, throw & catch

Differences between boys & girls minimal

Easy fatigue, rapid recovery

Increase use of all body parts

Short attention span

Not yet a team sport

Experience bouncing & rolling ball – away from player, to player, across player

Variety of balls – heavy balls, rubber balls, small & large balls

Give brief directions

Water breaks every 10-15 minutes

Look at the game through their eyes

-Every now and then get down on your knees in a training session activity

1 player & 1 ball

Dribbling out of pressure should be the emphasis

Love and protect the ball hog

Don't play elimination games unless there is an easy way to get back in.

For a good player to develop, she must have three types of play: training with a coach and team, free play with friends, individual practice. Please encourage all of these.

No trophies, no standings.

Kids who are good or bad players right now will change dramatically in the future. Please avoid labels and pigeonholes for these kids. Don't lock them into positions.

Encourage them to dribble, dribble, dribble and dribble some more. Passing will come much later. The real objective is to send us a bunch of kids who love to dribble the ball. Practice before the games should be full of dribbling activities: 1 kid – 1 ball.

We play 4 on 4 because

- Players get more touches on ball
- Smaller numbers on field makes kids more comfortable
- Less competitive, more fun
- In line with national movement

Warm-up 10 minutes, Main activities 20 minutes, play 4v4 match

Defending: immediate chase to get it back

Attacking: Dribble – feint, scissors, pull it back

Dribbling coaching points:

- Body mechanics – keeps ball close to body, use all parts of both feet, When turning, lift the toe to wrap the foot around the ball
- Body shape and balance - knees bent & low to ground, arms out
- Change of pace / direction
- Deception
- Protecting the ball

Running with the ball Coaching Points

- Use laces of shoe
- Point toe down, and turn foot a little to the inside
- Touch ball every step, keep it close

Warm-up activities: stretch every now and then while doing these.

Body part dribble – Dribble in a grid. Stop the ball with the body part coach calls out.

Ball Retrieve – Dribble ball to the coach who picks it up and tosses it away. Then coach calls out different ways to bring the ball back with hands or feet.

Cones – Scatter cones over the field randomly. Line players up shoulder to shoulder. Then tell them to go to a cone and perform a skill – spin around with inside or outside of foot 2 times – before returning home.

Ball toss – toss in air & clap as many times as possible before catching it.

What can you do? - Ask a player, “what can you do with the ball?” Then have the whole group do it.

Main Activities:

Glob – an early sharks and minnows. Coach stands in the middle of Globland (a 20 x 15 area) and then has kids run to the other side of the grid. Begin without a ball. Then add the ball. Kids who are knocked out can either jump right back in for the next round or toss the ball up and clap then catch it to get back in.

Everybody’s It – In a grid, each player has a ball. Tag someone else without being tagged. If tagged, do 5 ball toe taps or some other easy skill. You can also do this with freeze tag – if tagged, pick up your ball, spread your legs. You can be freed if someone passes through your legs.

Shark Attack – Make two boats with cones about 10 yards apart. Each diver (player) gets an air tank (ball) and gets in a boat. Then they are encouraged to take their air tank out of the boat to explore the coral reef. Then the sharks (coaches with cones on head) hum two bars to “Jaws” and say, “Shark Attack!!” Any diver caught is allowed to wriggle free and get in the boat to start again.

Chase – In a grid, all players have a ball. Two players get together and pick a favorite TV show or movie that has a good guy & a bad guy. When the coach says, “Go get ‘em” the bad guy chases the good guy. If caught, the bad guy now chases. Do for 2 rounds, then get a new partner with new characters.

Monsters – have all players in a grid with a ball except for one outside without a ball. This player is his favorite monster, and stalks the other players until coach says go. Then the monster charges in and tries to knockout the balls of the prey. The knocked out players do a soccer skill and get back in.

Pick up cones – great after the Cones warm up activity. Scatter cones randomly, and then see who can run to pick up the most. Scatter them again and do it with a ball.

Gates – set up small gates of two cones randomly in the area. Give them 60 seconds to dribble through as many as possible. Have them keep count. At the end of 60 seconds, ask to see the totals. Then do it again to see if they can better their scores. (You might

want to watch the lowest scoring kid and give them all enough time for that player to get a higher number than last time.) Don't be surprised if you get scores of 1,000 or higher reported to you. You can also do follow the leader in this activity.

