

Recreational Coaching Information

What is Soccer?

- It's a competitive game-made difficult by the opponents
- It has rules to follow and a field to play on
- It is free flowing
- Players must solve the problems presented in the game.

What is Player Development?

The concept of player development is essential to the long-term growth and improvement of the player.

- Games and activities are used that players want to participate in because they are ENJOYABLE.
- Every player has a ball
- Games and activities are designed to maximize the number of touches on the ball by each player
- Training sessions are designed to improve a player's technical abilities and their tactical application
- Educate players to develop an appreciation for the game, teammates opponents, referees and coaches

Role of the Coach

- Understand who they are coaching
- Act as a Role Model
- Serve as a Facilitator

How to Teach

Preview

1. What are you going to teach?
2. Why are you going to do it?

Time Factor

1. How long are the training sessions?

Explanation and /or Demonstration

1. paint a clear picture
2. Explain rules of activity
3. Explain why you are doing it

Elements of the Practice

1. Organization -appropriate size, space, equipment.
2. Activities- age and ability appropriate
3. Clear Objective
4. Coachable moments.

Age

Numbers

Recreational Coaching Information

(U7):	4+ GK
(U8/9):	5+GK
(U10/11):	7+GK
(U12):	8+GK
(U13/14):	10+GK

Age

Skills Priority

(U7-U12)

Dribbling and running with the ball
Passing with inside of both feet
Shooting with both feet
Receiving the ball
1 vs. 1 defending
1 vs. 1 attacking
Small group attacking
Small group defending

U13+

Repetition of technical skills
Team Offense
Team Defense
Coaching from the game

Why Small-Sided Games?

Games that work with small numbers

(2 vs. 2, 3 vs. 3, 4 vs. 4)

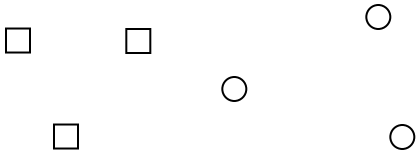
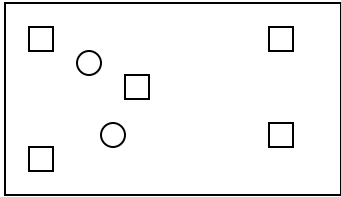
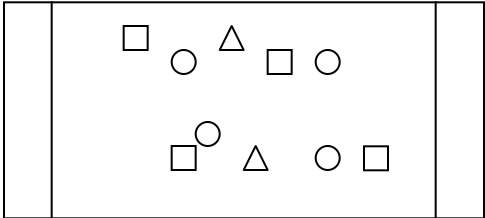
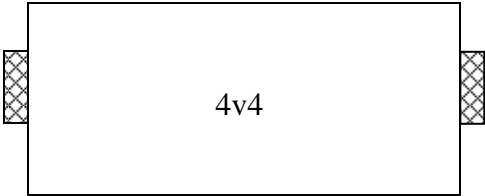
- More opportunities to play the ball.
- More opportunities to score
- More opportunities to solve problems on the field
- More opportunities to coach
- **MORE OPPORTUNITIES TO LEARN AND DEVELOP**

Recreational Coaching Information



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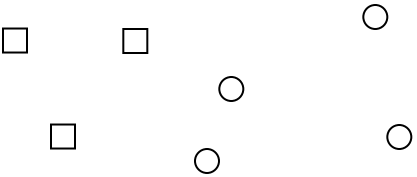
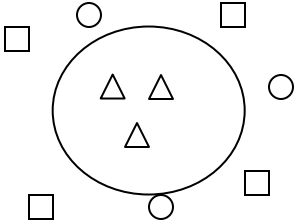
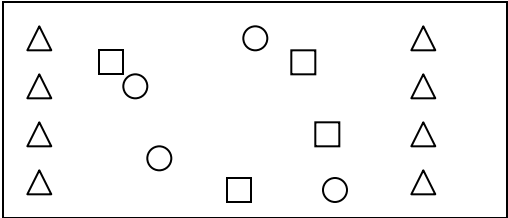
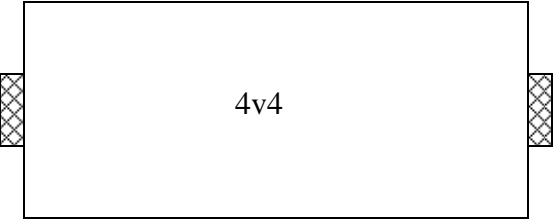
Topic: Short Passing

