

Clarence Soccer Club

Technical Training Outline

- I. Coaching 5-8 year olds
 - a. Allowing the game to be the teacher
 - b. Meeting the demands of the game
 - c. Creating the learning environment through the game

- II. Coaching 9-12 year olds
 - a. Identify problems (individual or group)
 - b. Solve problems (why and how)

- III. Technical Progression
 - a. Techniques
 - i. Fundamental (warm-up)
 - 1. No pressure from opponent
 - 2. Execute at speed
 - ii. Game Related (main activity)
 - 1. Introduce pressure from an opponent
 - 2. Incrementally add pressure
 - iii. Game Condition (final activity)
 - 1. All restriction taken off defender
 - 2. Does not have to be even numbered (i.e. 7v7, etc.)