NASCAR – Set up two ovals. 3-5 players get at a starting point on each oval. Start without a ball, then add a ball. At the go command, they race around the oval. Add different color flags: yellow – caution, slow, no passing; green – race; red – stop. You can even bring these color of shirts and hold them up to get the kids to look up while dribbling. Also get crazy and call out “Switch cars” to get them to leave their ball and get another player's ball. Could also tell them to go the other way after a few races. Maybe have them pick their favorite NASCAR drivers.

Relays – run to flag & back – dribbling ball, holding it on head, going backwards, hopping, slalom course, etc.

1v1 – set up two small goals about 12-15 yards apart. Let them play 1v1.

Cartoons – Kids in a grid with a ball each. Pick between two favorite cartoons, foods, TV shows, etc. Opposite sides of the grid correspond to opposite choices. Dribble around until coach calls out name of one side. Dribble to that side asap. Then pick two teams & each team must get to their home line first.

U8

Varied movement experiences

Cause and effect

Other's point of view

Exert control over environment

Feel success

Self-monitor (practice habits)

Fairness

Expression of thoughts & feelings

Relationships

Psychologically easily bruised

Training should not exceed 1 hour

Love and protect the ball hog

Look at the game through their eyes

-Every now and then get down on your knees in a training session activity

For a good player to develop, she must have three types of play: training with a coach and team, free play with friends, individual practice. Please encourage all of these.

No trophies, no standings.

Kids who are good or bad players right now will change dramatically in the future. Please avoid labels and pigeonholes for these kids. Don't lock them into positions.

Encourage them to dribble, dribble, dribble and dribble some more. Passing will come much later. The real objective is to send us a bunch of kids who love to dribble the ball. Practice before the games should be full of dribbling activities: 1 kid – 1 ball.

We play 4 on 4 because

- Players get more touches on ball
- Smaller numbers on field makes kids more comfortable
- Less competitive, more fun

In line with national movement

Warm-up 10 minutes, Main activities 20 minutes, play 4v4 match

Defending: immediate chase, delay the attacker if he comes at you

Attacking: Dribble – feint, scissors, pull it back, cross, see ya, cruyff; Pass with inside of foot; Receive balls on ground and bouncing balls

Dribbling coaching points:

- Body mechanics – keeps ball close to body, use all parts of both feet, When turning, lift the toe to wrap the foot around the ball
- Body shape and balance - knees bent & low to ground, arms out
- Change of pace / direction
- Deception
- Protecting the ball
- Vision of field

Running with the ball Coaching Points

- Use laces of shoe
- Point toe down, and turn foot a little to the inside
- Touch ball every step, keep it close

Passing Coaching Points:

- Non-kicking foot pointed at target
- Lift toe of kicking foot
- Bend knee of kicking foot
- Step into the pass for some momentum
- Follow through straight ahead
- Pass power is from hip down
- Weight of pass
- Accuracy
- Timing of pass with timing of run

Receiving Coaching points:

- Body mechanics
- Body shape & balance
- Early selection of receiving surface
- Eye on ball; read flight of ball
- Body in line with flight of ball
- Relax with ball
- Control to ball to a new space, not stop it dead
- Preparation touch away from pressure to pass, dribble or shoot

Warm up- 10 minutes, Activities – 30 minutes, Play 4v4 or 5v5 20 minutes
2 players & 1 ball – they can now start to understand passing

Ball control – A ball to each player. Coach calls out number of bounces allowed. Players toss it up and stop it in required #. Can stop it with hands or feet. Then work with a partner who calls out the number. Then when receiving it, do it with the inside or outside of the foot to take it around a cone before passing it back to the server.

Number dribbling – all players in a grid with a ball. Each number one to ten represents an action the player must take. 1- on the run, 2- stop with sole of shoe, 3- take a knee stop the ball with the knee, four – nose to the floor stop with nose, five – stayin’ alive do toe taps on the ball while imitating John Travolta, six – do some tricks juggle, seven – ball to heaven toss it up and control it with different body parts, eight – take the bait do dribbling moves, nine – it’s all mine knock other balls out of the grid while keeping yours, ten - spin again find a cone and spin around it.

Receiving lines – 4 players each with a ball start at one line. Dribble through a 10 yard long channel then pass to a player 10 yards away in a target goal. The target player receives the ball, then dribbles to the end of the line while the passer gets into the target goal. Then have the receiver accept the ball with just the outside or inside of the foot. Then have the passer toss the ball at the receiver. Then have the receiver get the ball, turn and shoot at a small goal.

