

Fond du Lac Soccer Association



2015 COACH'S HANDBOOK

INTRODUCTION

This handbook is broken into three sections - (A) Coaching duties, (3) Managing a training session, and (C) Age-group coaching guidelines.

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OBJECTIVES

Our objectives as coaches are to:

- Develop players
- Create a fun learning environment for all players
- Provide strong communication between our player's parents and ourselves
- Use repetitive training to create good playing habits
- Use cooperative coaching styles

GOALS

Our goals for player development (which leads to team development) are to:

- Develop technical ability to its fullest capacity.
- Develop strong foot skills, realizing strong foot skills are the foundation for developing technical skills. In addition, strong foot skills lead to improved confidence and composure with the ball, and will reduce the fear of failure by allowing players to express themselves in their play.
- Encourage passing and control of the ball.
- Learn how to effectively create space all over the field, using width and depth in possession of the ball.
- Promote attacking soccer.
- Develop individual and team attacking and defending skills.
- Teach and practice several tactical styles of play while teaching safe playing techniques.

Player development is the aim of all ages, but especially the younger ages (U5 to U14). We want to develop individual player skill and team skill at the same time. The U5 through U8 age groups will focus almost entirely on individual player skill (technique).

As a Fond du Lac Soccer Association (FDLSA) Coach, you will:

- Coach to the best of your ability
- Adhere to the Coaches Code of Conduct
- Attend all games and training sessions.
- Work with the Select Coordinator or President of the FDLSA to address problems that may arise.
- Focus on creating self-thinking, self-determined players.
- Attend ongoing coaching clinics and seminars to keep up with soccer.

Coach's Responsibility:

At the beginning of the training year, the Coach should have a parent meeting, ask for the assistance of a Team Manager and provide training (practice) schedule, game and tournament schedule so potential conflicts can be addressed early on. At this meeting the Coach should explain their philosophy and expectations regarding practice, playing time, etc.

The Coach is responsible for establishing the practice schedule with some input from families.

Select Coaches are responsible for all player passes and coach passes. A copy of all medical release forms should be with the coach at all practices and games. The coach should have referee money for X2 of the center referees pay and the pay for one assistant referee.

Recreation Coaches will pay half of the referee fees for each game.

Referee money will be provided by the FDLSA.

The Coach is responsible to report game scores. Recreation Coaches should fill out the game report and drop it in the box by the concession stand. The Select Coach will fill out an East Central or State League game report.

Coach's Code of Conduct Contract

The mission of the Fond du Lac Soccer Association is to provide support, instruction and organization of youth soccer programs for boys and girls ages 5 thru 18. Player skills and fundamentals will be developed while encouraging sportsmanship, competition and fun in a team environment. Therefore, the Fond du Lac Soccer Association is requiring all coaches, players and parents to sign a contract governing their conduct during the season. We ask each Coach and Assistant Coach to review and sign his or her name in agreement to the terms set forth below. It is the full intent of the Fond du Lac Soccer Association to enforce these contracts should the need arise during the season.

As a Coach or Assistant Coach of the Fond du Lac Soccer Association, I understand the position of trust and responsibility I have accepted. I understand my actions must be above reproach. As such, I agree to:

- Behave as a positive role model for the players.
- Encourage my players at every opportunity and refrain from negative coaching tactics.
- Know and play by the rules governing the club, as well as the tournament your team happens to be playing. This includes all aspects of the Coach's Guidelines & Philosophy set forth by the association.
- Maintain an open dialogue with parents and contact them with problems or concerns regarding players. If the problem or concern is not addressed in a satisfactory manner, the coach must speak with the Select Coordinator, Recreational Coordinator or President of the Board of Directors.
- Refrain from abusive language with the referees, or opponents, and foster a positive environment for all players. Question the referee rule interpretation in a mature and respectful manner.
- Instill in each player a desire to improve, and to impart as much soccer knowledge as possible to each player.
- Place more emphasis on player and team improvement than on winning at all costs.
- Provide an opportunity for each player to participate.
- Set clear and concise guidelines for the team and stick to them.

