



U11 & U12 Coaching Manual

“The Coach Clipboard”

Thanks for Coaching!

First let us thank you for volunteering to coach for KIDSPORTS. We know that it is a significant commitment of your time and energy. By coaching you are helping to provide a wonderful athletic experience for youth in our community. KIDSPORTS would not be able to do what it does without the help they receive from members of the community like yourself.

Sports participation is important because it teaches children the value of physical fitness, sportsmanship, practice and team work. Our hope is that each player is allowed to achieve their personal best while having fun. This manual will hopefully give you some ideas and resources that will prepare you to be able to create a sport environment for all your players that allow them to achieve their personal best....while having fun.

Coaching the U11 and U12 Player

The transition from the Rec soccer program in the 2nd and 3rd grade to the U11 game can be challenging for the players, parents and coaches. Also the transition from the smaller side U11 game (8v8) to the larger game that is played in U12 division is a challenge. Special care is needed with players (and their families) during these transitions to make sure they have proper support and information to achieve success. The players are becoming more physically mature, developing better skills and the game begins to look more like “real soccer”. However, it is important to remember *that the players are not little adults and should not be expected to perform physically or mentally as one.* Player drop out and player burn out is seen increasingly in this age group if too much is expected too soon of the young player.

This manual is designed on the principle of “fit the activity to the child...not the child to the activity”. This is why we have given you insight into the developmental stage that you are coaching. The 4th grader just starting in the U11 program developmentally is not ready to understand, or perform, some of the team tactical concepts that a 6th grader in the U12 program would be ready to develop. To expect them to be able to perform outside of their developmental abilities will not only be frustrating for you as a coach but for the child as well. Frustration and not feeling efficiently skilled are major reasons that children drop out of sports at this age. While the U12 player is ready for tactical training the coach shouldn't overload the players with too much tactics and the players are still in need of technical practice of both individual and partner skills. Our goals should be to improve the technical abilities of all our players, continue to allow the players the freedom to discover the game, foster a love of the game and above all want to play the following season.

Our hope is that this manual will give you some tools to make structuring your practices easier and give you a template for progressive player development. At the end of this manual is a list of resources that could be helpful to you as a coach. It includes websites that have more information about the best practices of coaching and player development, as well as sites that have more ideas for drills and games and videos that show how skills should be performed.

If you have questions or input about our coaches training curriculum please contact Beth Nitkowski at Bethn@kidsports.org (541) 683-2374 ext.108

Team Management

Parent Meeting:

Do not over look the importance of having a team meeting. It is an opportunity to get to know your families better and let them get to know you. As the coach you are responsible for making clear what the KIDSPORTS expectations are for parent behavior and the parent meeting is where you can give them this information. It is highly recommended parents sign the Parent Conduct Pledge. (*see attached example) You will also want to go over several other topics. In this meeting you should:

- Introduce yourself. Make sure they understand your coaching philosophy and style. Tell them what your focus and goals are for the players/team.
- Tell them what they can expect from you: to be on time, be prepared, be positive, be fair, etc. (See attached sample *Coach Conduct Pledge*)
- Tell them what expectations you have of them: get child to practice, communicate if they will be absent or late, be positive, pick-up on time etc(see attached sample *Parent Conduct Pledge* handout)
- Give parents the Parent-Athlete Concussion Information Sheet (Attached)
- Be clear about what your expectations are for player behavior. Make sure they know how you will handle excessive absences and discipline issues.(See attached *Player Conduct Pledge* handouts)
- Make sure you cover how you will communicate all information about games and practices with them (email, text, bonzi?).
- Make sure you have all the correct emails and phone numbers.
- It is a good idea to have paper copies of the practice schedule and game schedule to hand out even if you plan on sending that information electronically.
- Ask for parent volunteers for helping with snacks, carpools, awards, communication, jerseys ect

Team Meeting:

You will also want to have a team meeting with just your players. Keep this brief and simple. Just introduce yourself and have each player introduce themselves. Let them know your expectations. You can also have a player conduct contract to have players sign, as well as a coach conduct contract you can sign and give to all your players and parents. (*see attached example) This meeting is when you begin to build your team culture.

You want to let them know your rules for the team. It doesn't need to be long list, just your important rules you want them to remember. Your rules will all be slightly different depending on your own personal style. Some examples of team rules are: 1) No talking when the coach is talking. 2) No negative comments to other players. 3) Give your best effort. 4) Be willing to play any position.5) Have fun!