Main Activities:

Math Dribble – while players dribble in a grid, coach calls out simple math problem. Kids must get into groups that have that # as the answer. Great way to get kids into groups.

Switch-Out-Reverse – Players in a grid with a ball each. Coach calls out “switch!” and they leave their ball to get another. “Out!” means they will keep the ball, but try to knock everyone else’s ball out. “Reverse!” means go the other direction.

Ball Retrieve in Pairs – Player and a partner bring a ball to the coach who picks it up and tosses it away. Then coach calls out a number from 2-20 which is the exact number of passes that the pair must use to return the ball to the coach. The coach can move around too.

Combat – players line up in two lines on either side of coach. Coach tosses a ball onto the field & both players vie for it. The one who passes it back gets the point for the team. Can move up to play 2v2.

Gates in Pairs - set up small gates of two cones randomly in the area. Pairs of players will pass the ball through the gates. Give them 60 seconds to pass through as many as possible. Have them keep count. At the end of 60 seconds, ask to see the totals. Then do it again to see if they can better their scores. Can’t go through the same gate consecutively.

Pac Man – In a grid, two players keep their balls while all rest put theirs outside. Then the two who are it try to kick the ball to hit the others with the ball below the waist. If hit, players go and get their balls to also become Pac Men.

Jungle Ball – set up three grids side by side and a goal at the end. Put a jungle animal in each grid. Players try to dribble through the jungle and then score on goal if they make it through the jungle. Jungle animals try to kick the balls out.

Boss of the Balls – Play 4v4 to goals with no keepers. Coach stands at midpoint of the touchline with all the balls. When one goes out of bounds, coach rolls on a new one. When all balls are used, players collect them & bring them back.

Crossing the Crocodile Swamp – Like sharks and minnows. One crocodile starts in the 15 X 10 swamp with 3 players with balls. They have to go through the swamp, but stop before they get to the end and dribble back through a 5 yard channel on the side. Each time the crocodile touches a ball, the players return and put up a point cone. Crocodile also gets a point if a player dribble out of the side of the swamp. At three point cones, new crocodile.

U10

Cause and effect

Other's point of view

Exert control over environment

Feel success

Self-monitor (practice habits)

Fairness

Expression of thoughts & feelings

Relationships

Longer attention spans

Four Players & One ball

Can move with and without the ball

Kids should leave u10 with the ability to dribble, run with the ball, pass and receive

ALSO MUST HAVE A LOVE FOR THE GAME TO GET THEM INTO U12!!

Attacking: Dribble- feint, scissors, cross, see ya, drag the ball, pull it back; Pass – inside & outside of foot; Receive – inside & outside of foot, thigh; Shoot - instep; Head – introduce it between partners for technique; Combination play – wall pass; Support

Defending: Immediate chase, pressure, cover.

Dribbling coaching points:

- Body mechanics – keeps ball close to body, use all parts of both feet, When turning, lift the toe to wrap the foot around the ball
- Body shape and balance - knees bent & low to ground, arms out
- Change of pace / direction
- Deception
- Protecting the ball
- Vision of field
- When to beat a player and when to pass

Running with the ball Coaching Points

- Use laces of shoe
- Point toe down, and turn foot a little to the inside
- Touch ball every step, keep it close

Passing Coaching Points:

- Non-kicking foot pointed at target
- Lift toe of kicking foot
- Bend knee of kicking foot
- Step into the pass for some momentum
- Follow through straight ahead
- Pass power is from hip down
- Weight of pass
- Accuracy
- Timing of pass with timing of run

Receiving Coaching points:

- Body mechanics
- Body shape & balance
- Early selection of receiving surface
- Eye on ball; read flight of ball
- Body in line with flight of ball

- Relax with ball
- Control to ball to a new space, not stop it dead
- Preparation touch away from pressure to pass, dribble or shoot

Shooting Coaching Points:

- Body mechanics – non-kicking foot points at target, lock ankle
- Body shape, balance, weight transfer – snap leg, finish on shooting foot
- Eye on ball
- Preparation touch
- Vision
- Placement vs. power

Heading Coaching Points:

- Body mechanics – eyes open, mouth shut!
- Body shape
- Eye on ball
- Read flight of ball
- Body In line with flight of ball
- Area of contact – forehead, right at hairline
- Use of upper body to drive through ball

Warm up / cool down:

Bowling – put a small goal of cones between two players. They start out 1 yard away from the goal & pass it through. After each successful pass, back up a step. If a pass doesn't go through the goal, take a step forward. See who can be the first to score from 15 yards, or score the most goals in a minute, etc. Change partners.