Coaches Pledge:

As a volunteer coach for the Fond du Lac Soccer Association, **I agree to uphold the above Guidelines.** As coach I will be responsible for the management of the team and the conduct of my players. **I understand that by violating the conduct guidelines set forth above, I may be subject to disciplinary action by the Board of the Fond du Lac Soccer Association, including dismissal as Coach or Assistant Coach of my team.** The decisions of the Board are final and I will respect and honor their decisions.

Coach's Name _____

Grade Level & Gender _____

Coach's Signature _____

Date _____

MANAGING A COACHING SESSION

Introduction - Playing the game and maximizing touches on the ball is the best teacher of the game. The NSCAA recognizes these ideals in this program, which begins with the structure of practice session and the coach's responsibility in the development of the players before, during and after the formal training session. Each training session should have a focus, which we refer to as the "theme" of the session. This theme should be based upon the needs of the players. The coach determines the needs of the players by watching them play a match. This is called "match analysis".

This segment addresses the coach's role in the game of soccer. It is important to emphasize the differences between coaching soccer and other sports:

- Soccer is a player's game. While the coach is important, the player is pre-eminent in soccer.
- Soccer is a game involving very difficult skills; therefore, the bulk of practice should be spent with the ball, practicing the skills of the game.
- Players learn in a number of ways, including listening, watching demonstrations and observing advanced players. The #1 teaching tool, however, is playing the game itself.

SESSION FORMAT

- 1) Make sure the players know the time and location of the training session, and that they know their homework assignments.
- 2) Plan practice ahead of time, taking into account:
 - a) Number of players
 - b) Length of practice
 - c) Size and quality of the practice space
 - d) Number and size of goals available
 - e) Equipment needs (cones, balls, vests)
 - f) Weather (cool v. warm)
 - g) Coordination with assistant, division of duties
 - h) Number of activities

BASIC SKILLS

There are six basic skills, or techniques, in soccer.

- 1) **Dribbling** - maneuvering the ball with the feet to beat or dodge an opponent.
- 2) **Receiving** - a player's first touch as they control the ball, using any part of their body except hands and arms.
- 3) **Passing** - kicking the ball to a teammate.
- 4) **Shooting** - similar to passing...some actually refer to it as passing into the goal.
- 5) **Heading** - this skill is specific to soccer, as it is the only way of contacting the ball when it is above the shoulders. It is a skill that requires special instruction.
- 6) **Tackling** - though sometimes neglected, it is important for players to learn to tackle properly to avoid hurting themselves or opponents or committing a foul.

Repetition should be emphasized - Repetition is the mother of learning. Soccer skill learning comes from repetition, which becomes gradually more complicated and demanding. Good coaches develop a series of activities that can be repeated and emphasized from the first moment a child touches the ball. A younger player must be provided with an environment of encouragement and acceptance.

Coaching points to consider:

- Use activities that give the player many touches on the ball.
- Use activities involving swerving movements, dodges and fast footwork to avoid obstacles and opponents.
- Develop drills in which each player has a ball and avoid standing in lines.
- Coaches should avoid too much talking or lecturing.
- Practices should be dynamic and full of action to maximize limited time and keep the interest of the players.

DRIBBLING

- Use fast footwork, activities that encourage players to make contact with the ball using all parts of the foot (inside, outside, heel, and bottom).
- Key elements in dribbling include changes in speed, changes in direction and fast feet.
- Exercises should include activities in which the dribbling player must turn away from, accelerate past or unbalance in any way an opponent.
- Proper dribbling activities vary depending on the player's stage of development.

RECEIVING

When receiving a ball on the ground, the following points should be considered:

- Keep your eye on the ball.
- Choose which foot to receive the ball with (this may depend on the location of the defender).
- Receive the ball with one foot with the toe pointed up (ankle locked).
- Don't stop the ball. Instead, prepare it for the next action shot, dribble, pass, or to play away from pressure.

