

CLUB SPORTS ALASKA SOCCER 2019

COACHES TRAINING PACKET

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COACHES -- Things to know, Things to have...

Overview of the season -----> What our kids should have a basic knowledge of by the end of the season...

1. General play of game: youtube youth soccer drills
 - basic rules
 - direction
 - corner kicks, goal kicks
 - in bounds throw
 - fouls
 - field players vs keeper

2. Technical Skills:
 - dribble
 - trap
 - pass
 - collect
 - shoot
 - defending

3. Tactical skills: <http://www.coachingsoccer101.com/>
 - width & length
 - The WHY'S of the game
 - system of play; 2-2, 1-3, 1-2-1
 - off sides

4. Psychological skills:
 - good sportsmanship
 - positive attitude

5. Fitness:
 - cardio shape
 - speed shape
 - muscle condition
 - nutrition & water

Coaches equipment for a game:

1. extra balls
2. whistle
3. cones
4. scrimmage jerseys
5. stop watch
6. First aid
7. ice packs
8. trash bags
9. roster
10. SUBSTITUTION? On deck & in the hole blankets

Players need: sports bag, rain gear, hat & gloves, water bottle.

WHAT DO I TEACH THIS SEASON?

Coaches, Hole punch this and put it into your lesson plan book. We want our coaches to cover most of this if not all of these lessons throughout the season.

Lessons:

1. Field recognition - Lines & boxes-target zone, etc.
2. Throw in
3. Push Pass
4. Rules of the Game
5. Defending
6. Dribbling and ball control
7. Positions and Formations
8. Understanding off-sides
9. Collecting the Ball - good first touch
10. Shooting
11. Speed running w/ Ball - the long touch

<http://www.youthsoccerdrills.com/>

http://www.soccerhelp.com/Soccer_Drills.shtml

COACHES TOP 10 TO TEACH

1. SIDELINE, END LINE, GOAL LINE, MID LINE, GOAL BOX, PENALTY BOX, CORNER, GOAL
Work this like a tag game. Like Pom Pom Poll Away. A field recognition challenge game. You can do THIS ON ONE HALF OF THE FIELD. GOOD WARM UP.

2. DRIBBLE DRILL

I always start a practice with dribbling. This is great for ball control development. You can work on the inside dribble and the outside dribble. This is great for working on stopping the ball as well (trapping). I like to start with the #1 trap, the toe trap, then sole trap, shin trap. These are three basic and fundamental soccer traps. Then get goofy and add the sitters trap, tummy trap, back trap, nose trap. It can be both fun and a good warm up, and also a lead in to fitness development.

Drill: Make a grid 20x20. Place 1/4 of the players on each side. Have them dribble through to the other side.

Game: Same set up and put someone in the middle. The 'IT' person tries to get the ball away from someone and dribble to a sideline.

3. FITNESS FUN

Always add in some sort of fitness. The most popular exercises are push ups and sit-ups. Add in a stretching routine & Jumping Jacks. There are a number of fun stretches to do.

4. PARTNER PASSING

Work in twos. This is a good formation for passing. Inside push pass (banana), outside pass, laces pass, inbounds throw. Start short and then step back to increase the challenge. Then offer a time limit challenge. This always increases productivity. How many passes can you make in 30 seconds. Line drill, short short long.

5. COLLECTING

Trapping a ball is collecting in a manner. But collecting the ball is more than trapping. Collecting the ball means getting it under control and maintaining possession. It includes the concept of a GOOD FIRST TOUCH. Try collecting the ball from the ground as a smooth roller. Then increase the difficulty factor by adding a ball that is tossed into the air, inbounds throw, a bouncer. Collect from different parts of your body, foot, thigh, chest. Drill; Toss/Hit/Catch. Also partners line to line, where one tosses and the other hits. Then change rolls on the way back.

6. JUGGLING

This is simply the art and skill of bouncing the ball off different parts of your body without letting it touch the ground. Start with two consecutive hits, then three. Do this on a regular basis and have a dribbling contest at the end of the season. Give away a prize.