Ball Retrieve in Fours - Group brings a ball to the coach who picks it up and tosses it away. Then coach calls out a number from 2-20 which is the exact number of passes that the group must use to return the ball to the coach. The coach can move around too.

Elbow tag – In pairs, link elbows. Coach breaks up one pair, and gives one player a small cone. This player is it and chases the other partner. If tagged, the chaser drops the cone and runs away while the other player picks up the cone and starts to chase. A runner can get on base by linking elbows with any pair standing around. The player on the other side of the linked group now must run. You can break apart more than one group to have chaser / chasee as the game progresses.

Plus passing – Make a plus sign with cones, 10-12 yard between cones. At north and south points, have 2 or more players. At east and west have one player. At the center have 2 players. South passes to the middle. The middle turns and passes to west who dribbles to join the north line. This also happens simultaneously – north passes to middle who turns and passes it to west who dribbles and joins the south line. After passing, all players move up one station.

Then as the east or west player is dribbling to join the line, add a defender to play 1v1 against in that area.

Then have east and west receive the ball to dribble and then shoot on a goal & keeper.

Main Activities:

Hurricanes & Ladders – Two teams of at least 5 players. One team is hurricane and one is the ladder. When coach tosses the ball away, the ladder group must run to the ball, form a line, and start to pass the ball to the end of the line in an over the head / between the legs fashion.

Meanwhile the hurricane group forms a tight circle while one member runs around as many times as possible before the last member in the ladder line gets the ball and yells, “Stop!” Count the number of circles run, switch roles, and see who can reach 10 first. You can also send one of the hurricanes out to stop the ball coming back.

1 v 1 tournament – set up a series of 8x8 grids so it looks like a ladder. Put a pair of players in each box. One player stands on one side with the ball facing the player on the other side of the grid. To start, the first player passes the ball to the other player who tries to cross the opposite line with the ball. Ball restarts like this each time. Keep score. At the end of 2 or 3 minutes, the winning player moves up one spot on the ladder – except for the top player who stays put and the loser in that battle goes all the way to the first rung.

Team knockout – in one half of the grid, a team has a ball for each player. In the other half are the defenders. On coach’s signal, the defenders rush in to take away the balls. They can simply kick them out, or they can get the ball back to the midfield line and kick it over the line to work on long balls.

Central goal shooting – Put a flag goal between two teams, each player has a ball. One player from team A starts in the goal. A player from Team B dribbles at the goal then shoots. After shooting, the Team B player becomes the keeper while the first player gets a ball and rejoins the team. Keep score & have several teams playing on different fields.

Triangle goal – Have a keeper inside a triangle goal 6 yards on each side. Two teams play around the goal trying to score.

Hospital tag – All players in a grid with a ball each. Mark out another grid, the “hospital,” 10-20 yards away. Players run around and try to tag each other. If tagged, the player must hold that body part and keep dribbling. If tagged three times, go to the hospital, perform a soccer skill & return.

3v2 + 1 – 20x25 yard grid. Attacking team has three players who try to score by dribbling over the endline. Defending team has two field players and one who stays on

the endline to defend. When possession changes, new team sends a keeper back to the line while new attacking team gets all 3 to attack.

4v4 + 1 into end zones – Neutral player is on offense always. Ball must go into end zone to meet a running attacker. (Cannot stand in end zone waiting for pass.)

U12

Reasoning

Comparison to peers

Responsibility

Performer

Goals

Identity

Independence

Appearance

Values

Play in all positions
MOST COMMON AGE TO DROP OUT!!

Technical training is the focus

A good session might be 30 minutes of technical work, 30 minutes of games that emphasize that technique, and 30 minutes of free play.