Receiving the ball in the air is a skill that involves six steps:

- Keep your eye on the ball.
- Read the flight, speed and direction of the ball
- Decide which body part will control the ball (foot, thigh, chest, or head).
- Get the body in line with the direction of the ball.
- Prepare to receive the by presenting the body part to the ball.
- Cushion the ball with the body part to slow it down and prepare for the next touch.

PASSING

The technical elements of passing vary based on the kind of pass being made. The key elements of any pass (both short and long) include:

- See the target.
- Approach the ball.
- Plant and position the support, or non-kicking foot (the toe of the non-kicking foot should be pointed in the direction the player wants the ball to go).
- Look at the ball and hold head steady.
- Contact the correct area of the ball with a locked ankle:
 - For instep and outside of foot pass, the toes are pointed down and contact is on the top of the foot.
 - For inside of the foot pass, toes are pointed up.
- Follow-through: Kick "through the ball," following through toward the target. Transfer the weight forward.

SHOOTING

Shooting uses the same technical elements as passing:

- If possible, the player should look up to see the position of the goalkeeper, choosing a side to shoot the ball.
- Approach the ball.
- Plant the support foot beside or slightly ahead of the ball, which helps to keep the shot low.
- Keep the head steady and eyes on the ball.
- Make proper contact with the ball.
 - Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
 - Hips and knee of kicking foot are pointed in the direction of the shot.
- Follow through to keep the ball low (weight going forward, landing on the kicking foot).

HEADING:

The key elements of heading:

- Judge the line and flight of the ball.
- Get in the line of the flight
- Arch the back and tuck the chin prior to contact, with the elbows back to contact the ball.
- “Snap” the back and chin forward and “snap” the elbows back to contact the ball.
- Make contact with the ball with area between the eyebrows and hairline with mouth closed, eyes open and chin up.

Heading is a skill to be introduced slowly and is almost never practiced by players under the age of nine.

TACKLING:

There are two basic types of tackles: the “poke” tackle and the “block” tackle.

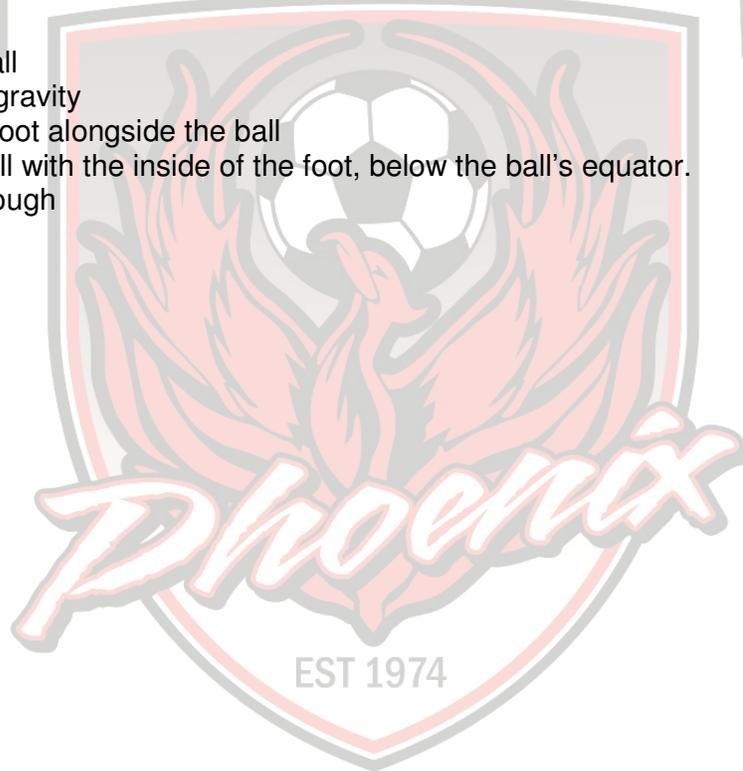
“Poke” tackles are the safest tackles, key factors:

- Lower center of gravity.
- Sideways on.
- Steady head with eyes on the ball.