Game Time:

Game time should be a fun exciting experience that allows the players to freely play and practice all the things they have been learning. All players should be given quality time in games so they can be successful. At these ages they will begin to have preferences as to what positions they play, however it is beneficial to make all players play in all positions. It is too early to

designate a player as sole “defender” or sole “striker” Let families know how early to show up for a game...45 mins? 30 mins? Be clear about expectations for attending practices and being on time and how that relates to playing time in games. Other things you might need to consider:

- What warm-up activities will you have your team do before a game? You will want them to get moving and ready to play, especially if the weather is chilly or wet.
- Making sure families and players know what behaviors are acceptable on the sidelines and in the game: cheering for both teams, no negative comments, no coaching from the sidelines, good sportsmanship. Understand that the players and families will follow your example of behavior. Hand out the “Honoring the Game” Game Plan flyer that outlines how spectators can help create a positive experience for everyone. (*see attached flyer)
- Let the parents know that the team is required to sit on one side of the field with the spectators on the opposite side. Have the referee help monitor this if parents start to sit on the team side.
- What is the purpose of the game? Winning will begin to take on increasing importance. However, your job will be to continually re-direct them to look at their own effort and if they are gaining in skills even if the team is not winning games
- Have a plan for keeping track of player play time
- Remember the developmental stage your players are in. Don’t force too much too soon.
- Make sure all players are allowed to play in all areas of the field. No player should be labeled an “offensive” or “defensive” player at this age.
- What will your post game routine be? A brief meeting? Try to be consistent; your players will look forward to whatever you do. The goal is to end the day with a positive message.

Coaching the U11 player

(9 and 10 year olds) 4th and 5th grade

Developmental Consideration: “The Start of Us”

Psychological/Cognitive:

- *Ability to remember and follow more complex instructions
- *Ability to focus longer and stay on task.
- *Beginning to think in advance of or anticipate, the ball
- *Better understanding of moving both with the ball and without the ball
- *Developing a sense of pace.

Physical/Motor:

- *Making huge gains in strength, endurance, balance and power
- *Can be large differences in size as some children grow much faster
- *Begin to see some significant differences between genders
- *Increased coordination and ability to perform more difficult task.

Psycho– social:

- *Increased peer attachment and need to belong.
- *Some becoming more serious about playing and with whom they play.
- *Pressure generated by peers is significant.
- *Association with team becomes more important.
- *The coach takes on increased significance.
- *Egos are sensitive

Coaching Consideration:

- *Practices can be up to 1.5 hours
- *Mixture of individual, partner and small group activities
- *More activities designed for 1 ball and 4 players
- *Encourage players to be creative and take risks.
- *Ask their input---They will tell you how things are going.
- *Introduce more complex games that require players to solve “problems”
- *End each practice with small sided scrimmages 4v4, 5v5, 6v6
- *Take great care in maintaining a positive team culture.
- *Keep the focus on process and performance rather than outcome of games
- *Keep in mind it is easier to win games at this age group with teams that are “organized” but lack skill....the skillful approach can result in losing games in the short term but creates creative, skillful players in the long run.

By the end of season the player should be able to: 1) be comfortable with the ball at their feet (in possession of the ball .2) use both sides of body (left and right) 3) be confident receiving ball from different aptitudes. 4) Increased accuracy in kick and begin to develop “proper pace” with inside and insteps of their feet. 4) Increased confidence making decisions individually and in small groups.

Coaching the U12 player

11 and 12 year olds (6th graders)

Developmental Consideration: The Dawn of Tactics: “US”

Psychological/Cognitive:

- *Able to perform more complex tasks
- *Players able to use abstract thought to solve problems in the game
- *Usually eager to learn
- *Should be able to think while running and striking the ball
- *Internally motivated

Physical/Motor:

- *Coordination improves
- *Strength and power become significant part of their performance
- *Has the ability to strike the ball a good distance with confidence in it's direction.
- *More confidence with the ball above their waist, body traps and headers become a part of their game.
- *Skills as goalkeeper being to be developed
- *Players are growing quickly and some may be well over 5 ft.
- * Players need to properly warm-up and stretch---strains and muscle pulls are common otherwise
- *Significant differences in genders.

Psycho– Social:

- *Acceptance by teammates is critical
- *How they feel about themselves effects how they relate to their teammates
- *Playing too much and feeling like they don't have a choice in the matter can lead to burn out and drop out
- *Rules and agreements created within the team group can help maintain a positive and effective learning environment.
- *Try to hand over leadership and ownership of the team to them
- *Egos are sensitive

Coaching Consideration:

- *Practices can be 1.5 to 2 hours
- *Players need opportunity for individual, partner, small group and whole team practice
- *More activities that allow tactical concepts to be practiced. (1 ball for 4 to 8 players.)
- *Small sided games allow for the most development and greatest learning tactical concepts.
- *Allow 20 mins at end of practice for unstructured play (scrimmages)

By the end of the season the player should be able to: 1) Be comfortable with the ball under pressure 2) Use proper side (left or right) when receiving the ball, dribbling, dribbling, striking and tackling. 3) Develop increase power in the kick. 4) Develop confidence in heading. 5) Improve tackling skills 6) Increased understanding the use of combinations around ball (1 and 2 attackers) 7) Better understanding of small group tactics in different thirds of the field.

