

## AYSES Coaching System

- **What constitutes AYES Coaching System?**
  1. Practice sessions that allow for learning of technical and tactical skills:
    - i. Thirty to forty five minutes of technical skills (mastery of ball skills)
      1. Dribbling in all directions using all parts of foot (inside, outside, heel, toe, bottom and top)
      2. Moves of different kinds (pull back, crossover, inside-outside, Rivelino, sidestep, Ronaldinho, etc)
      3. Other essential game skills (finishing, passing, crossing, heading, ball control, etc)
    - ii. Thirty to sixty minutes of tactical skills (decision making)
      1. Small sided games:
        - a. 2v2 game (essential - allow player to work on defending, combination plays and exploitation of space)
        - b. Two small sided games with goals or no goals, from 3v3 to splitting whole team into two (space to vary, but confined to small area and with changing restrictions that force awareness, quick thinking and decision making)
        - c. Section games that involve players moving the ball and self from one section to another with the aim of teaching awareness, quick thinking and decision making.
      2. Drills that address specific skills within the context of a game:
        - a. Finishing
        - b. Crossing
        - c. Passing
        - d. Overlapping
        - e. Runs (diagonal and otherwise)
        - f. Wall passing
        - g. Defending
        - h. Attacking
        - i. Supporting
    - iii. Thirty to forty five minutes of full sided game (with two goalies) that teach the following:
      1. Team formation
        - a. Group defending

- b. Group attacking
- c. Transitioning from defending to attacking and vis visa
- d. Player positioning
- e. Covering each other
- 2. Movement of ball from defense to offense
- 3. Decision making
  - a. How to move
    - i. When to come back
    - ii. When to go wide
    - iii. When to overlap
    - iv. When to make diagonal run
    - v. When to make straight run
    - vi. When to stand still
  - b. When to move (timing runs and movement)
  - c. Where to pass (forward, sideways or back)
  - d. When to pass
- iv. Fitness, agility, strength and condition
  - 1. Age appropriate
    - a. Fitness of younger players (U7 through U12) is better accomplished through learning of soccer.
    - b. It is up to the coach to determine the amount of fitness necessary for older players (U13 and above).
  - 2. Focus on improvement of skills as opposed to winning at an early age. Winning becomes significant at U16 and above (we always strive to win at all ages, but not at the expense of development).
  - 3. Attend all games and practices.
  - 4. Dresses appropriately (wear Admiral uniform)
  - 5. Attends coaches meetings
  - 6. Meets at least once a month with team
  - 7. Communicates well and effectively
  - 8. Does not curse
  - 9. Respects players and parents
  - 10. Does not physically or verbally abuse player or parent
  - 11. Be first at practice and last to leave.
  - 12. Be at games no less than thirty five minutes before games (forty five minutes to an hour with some teams).

13. Demand discipline (players and parents behavior) and effort.
  14. Teaches healthy living (eating healthy, resting, hydrating and stretching)
  15. Create healthy environment (players respect for coach, coach respect for players and players respect for one another)
  16. Help player create good soccer habits (play outside of team practice and watch top professional soccer teams on TV)
- **Key points on technical development (mastery of ball skills)**
    1. Organization of practice sessions
      - i. Organize practice area to where you can transition from drill to drill easily
      - ii. Use least number of players as possible for each drill (no drills that require waiting a while)
      - iii. Determine reasonable distance between players for a drill (six to ten steps between players for most drills depending on age)
      - iv. Must touch ball with every step for almost all drills
    2. Important Points On Coaching Drills
      - i. Repetition (repeat enough times for player to master drill)
      - ii. To avoid monotony, have a different variation of same skill where possible and shorten length of each variation.
      - iii. Work on drills that address all areas of a player's development with emphasis on dribbling, moves, receiving (ground and air using all parts of body) and passing.
      - iv. Each drill needs to specify coaching point (what are you working on)
      - v. Before start of drill, you must do the following
        - a. Demonstrate drill
        - b. Demonstrate game application
        - c. Show them the body posture for the drill
        - d. Correct if the following happens
          - a. Player uses wrong part of body
          - b. Player posture is wrong
  - **Key points on tactical development (decision making - use small sided games)**
    1. Setup multiple fields if necessary to increase touches
      - i. No more than 6 v 6 for U8 and younger
      - ii. No more 8 v 8 for U9 through U14
    2. Game rules

- i. Need to have direction (play from one end of field to the other)
  - ii. Keep game continuous
    1. Have neutral player (s) on each end of field (limit this player (s) to one touch if best)
    2. Player can dribble in play or pass when ball goes out of bound
    3. Player must play the ball quickly inbound when ball is out of bound
  3. Coaching points
    - i. Decision on passing and dribbling
      1. Player decides, coach gives general ideas (viewpoint is unique when playing)
      2. Players must look up when in possession of the ball in order to make right decision
      3. encourage creativity (play that is not obvious)
    - ii. Movement off the ball
      1. Players must place themselves in a position where they can receive the ball
      2. Players must get into the habit of moving after passing the ball (unless they are already in a better open position)
    - iii. Players can play in any direction depending on situation
      1. If pressure is right behind them, they can pass the ball back
      2. Switching of play when appropriate
      3. Order of passing priority is forward, then sideways and lastly backwards (pass should not be forced)
      4. The three options above are not absolute, there are always exceptions in the game
      5. Players should not turn into a player (allow for creativity)
- **Discipline**
    1. You must expect all players to respect you as a coach
    2. Your players must respect each other
    3. Your players must respect the opponents
    4. You must respect your players
    5. You must not allow parents to disrespect you
    6. You must show respect to parents

7. You should never use profanity
- **Effort**
    1. You must expect players to give 100% at all times
    2. Use discipline and MOTIVATION to get the best out of players
  - **Healthy living**
    1. Remind players every week of healthy eating habits (let them know of healthy foods)
    2. Remind players to hydrate well before (starting a day earlier), during and after games (healthy drinks – water, Gatorade, etc)
    3. Teach players the value of stretching well at all times (encourage use of yoga and stretching at home)
    4. Teach players to rest before games (sleeping early and staying away from activities day of game and day before game)
  - **Healthy environment**
    1. Demand respect from players
    2. Respect players
    3. Demand that players respect one another
    4. No cursing by coach or player
  - **Creating Good Soccer Habits**
    1. Playing outside of scheduled practices
    2. Watching top professional teams play
      - i. Barcelona
      - ii. Real Madrid
      - iii. Bayern Munich
      - iv. Arsenal
      - v. PSG
      - vi. Borussia Dortmund
      - vii. AC Milan
      - viii. Manchester United
      - ix. Manchester City
      - x. Chelsea
  - **Skills that must be mastered by AYSES players (both feet)**
    1. Juggling with feet
    2. Control with thigh
    3. Control with chest
    4. Dribbling with shoe lase area (touch ball with every step)

5. Dribbling with inside and outside of foot (touch ball with every step)
6. Turning with inside of foot
7. Turning with outside of foot
8. Step over
9. Pull back and then redirect with outside of foot
10. Pull back and then redirect with inside of foot
11. Pull back and then redirect behind other foot with inside of foot
12. Pass correctly with inside of foot (ground and air ball)
13. Pass correctly with outside of foot (ground and air ball)
14. Shoot with shoe lase area of foot
15. Drive ball with shoe lase area of foot
16. Cross the ball with inside of foot
17. Head the ball with forehead