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Ball between three players – moving and passing <p>Progressions: Specify what surface must be used to pass the ball</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Plant foot pointed at target Kick with inside of foot Wide surface=accuracy Follow through in direction of target Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 5v2 in a 20-x-15 yard area Attackers earn points by reaching a predetermined number of passes or by splitting the defenders Defenders earn points by touching the ball or when the ball leaves the area When a defender steals the ball he/she switches spots with the person that lost the ball <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> Good technique Good pace Accurate passes Run initiates the pass
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 plus two neutrals in a 50-x-40 yard area Teams score by passing to a player in the end zones <p>Progressions: Specify what surface must be used to pass the ball. Progress to scoring to a target player in the zone, and then to scoring by passing through cone goals</p>	<ul style="list-style-type: none"> Good technique Good pace Accurate passes Run initiates the pass Passes should be played on angles so they are not intercepted Use disguise when passing – do not telegraph the pass
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 with no restrictions on players Teams score by shooting into goals 	<ul style="list-style-type: none"> Observe to see if session has helped with passing ability



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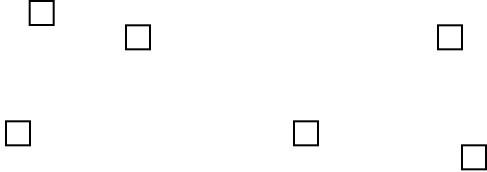
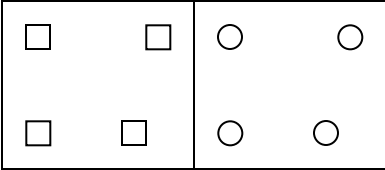
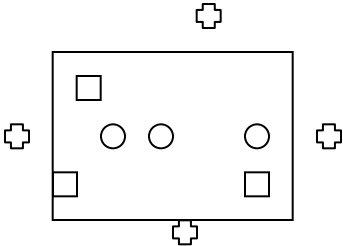
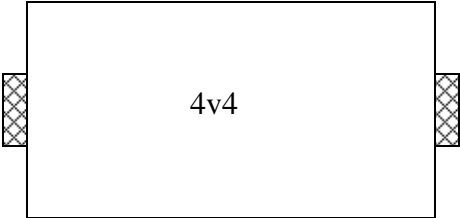
Topic: Short Passing/ Accuracy

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Team breaks into groups of three ▪ Groups should pass between group in area ▪ Groups should constantly be moving <p>Progressions: Specify what surface must be used to pass the ball</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Ankle locked ▪ Plant foot pointed at target ▪ Kick with inside of foot ▪ Wide surface=accuracy ▪ Follow through in direction of target ▪ Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Have team partner up and face each other across a circle ▪ Cones are placed inside the circle ▪ Players score points by knocking over the cones ▪ When all the cones have been knocked over the team that scored the most points wins <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-30 yard area ▪ Teams attempt to knock over cones that their opponent is defending ▪ When a team knocks over a cone, they pick it up and put it in the line of cones they are defending ▪ After 5 minutes, the team with the most cones wins <p>Progressions: Have different colored cones worth different point values.</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Scrimmage 4v4 ▪ No restrictions on players ▪ Teams score by shooting ball into goal 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with passing ability



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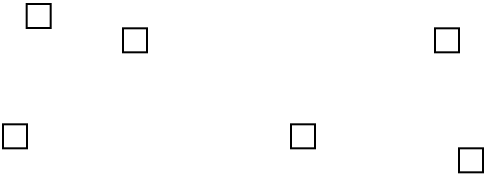
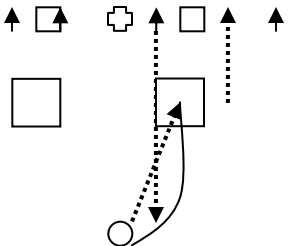
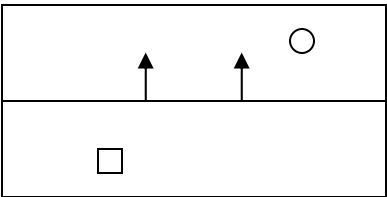

