

# 2010

Woodbury Soccer Club

Director of Coaching

## **[FALL COACH'S MANUAL U9-U10]**

This document is designed to be a source of information and guidance for WSC coaches in a particular age group. Every coach in the age group is responsible for the content and expected to adhere to these guidelines when making decisions in regards to their team management and coaching in the age group

# Fall Coach's Manual U9-U10

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## Our Club

### About Us

Our club started over 20 years ago as a part of the Woodbury Athletic Association. The WAA is coming up on its 40th anniversary. We are one of the biggest clubs in MN. We offer programming from A to Z. We offer a fall, winter, spring, and summer recreation program. Our recreation programming offers opportunities for players from U5 to U18. We offer our own camp program and complimentary clinics throughout the year including try-out prep camp, finishing clinic, skills clinics, and GK clinics. Our competitive program features play at every competitive level in MN and the region. We have teams that compete at Premier, C1, C2, C3, Maroon, Gold, MRL, and the Premier MRL league. We are one of the few clubs that offers training in the fall, winter, and summer. We are also one of the very few clubs that offers GK training for our players free of charge and as a part of our competitive program.

### Club Goals

#### Overall

Our goal is to provide young people with an experience that encourages an active lifestyle that includes sport. We specifically want young people in our club to develop as soccer players who can achieve everything they want to in the game of soccer. We want to have properly prepared them for whatever their soccer aspirations may be playing or coaching; high school, college, ODP, regional team, national team and/or professional soccer.

#### Competitive Program

The competitive program for U9s and U10s stresses ball familiarity and 1v1 skills first and foremost. The strength of any team is based upon each player's ability to win their individual battles on the field. There is no better time to teach our players how to compete than at the youngest age groups. If players graduate out of our U9/U10 program being comfortable on the ball and willing to compete in 1v1 battles we will have provided these players the best foundation we could.

#### Development Philosophy

Players in the U9/U10 age group need to spend as much time on the ball as possible in a free environment that allows them to discover what works and what doesn't work. The closer we can replicate the game the better job we are doing.

### Team Composition

#### Selection

Our U9 selection was based solely on try-out results given that the players had no prior history in our club.

The U10 selection was based upon coach's evaluation with weight given to how players were rated by their coach overall and their commitment level the previous season and their tryout result.

This year at the U9/U10 levels we reduced the number of Maroon teams we had based upon your feedback. Many of you mentioned that you thought the number of Maroon teams we offered put us at a competitive disadvantage. The DOC is not completely convinced but felt that it was worth trying a change of course to keep our best players in our club. The hope is that by reducing the number of Maroon teams we have not traded current outcome goals for long term group development. Ultimately, we need 18 good to great players to compete at the state and regional level U13+ and older.

#### Roster Size

Rosters will be 9-10 players so that teams can maximize playing time and training opportunities.



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## Curriculum

### Design

All of our training sessions are designed to put players into playing situations and activities. Decision-making is a priority. The training sessions will teach technique within the scope of a game. Repetitive individual technical training will not be a priority within a team environment. When the team is together the priority must be helping players figure out their interaction in small game environments of 1v1, 2v2, 3v3, and 4v4.

### Purpose

The purpose is to develop players who can manipulate the ball in playing situations to be successful.

## Expectations

### Coach

Coaches are expected to develop training environments that promote decision-making and maximize touches on the ball. Coaches are expected to be observers of games with some input to helping players sort out major problems but otherwise be the "guide on the side versus the sage on the stage." Coaches are expected to emphasize effort. Coaches must have patience with poor decisions or technical breakdowns but cannot compromise on effort. If a player doesn't want to compete we have to ask why and figure out what action to take to get players to give maximum effort.

### Player

Player's are expected to come to training and games prepared to give maximum effort. Players are expected to come to matches and training with enthusiasm and excitement. Effort cannot be compromised.

If a competitive player expects to be poor to average they will put no additional time into soccer other than the organized practices the club provides.

If a competitive player expects to be a good to great player and play on a top level competitive team in our club players are expected to work with the ball on their own and participate in outside soccer opportunities. Good to great competitive players are intrinsically motivated.

### Family

Families are expected to support the coach with their decisions and support their child in both success and failure.

