



**EDINA SOCCER ASSOCIATION
BEGINNER COACHES CLINIC**

This document is intended to be a supplementary take-away from this practical clinic, therefore attendance for the 2 hours clinic is more than highly recommended.

Characteristics of Players and Coaches Pre-K through 5th Grade (and older)

Pre K/K

Soccer will not look like soccer! Players should leave practice wanting to play with the soccer ball more. Have fun – create an environment and let them go at it!

Players should be encouraged to dribble, dribble and then dribble some more in order to become familiar/comfortable having the ball at their feet.

Coach: Needs to be patient, good sense of humor, willing to see the world through the players' eyes.

1st and 2nd Grade

Soccer will look a little more like soccer BUT all players should play all positions and no team concepts covered – develop a love of the game, free of fear of making mistakes, play, play, play!

Players should be encouraged to dribble practice should incorporate games with lots of goals and balls for more touches.

Coach: Must understand the capabilities and limitations of the age and the power of learning by watching. Must be able to demonstrate or use older/more skilled players to demonstrate.

3rd and 4th Grade

All players should be encouraged to attack or defend regardless of their “position”. Practice should be coach-guided NOT directed.

Lots of games to goal with a good ball to player ratio! Lots of touches!

While some players may be athletic do not allow them to use this athleticism all the time to solve problems. Be prepared to have to review the last practice as most will not remember. Explanations should be brief, concise and purposeful.

Coach: Energetic, able to stimulate and able to facilitate at practice.

5th Grade and older

Players should learn based on principles, not positions so they can still play any and understand the expectations.

Players should be encouraged to take "fear-free" risks in practice AND games.

Practice should build on what the players have learnt at U6, U8 and U10 as far as technique, skill and now small group play.

Coach: Sensitive teacher, enthusiastic, soccer awareness and the ability to demonstrate or utilize a player who can! Be able to explain the relationship between small group play into the bigger game.

Coaching Method

This will vary depending on the style of the coach, try and implement the following:

- Demonstrate as much as possible
- Divide into small groups or add more balls to maximize the amount of touches/repetitions
- Show good examples
- Encourage positively – verbally and non-verbally
- Give targets throughout the session where possible

Equipment:

Cones/discs
Pennies'/bibs
Corner flags/goals
Ball Pump
First Aid Kit
Spare Soccer Balls (correct size for the age group)

Player's equipment:

Shin guards
Cleats
Water
Age appropriate size soccer ball

What should I cover in my practice session?

Fast footwork

This covers individual ball work – each player with a ball as much as possible!!

- **Ball mastery**

Taps, rolls, paddles, juggles etc.

- **Turns**

Changing direction using the inside and the outside of the foot

- **Dribbles**

Beating a player 1v1, using feints to get past a player

Technique

This breaks down the skill into parts so that the technique can be learned.

- **Passing**
 - ✓ Place the non-kicking foot next to the ball
 - ✓ Use the inside of the foot
 - ✓ Contact the middle of the ball (keeps the ball low)
 - ✓ Follow through

- **Running with the ball**
 - ✓ Good first touch
 - ✓ Use the lace/instep part of the foot
 - ✓ Head up
 - ✓ Accelerate into the open space

- **Shooting**
 - ✓ Place the non-kicking foot next to the ball
 - ✓ Use the inside of the foot for placement
 - ✓ Use the laces for power
 - ✓ Contact through the middle of the ball for low shots
 - ✓ Follow through – land on striking foot

- **Heading (4th grade and up only)**
 - ✓ Attack the ball
 - ✓ Use the forehead
 - ✓ Eyes open, mouth shut
 - ✓ Head through the bottom half of the ball for height and distance
 - ✓ Head through the top half of the ball for attacking headers (low to the ground)

Tactical

How to play the game, using the techniques learnt.

- **Defending**
 - ✓ The closest player to the ball should put pressure on the player with the ball
 - ✓ Stay goal side of the attacking player
 - ✓ Where do I go when our goalie gets the ball?
 - ✓ What do I do once I get the ball?

- **Attacking**
 - ✓ When I am in space – can I dribble?
 - ✓ When I am under pressure can I find a team-mate?
 - ✓ When my team is attacking are all of our players attacking?

Set Pieces

How the game is re-started after a stoppage in play after the following:

- ✓ A goal
- ✓ A foul
- ✓ The ball goes out of play
- ✓ An injury

Corner Kick

When the ball goes out of the field of play behind the goal-line and was last touched by a player on the defensive team.

- ✓ How to take a corner? Where to put the ball?
- ✓ Where do I go when the other team has a corner

Throw-in

When the ball goes out of play over the sideline and was last touched by the opposition.

- ✓ Both of my feet must be on the floor at all times
- ✓ The ball must be released over my head
- ✓ Where do I throw to?

Goal Kick

When the ball goes out of the field of play behind the goal-line and was last touched by a player on the opposite team.

- ✓ Where do I take it from?
- ✓ Which area should I put the ball in?
- ✓ Where should my players position themselves?

Kick Off

The kick off is used to start the game, to restart the game after a goal is scored and used to start the game after the half-time break.

- ✓ The ball must go forwards
- ✓ A player cannot score from the kick off

Free Kicks and Penalties

Free kicks and penalties occur when a player is fouled (tripped, kicked etc.)

- ✓ Different rules at different age levels – check handbook for details

Session Structure (based on a 1hr 30min time frame)

Warm Up: 15 – 20 minutes

500 – 1000 touches; every player should have a ball!

Taps
Paddles
Rolls
Turns, moves, cuts

Main Session: 45 minutes

Topic and aim of the day

A – Review last session if appropriate to do so.

B – Introduce topic and demonstration.

Small sided games (scrimmage): 25 minutes

3v3, 4v4, 5v5, 6v6

Tactical Considerations 3rd Grade and up!

Technical ability limits tactical options – therefore working on technique is vital to your tactics.

Use the KIS method during your sessions and when you talk to the players – Keep It Simple!

Let all players play all positions, including the goalie position!! This is highly recommended for players up to the 5th grade.

Organize a rotation system per game, 2 players play goalie for one half only until everyone in the team has had a turn and then start the rotation again.

Let the game be the teacher! Encourage positively!!

The following can significantly help your team:

- Encourage your goalies to kick the ball wide not through the middle from their goal kicks.
- Try and coach the defenders not to dribble near or across their own goal.
- Ask your forwards to be patient and stay up the field in position and not to come looking for the ball.
- When you have a throw in, throw it down the line in the direction you are attacking.

EDINA SUMMER SOCCER CAMPS 2009

Players Pre-K through 5th Grade can improve and practice their soccer skills at this fun camp led by Phil Nell and Colette Montgomery, both supervisors of the ESA instructional program and Coaching Directors for the Edina Soccer Club. In addition to skills instruction/skills training, a daily contest and five vs. five tournament games, participants will learn to play soccer baseball, soccer golf and soccer bocce ball.

CAMP #1: JUNE 15-19

CAMP #2: JULY 6-10

TIMES: 9.30am – 12pm
AGES: 6 – 11 (BOYS AND GIRLS)
LOCATION: CREEK VALLEY FIELDS
COST: \$77 per student per camp

(\$30 is non-refundable for cancellations)

Please bring:
Soccer Ball (size #3 or #4)
Water
Shin Guards

Applications: www.edinasoccer.org
All inquiries to 952-826-0437