The U11 Game

Beginning in the 4th grade teams are formed by H.S. area and enter the Klassic soccer league. U11 teams are made up of both 4th and 5th graders. The U11 teams play 8v8 on a field 80x50 with regular size soccer goals. (24ft). they play two 30 min halves. Teams play with a #4 ball. There is a designated goalie.

Practice:

Avoid the "4 Evil L's"

Laps: warm-up with fun games with the ball instead.

Lectures: Don't speak for more than 30 secs.

Lines: No standing waiting for turn. Have them all with a ball participating

Language: Watch what you say and how you say it. Don't be inappropriate.

Session Length: 1 hour -1.5 hours

Session Frequency: 2 times a week

Warm up: 10 min.

Beginning organizing activity (Juggling practice, game)

2-3 activities that get the players moving and ready to play. Games and activities should combine overall body warm-up and dynamic stretching (stretching movements done while moving)

Physical: 15 min.

2-3 games and activities that help develop physical abilities

Changing direction and Speed

Body fakes

Vertical jumping and landing in control

Backward movement..running, sliding, changing direction

Technical: 25-30min (To introduce & refine both individual and team skills)

3-4 games and activities that would cover these skills

Dribbling....refining skill and learning when to dribble

Shielding

Passing.....with all areas of foot, including instep (laces)

Receiving the ball from different heights w/ various parts of body.

Shooting.

Game/Scrimmages: 20-25 mins.

Small sided games and activities progressing to larger whole team scrimmage.

3v3, 4v4, 6v6, 8v8

Warm-down: 5min

Team cool down and stretching activity.

The U12 Game

U12 teams are made up of players in the 6th grade. They play 11v11 on a full size 70 x 120 yd field, with a 24' goal. They play two 30min halves. Teams use a size #4 ball. There is a designated goalie.

Practice:

Avoid the **"4 Evil L's"**

Laps: warm-up with fun games with the ball instead and use practice/scrimmages for conditioning.

Lectures: Don't speak for more than a min or two.

Lines: limit standing in line waiting for turn. Have them all with a ball participating

Language: Watch what you say and how you say it. Don't be inappropriate.

Session Length: 1.5 hours

Session Frequency: 2-3 times a week

Warm up: 10 min.

Establish an organizing activity as players are arriving...juggling, passing ect
2-3 Dynamic games, dynamic stretching & movement activities.

Physical: 15 min.

2-3 activities focused on agility, speed, coordination and balance

Agility

Feints and fakes

Speed work: proper technique without and with ball

Balance while changing direction and in air.

Technical/Tactical: 20-30min (To introduce & refine both individual and team skills)

2-3 activities focused on individual technical skills

Dribbling, Receiving, Kicking, Heading, Tackling

Both unopposed, for developing quality and opposed for developing competitiveness and realistic game situation decisions.

2-3 activities focused on small group and whole team tactics.

Vision around the ball attacking & defending (anticipation)

1st and 2nd attackers and 1st and 2nd defenders.

Use of wall pass, overlap, run-around

Playing out of the back and finishing

Scrimmage: 25 min.

Games designed to allow players and team to develop team dynamics and tactics. 6v6, 8v8, 9v9 and 11v11 if possible.

Warm Down: 5min.

Team stretches and warm down activity.



PRACTICE PLAN

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| Name: Kidsports United | Date: Sept 12 th |
| Age Group: U11(4 th and 5 th grade) | Focus: Dribbling/Turning in pressure |

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| <p>Warm-up: Activity #1: Follow me!</p> <ul style="list-style-type: none"> • Coach starts as leader • Players take turns leading group | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Start with simple jogging and jumping then progress to more difficult moves • Add ball and continue to progress through moves with ball. • Focusing on getting them warm and muscles ready to play. |
| <p>Physical: Activity #1: Hop, Spin and Go</p> <ul style="list-style-type: none"> • Cones set out for each player along 1 side of 20x20 grid • Coach stands on opposite side of grid <p>Activity #2: 1 leg volley</p> <ul style="list-style-type: none"> • Pairs with a ball • 3-6 yards apart | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Demonstrate the 2 foot jump, 180degree spin and run to opposite line • Start with jump and spin, focus on making sure they are performing these correctly and with balance • Progress to 1 leg jumps and 360 degree spins • Receiver stands on 1 leg while partner tosses ball • look for balance while player tries to volley it back(or control and volley) |
| <p>Technical: Activity #1: Turn and Go</p> <ul style="list-style-type: none"> • Pairs. Each player with a ball • 4 cones for each pair across the 20 x20 grid • Partner goes as soon as the other player reaches the end line <p>Activity #2: Rush</p> <ul style="list-style-type: none"> • Pairs , one ball per pair • Pairs stand 10 yards apart | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Turn twice and then accelerate to end line. • Demonstrate and have them practice these turns: outside foot hook, foot cut, drag back and the Cruyff • Server runs straight to ball but doesn't try to steal ball. • This will allow dribbler to develop sense of timing for dribbling past defender • Progress to having them try to steal ball |