The defender must slow the attacker before trying to tackle, and it is recommended that the tackle is attempted right after the attacking player touches the ball. The tackling player “pokes” at the ball with the lead foot and tries to dislodge it from the opponent.

“Block” tackles involve tackling with the back foot and normally occur in a 50-50 situation, when neither player has the ball. Key factors:

- Steady head
- Eyes on the ball
- Low center of gravity
- Plant support foot alongside the ball
- Contact the ball with the inside of the foot, below the ball's equator.
- Low follow-through



INTRODUCTION TO BASIC TACTICS (1v1):

Basic Soccer Tactics - When we talk tactics, we are referring to three categories:

- Individual tactics, in which two players confront each other in a 1v1 duel.
- Group tactics, involving two or more players within a 15-yard radius around the ball.
- Team tactics, which refers to the style of soccer a team plays.
- Team tactics involves systems of play, high-and low-pressure defending, playing directly and indirectly.

The First Defender - The role of the first defender is the exact opposite of the first attacker. The key elements include:

- Close down attacker quickly to prevent penetration. As the defender gets closer to the attacker, adopt a low center of gravity, get sideways on and take small steps.
- The last three or four steps may be angled to force the opponent to the left or right.
- Retreat backward if the attacker is dribbling at you. Drop step with a shuffle to avoid crossing legs.
- Tackle if the attacker mis-touches the ball or loses control.

The First Attacker - Coaches can set up a number of 1v1 duels, including playing to two small goals, dribbling over the line to score goals, playing to one central goal or scoring on multiple goals. Key factors to include:

- First attacker turns and faces the defender.
- Attack the defender with the ball. If the defender is in a staggered stance, attack the lead foot.
- Make a fake just outside the defender's tackling range to beat the defender.
- Accelerate past the defender into space.

U5 & U6 Coaching Guidelines:

Game: 4v4 (4) 8 minute quarters

Playing time: As equal as possible, no scores kept

Formation: 1-1-1

Practice time: 1 time per week, could include a short practice before the game.
(45 min to 1 hour max.)

Objectives: Skill development, introduction of the game, Fun - Fun – Fun

Technical:

- Focus on individual technique. 90% of practice should be games that encourage dribbling and shooting technique.
- Dribbling: Encourage risk taking, juggling with a bounce in between, use of both feet.
- Receiving: Control of a rolling ball.
- Shooting: Proper striking technique
- Passing: Proper technique, inside of foot and laces (they will not be passers yet)
- Heading: Very little
- Tackling: Proper technique

Goalkeeping: Not introduced yet.

Tactical:

- Teach basic principles of play. Promote attacking soccer.
- Attacking: 1v1
- Defending: learn pressure and support

Small-sided games: Play 2v1, 2v2

As a coach, you should - Be positive, play a lot of games that happen to have a ball.
Encourage a "love" for the ball.

The ideal coach is – enthusiastic, passionate, possess soccer awareness, ability to demonstrate or utilize someone who can paint a good picture, and must enjoy children.
Focus on development and love of the game.

Focus on development. This is the beginning of their development. This is where we start to “hook” them in.

U8 Coaching Guidelines:

Game: 5v5, (4) 10 minute quarters

Playing time: As equal as possible, no scores kept

Formation: 1-2-1 diamond

Practice time: 1 time per week, plus the game. (45 min to 1 hour max)

Objectives: Skill development, introduction of the game, Fun - Fun - Fun

Technical:

- Focus on individual technique. 75% of practice should be spent on Technique.
- Dribbling: Encourage risk taking, juggling with a bounce in between, use of both feet.
- Receiving: Control and receiving pass heavily emphasized.
- Shooting: Proper striking technique
- Passing: Proper technique, inside of foot and laces (they will not be passers yet)
- Heading: Self-serve
- Tackling: Proper technique

Goalkeeping: Not introduced yet.

