

CLUB SPORTS ALASKA SOCCER 2020

COACHES TRAINING PACKET

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Thank you for being a Coach!

But more importantly, thank you for being a positive role model to our young ones. Coaches have an enormous impact on the lives of children. So thank you for taking on this challenge!

As a coach, it is your job to help our children develop a love for the game and develop positive character. Over this short season, with limited practice time, you won't be able to develop all-star, high caliber athletes. There just isn't enough time for that. You WILL be able to have a positive influence on a child's life, help them learn the basics of the game of soccer and have a successful season!

KEYS TO A SUCCESSFUL SEASON

C - COMMUNICATION with your parents, players and with Coach Caleb is key.

O - ORGANIZE your lesson before practice begins. Refer to this packet for easy to use practice plans.

A - ASK FOR HELP from your parents, referees or Coach Caleb. Delegate tasks to parent volunteers.

C - COMMITTED to your team's improvement. Be present and be engaged!

H - HAVE FUN with the kids! If you are having a good time, they will too.

FUNDAMENTAL SKILLS to work on EVERY practice:

1. Dribbling, footwork and ball control
2. Passing
3. Shooting

LESSONS to teach after the fundamental skills:

1. Field recognition - Lines & boxes-target zone, etc.
2. Throw Ins
3. Corner Kick Sets
4. Goal Kick Sets
5. Defense
6. Offsides (10 and up)
7. Positions (Defense, Forward, Midfield)
8. Formations (2-1-2, 2-3, 3-2)

The more times our players touch the ball, the better player they will become!

Drills to Build Fundamental Skills

KEYS: Stay away from Lines, Laps or Lectures to keep kids Moving, Engaged and Positive!

We want kids to be moving and getting as many ball touches as possible. A great way to do this, after you have taught the drills, is to set up 3 stations; a dribbling station, a passing station and a shooting station. Do one drill at each and then switch stations every 5 min or so. If you don't have the manpower for stations, then pick 2 or three of these to do each practice after warm-up.

Dribbling, Footwork and Ball Control

Coaching Points:

Keep ball under control; use all surfaces of the feet. Keep head up and find space while dribbling. Change speeds and directions. Laugh, have fun and become a fan!

1. Crazy Box Dribbling: Set up a box with cones, 15 x 15 yd. Have all the players dribble around the box while dodging other players and balls. Have them work on specific skills by making restrictions like only using their right or left foot, or only using the inside, outside or bottom of their feet, or by having them go fast or slow. Blow the whistle to stop them intermittently and have them trap the ball with the bottom of their foot.
2. Popcorn and Toe Tappers: Have the players knock the ball from one foot to the other using the inside of their foot. We call that Popcorn. Toe tappers are when the ball stays stationary and the hop back and forth doing toe traps with each foot. (<https://www.youtube.com/watch?v=ODlw8K66Qil>) See how fast they can go. Get them spinning in a circle, going front to back or side to side.
3. Partner Toss: Have players get a partner and a ball and stand 6-8 feet from their partner. Set up cones for them to stand by for the younger players. Have the partner toss the ball to their partners feet, knees, and chest. The player receiving the toss must settle the ball, then pass it back to their partner, using their feet. Tosser picks it up then tosses again. 5 tosses and switch.
4. Sharks and Minnows: Set up a box with cones, 25 x 15 yd. All players start on one side and have a ball. Pick a "shark" to be in the middle, they don't have a ball. Once the "shark" says "Swim Minnows Swim", the goal is for the players with the balls to dribble to the other side without their ball getting knocked away by a "shark". If their ball gets knocked away or they dribble out of bounds, they become a shark. Once they get across the end line, they are safe until the shark sends them back the other way.
5. Red Light, Green Light: Set up a box with cones, 15 x 15 yds. All players have a ball and start at the end line, these are the cars. Pick a traffic cop, and have them stand on the opposite endline facing the players with the balls. When the traffic cop turns around and says "Green Light", the cars are free to go. When the traffic cop turns around to see the cars and says "Red Light" all of the cars must stop. If the cop catches them moving, they must go back to

the end line. Whoever touches the cop first, becomes the new cop.

6. Jack Frost: Set up a box with cones, 15 x 15 yards. One player is Jack Frost. All other players dribble the ball within the box. Jack Frost tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen dribbles as before.

Passing

Coaching Points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact on center of ball. Follow through. Laugh, have fun and become a fan!