7. SHOOTING

This is by far the best part of the game. The first rule for proper shooting is to keep your eye on the goal and then the ball. Point to your target. Touch the ball with the proper part of the foot, inside, laces, outside toe, inside toe. Talk out loud to yourself and say the 3 P's, PUSH-PEEK-PLACE. Land on your kicking foot. Shoot soft then hard.

Drill: 1. Shooter turns and picks up the ball PPP, 2. 4 lines- 2 shooters- 2 defenders- defenders chase the shooters. 3. Add defenders at the posts, 1 v 1

8. Classic 3v1 (Monkey in the middle) Great for reinforcing the triangle concept. Start with holding and catching the ball with hands.

3v1 w/ goal Use Grids. To make it fun and successful start with 5v1 or 10 v1. Ot the whole team in a circle v 1. Then v 2 , etc.

9. DEFENDING

Good defensive technique always begins with good stance. Balance, on toes, ready to move. Concepts; Not to close, not to far. The closer the ball gets to the goal the closer you get to the attacker (close down their space). Also always be centered between the ball and the goal.

10. POSSESSION DRILLS

Shielding concept. Maintain possession. Keep the ball away from the defender. Don't let the ball get under you. Use grids to confine space.

11. Drill to support 2v1. Also support good passing with team mate and collecting.

Set up 4 grids back to back. One defender behind their grid. @ offensive players begin at one end of the grid. Defensive player can come into their grid as soon as the ball enters their grid. Defensive players cannot go out of their grid..

PRACTICE LESSON PLAN 1 Field Recognition

DATE: _____ THEME: _____

FIELD RECOGNITION

I. Warm up: Jog around the field 2 times

GAME: Pom Pom Poll Away with a ball

II. Developmental: Push ups, crunches, JJ's, Stretch

III. Lesson: Field Recognition. Introduce the lines on a field;

1. Sideline
2. Goal line
3. Mid line (half line)
4. Goal box (6yd box)
5. Penalty Box (18 yd box)
6. Penalty line
7. Corner kick box

IV. Game: Call The Line: Players start game w/ 10 points. Coach call out a line and players dribble their ball to that line. Last player to the line loses a point.

** During this lesson explain why the line is there.

Drill & Diagram

PRACTICE LESSON PLAN 2

DATE: _____ *LESSON:* Throw In

I. Warm up: Players dribble within a space. Change direction on the signal. Advance to: Change of direction, change of pace, ball not too close not too far. Dribble around cones. Use inside and outside of foot.

II. Developmental: Lead players through a series of stretches, j. jacks, push ups, sit ups

III. Lesson: Have them pair up, one ball per pair. Members of each pair face each other, 7-15 steps apart (depending on age). (There will be 2 lines facing each other shoulder-to-shoulder, about two steps apart).

Start with the balls all on one side, so the players will first be throwing the same way.

On "Go", the players with the ball all make a throw-in to their teammate watch for distance, be sure they are dragging the rear foot

Encourage high throw-ins that would go over an opponent's head; not a throw-in toward the ground.

Throw proper direction.

Teach: 1. Two hands on the ball 2. hands on the ball form a "W". 3. Ball moves behind the head then come forward in a non-stop continuous motion 4. Both feet stay on the ground 5. Body faces the field

Drill & Diagram

Game: How many throws does it take for you and your partner to go across the field. Have a race.

PRACTICE LESSON PLAN 5

DATE: _____ LESSON: DEFENSE

I. Warm up: Dribble the ball. Change directions, change pace, short taps, long taps, not too close not too far.

II. Developmental: Push ups, Crunches, JJ's, Stretch

III. Lesson: The LEARNING POINTS FOR DEFENDING

1. 1st man pressure, 2nd man to ball is cover or helper, 3rd & 4th man to ball is Balance man who must have proper spacing and body position on angles, so that they can't be split by a pass or dribble.
2. Make curving runs to cover so as to eliminate penetrating passes through the seams.
3. Balance players must be able to see the man/men and the ball.
4. Body position (hips, head, feet, toe) must always be ready to step in to win the ball, poke check, tackle.
5. Distance between pressure and cover is correct. Not too close, not too far.
6. Outside players tucked in. Get behind the man/ball
7. Ready to step in and win the ball.
8. The big "C". Communicate to others.
9. Slide and shift together: be organized.
10. Be compact and concentrated.
11. Keeper - be involved -- your a defender.
12. Moving before the ball is received, immediately after the pass.
13. Read the ball, adjust the runs, watch body position, watch over commitment with feet on the ball, and position off it.
14. Working together in shifting pressure/cover/balance. This only happens with great communication.
15. Don't let attackers slip behind the defense.
16. Understand over aggressive mistakes as opposed to stepping, tackling, and winning at the proper time.