## Team Management

### Getting Started

#### Background Checks

For the 2010-2011 seasons here is the link: <http://www.mnyouthsoccer.org/programs/backgroundcheck.cfm>

Login id & password: MYSWDB

#### Coach's Pass

You will be issued one pass for the season. You will need to present this at each game your team plays.

#### Coach's Application

Fill out the short form so that the DOC has updated contact information.

## Team Meetings

Please have a pre-season meeting, mid-season meeting, and post-season meeting.

Each meeting should be an opportunity to touch base. Coach and parents are a team that should be working hard to provide the best for their children/players.



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## Selection of Team Manager

### Role

This person is meant to help you take care of the administrative part of the team organization. This person is critical to a positive team experience. The coach and team manager should work together to keep parents informed.

### Responsibilities

The team manager roles include:

- Compiling the necessary documentation for the season
- Organizing new uniform order
- Communication
  - Team web page
  - Email communication

## Coach's Education

WSC will host the MYSA "E" certificate and "D" license in November. The club will support coaches who pursue certification and licensing. If you have no certification you must attend the E certificate in November. The "E" Certificate and the "D" License will be hosted November. The courses will be in the Bielenberg dome and coaches should expect to play during the course. Coaches do not have to play well they just have to be able to get out and move around and do their best.

The United States Soccer Federation designs these courses. Coaches who possess certified and licensed are not automatically good coaches but it provides the structure and vocabulary so that we can talk soccer as a staff in a similar way.

In February plan on attending the Coach's PACT presentation. We will also ask for you to encourage your team's parents to attend the Parent's PACT presentation in March.

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## Guest Players

### Purpose

The purpose of guest players is to supplement rosters as necessary. Guest players should not be considered unless there are less than two subs. The DOC views guest players as an opportunity to help a team in need, provide a challenge to players that deserve one, and broaden the spectrum of what we can offer players in the player development process. Guest players can only come from a lower competitive level or a younger age group.

### Rationale

Guest players not only provide relief for teams that are short of players but provide valuable challenges and opportunities for players on lower competitive levels or at a younger age group.

### Process

In order to get a guest player for your team you must follow the following process:

1. Plan ahead requests should be made at least 5 days in advance
2. Email/Call the DOC
  - a. DOC will contact appropriate group to get guest player
  - b. DOC will speak to coach's to get input and then decide who would be appropriate
  - c. DOC will call family to offer opportunity
3. DOC will respond to coach requesting guest player with contact information
4. Team in need of guest player will contact coach or team manager of guest player to get player pass and medical release form



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5. After the event coach will send a follow-up email to DOC with how the player fit with group

## Tournament Selection

The U9/U10 age group will participate in the Fall MYSA Jamboree on Saturday, October 2.

## Player Development

### Age Group

#### Overriding Themes

Complete Dribblers and passing apprentices

#### *Attacking*

Dribble at people at high speeds

#### *Defending*

Get as many players around the ball as possible

#### Communication Priorities

Players need to communicate to improve performance. Each age group will be given vocabulary they are expected to know and apply at the proper time. Key phrases or words for this age group are:

- "Ball" – When pressuring ball
- "Name" – Put a name on every pass
- "Name Ball" – Name any ball a player is trying to win

#### Technical Priorities

- Dribble with all sides of both feet
- Soft first touch
- Ability to dribble out of trouble, past someone, with power, with deception
- Passing with inside and outside of both feet
- Ability to shield
- Introduction of driven ball with in-step
- Introduction of chip

#### Tactical Priorities

##### *Individual - 1v1*

#### *Attacking*

U9 – Encourage risk taking

#### *Defending*

Immediate chase

U10 – Encourage the value of the ball so introduce the thirds of the field

Pressure on the ball

##### *Small Group - 2v1, 2v2, 3v1, 3v2, 3v3*

#### *Attacking*

Team attacks

#### *Defending*

Pressure on the ball quickly

Combination play

Team defends – can we get a lot of players around the ball

#### Player Priorities

#### *Physical*

Balance and coordination

#### *Psychological*

Encourage decision making

Begin with a cool down

Increase responsibility

Basic juggling to increase body manipulation

Encourage players to watch soccer



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## Practice/Training Sessions

### Purpose

The purpose is to provide training by soccer people under the guidance of the director of coaching. These sessions are designed to progress players towards the USSF age development foci for the age group. The final purpose is to provide an example of how a session should look and how free of an environment it should be.