1. Partner Line Passing: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success, restrict touches, 3 touches in between passes, 2 touches in between passes.
2. Partner Grid Passing: Set up a box with cones, 20 x 20yd. Work in twos. Have the players inside push pass (banana), outside pass, laces pass all around the grid. Moving after every pass. Start short and then step back to increase the challenge. Have them practice taking one touch before passing. Then offer a time limit challenge. This always increases productivity. How many passes can you make in 30 seconds.
3. Monkey in the Middle: Set up a box with cones, 15x15yd. Offense must keep the ball inside the box. Start with 1 defender (monkey) in the middle. If the defense gets the ball, knocks it out of the box or the offense kicks it out of the box, the last offensive player to touch the ball goes in the middle. Add defenders as needed. Encourage offense to move and keep spacing.
4. Line Drill, (Short, Short, Long): Create passing lines with cones on either side about 20-30 yards apart. Put players into groups of four to seven. Each group needs a soccer ball. Have players form even lines at the cones on either end. The first player in line makes a long pass to the opposite side and then follows their pass. The receiving player plays a short pass to the player running towards them and then receives it back. The player with the ball then sends a long pass to the other side continuing the cycle.
5. Golf: Coach sets up cones like a golf course or you can have players use objects on the field (trees, benches, trash cans etc). Each player has a ball. Players try to "pass" the ball and hit the objects. Once their ball touches the object, they try to pass their ball to the next one. The player with the least number of passes wins the game.
6. Marbles: 1st player passes the ball out. 2nd player passes their ball out in an attempt to hit the 1st players ball. Both alternated trying to hit the other players ball. For a hit the player receives a point. The first player to ten points wins. Perform the exercise in open space.

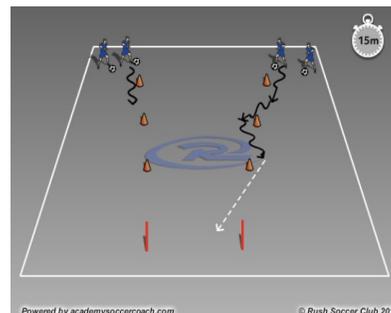
Shooting/Scoring

Coaching Points:

Technique of kicking foot, strike ball with laces, toe down, ankle locked (Probably not possible for

4-5yrs but good for them to hear the right coaching points). Contact on center of ball. Plant foot pointed at target. Follow through. Weight, timing, and accuracy of pass/shot.

1. 3v0 (or 2v0) to goal: Set up 3 lines, 15-20yd from the goal. Toss out a ball and the first player in each line comes out. They are all on the same team. The team must pass the ball at least three times and then score. Encourage them to space out and call for the ball when they are open. You can add defenders once there is some success. Have them shag their ball, and go to the end of the line then send out the next three. Try to keep this moving as fast as possible to keep kids from standing.
2. Cones and Shoot: Dribble through cones without touching a cone, touch ball every step, once by last cone shoot ball on goal. Once players shoot, next player in line goes.
3. Fortress: Players pair up with a ball and a tall cone (or another ball). One player has the ball and tries to hit or knock over the cone (awarded a point every time they hit the cone), while the player without the ball defends the cone (fortress). After 30-60 seconds have players switch roles. perform exercise in open space.
4. Numbers Game: Set up a 10 x 15 yard box with a “goal” (two cones) on each side. Split into 2 teams. Each Team is on the end line of the goal they are defending. Each player is assigned a number on each team. When that players number is called they play 1v1 with a player from the other team with the same number. Try calling our 2 or 3 numbers at a time once they get the hang of it.



Put it all Together!

1. 3v3 or 4v4: Play a 3v3 game. For a group of more than 10 players set-up two fields for two games. Field(s) size 20x25 yard grid; use one ball per field. No Keepers. This is a great way to end practice. Get players as many touches as possible in a game like setting.

Stay away from Lines, Laps or Lectures to keep kids Moving, Engaged and Positive!

Example PRACTICE PLAN (Stations)

DATE: _____

I. Warm Up (5 min): Sharks and Minnows (Dribbling*)

II. Stations (15 min, switch every 5 minutes):

Station 1: Push ups, crunches, Jumping Jacks, Stretch (Developmental*)

Station 2: Partner Line Passing (Passing*)

Station 3: 3v0 to goal (Scoring*)

III. Lesson (5-10 min): Field recognition - Lines & boxes-target zone, etc.

IV. Game: 3v3 (if time)

Drill & Diagram

Example PRACTICE PLAN (no stations)

DATE: _____

I. Warm up (5 min): Crazy Box Dribbling (Dribbling*)

II. Developmental (5 min): Push ups, crunches, Jumping Jacks, Stretch

III. Lesson:

Partner Line Passing, 7 min (Passing*)

3v0 to goal, 8 min (Shooting*)

IV. Game (5 min): 3v3

PRACTICE LESSON PLAN

DATE: _____ Lesson : _____

I. Warm up:

II. Developmental:

III. Lesson:

IV. GAME:

Drill & Diagram

TEAM MANAGEMENT

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. 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.