IV. Game

Drill & Diagram

Five ball spots on the field

x x x x x D Where do the defender / s belong

PRACTICE LESSON PLAN 6 Dribbling & Ball Control

DATE: _____ Lesson : _____

I. Warm up: Dribble ball to touchline & back. R. foot only, L. Foot only, Both feet. Soccer ball tag. Kick your ball into someone else's ball. They have to do 5 JJ's.

II. Developmental: 15 JJ's, 10 Push ups, 20 Crunches, Stretching

III. Lesson: Dribble the ball through the cones. In and Out .

IV. GAME: Pom Pom Poll Away

Drill & Diagram

THESE ARE THE THINGS - that happen at the game:

1. Rotation. Teams with 15-16 players will have three groups to rotate. One group of 5/6 on the field, One group of 5/6 on deck, and one group of 5/6 that just came off of the field and are in the hole.

There are two ways that I have seen that are the most popular.

A. *One is the blanket method.* Set up 2 blankets on the ground. A red blanket and a blue blanket. The red blanket is the on deck group and the blue blanket is the in the hole group. As the on deck

group goes in the in the hole group rotates up to the red blanket. The group coming off the field goes to the blue in the hole blanket.

B. *The other is THE straight line* where you take the front 5/6 to go in. This method gets the kids off the field fast. They come to realize the faster they get off the field the faster they get back in the game, especially if there are only 14 or 13 players at the game.

** Teams are most successful with a parent helping to do rotations.

2. Substitutions. When it is time for player substitution the coach should relay a message to the referee. It is the responsibility of the referee to blow the whistle for substitutions. It is the responsibility of the coaches to alert the referee when time is up for a shift and it is time for a substitution. Coaches or parents are not authorized to holler substitution from the sidelines. Leave this up to the referees.

3. Positions. All players are to play all positions. I like to say no player is allowed to be keeper twice until every player is keeper once. No player is R Forward twice until every player is R Forward once. Switch players around every shift if possible. No player should play the entire game in one position no matter how much they want to.

4. Unruly, Undisciplined, Out of control. We all face these situations

when working with kids. Coaches **STAND FIRM, BE RESPECTFUL, STAND FIRM.** You have rules and expectations for your players. Communicate your rules and expectations prior to your first game. Also establish your consequences and communicate that to the team players and parents. I like the 3 strike policy myself. I use it today in my classroom. I have for 35 years. The theme is simple, Make Good Choices. When there is a problem; 1st time stop and talk. Explain the problem and what the expectation is and move on. 2nd time, With a more firm voice re-explain the problem and sit the player down for a few minutes.

Example: I have already told you you cannot kick dirt at your teammates. Now sit down here for 5 minutes and think about how you are going to change your behavior. It's not allowed. A few minutes later bring the player back in front of you and ask them why they were in time out. If they give the right answer and own up to the problem then bring them back with a pat on the back. If they don't own up then sit them back down for a few more minutes. Sooner or later they will figure it out. If the same problem persists a 3rd time then re-explain the offense and sit them out for the rest of the half or game. You can bet the parents will question why their child is sitting out. Be respectful in your explanation. If for whatever reason the parents are not supportive then immediately come and see me.

DO NOT UNDER ANY CIRCUMSTANCES CREATE AN ALTERCATION. Just gently walk away and come to see me. If the parents are supportive then we are making progress in raising this child.

PRACTICE LESSON PLAN

DATE: _____ Lesson : _____

I. Warm up:

II. Developmental:

III. Lesson:

IV. GAME:

Drill & Diagram