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| <p>Technical (cont):</p> <p>Activity #3 Dribble Attack</p> <ul style="list-style-type: none"> • 3v3 in a 30x20 grid • Group players by shirt color or give 2 teams different pennies (bibs) • All players on one team get a ball <p>Activity #4: Battle Across</p> <ul style="list-style-type: none"> • Set up 1 or 2 10-15 yrd grids (depending on the number of players) • Split players equally on opposite sides of grid | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Team with ball are attacking players and must try to dribble past defenders • Start allowing them to attack in any direction, progress to having them attack to a specific goal • Encourage the use of turns, fakes, feints & dribble moves with change of speed to get past defender • Objective is to receive ball and get ball across the area under control. • Emphasize dribbling in 1v1 situations • Have players switch lines. • Progress to 2v2 |
| <p>Scrimmage:</p> <p>Activity#1: Outta there</p> <ul style="list-style-type: none"> • 25x15 yard grid with goal at each end, small group of players on each side • Play 1v1 • Coach has all balls <p>Activity#2: Scrimmage</p> <ul style="list-style-type: none"> • 5v5 or 6v6 | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Player from each side plays 1v1 • Game should be very fast paced! • Vary how balls are distributed into the playing area • Give them a formation • Encourage players to recognize when to dribble, turn, protect and pass. |
| <p>Warm-down:</p> <p>Activity#1: Circle stretches</p> <ul style="list-style-type: none"> • Large circle with coach in middle • Lead through several easy stretches | <ul style="list-style-type: none"> • This is time to give praise and gentle instructions • Always end with positive from the session |



PRACTICE PLAN

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| Name: Kidsports United | Date: Sept 17th |
| Age Group: U11 (4 th and 5 th grade) | Focus: Footskills and Tackling |

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| <p>Warm-up:</p> <p>Activity #1: Everyone's It</p> <ul style="list-style-type: none"> • 20x20 grid • Everyone with a ball <p>Activity #2: Line Lunges</p> <ul style="list-style-type: none"> • Each player on a line • Forward lunge, side lunge, backwards lunge | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Have all player dribble around grid • Player gets a point of every tag • Purpose is a fun activity designed to get them moving, dribbling and ready for the session • Look for proper body position, technique and balance • Do each one then progress to combining them one right after the other |
| <p>Physical:</p> <p>Activity #1: The Box Puzzle</p> <ul style="list-style-type: none"> • 4 cones mark out a box approx. 5x5 with one cone in the middle • Make as many boxes as needed for pairs • Players give each corner a number <p>Activity #2: Weave In and Out</p> <ul style="list-style-type: none"> • Place cones in a zig zag pattern approximately 3 yds apart across 20 yrd. | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • have partner shout out numbers in random order • player sprints to corner touches the cone and returns to middle. • Have players sprint from one cone to the other touching each cone. • Emphasize taking quick side steps rather than turning to sprint forward. • Have players go through with 2 seconds or so in between to keep the drill quick. Have players jog back to original line |

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| <p>Technical: Activity #1: Foundation</p> <ul style="list-style-type: none"> • Being with basics of toe touches, progress to adding more moves (inside outside, W's, Sole roll, pull-push, baby V's, Triangles, Step-over, Scissors,) • Each player has a ball in field | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Do short rounds of 20 seconds for each skill • Encourage players to bet their own score |
| <p>Technical (cont): Activity #3 Inside/outside</p> <ul style="list-style-type: none"> • All players with a ball, spread out along end line of field • Cones placed out in front of players at the 5yrd, 10yrd and 15yrd line <p>Activity #4: "Rehearsal"</p> <ul style="list-style-type: none"> • 2 players one ball. • Teaching proper/safe block tackle <p>Activity #5: Face Up</p> <ul style="list-style-type: none"> • 10x15 grid with small cones on each end. Team divided into two groups • 1v1, coach serves ball into play to slightly favor one player | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Instruct players to touch/dribble ball in the following sequence. Inside/outside/outside/inside while alternating between left and right. • Call out different turn you want them to make at cones • Start slow and increase speed as they improve. Remind them to keep their head up. • Players stand 2-3 steps behind ball facing each other • One coach command players step squarely to address and block ball • Weight into tackle, inside foot, don't stretch or go to ground • Player without ball closes to ball • Face up to attacker and get body behind tackle. Tackle without crossing feet. |
| <p>Scrimmage: 6v6</p> <ul style="list-style-type: none"> • 40x50 grid with small goals on each end • Start scrimmage reviewing footwork and tackling principles • Remind players to use what they learned today | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Limited stopping of play but aim for only stopping 2-3 times in 20mins of scrimmage • Look for players making proper tackling techniques: from front, staying on feet, with either foot at situation demands, don't reach • Praise good and proper use of footskills in game situations. |
| <p>Warm-down: Activity #1: Circle Stretch</p> <ul style="list-style-type: none"> • Coach in center • Series of simple stretches | <ul style="list-style-type: none"> • Give team feedback on session/things to work on • End with positives |