Tactical:

- Teach basic principles of play. Promote attacking soccer.
- Attacking: 1v1
- Defending: learn pressure and support

Small-sided games: Play 2v1, 2v2

As a coach, you should - Be positive, play a lot of games that happen to have a ball. Encourage a "love" for the ball.

The ideal coach is – enthusiastic, passionate, possess soccer awareness, ability to demonstrate or utilize someone who can paint a good picture, and must enjoy children. Focus on development and love of the game.

This is the beginning of their development. This is where we start to "hook" them in.

U9 & U10 Coaching Guidelines:

Game: 7 v 7, (2) 25 minute halves

Playing time: As equal as possible with rotations to all positions.

Formation: 1-3-1, diamond with an extra midfielder or 2-1-2

Practice time: One time per week, plus a game (1 hour 15 minute maximum)

Objectives: Skill development, basic principles of play, FUN!

Technical:

- Focus on developing individual technique. 75% of practice should be spent on technique.
- Dribbling: Encourage risk taking, ball juggling; mastery of the ball left and right foot
- Receiving: Control and receiving pass heavily emphasized.
- Shooting: Proper striking technique.
- Passing: Proper technique-laces, inside, outside; short and long; crossing
- Heading: Self serve - partner serves
- Tackling: Proper technique

Goalkeeping - Teach basic skills

Tactical:

- Teach basic principles of play. Play a variety of positions – develop and awareness/complete player. Promote attacking soccer.
- Attacking: 1v1 encourage flair and risk taking.
- Defending: Learn depth and cover as well as width

Small Sided Games - Play 2v1, 2v2, 2v3, 3v3

As Coach, you should - Encourage decision-making, imagination/creativity, recognize basic concepts of time and provide positive reinforcement.

The ideal coach is – enthusiastic, passionate, possess soccer awareness, ability to demonstrate or utilize someone who can paint a good picture, has knowledge of key factors of skill development and must enjoy children. Focus on development and love of the game.

This is the beginning of their development of skill and small group tactics.

U11 & U12 Coaching Guidelines:

Game: 8 v 8, (2) 25 minute halves

Playing time: As equal as possible; players to rotate some positions

Formation: 2-3-2 (NSCAA recommends), 3-2-2, 3-3-1

Practice time Two times per week, plus one game (1 hour 30 minute maximum/practice)

Objectives: Skill development, basic principles of play, establish discipline, have FUN!

Technical:

- Establish a solid "base. Develop individual skills under the pressure of time, space, and an opponent. increase technical speed.
- Dribbling: Encourage risk taking, moves to beat an opponent, keep possession, shielding, change speeds, change direction.
- Receiving: Ground and air balls. All surfaces.
- Shooting: Proper striking technique, partner serves from all angles.
- Passing: Proper technique - laces, inside, outside; short and long, crossing.
- Heading: Self Serve - Partner serves
- Tackling: Proper technique

Goalkeeping - Set position; general handling, basic communications, 1v1 principles.

Tactical:

- Basic principles of play. Play variety of positions - develop an awareness/complete player. Promote attacking soccer.
- Attacking: 1 v 1 support, combination play; wall pass, take over, overlap.
- Defending: Proper pressure; channel player, immediate chase; pressure/cover training.

Small Sided Games – 2v2, 2v2, 3v2, 3v3

As a coach, you should - Encourage decision-making, imagination/creativity, build skill development as well as keeping it fun and enjoyable.

The ideal coach is – Enthusiastic, possess soccer awareness, ability to demonstrate or utilize someone who can paint good picture, has knowledge of key factors of skill development.

This is the “golden age of learning” and most important age for skill development.

U13 & U14 Coaching Guidelines:

Game: 11v11, (2) 35 minute halves

Playing Time: Need opportunity to play, Select teams will be more competitive and playing time may not be equal, however every player should get into the game. Recreation level players need to play at least half.

