

AGE APPROPRIATE SOCCER COACHING

I. WHAT IS THE GOAL? WHAT IS OUR MISSION?

A. PLAYER DEVELOPMENT

Long Term

High Road

B. TEAM RESULTS

Short Term

Low Road

(Time is a key factor)

You need to choose. Parents need to know. This will
Motivate your decision making. INDOOR vs.
OUTDOOR vs. TOURNAMENT vs. STATE CUP

II. RELATIVE IMPORTANCE OF GAME AREAS BY AGE

III. IMPORTANCE OF PSYCHOLOGICAL TRAINING

IV. GOALS AND OBJECTIVES BY AGE GROUP

V. CONCLUSION

1. TECHNIQUE, TECHNIQUE, TECHNIQUE
PSYCHOLOGY, PSYCHOLOGY, PSYCHOLOGY

2. HIGH OR LOW ROAD

3. WHEN IN DOUBT.....PLAY

Small #'s (3v3, 4v4)

Game conditioned, match related (keep
Away)

3. DEVELOP FANS AND STUDENTS OF THE GAME
PROMOTE THE SPORT!

ATHLETIC FOOTWEAR COUNCIL
SPORTING GOODS MANUFACTURERS ASSOCIATION
STUDY BY MICHIGAN STATE OF 15,000 CHILDREN

Years	<u>10-11-12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
Participation	30%	25%	18%	15%	12%

TOP 10 REASONS – I wish.....

1. Practice more fun
2. Coach understand players
3. I could play more
4. Coach understood sport better
5. Coach were a better teacher
6. Games and practices scheduled at different times
7. Coach didn't yell so much
8. Less emphasis on winning
9. More leagues – so other players were closer in ability
10. The sport did not take so much time

*How many of these can the coach directly affect?

U10

Overall Objectives:

1. Players must be comfortable with the ball at their feet (in possession of the ball).
2. Players must work on utilizing both sides of their body (left and right).
3. Players must begin to develop confidence in receiving balls of different aptitudes.
4. Players must develop accuracy in the kick and begin to develop “proper pace” with the inside and insteps of their feet.
5. Players must begin to develop confidence in making decisions individually and in small groups (the area around the ball).

Emphasis:

Technical Objectives

Dribbling

- Players can keep ball within “control distance” (within 1 or 2 steps) on the dribble
- Players can maneuver the ball within “control distance” with the inside, outside and sole of feet while stationary and moving.
- Players can change direction while dribbling the ball and maintain control of the ball (chops, ½ turns, fake, left go right, stop and go, etc.).

Receiving

- Players can receive a ground ball positively within “control Distance using inside, outside, and sole of foot; while in motion.
- Players must work on keeping the ball in motion, redirecting the ball at various angels within “control distance” (preparing away from pressure)
- Players must begin to use chest, thighs, insteps, insides, outsides and soles of feet to receive flighted balls.

Kicking

- Players can strike a ground ball accurately with the inside of the Foot and begin to develop accuracy with the instep (laces) of the foot.
- Players must begin to develop a sense for applying the proper pace (weight) on the ball.
- Players must begin to develop the skills for keeping the ball low, as well as working on technique to serve it high.

Tactical Objectives

Individual

- Player must develop the ability to choose the right skill and execute it at the right time and place to beat an opponent 1 v 1 (dribbling, shielding, escape moves, speed. (K.I.S.S)

Small Group

- Players must recognize when to pass or when to hold the ball in keep away activities (1st Attacker).
- Players must become mobile after passing the ball (become 2nd Attacker).
- Players must be able to move into open space (to show) for teammate with ball (2nd Attacker).

Team

- Players understand positions on the field
- Players understand and respond to transition from Attack to Defense
- Players understand the importance of balance (players in back, players in middle, players up front, and players on left, players on right).

Psychological Objectives

- Players must have fun
- Players must feel liked by coach
- Players must feel worthy
- Players must get quality time in all matches (we all learn from playing the game)
- Players must know that they can play in the match undisturbed (limited coaching)

Physical Objectives

- Every player trains with a ball (constant activity)
- Whenever possible, every player participates in training activities
- Game-like activities foster physical fitness (1 v 1 and small-sided games)

U12

Overall Objectives:

1. Players must be comfortable with the ball at their feet while under pressure.
2. Players begin to use their proper side (left or right) and surface when receiving the ball, dribbling a ball, striking a ball and in tackling.
3. Players must begin to develop power in the kick.
4. Players must develop confidence in heading.
5. Players must improve individual tackling skills.
6. Players must understand the use “combinations” in the area around the ball (1st and 2nd attackers).
7. Players must begin to understand small group tactics related to the thirds of the field.

Emphasis

Technical Objectives

Dribbling

- Players can possess a ball with shielding when closed down
- Players can dribble the ball within “control distance” at increased speeds.
- Players increase their “move” options and practice them under pressure.

Receiving

- Players must develop the ability to turn the ball (ground and air balls).
- Players must be able to receive the ball within “control distance” while under pressure from an opponent.

Kicking

- Players can strike a volley or half-volley with the inside and instep of the foot.
- Players begin to develop the ability to chip the ball.
- Players begin to utilize the power step (last step) when striking the ball for distance.
- Players can strike a ground ball accurately, while under pressure of an opponent.

Heading

- Players can head a ball with the proper surface (upper forehead).
- Players begin to develop the ability to head a ball up-and-away (clear) as well as down (pass and shot).
- Players begin to develop the technique of heading a ball while airborne.

