

COACHES HOW TO....

Guide and Support Players



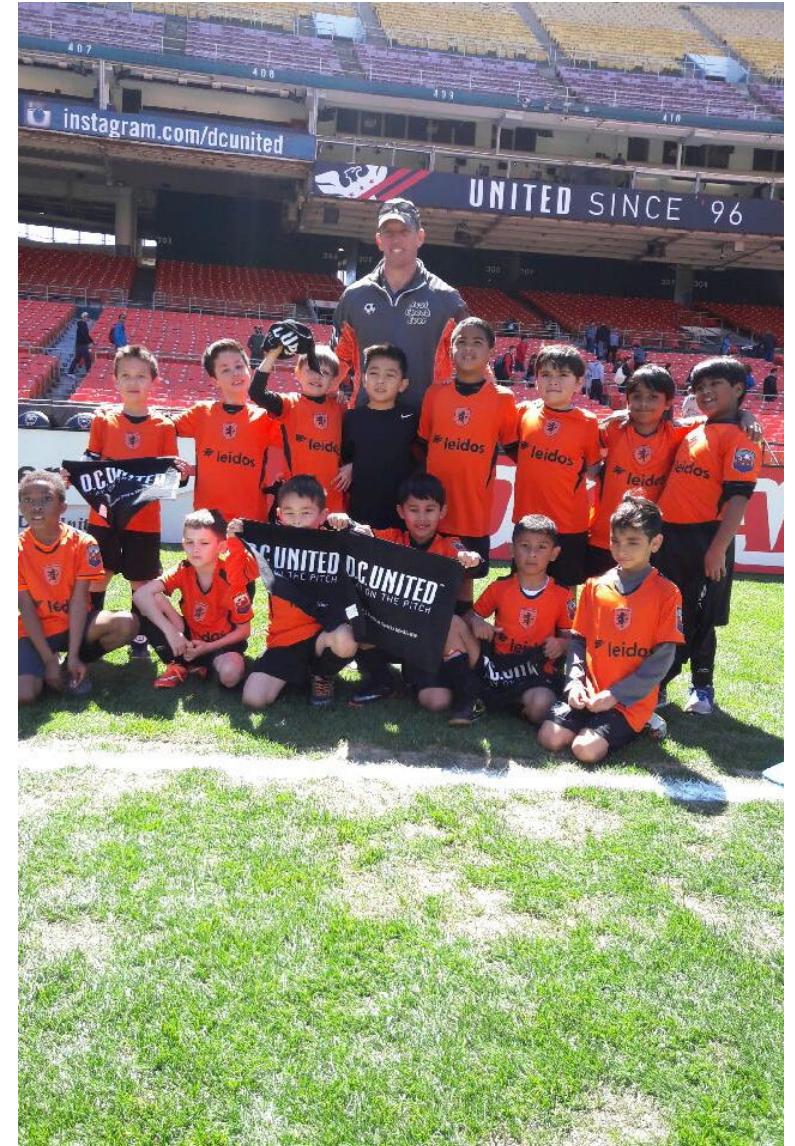
WHY DO PLAYERS PLAY

1. It's fun
2. It's challenging
3. It's supporting healthy behavior
4. It's supporting positive social behavior

The third and fourth reasons kids play sports are very important and although we, as coaches, have a massive influence on those aspects let's focus on the first and second.

Number 1. It's fun. Yes it is, or at least it is supposed to be. Our job as coaches is to make sure the players look forward to coming to practice. Sometimes we feel we can make practices fun without the sport. The goal in this is to give tools to the coaches for the sport that are used in a way to make practices fun.

Number 2. It's challenging. One of the main reasons players start playing the game is to be challenged, and the sport itself is one of the most difficult because we are playing with our feet. We need to learn to love and master the ball, but overall love the game.



WRITE A LESSON PLAN

Topic of the week/session

Pick 3 or 4 topics for the whole season.