PRACTICE PLAN

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| Name: Kidsports United | Date: Sept 10th |
| Age Group: U12 | Focus: Crossing & Receiving |

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| <p>Warm-up:</p> <p>Activity #1: Dynamic Warm-up</p> <ul style="list-style-type: none"> • Team in 2-3 lines on one end line of 20x20 grid • Leader in each line starts the movement going across to opposite side and then jogging back. | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • In beginning coach calls out and demonstrates movement (high knees, open gate, lunges, side steps etc) • Progressed to players leading dynamic warm up. |
| <p>Physical:</p> <p>Activity #1: Super Shuttle</p> <ul style="list-style-type: none"> • Set out cones in a cross formation • Players go through backwards running, sidestep, forward running etc. • Remind them of speed, balance and proper footwork <p>Activity #2: Slalom</p> <ul style="list-style-type: none"> • 10 pairs of cones in a line 5 yards apart • Players weave in and out of cones down the line as fast as possible | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Go through several rounds • Look for proper technique and balance (no crossing feet) • Goal is to develop leg speed so do this with no ball for several times then have them try with ball as they progress |
| <p>Technical:</p> <p>Activity #1: Pair Toss</p> <ul style="list-style-type: none"> • 2 players one ball • Begin by reviewing various ways to receive the ball from the air (foot, thigh, chest) <p>Activity #2: Man in the Middle</p> <ul style="list-style-type: none"> • 3 players in line starting 5 yards apart • Middle player must receive ball and turn/pass to opposite player as quickly as possible. Outside players must quickly receive and pass back accurately | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Players start 5 yds apart • 2mins each round: one player tosses the ball and the other receives the ball and passes it back to partner. • Increase distance as they progress. • Remind them that their goal is to get the ball under their control as quickly as possible. • Focus on receiving and turning in one motion. Have them use both feet and turn both directions • Go for 2mins each player in the middle. • Increase distance between players. |

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| <p>Technical (cont): Activity #3: 3 In The Air</p> <ul style="list-style-type: none"> • In groups of three players with one ball • Hand pass to player 2 who receives and then plays ball to player 3 <p>Activity #4: Bombs Away</p> <ul style="list-style-type: none"> • Set up on one half of regulation field • 2 large 10x15 ft target areas marked close to the half line on each side of field • 2 servers with balls on each sideline, with 2 center backs and a goalie. | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Player 3 is stationary to begin with and then progress to having the 3rd player move around. • Players should try to keep ball off the ground. • Emphasize a good soft first touch. • Rotate after rounds of 2mins <ul style="list-style-type: none"> • Servers should alternate playing balls into center backs at varying heights and speeds. • Defensive players should play balls back to target areas first with 2 touches for 8 repetitions, and then with 1 touch for 8 repetitions. Have players switch sides: points for reaching target areas. • Have them play ball back with feet or head. Goalie picks up any balls that make it through. |
| <p>Scrimmage: The Crossing Game</p> <ul style="list-style-type: none"> • Player is groups of 4 • 30x40 playing grid with goals step up with flags diagonally from each other 5 yards in from sides and end goal line • No goalie • Play continues after goal. | <p><u>Notes/Setup/Coaching points</u></p> <ul style="list-style-type: none"> • Players can score from either side of the goal • Emphasizes group movement (tactics) and transition. • Angled goals promotes more crosses • Encourage quick play out of the back. |
| <p>Warm-down: Activity#1: Circles stretches</p> <ul style="list-style-type: none"> • Player lead with coach giving feedback on session | <ul style="list-style-type: none"> • Give feedback on what to work on...end with positives. |

Games and Activities

*Fun games/drills and activities that you have been using with you team in the younger ages do not need to be abandoned as you move into the *Klassic soccer program*.* Balancing between fun games and new more challenging drills keeps the players motivated and having fun. The following are a list of the games and drills that are in the sample practice plans.

Warm-up Activities

Follow Me: All players with a ball. The coach is the leader. Lead players in a progression from jogging, running, lunges, side shuttle, etc. Start without the ball and then progress to adding ball. Have players take turns leading the team. Remind them to stay together as a team

Everyone Is it: 20x20 grid. Everyone with a ball. Have all players dribble around the grid. Players get a point for every tag. This is a great fun, warm up activity that will get them moving, dribbling and ready for the session. Plus the kids love it.

Line Lunges: Mark out 2 lines about 10yrs apart. Players spread across one line. Begin by leading players through front lunges, back lunges and side lunges. Doing each across from one line to the other. End by having them do front, back and side...one right after the other across the last time. In later sessions players can lead team through this warm-up.