Topic: Receiving

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three people – moving and passing ▪ Emphasis on first touch preparing for next touch <p>Progressions: Specify what surface must be use to control the ball.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Squares number off 1, 2, 3, 4... ▪ Circles letter off a, b, c, d... ▪ Groups stay in their half and pass sequentially <p>Progressions: Use more than one ball at a time for each team. Get rid of the middle line and have the two teams intermix.</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 3v3 in a 20-x-30 yard area ▪ Have one neutral player be on each sideline ▪ Neutrals can move along the sideline ▪ Points awarded for consecutive number of passes <p>Progressions: Progress to two neutrals being target players and points being scored by passes to target players</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with receiving ability



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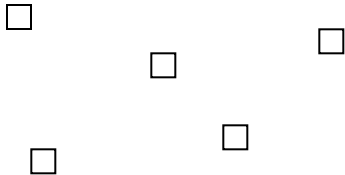
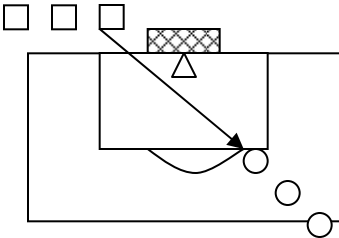
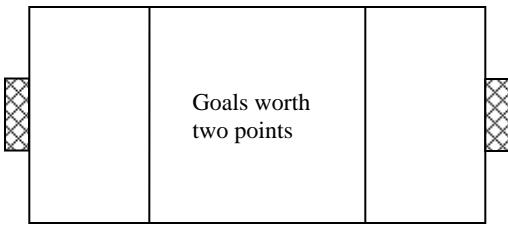
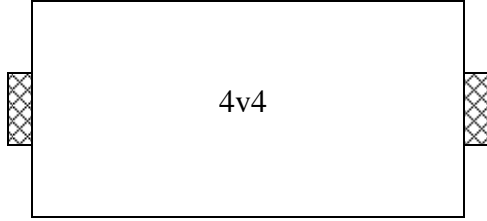
Topic: Receiving

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three people – moving and passing ▪ Emphasis on first touch preparing for next touch <p>Progressions: Specify what surface must be use to control the ball.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Set up two grids with three yard goals behind each of them ▪ Server passes to active player, who must touch ball into either of the squares and then plays ball through the goal ▪ Rotate players ▪ Player with most goals wins <p>Progressions: Place restrictions like receive with outside of right foot and play with inside or right</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 1v1 in a 50-x-25 yard area with a 3 yard goal in the middle ▪ Each player must remain in their own half ▪ The ball is served from behind the end line and the other player must return the ball though the cones with only two touches ▪ A point is awarded when the opponent is unable to return the ball in two touches ▪ First person to 21 wins <p>Progressions: Add more players to each side.</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with receiving ability



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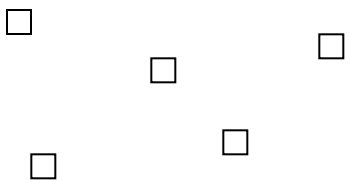
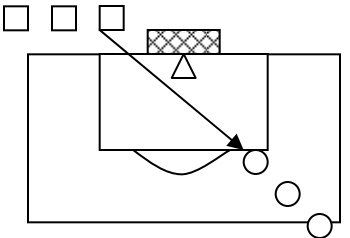
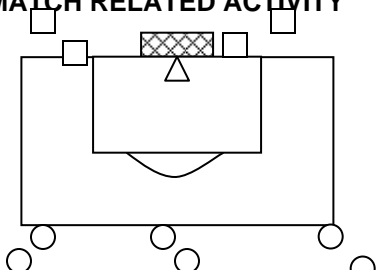