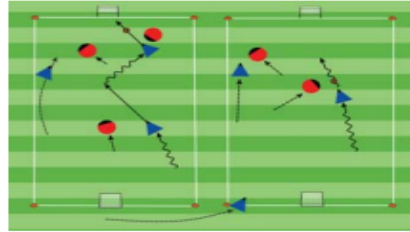
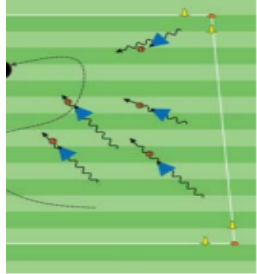
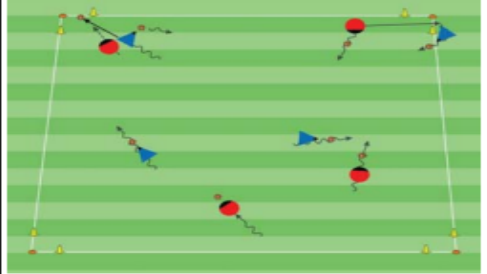
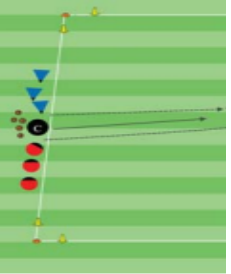
Activity Description and Diagram

Key Coaching Points

Use Guided discovery

Field Space needed

Training equipment needed (New Coaches can pick one of these up at the end).

e techniques of passing, dribbling & shooting		Key Qualities	Take initiative, l
Team Tactical Principles		Shoot & Pass or Dribble Forward	
PLAY SMALL SIDED GAMES			
<p>m with the ball attempts to nd score.</p> <p>vo 15Wx20L fields with a small practice is scheduled to start & as start playing a game. The game ie next player arrives; the game is After 1 field is at 3v3, start a l next to it. (Play one 8 min game imes)</p> <p>to the first player with his/her ie. Local rules apply.</p>			<p>Key Words: Move the ball tow</p> <p>Guided Questions: Are the pl Are all the players getting chal</p> <p>Answers: Consider using mult game. Adjust the games so the strong teammates.</p>
<p>Green Light:</p>  <p>20L grid, a small cone goal in rith a soccer ball dribbling h(es) walk around the space. light", the players must stop i "green light", the players ryer cannot stop their ball, they goal then start playing again. icy of the lights to allow the</p> <p>iribble slow, Blue Light-5 toe ht-hop on 1 foot around the</p> <p>e players are trying to dribble e coach is tagged, start a new</p> <p>de (of the foot), Inside (of the</p> <p>the players able to stop the o use different surfaces of their</p> <p>e ball and softly touch the top e of the foot.</p> <p>pinky toe instead of inside and</p>	<p>Demolition Derby:</p>  <p>Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. Players try to protect their ball while dribble at the other players and try to knock their ball into 1 of the 4 goals. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals).</p> <p>Rules: Play begins when coach says, "GO". If a player's ball gets kicked into a goal by an opponent, they must retrieve it & re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.</p> <p>Key Words: Shield, Turn</p> <p>Guided Question: What do you do to protect your ball?</p> <p>Where do you have to point your toe if you want your laces to kick the ball?</p> <p>Answers: Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.</p>	<p>Lightning McQueen</p>  <p>Organization: In a 15Wx20L corner, the coach starts at t all the soccer balls. Divide t McQueen vs Team Storm. O & one on the left. A player f ball and tries to score by str 4 goals. (Play for 8 min - 12 sec rest between intervals).</p> <p>Rules: Play starts when the field. Coach can make the g telling the teams prior to kic Team's get 1,000 points if tl goal is score or if the ball gc and coach serves a new ball play.</p> <p>Key Words: Find the open</p> <p>Guided Question: What c opponent?</p> <p>When would you use the bo</p> <p>Answer: Pretend to go to direction to go to the other. Use the bottom of your foot directions (pull back).</p>	
PLAY - LET THEM PLAY			

COACHING ORGANIZATION AND HABITS

Punctual

Session Plan

Use of Equipment – Pinnies and Cones

Body Language – hands in pockets vs Behind the back or by your sides.

Energetic = Passion for the game



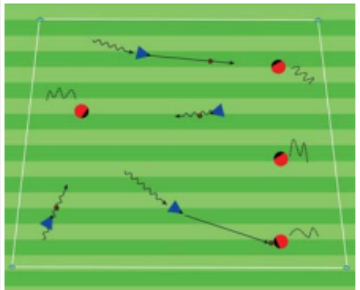

Tone and Volume of voice

DO NOT COMMENTATE – constant instruction is a huge NO NO

Try and Learn mentality for activities and for players.