Tackling

- Players improve their technique of block tackling and toe-poking to win the ball:
 - Angle and speed of approach
 - Stance and body positioning
 - Eyes on ball

Tactical Objectives

Individual

- Players must begin to recognize when to go in for the tackle and when to Restrain and contain (patience and timing).

Small Group

- Players must improve their vision in the area around the ball when attacking and When defending (anticipation = thinking ahead).
- Players must begin to understand when they are 1st and 2nd attackers and when They are 1st and 2nd defenders (changing roles).
- Players must begin to understand when to use the wall-pass, run-around, and the Take-over (combinations used in the area around the ball).

Team

- Players begin to understand how play changes offensively and defensively in the Different: thirds of the field
- Players understand the need for numbers

Psychological Objectives

- Players must have fun
- Players must feel liked by the coach
- Players must feel worthy
- Players become team oriented (50% me.....50% us)
- Players must get quality time in all matches (we all learn from playing the game)
- Players must know that they can play in the match undisturbed (limited coaching)
- Players just begin to develop mental toughness, ignoring outside influences (parents, opponents, officials, etc., and focusing on the match)

Physical Objectives

- Every player must train with a ball when appropriate
- Whenever possible, every player participates in training activities (avoid lines)
- Game-like activities foster physical fitness
- Player must improve flexibility
- Players must improve speed with the ball

U14

Overall Objectives:

1. Players must be comfortable dribbling, passing and receiving the ball under pressure.
2. Players must improve heading technique while airborne.
3. Players decide which skill to use depending on pressure in thirds of the field.
4. Players understand roles of 1st and 2nd attackers and defenders in the thirds of the field.
5. Players begin to understand the importance of the area away from the ball in both the attack and the defense, and the roles of the 3rd attacker and his/her counterpart, the 3rd defender.

Emphasis:

Technical Objectives:

Receiving

- Players are confident redirecting and turning with the ball on their first touch under pressure of opponent.

Kicking

- Players can pass and shoot ground and air balls with power and accuracy with the instep and inside of the foot while under pressure.
- Players develop the ability to use the outside of the foot to bend a ball.

Heading

- Players develop the ability to take-off properly and position their body appropriately when airborne.

Tackling

- Players are confident in the block tackling and toe-poking techniques
- Players begin to develop the slide tackling technique.

Tactical Objectives:

Individual

Attack:

- Players must begin to understand when to penetrate and when to possess.
- Players must select proper form of penetration (shot, pass or dribble)

Defense:

- Players must recognize when to go in for the tackle and when to restrain and contain.
- Players must know how to use touch lines and end lines to help him/her to defend.

Small Group

Attack:

- Players improve their decisions on the types of passes to utilize in order to penetrate (quick killer passes and 2 v 1 combinations)
- Players (2nd attackers) must improve their supportive mobile activities (choice and timing of runs < and communication)
- Players must recognize when they become the 3rd attacker, and they must attempt to unbalance the defending team by making creative constructive runs.

Defense:

- Players must begin to understand the importance of verbal and non-verbal communication (body positioning of 1st defender) between the 1st and 2nd defenders in order to make play predictable.
- Players must recognize when their roles change from 1st to 2nd and from 2nd to 1st.
- Players just understand how to play as a 2nd defender (angle and distance of cover, communication).
- Players recognize when they become the 3rd defenders, and they must track (watch) attackers away from the area of the ball who are making forward runs, squeeze space centrally; preserve, balance, shape.

Team:

- Players must understand the concepts of safety and risk in the different thirds of the field:
 - Defending Third - “BIG SAFETY, little risk” zone
 - Middle Third - “safety = risk” zone (the build-up zone)
 - Attacking Third - “little safety, BIG RISK” zone
- Players must understand the principles of the game:
 - Attack – Improvisation, penetration, depth, mobility, and width
 - Defense – Immediate chase, daisy, depth, balance, concentration, and counterattack.

Psychological Objectives:

- Players must have fun.
- Players must feel liked by the coach.
- Players must feel worthy.
- Players become team oriented (50% me.....50% us).
- Players must get quality time in all matches (we learn from playing the game).
- Players must know that they can play in the match undisturbed (limited coaching).
- Players improve mental toughness, ignoring outside influences (parents, opponents, officials, etc.) and focusing on the match.
- Players must realize that skills and concepts taught in training sessions relate to the game.

Physical Objectives:

- Every player must train with a ball when appropriate.
- Whenever possible, every player participates in training activities (avoid lines).
- Game-like activities foster physical fitness.
- Players must improve flexibility.
- Players must improve speed with the ball.
- Players must develop upper body and abdominal strength.

The purpose of the Travel Soccer Program is.....

1. To have young athletes be prepared to become well-rounded soccer players as they move into high school and college years. This preparation will focus upon the development of physical, technical, tactical and mental soccer skills through a quality coaching program. This development will be measured through pre-established standards in all four skill areas. This preparation will be supported by a selection process in accordance with the standards.
2. To actively advocate for and promote the sport of soccer.

To give our community's better players an opportunity to learn more about soccer, to play at a higher level competition, enabling them to become better players.

To foster the technical, tactical, physical, mental and emotional growth and development of youth through the sport of soccer in all level of age and competition.

To be the class of the league. Players, coaches and parents should live by the highest standards of sportsmanship toward each other, the competition, and the referees. It also means playing the best soccer, which may not always mean winning the most games.

To develop a love of the game. To learn about the game. To understand that there is so much more to appreciate than simply the goals. To follow the national team and find players to identify with. To have fun in training and matches. To enjoy playing so much that players play pick-up games at school recess.

To develop as people and players. Stress individual skills at all ages but especially at the younger ages. Need to have confidence in individual skills in order to contribute to learn building skills that will benefit them in soccer and life.