Dynamic Warm-up: Any game, stretch or drill can be considered a dynamic warm up, just get your team moving and stretching. This is the opposite of the stationary stretches that most of us grew up with. The key here is to get the blood moving through the muscles before we begin stretching them. A common dynamic warm-up is: have team divided up into 2 or 3 lines. Place 2 cones for each line about 10-15 yards apart. Have the leader of each line lead their line in a movement down around the cone and jog back. The movements can include: butt kicks, lunges (front, back and side), front kicks, front toe touches, open-gate, close gate, skip, backwards skip...and a whole lot more. Another variation is to have the team in 2 lines jog across and back the field doing the same kinds of movements.

Pair Juggling: Players pair up and volley/juggle back and forth.

Physical Activities

Hop Spin and Go: Set out 2 cones for each player approx 20 yards apart. Coach stands on opposite side of grid. Demonstrate to players how to do a 2 foot jump up, come down and immediately jump and spin 180 degrees, then sprint to the other cone. Progress to jumping on 1 foot and then add spinning 360 degrees. Look for proper technique in jumping and landing under control.

One Leg Volley: Players in pairs with one ball per pair. Players stand 3-6 yards apart. One player stands on one foot while the other player tosses the ball. The receiving player tries to volley it back (or control and volley) to the throwing player. This will work on balance and ability to control ball in the air.

Turn and Go: Players in pairs with one ball per pair. 4 cones for each pair across a 20x20 grid spread approx 5 yards apart. Player dribbles to first cone, does a turn and then accelerates back to the starting cone. They then make a turn and accelerate to 2nd cone, turn and go to starting cone,

turns and accelerate to last cone. Partner goes as soon as 1st player reaches the last cone. Have them do a variety of turns (outside foot hook, foot cut, drag back and the Cruyff) coach can call out a specific turn to be practiced.

Box Puzzle: 4 cones mark out a box approx. 5x5 with one cone in the middle. Team paired up with one team per box. Players assign a number to each cone. Partner shouts out numbers in random order and other player sprints to touch that cone and back to the middle.

Weave In and Out: Place cones in a zig zag pattern about 3 yards apart across 20 yards. Have players sprint from one cone to the other touching each cone. Emphasize taking quick side steps rather than turning to sprint forward. Have a player go every couple of seconds to keep the drill quick. Have players jog back to the starting line.

Super Shuttle: Set out the cones in a cross formation. Players start by running backwards to cone in middle, then side step to the cone to their right, then side step to the cone in the middle, then forward run to the top cone, then backward run to the middle cones, side step to the cone on their right, side step back to the middle cone and then turn and sprint forward to the start cone. Look for speed, footwork, balance and turning.

Slalom: Lay out 10 pairs of cones in a line 5 yards apart. Players weave in and out of cones down the line as fast as possible. The goal here is to increase foot speed which is why you do this without a ball. You can add a ball for this to be used primarily as a dribbling drill.

Technical Activities

Rush: Players in pairs with one ball per pair. Players stand about 10 yards apart. 1st player passes to their partner and runs straight to the ball but doesn't try to steal ball. The receiving player gets the ball and dribbles around the "Rushing" player. This allows player to develop a sense of timing for dribbling past a defender without worrying about losing the ball. Progress to having the "Rushing" player try to steal ball.

Dribble Attack: Team divided into groups of 3. Divide by shirt color or give 2 teams different color pennies (bibs) 30x20 playing grid. All players on one team get a ball. Team with the balls is attacking players and must try to dribble past defenders. Start with having them able to attack in any direction and then progress to making them attack in a specific direction. Encourage the use of turns, fakes, and feints and dribble moves with change of speed to get past defenders

Battle Across: Set up 1 or 2 10 to 15 yard grids (depending on the number of players) split players equally on opposite sides of grid. Coach puts the ball into play and 1 player from each end comes out to attempt to receive the ball and then dribble the ball within control to the opposite end line. Players switch lines after their turn. Emphasize dribbling in 1v1 situations. Progress to playing 2v2.

Outta There: 25x15 yard grid with goal at each end. Have team divided equally on each side. The coach stands on the end line with a supply of balls and a small line of players. The coach plays the ball in and the first person from each line plays 1v1. If a player scores a goal they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes

out of bounds both players are “Outta there”. This should be *very* fast paced game. As soon as ball goes out of bounds throw another ball in immediately. Vary how balls are put in play.

Foundations: These should be a staple for every team. Every player has a ball. Coach demonstrates each skill and then has all players do that skill for 20-30 seconds. Add more difficult touches/moves as the players skills increase. Toe touches, inside/outside, W’s, Sole roll, Pull-Push, Baby-V’s, Triangles, Step-over’s, Scissors. You can have them count touches or # of moves and try to beat that score each week.

Inside/ Outside: Place cones out in front of players at the 5yrd, 10yrd and 15yrd lines. All players begin with a ball. Instruct players to dribble to each cone and back touching the ball in the following sequences Right foot -inside/outside, Left Foot-outside/inside. Also call out different turns that you want your players to do at each cone. Have players start slowly, watching for proper technique and then progress to having them dribble faster while still touching the ball in the same sequence.