Field players:

- 2 Fakes with the ball that can be performed under pressure with either foot
 - feint, scissors, cross, see ya, cryuff, cheeks, drag the ball, pull a v, coerver, double sole, Romario
 - Shielding
- Directed first touch, all surfaces & on the move
- Receiving ground, bouncing and air balls with the lower leg, thigh, abdomen, chest and head
- Shooting from outside area
- Bending shots
- Finishing inside area
- Chipping to score
- Passing with inside, outside and instep of either foot
- Crossing to the near post and penalty spot
- Heel pass
- Half volley & volley shooting
- Heading – defensive & attacking
- Combination play – wall pass, overlap, sell
- 2v2 attacking: support
- Slide tackle
- 2v1 defending: pressure
- 2v2 defending: cover
- 3v3 & 4v4 defending: balance (to squeeze or not)
- verbal and visual communication for all positions
- half-time analysis with 1 defending point & 1 attacking point
- attack & defend corner kicks

Goalkeepers:

- Footwork & general position
- Distribution – Roll, sling, goal kicks, volley, balls to feet
- Low dives & forward dives
- Angle play
- Near post play
- Shot stopping – ground ball, bouncing, mid-range, head high, 1v1
- Saving penalty kicks
- Introduction to parrying and boxing crossed balls
- Dealing with balls passed back

Training sessions should be well organized.

- There should be a recognizable progression to the session.
- It could be warm up, technical activities, themed games, scrimmage, cool down
- Or warm up, Scrimmage, technical work, build numbers back up to full scrimmage, cool down
- Or warm up, small group tactics (2v1-5v5), large group tactics (6v6-11v11), scrimmage, cool down
- Remember, it is not the magic of some activity from an obscure video that will make the players better. It is YOU observing their play and making corrections that they take to heart.

Dribbling coaching points:

- Body mechanics – keeps ball close to body, use all parts of both feet, When turning, lift the toe to wrap the foot around the ball
- Body shape and balance - knees bent & low to ground, arms out
- Change of pace / direction
- Deception
- Protecting the ball
- Vision of field
- When to beat a player and when to pass

Running with the ball Coaching Points

- Use laces of shoe
- Point toe down, and turn foot a little to the inside
- Touch ball every step, keep it close

Passing Coaching Points:

- Non-kicking foot pointed at target
- Lift toe of kicking foot
- Bend knee of kicking foot
- Step into the pass for some momentum
- Follow through straight ahead
- Pass power is from hip down
- Weight of pass
- Accuracy
- Timing of pass with timing of run

Receiving Coaching points:

- Body mechanics
- Body shape & balance
- Early selection of receiving surface
- Eye on ball; read flight of ball
- Body in line with flight of ball

- Relax with ball
- Control to ball to a new space, not stop it dead
- Preparation touch away from pressure to pass, dribble or shoot

Shooting Coaching Points:

- Body mechanics – non-kicking foot points at target, lock ankle
- Body shape, balance, weight transfer – snap leg, finish on shooting foot
- Eye on ball
- Preparation touch
- Vision
- Placement vs. power

Crossing Coaching Points:

- Body mechanics – plant foot to target, turn hips as strike ball, low follow through for near post balls
- Body shape / balance
- Eye on ball
- Preparation touch
- Angle of approach
- Driven, lofted or bent ball to near or far post

Heading Coaching Points:

- Body mechanics – eyes open, mouth shut!
- Body shape
- Eye on ball
- Read flight of ball
- Body In line with flight of ball
- Area of contact – forehead, right at hairline
- Use of upper body to drive through ball
- Defending: height, distance, aggressive attitude
- Attacking: down at goal line, aggressive attitude

Warm up / cool down:

Grab the tail – Everyone in a grid with a ball and a scrimmage vest tucked in the back as a tail. Grab as many tails as you can. #1 – throw them to the ground #2 – keep them & see who can get the most

Triangle tag – No balls. Three players face each other and put hands on each other's shoulders to make a triangle. The 4th player on the outside tries to tag the target player in the triangle while the triangle players shift to avoid that player getting tagged.

Paint the field – With a partner and one ball, get in a grid and at coach's signal, attempt to paint the field imagining the ball is your paintbrush.

Sequence passing – Get a group, number off and pass the ball around in numerical order. If you don't have the ball, MOVE.

Juggle in 2's or 3's

Toss ball to partner who receives it with thigh and then catches it. Return the toss to partner. Then go to thigh-thigh-catch, thigh-thigh-foot-catch, thigh-thigh-foot-foot-catch. Could start with the feet or with the head.