Topic: Finishing

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone needs a ball Players must toss ball to themselves and kick ball straight up in the air using their instep Progress to partnering up and kicking ball back and forth using instep <p>Progressions: Specify what foot they must kick with.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Solid contact Follow through Watch the ball
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> One line stands next to goal post, while other stands a few yards from the D Line by goal post passes to line by D and then pressures Rebounds are live Switch lines after each turn <p>Progressions: Switch which side the players are passing/shooting from so they must use different feet. Specify number of touches.</p>	<ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 40-x-25 yard area A line of cones should be made approximately 16 yards from each goal Teams get two points for scoring when a shot is taken from the middle zone, and only one point for a goal made from anywhere else <p>Progressions: Add a neutral if necessary. Give extra points for a shot taken or made with a player's non-dominant foot</p>	<ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players Play with shorter field to encourage more shooting 	<ul style="list-style-type: none"> Observe to see if session has helped with finishing ability



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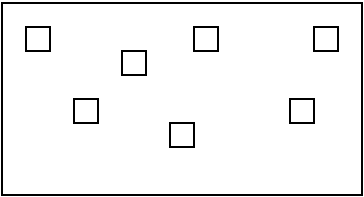
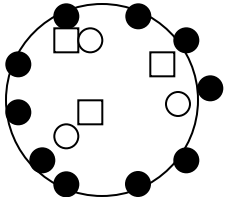
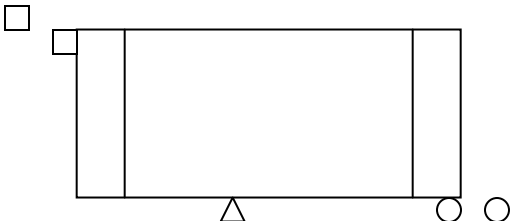
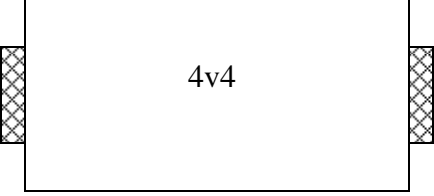
Topic: Finishing

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone needs a ball Players must toss ball to themselves and kick ball straight up in the air using their instep Progress to partnering up and kicking ball back and forth using instep <p>Progressions: Specify what foot they must kick with.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Solid contact Follow through Watch the ball
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> One line stands next to goal post, while other stands a few yards from the D Line by goal post passes to line by D and then pressures Rebounds are live Switch lines after each turn <p>Progressions: Have the defender start off playing passively and have them become more aggressive as the drill goes on.</p>	<ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Similar to above, but instead of 1v1, it is 3v2 Switch teams after four minutes <p>Progressions: Goals scored one touch count double. Goals scored with non-dominant foot count double.</p>	<ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 in a 40-x-25 yard area A line of cones should be made approximately 16 yards from each goal Teams get two points for scoring when a shot is taken from the middle zone, and only one point for a goal made from anywhere else Progressions: Remove the line and just let them play 	<ul style="list-style-type: none"> Observe to see if session has helped with finishing ability



Name: Ela Soccer Club

Topic: Dribbling – Beat an opponent

<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
	<ul style="list-style-type: none"> ▪ Everyone with a ball in 12-x-15 yard area – moving and dribbling ▪ On coaches command, players must do a move ▪ After doing a move players continue to dribble <p>Progressions: After doing a move, players must accelerate as fast as they can. Specify what moves they should do at first, then give them a chance to do whatever move they want or have them make up a move</p>	<ul style="list-style-type: none"> ▪ Head up to read game ▪ Body feint to throw defender off ▪ Change of direction ▪ Change of speed
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Five 2-3 yard goals spaced evenly on a circle ▪ Simultaneous games of 1v1 occur for 60 seconds ▪ Game begins with one player in possession of ball in circle ▪ Attacker attempts to score by dribbling ball and stopping it between a cone goal ▪ Switch roles after loss of possession <p>Progressions: After a goal is scored the same person turns around and tries to score again.</p>	<ul style="list-style-type: none"> ▪ Head up to read game ▪ Body feint to throw defender off ▪ Change of direction ▪ Change of speed ▪ Decisive decisions – pick a move and do it ▪ Correct timing of move
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Two teams send out one player each to a 15-x-10 yard area with 2 yard deep end zones at each end ▪ Ball is served by coach, players try to get ball, beat opponent on dribble, and stop ball in end zone ▪ Switch roles after loss of possession ▪ New ball is served should ball leave area ▪ New pair after goal or 1 minute ▪ First team to score x goals wins <p>Progressions: Play 2v2 and 3v3.</p>	<ul style="list-style-type: none"> ▪ Head up to read game ▪ Body feint to throw defender off ▪ Change of direction ▪ Change of speed ▪ Decisive decisions – pick a move and do it ▪ Correct timing of move
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players ▪ Give points for goals and for an attacker beating a defender on the dribble in the attacking third of the field 	<ul style="list-style-type: none"> ▪ Observe to see is session has helped with dribbling to beat an opponent