Coaching Position – moving around. Don't stand still

techniques of shooting-striking the ball		Key Qualities	Take initiative, For
Team Tactical Principles		Shoot & Pass or Dribble Forward	




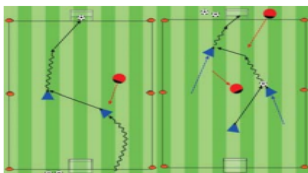
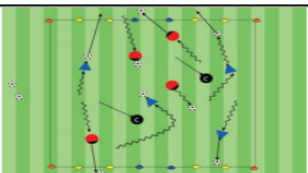


PLAY SMALL SIDED GAMES		
<p>with the ball attempts to dribble</p> <p>15Wx20L fields with a small ctice is scheduled to start & as irt playing a game. The game next player arrives; the game is er 1 field is at 3v3, start a ext to it. (Play one 8 min game es)</p> <p>the first player with his/her Local rules apply.</p>		<p>Key Words: Move the ball around</p> <p>Guided Questions: How do you When should the players be encour</p> <p>Answers: Rotate who starts with ball out of play and start with dribb Allow the players to find their shoo For the players who have scored at them to shoot from further away.</p>
<p>t vs Things 1 & 2:</p>  <p>. grid, select 2 players to not need a soccer ball & . The rest of the players ball. They are Cats in Hats.occer ball from 1 end of the ing tagged by Things 1 or : of 30 sec with 30 sec</p> <p>g as soon as the coach says p once at the other side. and. If a Cat gets tagged, can switch roles with</p> <p>er touches, slower with</p> <p>ld the players use big</p> <p>fter touches? and maintain speed if the from their body. want to stop the ball or to</p>	<p>Tiggers vs Rabbits (Winnie the Pooh):</p>  <p>Organization: In a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. (Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals)</p> <p>Rules: Players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 10,000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.</p> <p>Key Words: Kick the ball toward your teammate</p> <p>Guided Question: Why should you get close to the Tiggers before you try to hit them?</p> <p>Answers: It makes it easier to hit the Tiggers if you are closer to them. Point your toe to the side and kick through the middle of the ball with the inside of your foot.</p>	<p>Good Minions vs Evil Minions:</p>  <p>Organization: In a 15Wx20L team of Good Minions; without team of Evil Minions; with soc try to dribble the soccer ball z Minions by hitting them below Good Minions try not to get h intervals of 45 sec with 15 se</p> <p>Rules: Players begin as soon Minion starts to dribble. If an Good Minion, the Evil become becomes Evil. The new Evil M Who are the Good Minions at</p> <p>Key Words: Accuracy (Aim), (Strength)</p> <p>Guided Question: Was ther from all the players?</p> <p>Answers: Try using more E Good Minions to move more. When striking the ball far, giv kicking leg and follow throug</p>

PLAY - LET THEM PLAY

BREAKING DOWN A LESSON PLAN

1. Pick Topic
 2. Select an age appropriate warm up based around your topic.
 3. Warm Up examples can be found
 4. <https://www.soccercoachweekly.net/soccer-drills-and-skills/warm-ups/>
 5. http://www.footy4kids.co.uk/soccer-drills/warm_ups/eight-soccer-coaching-warm-ups-for-young-players/#
1. This can also be a simple, 2v2, 3v3 game to goals or to a line.
 2. Activity One – the meat of the sandwich. What do you want the players to improve on today?
 3. Select activities that allow the players a lot of repetitions and active movement. Limit lines.
 4. Ideas here - http://www.mayouthsoccer.org/coaches/session_plans/
 5. End with a game of 4v4 with subs or 6v6 depending on your numbers using correct rules.