Passing Box – 10 yard box, a player on each side. Two players facing each other pass the ball. Receive it with one foot & pass it with the other. Then a partner from one pair switches places with a partner from the other pair after passing. The running players stop the ball with the outside foot and return it with that foot. Then

Main Activities:

Target game - 6v6 in a 40x30 grid. Five field players try to play the ball to the hand of their target player who is standing on the endline & can run the length of the endline. Target player then distributes by rolling to the opposite color.

Keeper's nest – 1 triangle goal with legs about 3-4 yards long. One person in the nest while 3 players pass the ball around and score by passing through the nest. If intercepted, the keeper leaves & new player comes in.

Crossing game – 30 x 40 grid play 4v4. Goals are 10 yards in from the endlines and are diagonal to each other. Play does not stop when goal scored, can score from front or back of goal.

Triangle goal – With cones or flags create a goal in the middle of the pitch, each leg is 8-10 yards long. Two teams of 6-8 players play. The defending team uses 3 goalkeepers and the rest in the field. If the defending team regains possession, the GK's leave the goal & 3 new keepers come in. Can play if you score teams switch or stay the same.

1 v 1 tournament – set up a series of 8x8 grids so it looks like a ladder. Put a pair of players in each box. One player stands on one side with the ball facing the player on the other side of the grid. To start, the first player passes the ball to the other player who tries to cross the opposite line with the ball. Ball restarts like this each time. Keep score. At the end of 2 or 3 minutes, the winning player moves up one spot on the ladder – except for the top player who stays put and the loser in that battle goes all the way to the first rung.

2v2 tournament – grids are 15 x 25. same activity as above.

4v4 games – Across the field, dribble the ball over the sideline to score. Across the field, score on two small goals. Length of the field to regular goals.

Four - Six goal game – Play a regular game with 2 or 3 goals on the endlines. Can use no GK or 1 GK to cover all goals on an endline.

3v0 to one goal. 3v1 to goal – if defender wins it, play it back to coach at half. 3v2 to goal and coach. 3v3 to two goals. 5v5 to two goals.

5v5 +1 to four goals – Neutral player is with attackers who attack to two goals on endline.

All up and All Back – Playing 8v8, mark a center line. All attackers have to be across the centerline for goal to count. Play a while. Then any goal scored when all defenders are not back across will count double.

U14

Reasoning

Comparison to peers

Responsibility

Performer

Goals

Identity

Independence

Appearance

Values

Speed of reaction in 2v1 – 6v5

Review technical concepts with both feet

Play the ball on the ground, minimal # of touches, Switch point of attack, 2nd attacker & 2nd defender diagonal

Play in all positions

Field players:

- 2 Fakes with the ball that can be performed under pressure with either foot
 - feint, scissors, cross, see ya, cryuff, cheeks, drag the ball, pull a v, coerver, double sole, Romario
- Directed first touch, all surfaces & on the run
- Receiving ground, bouncing and air balls with the lower leg, thigh, abdomen, chest and head
- Shooting from outside area
- Bending shots
- Finishing inside area
- Chipping to score
- Passing with inside, outside and instep of either foot
- Crossing to the near post and penalty spot
- Heel pass
- Half volley & volley shooting
- Heading – defensive & attacking
- Combination play – wall pass, overlap, sell
- 2v2 attacking: support
- 3v3 & 4v4 attacking: switch the point of attack
- Slide tackle
- 2v1 defending: pressure
- 2v2 defending: cover
- 3v3 & 4V4 defending: balance (to squeeze or not)
- verbal and visual communication for all positions
- half-time analysis with 1 defending point & 1 attacking point
- attack & defend corner kicks

Goalkeepers:

- Set position
- Footwork
- Distribution – roll, overarm, goal kicks, ½ volley & full volley, back pass
- Dives – collapse, step and save, power step & save, reaction save, recovery save
- Angle play
- Near post play
- Shot stopping – all heights of shots, 1v1
- Saving penalty kicks
- Parrying and boxing crossed balls – flighted, driven, opposed
- Communication

Training sessions should be well organized.

- There should be a recognizable progression to the session.
- It could be warm up, technical activities, themed games, scrimmage, cool down
- Or warm up, Scrimmage, technical work, build numbers back up to full scrimmage, cool down
- Or warm up, small group tactics (2v1-5v5), large group tactics (6v6-11v11), scrimmage, cool down
- Remember, it is not the magic of some activity from an obscure video that will make the players better. It is YOU observing their play and making corrections that they take to heart.