Rehearsal: 2 Players with one ball. Players stand 2-3 steps behind the ball facing each other. On the coaches command players step squarely to address and block the ball with their foot. Instruct players to put weight into tackle, use the inside of the foot and not to stretch or go around. Do this for a couple of mins to get ready for more tackling drills.

Face Up: Set up a 10x15 yard grid with small cones on each end. Team is divided into two groups on opposite sides of grid. Coach serves a ball into play and one player from each line moves out to the ball. Coach plays ball to slightly favor one player. Player without the ball closes to the ball, faces up to attacker, gets body behind tackle and attempts to tackle without crossing the feet or reaching. Play continues until ball goes out of bounds or a goal is made. Coach immediately plays another ball into play.

Pair Toss: 2 player with one ball. Begin by reviewing various ways to receive the ball from the air (foot, thigh, and chest) Players start 5 yards apart. One player tosses the ball and the other receives the ball and passes it back to their partner. Go for 2 mins each round and then progressively increase the distance. Remind them that the goal is to get the ball under control as quickly as possible.

Man in the Middle: Team split up into groups of 3 one ball for 3 players. Have players lineup starting about 5 yards apart. Ball is passed to player in the middle who must receive pass and turn/pass to the player on the opposite side as quickly as possible. Outside players must quickly receive and pass ball back to the middle as quickly as possible. Focus on receiving and turning in one motion and have them turn both to the left and the right. Go for 2 mins and then switch players. Increase distance and the way the players pass the ball into the middle.

In the Air: Team split into groups of 3 with one ball. One player hand passes to player 2 who receives and then plays the ball to player 3. Player 3 starts the drill stationary and then progresses to moving to different spots ready to receive the ball from player 2. Players should try to keep ball off the ground. Emphasize a good, soft first touch. Rotate after 2mins.

Bombs Away: Set up on one half of regulation field with 2 large 10x15 ft target areas marked close to the half line on each side of the field. Have 2 servers with balls on each sideline, 2 center backs and a goalie. Servers should alternate playing balls into the center backs at varying heights and speeds. Defensive players should play balls back to target areas. Have them play

the ball back with feet or head. The goalie should collect balls that make it through. They should first try to do this within 2 touches and then with one touch. Have them do 8 repetitions and the switch sides. Award points for reaching target.

The Crossing Game: Team is divided into groups of 4. Set up a 30x40 playing grid with flags set up diagonally from each other 5 yards in from sides and end goal line. No Goalie. Play continues after a goal immediately. Players can score from both sides of the goal. Emphasize group movement (tactics) and transition. Angled goals will promote more crosses. Encourage quick play.

Leave It!

Every player has a ball and is inside the grid. Players dribble around and when the coach calls “leave it” players leave their ball and go get somebody else’s. After a bit, take away two balls and now there are a couple of players without a ball. When the coach says “leave it”, players leave their ball and get someone else’s, but two players will now challenge other players for possession of a ball. Tackling for possession situations are now created. Any ball that goes out of bounds for any reason is out of play and now more battles for possession will take place. Variations: after the coach yells “leave it” and possession has been gained of each ball then the players without a ball jog backwards until the coach yells again or the challenges for possession can be constant. That is any player without a ball may challenge any player in possession of one for the ball at any time.

Four Goal Mayhem

Play 4v4 up to 6v6 in a 30 x 20 yard grid when not using goalkeepers and in a 40 x30 yard grid when using goalkeepers. Begin the activity with a drop ball in the center of the grid. Teams defend two goals (one on an end line and the other on a sideline) and attack the opposite two goals – variation: one team defends the two goals on the end lines and attacks the ones on the sidelines. One point is given for each properly received pass and for each goal scored. After a goal is scored restart with a drop ball in the center of the grid. When the ball goes out-of-bounds the activity is restarted with a kick-in.

Flying Changes

Flying changes is one of my favorite soccer training drills and incorporates a variety of game related soccer elements. The game is fast moving, with many goal scoring opportunities. Two full sized goals with nets make this drill efficient and exciting! Without the goals and nets the drill is a disaster! Face the goals between 25 and 35 yards apart. Separate your players into two different colors and place each group next to the goal they will defend. To start the game, have two players from each color compete in a game related scrimmage. The team who scores, stays on, and the team who gets scored on must go back to their line. Immediately, two players from the side scored on, enters the field with a new ball and attempts to score on the remaining team. If the ball ever goes out of play, the team who touched it last must go back in line and the next team of two immediately attempts to score on the remaining team.

Variations:

- Teams of three or more
- Fulltime goal keepers
- As each new team enters the play, they must shoot the ball like a quick free kick!

Coaching Points:

- Instruct players to look for the shot on goal first, the assist second, and possession third. This is an attacking exercise, not a possession drill.
- Emphasize quick transitions from offense to defense, and players must be mentally alert after scoring, immediately ready to defend against the next team.