### Goals

Have fun, compliment the coach's training, and connect groups by working on age group themes.

### Format

Dynamic warm-up, individual activity, small group, play

### Practice Frequency/Duration

In this age group 2 formalized practices to every game is the proper ratio ultimately we want to keep the players wanting more. If additional activities are added it needs to be a play date in a free format where the players decide the make-up of the activity. Your only job in this case would be to make sure they are safe.

Sessions should be a maximum of 75 minutes and 60 minutes is recommended

## Trainer Sessions vs. Coach Sessions

Trainer	Coach
<b>Someone that has played soccer at least in college</b>	Someone that may have played at a high level
<b>Not related to any player in the group and has few preconceived notions of players or families</b>	Very knowledgeable about almost every family and who may have coached players since U5
<b>Follows the DOC plan</b>	Sometimes follows the theme that the DOC has put forward for the week
<b>Variety of levels of coaching experience</b>	Variety of levels of coaching experience
<b>Willing, able, and needs to demonstrate what needs to happen</b>	May be willing, able, and want to demonstrate what needs to happen
<b>Has no child in the age group they are working with</b>	Has a child in the age group
<b>Will be licensed for the summer program</b>	Will be licensed for the summer program
<b>Designed to keep the group marching towards foci identified by USSF</b>	Will run sessions built to address specific seasonal challenges
<b>Training sessions sole purpose is long term development</b>	May be long term based but may be jaded by recent outcomes
<b>Lacks game observation component</b>	Sees whole picture – but is not always the best observer
<b>Needs to work with the DOC and the Coach</b>	Needs to work with the DOC and the Trainer
<b>Sessions had better be fun</b>	Sessions should be fun



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## The Game

### Game Details

Number of players	6v6 includes the GK
Max field size	60x44
Ball size	#4
Duration	(2) 25 minute halves
Game emphasis	Are players making their own decisions?

### Who Plays and Where

All players need to play equally. Players need to switch positions each game and the starter versus substitute roles need to change game to game. There are no position assignments in this age group, as players still need to be developed as soccer players.

Goalkeepers have a tough job in this age group and should not be assigned this as a position no matter how well the player seems to fit the role or not fit a role as a field player. Players need to rotate through the goalkeeper position. Every player does not have to play in goal but try to get as many as possible to rotate through. If no one volunteers then everyone must go through the position. If 4 to 6 volunteer then just use those players. Encourage the GKs to stay connected with their team at all times which will dictate that the GK will have to get off their line and leave their box.

### Pre-game

Have your rotation set out prior to starting the game.

Keep your points down to 3 clear and concise goals for the game

Appropriate goals could be:

- Every player has to try a dribbling move
- Every player has to try to steal the ball from another player on the other team
- Every player has to get forward when we attack (no goalie sentries)
- When a player has space to dribble they need to dribble
- How well did we communicate with the verbal cues we have set for the age group

Pre-game warm-up should be a dribbling warm-up and parts of the club dynamic warm-up

We don't like to train in lines why warm-up for a game in lines

### Half-Time

Let players get a drink and relax. Don't rush into your clear and concise half-time pointers. Try to time it so your two clear and concise pointers and/or encouragement lead right into the whistle for the second half.

Keep pointers to 2 key items. There will be lots of things to worry about but keep feedback limited, clear, and concise.

### Post Game

Ask parents to stay on their side of the field until you have released the players.



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Be brief when the game is over. Give the team 1 or 2 items they did well so they walk away feeling successful regardless of the outcome and so they can communicate to their families what went well that day.

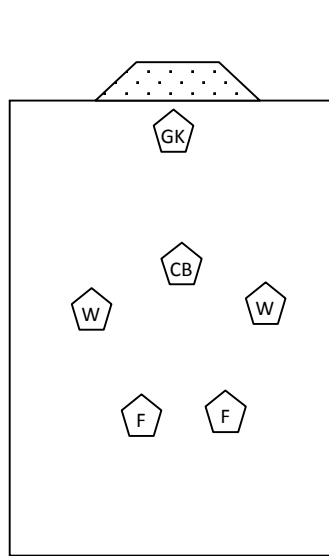
Take notes about each player so you can identify areas that are improving or areas that need improvement.