Dribbling coaching points:

- Body mechanics – keeps ball close to body, use all parts of both feet
- Body shape and balance - knees bent & low to ground, arms out
- Change of pace / direction
- Deception
- Protecting the ball
- Vision of field
- When to beat a player and when to pass

Running with the ball Coaching Points

- Use laces of shoe
- Point toe down, and turn foot a little to the inside
- Touch ball every step, keep it close

Passing Coaching Points:

- Non-kicking foot pointed at target
- Lift toe of kicking foot
- Bend knee of kicking foot
- Step into the pass for some momentum
- Follow through straight ahead
- Pass power is from hip down
- Weight of pass
- Accuracy
- Timing of pass with timing of run

Receiving Coaching points:

- Body mechanics
- Body shape & balance
- Early selection of receiving surface
- Eye on ball; read flight of ball
- Body in line with flight of ball
- Relax with ball

- Control to ball to a new space, not stop it dead
- Preparation touch away from pressure to pass, dribble or shoot

Shooting Coaching Points:

- Body mechanics – non-kicking foot points at target, lock ankle
- Body shape, balance, weight transfer – snap leg, finish on shooting foot
- Eye on ball
- Preparation touch
- Vision
- Placement vs. power

Crossing Coaching Points:

- Body mechanics – plant foot to target, turn hips as strike ball, low follow through for near post balls
- Body shape / balance
- Eye on ball
- Preparation touch
- Angle of approach
- Driven, lofted or bent ball to near or far post

Heading Coaching Points:

- Body mechanics – eyes open, mouth shut!
- Body shape
- Eye on ball
- Read flight of ball
- Body In line with flight of ball
- Area of contact – forehead, right at hairline
- Use of upper body to drive through ball
- Defending: height, distance, aggressive attitude
- Attacking: down at goal line, aggressive attitude

U16

Cognitive

Speculates about future

Meaning of life

Separation

Balance of activities

Body image

Identify best sector of field for players

Pattern play for tactical understanding

Build attack from the back with inside/outside penetration

Speed of reaction in 2v1 – 6v5

Review technical concepts with both feet

Play the ball on the ground, minimal # of touches, Switch point of attack, 3rd attacker & 3rd defender

Field players:

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Goalkeepers:

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- Bowling
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- Angle play
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- Shot stopping
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- Defending: height, distance, aggressive attitude
- Attacking: down at goal line, aggressive attitude

U18

Cognitive

Speculates about future

Meaning of life

Separation

Balance of activities

Body image

Specialized training for position play

Pattern play for tactical understanding

Build attack from the back with inside/outside penetration

Speed of reaction in 2v1 – 6v5

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- Attacking: down at goal line, aggressive attitude

Risk Management

At the beginning of each season Chuck Wright will check all coaches and assistants in a VYSA sponsored background check called KidSafe.

AT HOME Before training & games:

At the preseason meeting warn parents that there may be injuries, small and large.

Gather all emergency contact info in the back of this binder and keep it with you.

Keep a first aid kit handy:

Cold compress
Band aids
Vaseline for blisters
Sterile pads to hold on cuts
Gloves to protect against blood spills
Athletic tape
ACE bandages
Antibiotic ointment
Bee sting relief

Carry one extra pair of shin guards. IF PLAYERS DO NOT BRING SHIN GUARDS TO TRAINING, THEY MAY NOT SCRIMMAGE, BUT THEY MAY DO INDIVIDUAL BALL WORK.

Carry a cell phone, or get a parent who has one to show up regularly.

AT THE FIELD Before training & games:

Check the field for harmful objects or holes.

Give the players a good warm up.

DURING Training & games:

Give plenty of chances for water.

Sprain – Joint injury
Strain – Muscle injury

Treat both with R.I.C.E. – Rest, Ice, Compression, Elevation.
Ice – 20 minutes on & 20 minutes off 3 consecutive times.
Compression with ACE bandage

Heat Cramps – Involuntary contraction of muscle group that is repetitive and rapid. Rest, drink water, stretch area.

Heat Exhaustion – Skin pale & clammy, excessive sweating, weak, nauseous. Get player in a cool area, elevate feet. Cool with wet cloths & fanning. Water may be given slowly. If player vomits, go to hospital.

Heat Stroke – Skin is hot, red, dry. Lack of sweat. May lose consciousness. Call 911 and follow Heat Exhaustion treatment.

Post Game

Follow up by calling the parents of any injured player that night.