Formation: 4-4-2, 3-5-2, 3-4-3, be creative and play a variety

Practice time: Select two times per week plus a game. Recreation one time per week (it will depend on the interest of your players)

Objectives: Skill development, tactical awareness, increased speed of play

Technical:

- Develop individual skills under the pressure of time, space, and an opponent increase technical speed. Promote attacking soccer - play 3-4-3 (NSCAA recommendation)
- Dribbling - Encourage players to take on 1v1 situations, feints/moves, keep possession- shielding/spin turns.
- Receiving - Quality first touch - take bails out of the air/turning; all surfaces, on the run.
- Shooting - On the run; on the turn; from all angles/crosses, volleys.
- Passing - Short, long, bent, crosses, driven, chipped - all surfaces, all on the run
- Heading - To goal, to pass, to clear.
- Tackling - Proper technique, slide.

Goalkeeping: Set position, diving, crosses, distribution, communication, distance angles, availability to support defense.

Tactical:

- Increase tactical speed (decision making)
- Attacking: Keep possession, encourage risk taking, support, combination play, wall pass, take over, overlap, double pass. Teach width, depth, penetration crossing with proper runs in the box and simple set plays.
- Defending: Proper pressure, channel player, immediate chase, angles of pressure, pressure/cover training.

Small Sided Games: 2v1, 2v2, 2v3, 3v3, 4v2, 4v4

As a coach you should - Encourage decision-making, imagination/creativity, increase demands and establishing training targets. Awareness of tactics within the game becomes important facet of learning process. The ideal coach is - Enthusiastic, strong personality, soccer knowledge, patient but demanding, extensive experience/teaching within 4v4 - 7v7 games.

The demands of skill training and training loads should increase, thus promoting improvement in mental toughness, concentration and diligence.

U15 and Above Coaching Guidelines:

Game: 11v11, (2) 40 minute halves, U17 and above (2) 45 minute halves.

Playing Time: Need opportunity to play, Select teams will be more competitive and playing time may not be equal, however every player should get into the game. Recreation level players need to play at least half.

Formation: 4-4-2, 3-5-2, 3-4-3, be creative, play a variety

Practice time: Select two times per week plus a game. Recreation level one time per week (it will depend on the interest of your players)

Objectives: Skill development, tactical awareness, increase speed of play.

Technical:

- Skills should be mastered - under match conditions. increase technical speed. It is important the technique is still highly emphasized at this age. Strike balls cleanly over distance with accuracy under pressure.
- Dribbling: Encourage players to take on i vi ~ feints/moves; keep possession shielding/spin turns.
- Receiving: Quality first touch- take balls out of the air/turning, all surfaces, on the run
- Shooting - On the run, on the turn, from all angles/crosses, volleys
- Passing - Short, long, bent, crosses, driven, chipped - all surfaces, all on the run
- Tackling - Proper technique, slide

Goalkeeping:

- Footwork, position, general ball handling techniques, shot stopping, catch or deflect, recovery saves, support, communication, pressure on and off the ball, presence, organizing and defending set plays.

Tactical:

- Increase tactical speed (decision making)
- Attacking: Keep possession with a purpose - width, depth, support. Combination play - wall pass, takeover, overlap, double pass, third man running. Penetration; mobility/creativity; crossing with proper runs in the box and set plays
- Defending: Compactness, delay, tracking back, communication (who, what, when, where), dictate the play with defending and set plays

Small-sided games: 3v3, 4v4, 7v7

As coach, you should - Encourage decision-making, leadership, player responsibilities, goals, understanding the game, increase physical core strength, proper nutrition, better understanding of the mental game.

The ideal coach is – Charismatic, experienced, knowledgeable, articulate, disciplinarian, knows how to manage people and is a thoughtful persuader.

This is a critical time in the player's development.

To complete an application to be a Coach, please go to:

<http://www.fondysoccer.com>

Or contact the Select Coordinator or FDLA President