Quality 1 vs. 1 Defending

The most important aspect of team defending is to get good, quick pressure on the ball by the nearest defender. In fact, the first rule of team defending is that without pressure on the ball, team defending is impossible. Only after pressure has been established can a team begin to defend together. This makes the quality of 1 vs. 1 defending very important.

The keys to good 1 vs. 1 defending are simple:

1. BE QUICK TO PRESSURE: You must move to pressure as soon as the ball is played towards your opponent. Close ground as the ball is traveling to her—do not wait until she receives it to move to pressure. While closing, you have three priorities—in this order:

1. *Attempt to intercept the pass*—But do not take foolish risks that allow you to be beaten.
2. *Challenge the first touch*—You must be able to win the ball, or at least knock it away, if your opponent's 1st touch is poor.
3. *Contain*—At a minimum, you must always keep the attacker in front of you.

2. GET TOUCH TIGHT: Assuming you cannot intercept the pass, at about 6 yards from your opponent, slow down and approach to 4-5 feet away. You must be balanced and under control as you close the last few feet between you and your opponent. At this distance you should be almost close enough to reach forward and touch your opponent. This causes several things:

1. *The attacker gets nervous*—You are close enough to win the ball if she makes a mistake.
2. *The attacker's vision is limited*—Since they are concerned with protecting the ball, the opponent usually cannot look over the field to make dangerous passes.
3. *Play becomes more predictable*—When you are touch tight to the attacker, you prevent the possibility of long passes or serves, and your body cuts off certain passing lanes. Your teammates can then close space to fill the existing passing lanes.

3. BE PATIENT: This is the most important part of individual defending. A good defender recognizes that she does not need to win the ball immediately. The initiative is on the attacker to make something happen. Keeping this in mind:

1. *Do not dive in*—The most foolish thing to do is to fly recklessly at a ball that is under good control of your opponent.
2. *Be cool and alert*—Keep your feet moving, wait for the attacker to make her move, and then attack when the ball is most exposed.
3. *Tackle with authority*—When you tackle, tackle hard and “send a message”. Be 99% sure of success when you commit to tackle.

A Game of Opposites:

In 1 vs. 1 situations, attackers and defenders have completely opposite goals in mind. Whichever player is successful in accomplishing their goals will prevent their opponent from being successful:

Attacker's Goals	Defender's Goals
Wants to get <i>VISION "UP"</i> early to see the field and to make decisions to either shoot, pass forward, or dribble.	Wants to force <i>VISION "DOWN"</i> . No vision means attackers cannot see options, which means they cannot make many decisions. Fewer attacking options make it easier to defend.
Wants to <i>CREATE SPACE</i> .	Wants to <i>CLOSE DOWN AND ELIMINATE SPACE</i> . Less space means less time. Less time will make mistakes and bad decisions more likely.
Wants to <i>ATTACK QUICKLY</i> .	Wants to <i>SLOW ATTACKER DOWN</i> . This makes it easier to defend and react, and also buys time for teammates to recover.
Wants to <i>DRIBBLE "POSITIVELY"</i> . This means attacking space or defenders.	Wants to <i>MAKE ATTACKER "FIDDLE"</i> . This means slowing down, playing with the ball, or basically not going anywhere productive.
Wants to <i>GO FORWARD TO GOAL</i> .	Wants to <i>FORCE PLAY BACK OR SQUARE</i> .
<p style="text-align: center;">Attacker wins if they can:</p> <ol style="list-style-type: none"> 1. Shoot. 2. Pass forward. 3. Dribble past you. 	<p style="text-align: center;">Defender wins if they can:</p> <ol style="list-style-type: none"> 1. Win Possession. 2. Destroy possession—tackle the ball away. 3. Force a bad pass.