FINISHED LESSON PLAN

  MASSACHUSETTS YOUTH SOCCER 			
GOAL	Improve the techniques of Shooting to score goals	Key Qualities	Focus, Take Initiative
Age Group	8-U	Team Tactical Principles	Shoot, Score goals, Support the attack
PLAY - SMALL SIDED GAMES			
<p>Objectives: Play the game to score more goals than the other team.</p> <p>Organization: 2-3 fields, 15W x 20L w/a goal at each end. As players arrive to the field play 2v1, 2v2, up to 3v3 games.</p> <p>Time: 4 games of 2 mins, 30 sec rest, activity duration is 10 min.</p> <p>Rules: Begin games & after a goal w/ a kick off. Out of bounds, pass or dribble the ball in. Give players some free play time w/ no coaching.</p>		<p>Key Words: Head up (look), find an opening (to the goal), shoot, move the ball forward closer to goal.</p> <p>Guided Questions: How can you tell which children are happy playing the game? How can you help them to be more comfortable?</p> <p>Answers: Young children display happiness with smiles and laughter. Have players be on a team w/ friends or children they know.</p>	
PRACTICE - CORE ACTIVITY			
 <p>Less Challenging Activity</p> <p>Organization: 20Wx25Lyd grid w/6 goals on endlines. Coaches are defenders. Dribble & shoot to score in a goal at one end then go to the other end to shoot.</p> <p>Rules: Each player w/ a ball. How many goals in 2min, beat score. Shoot w/favorite foot, non-favorite foot. Bonus pts for goals after beating a defender.</p>		 <p>More Challenging Activity</p> <p>Organization: 20Wx25Lyd field with goals. Make 2 teams. Balls next to the goals. Play 3v3.</p> <p>Rules: One team of 3 starts w/ the ball. Play to score in opponent's goal. After a goal the team that was scored on gets a new ball & plays right away. Play for 2 min before rotating players. Keep score.</p>	
<p>Activity Duration 21 min</p> <p>Time Active 2 min</p>	<p># of Intervals 7</p> <p>Active Rest 1 min</p>		
<p>Objective: Play 2v2 to shoot to score goals.</p> <p>Organization: In 20Wx25L yd grid w/4 cone goals on the endlines w/ a ball placed atop the 4 cones. A "far away marker" is placed 3-5yds up the sideline from the corners. (See diagram). Make 2 even teams on each endline. Coach has the balls at midfield.</p> <p>Rules: Each team sends 2 players onto the field. Coach plays the ball to one team. Score by shooting into the cone goals. Bonus pts if you score from behind the "far away marker" or hit a ball off the cone. Play for 2 min before rotating players on the field.</p>		<p>Key Words: Look up, find an opening, go to goal, shoot</p> <p>Guided Questions: What should you do if players just dribble up close to a goal to score? Why would a player dribble before shooting?</p> <p>Answers: Encourage attempts to shoot from the "far away marker". To get into a clear opening or path to the goal, past defenders to shoot.</p>	
PLAY - LET THEM PLAY			

COACHING GUIDELINES

- • Warm Up Games • Individual Ball Manipulation Games • Multi Skill Games • Multi-Player Games (Session Specific - Ex. Dribbling and turning) • Scrimmage (Session Specific - Ex. Dribbling and turning) • Cool Down/Stretch. Over the course of the season it is important we focus on the key characteristics; Dribbling, Passing, Defending, and Shooting. Lead by example and provide the perfect learning environment. Below are the guidelines that should be followed:
- • Provide a SAFE ENVIRONMENT.
- • FUN sessions. Ensure that the session is easy to follow and understood by the players. • Allow players the freedom to play and make mistakes. "A PERSON WHO NEVER MADE A MISTAKE, NEVER TRIED ANYTHING". Albert Einstein
- • No lines of players waiting to do a drill – Ensure that every player is moving and thinking.
- • ENCOURAGE! – celebrate good dribbling, control, passing, shooting and tackling.
- • Always remember to.... EDUCATE the players Make the session FUN. Let the game be the teacher. ENCOURAGE! ENCOURAGE! ENCOURAGE! LET THEM MAKE MISTAKES

SOCIAL MEDIA

- Twitter - @SAMSoccer06
- Facebook – SAM Soccer
- Use the hashtag #WHOSSAM
- Please interact with us and follow us for up to the minute information.
- Any questions please reach out to Gary Burke – gburke@mdsoccerplex.org