Resource Guide

This is a list of some of the websites that offer information on the best practices of coaching, as well as sites that offer more ideas for activities, games and drills to help keep your practices fun, exciting and productive.

Websites with free drills and age specific information:

http://www.usyouthsoccer.org/coaches/Education/?CategoryId=142&pg=1&F_All=y: Lots of practice plans for U11 and U12 players covering all skills.

Coerver Coaching:

<http://www.coerver.com/home.php/history>: curriculum and videos for essential foot-skills and player development. Also you can find a wide variety of youtube videos showing all skills.

http://www.usyouthsoccer.org/assets/1/15/2012_coaching_manual_for_web.pdf : A comprehensive guide to coaching the youth player.

http://www.usyouthsoccer.org/assets/1/3/US_Youth_Soccer_Player_Development_Model.pdf ; A US youth soccer coaching manual.

<http://www.soccerxpert.com/u6-u8-soccer-drills.aspx> : great resource for soccer games and drills.

ussoccer.com. You can get manuals, activities, drills, age groups etc from this site.

<http://www.positivecoach.org/our-tools/tools-for-coaches/> : The Positive Coaching Alliance website has resources for coaches, players and parents.

Videos of drills and skills

<https://www.playisoccer.com/> : lots of information and videos for the coach and players.

<http://www.usyouthsoccer.org/players/SkillzSchoolVideos/> : free videos of drills

<http://www.youtube.com/watch?v=9uzZASihBOE> : socceru youth soccer training site.

http://www.coerversoccervideos.com/coerver_soccer_videos.html : Clips of drills and activities

This is a description of foot-skills and soccer moves with the ball that players should work to master.

FAST FOOTWORK

- Inside Roll** -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
2. **Outside Roll** -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
3. **Side to Side Push-Pull** -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.
4. **Side to Side Step-On** -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
5. **Side to Side Front Roll** -- Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.
6. **Pull Instep Push** -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.
7. **Pull a Vee** -- Push the ball forward and pull it back the sole of the foot while turning and then take the ball with the inside of the same foot.
8. **Pull & Take with Outside of foot** -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.
9. **Pull & Roll Behind** -- Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot.
10. **Pull turn** -- Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.
11. **Inside of foot turn** -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.
12. **Outside of foot turn** -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.
13. **Cruyff** -- Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
14. **Stepover Turn** -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.
15. **Full Sole Roll** -- Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.
16. **Scissors** -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.
17. **360** -- Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.
18. **Kick Over ball** -- Kick over ball with inside of foot then pull it back with the sole of the same foot.

MOVES TO BEAT AN OPPONENT

Explanations of some great attacking moves

1. **Hip Swivel** -- Fake with inside of one foot by swivelling hips toward ball, then reverse direction and take the ball with the inside of the other foot.
2. **Mathews** -- Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (explode)
3. **Cap Cap** -- Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.
4. **Stepover** -- With ball moving, stepover ball so ball is outside of stepover foot, turn and take the ball with the other foot.
5. **Scissors over ball** -- Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.
6. **Rivolino** -- Same as stepover, but take the ball with outside of stepover foot.
7. **Vee** -- Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.
8. **Cruyff** -- Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
9. **Inside of foot cut** -- Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.
10. **3/4 Inside of foot turn** -- Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot
11. **3/4 Outside of foot turn** -- Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot
12. **Scissors behind ball** -- Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot. (easy to learn)
13. **Scissors in front of ball Scissors in front of ball** -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.
14. **Double Scissors** -- Push ball forward, make alternate scissors steps and take with outside of first foot. (ineffective close to opponent)
15. **Reverse Mathews** -- Fake with outside of one foot, step behind and take with outside of opposite foot. (also called Body Swerve or Touch'n go)
16. **Stepover - Scissors** -- Ball rolling. Stepover followed by scissors with same foot and take with outside of other foot.
17. **Front Roll** -- While moving forward, pull ball across body with sole and take with outside of opposite foot.

[Article Source](http://www.sportspracticedrills.com): <http://www.sportspracticedrills.com>

Coach To-Do List

What to do after you get your roster:

- ___ Check out equipment from KIDSPORTS.
- ___ Contact all families to let them know when the first practice is and where it will be.
- ___ Schedule a parent meeting.
- ___ Give Parent-Athlete Concussion Awareness Information sheet. (*Required)
- ___ Give parents the Parent conduct Pledge and Honoring the Game: Game Plan handouts.

- ___ Get parent volunteers for team manager or assistant coaches.
- ___ Decide on uniforms and have team manager order uniforms.

- ___ Let parents know what they can expect from you (Coach Conduct Pledge)
- ___ Get an updated contact list for all parents.
- ___ Let families know how you will contact them...text, email, phone call?
- ___ Meet with players and go over expectations and team rules.

- ___ Plan your first week of practices
- ___ Turn in your Coach Conflict form for any potential conflict dates/times.
- ___ Have a great season!