Reflect on overall team issues like:

- Shape
- Communication
- Defending as a group
- Attacking as a group
- Mentality
- Effort

## Tactics

Try to play a 3-2 (3 defenders and 2 mids or it could be considered 3 mids and 2 forwards)



Goalkeeper (GK)

Defending - Needs to control box comfortably playing ball with feet and hands.

Attacking - Needs to provide quick outlet with good distribution (throw or kick)



Center Back (CB)

Defending - Needs to mark attackers zonally trying to keep shape

Attacking - Needs to provide quality distribution out of trouble, try to switch play from one side of field to other, and give high priority to keeping the ball



Wing (W)

Defending – Track runners into wide spaces, provide balance when ball is on opposite side

Attacking – Provide an outlet to relieve pressure centrally, utilize full width of the field, provide proper support to central and back players



Forward (F)

Defending – Pressure to force opposition's defenders back to their own goal, hunt as a pair

Attacking – Provide height in attack; find lanes to receive balls from other players

## Player Evaluations

It is important that we help our families see how their children are improving and for us as coaches to track areas that we are doing a good job developing and other areas that we are not developing well enough.

### Frequency

#### Fall

2 evaluations for the players and 1 player evaluation for the DOC



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- Evaluation 1 will be done mid-season
  - Highlight 3 things the player does well
  - Review 3 things the player needs to improve
- Evaluation 2 will be done at the completion of the Fall season
  - Review 3 good and 3 areas of improvement
  - Design a plan to address areas that need improvement
- DOC Evaluation
  - Designed to help DOC understand where players are falling
  - Will be same form used for try-out process
  - Only for the DOC will not be shared with players or families

## Suggested Readings

Carrington, R. (2002). *Thoughtful Soccer*. Spring City: Reedswain.

Csanadi, A. (1965). *Soccer*. Budapest: Athenaeum Printing House.

DiCicco, T., & Hacker, C. (2002). *Catch Them Being Good*. NY: Viking.

Driver, M., & Nicol, S. (2003). *Coaching Dynamics*. Spring City: Reedswain.

Elkind, D. P. (2007). *The Power of Play*. Cambridge: Da Capo Press.

Fleck, T., & Quinn, D. R. (2002). *The Baffled Parent's Guide to Great Soccer Drills*. Camden: Ragged Mountain Press.

Gambetta, V. (2007). *Athletic Development*. Champaign: Human Kinetics.

Hyman, M. (2009). *Until it Hurts*. Boston: Beacon Press.

Quinn, D. R. (1990). *The Peak Performance*. Cincinnati: QSM Consultants.

Ruiz, L. (2002). *The Spanish Coaching Bible Vol. 1*. Spring City: Reedswain.

Wein, H. (2004). *Developing Game Intelligence in Soccer*. Spring City: Reedswain.

Wein, H. (2000). *Developing Youth Soccer Players*. Champaign: Human Kinetics.



**Woodbury Soccer Club Coach Application**

**Contact Information**

Name	
Street Address	
City ST ZIP Code	
Home Phone	
Cell Phone	
E-Mail Address	
2 <sup>nd</sup> E-Mail Address	

**Adidas Apparel Size – M's Sizes**

***Top Size (Shirt)***

- Small
- Medium
- Large
- X-Large

***Bottom Size (Short)***

- Small
- Medium
- Large
- X-Large

***Warm-up Size***

- Small
- Medium
- Large
- X-Large

**Experience and/or Licensing**

Summarize playing or coaching experience. Please list licenses and/or certificates you possess and the year received



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## Employment

Name the company you work for, your role, and how long you have been with this employer

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## Person to Notify in Case of Emergency

Name	
Street Address	
City Zip Code	
Home Phone	
Cell Phone	
E-Mail Address	

## Agreement and Signature

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that if I am accepted as a coach, any false statements, omissions, or other misrepresentations made by me on this application may result in my immediate dismissal.

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Name (printed)	
Signature	
Date	

## Our Policy

It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, sexual preference, age, or disability.

Thank you for completing this application form and for your interest in coaching with us.

