



Eastview Soccer Club Coaching Handbook - Grade 3-8

For 2023 Season



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1. Introduction & Overview

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1. Introduction

Welcome to the Eastview Soccer Club Coaching Handbook, an asset for you and your players so we can run consistently good sessions, which result in our players learning more, and having fun with this great sport.

Our Mission

The Mission of the Eastview Athletic Association Soccer Program is to provide children with the opportunity to participate in a soccer experience that emphasizes fun over competition so they can develop positive self-esteem and build character by learning the virtues of hard work, respect, honesty, self-control, teamwork, and sportsmanship all while learning the game of soccer.

Our Philosophy

- Everyone Plays
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development

Coaches

- We cannot run a successful community program without our volunteer coaches. Thank you for being a leader on the soccer field and in our community.
- Coach's shirts are provided to all head and assistant coaches. Please wear them at all soccer sessions so that we not only look organized but also more importantly, so it is clear whom our leaders are on the field for us, for the players and for spectators.

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Sessions

Please avoid the 3 L's; Lines, Laps, and Lectures. We avoid the word Drills and instead do Soccer Activities.

- **Lines** are just kids standing around; keep them moving.
- **Laps** are for the High School varsity kids that need endurance, if you want to have them run make sure a ball is at their feet dribbling.
- **Lectures** are long complicated explanations. Let's make our feedback brief, interactive and fun!

At all times, we are focused on our kids having fun. Fun is most important.

Competition is part of the game, and we certainly build in and allow competitive games. When you have a game that is lopsided, please challenge your team in different ways; play a man or two down, take your best players off for a spell, tell your kids they cannot score without 3 passes, no dribbles only passes.

Please review your Coaches folder provided when you pick up your equipment.

Weather

Weather! We live in Minnesota, and we have weather! It will rain, It will be cold, It will be hot, It could snow...no matter, we play soccer!

We only have 14 or 15 scheduled days in each season so losing a day or two is not what we want. Plan to play. **Lightning trumps all however, if there is lightning, we don't want our players/teams on the field.**



Overview

This handbook has been designed to help you, the Coaches, run better sessions that will result in our players learning more, building their skills and having more fun playing the worlds most popular sport, played by over 250million people in over 200 countries.

Soccer is based on 6 main skill areas, which provide the techniques necessary for all positions played on a team. They are as follows:

1. Controlling
2. Dribbling
3. Passing
4. Shooting
5. Heading
6. Goalkeeping

In addition, we have added 3 more sections:

7. Set Pieces
8. Coaching Tips
9. Player Evaluation

Set Pieces: Includes some tips and hints on activities for throw-ins, goal kicks and corners as well as optimum formations.

Coaching Tips: Is a section that could be called the Troubleshooting Guide. What do you do to correct things you observe that could be better?

Player Evaluation: Will help you understand the strengths and weaknesses of your players and where we should focus our time to improve them as individuals and therefore the team overall. It helps us set our goals for the season.

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Referees

Please always be respectful of our referees. They are learning and doing their best. They will make mistakes. So do we.

Most are nervous and don't want to upset anyone. Accept the calls that are made and teach your team positive lessons.

The number one cause of referees not continuing is 'Abuse'. If you have major problems with a Ref please save your comments and feedback, note them down and contact one of our Soccer Board members immediately.

Resources

Should you like some help in areas such as practice, game tactics, or just someone to help, please check our EVAA website or one of the Eastview Soccer Board members.

Lastly, have fun. Enjoy this wonderful sport and help our kids have a great experience.



2. Controlling the Ball

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Controlling the Ball – WARM UPS



Set Up



Description

1. Foot Trap

- 2 players stand across from each other 6 yards apart.
- One player throws the ball underhand, using both hands, up in the air.
- The receiving player **traps the ball between foot and ground.**
- The ball should stop instantly and be under control.

2. Thigh Trap

- 2 players stand across from each other 6 yards apart.
- One player throws the ball underhand, using both hands, up in the air.
- The receiving player **lets the ball drop on their thigh** and then to the ground.
- The ball should stop instantly and be under control.

3. Chest Trap

- 2 players stand across from each other 6 yards apart.
- One player throws the ball underhand, using both hands, up in the air.
- The receiving player **lets the ball drop on to their chest** and then to the ground.
- The ball should stop instantly and be under control.

4. Side Foot Volley

- 2 players stand across from each other 6 yards apart.
- One player throws the ball underhand, using both hands up, in the air.
- The receiving player **let's the ball drop on the inside of their foot and plays the ball back to their partner** and then to the ground.
- The ball should be weighted, accurate and always be under control.



Controlling the Ball – WARM UPS

5. Heading

- 2 players stand across from each other 6 yards apart.
- One player throws the ball underhand, using both hands, up in the air.
- The receiving player **heads it back the other player using his forehead to direct the ball.**
- The ball should be weighted, accurate and always be under control.

Progressions

- Encourage players to increase tempo until they reach the edge of their individual comfort level.
- Players move back from 6 to 10 yards.
- Turn it into a game: Each player must complete the following 5 receiving or controlling skills and then either player must get the ball into a small circle between the 2 players and shout GOAL!

Coaching Points

- For all the activities, move back or forward to meet the ball
- Foot Trap:. Watch the ball right on to the foot; Use the sole of the foot to kill the ball.
- Thigh Trap: Let the ball drop on to the thigh, and then softly to the ground.
- Chest Trap: Lean back or forward to make the ball drop straight to the ground.
- Side Foot Volley: Let the ball hit the side of the foot and guide it back to the other player.
- Heading: Make sure the ball hits the center of the forehead and use the neck to produce power.

Coaching Questions

- What's the most important thing to do when controlling the ball? (Watch the ball all the way on to the part of the body).
- In what situations would you use these skills? (Under pressure from an attacker or defender, to allow you to move into space quickly.)

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Controlling the Ball - MOVES

Set Up



Have 2 players line up opposite each other on cones about 8 yards apart with one ball each. They take it in turns to run towards each other, make the turn and return to their cone

Activity Description

1. Drag Back

- Whilst dribbling put the sole of the foot on top of the ball.
- Using the sole of the foot, drag back the ball towards the player.
- Keep the body between the ball and the opponent.
- Facing the direction away from the opponent, push ball away with the outside of the other foot.
- Accelerate away from the defender.

2. Scissors or Circle Take

- Whilst dribbling step wide around the ball.
- Then push the ball away with the outside of the other foot.
- Accelerate away .

3. Double Scissors

- Whilst dribbling step wide around the ball.
- Step around the ball again with the other foot.
- Then push the ball away with the outside of the 1st foot.
- Accelerate away.

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Controlling the Ball - MOVES

4. Xavi Fernandez 360° Inside

- Dribble using both feet.
- Reach around and stop the ball with the inside of the foot.
- Spin around the ball to shield it from an opponent.
- Push ball away with the inside of the foot **and** accelerate away.

5. Xavi Fernandez 360° Outside

- Dribble using both feet.
- Reach around and stop the ball with the outside of the foot.
- Spin around the ball to shield it from an opponent.
- Push ball away with the outside of the foot and accelerate away.

6. The Maradona

- Dribble using both feet.
- Step on top of the ball with the sole, and turn 180°.
- Pull or drag back with the other foot.
- Push ball with the outside of the foot and accelerate away.

7. Bish Bash (Little Touch, Big Touch)

- Dribble using both feet.
- Make a little touch to the left or right.
- Then make a big touch in the opposite direction.
- Accelerate away.

8. Pull Back V

- Dribble using both feet.
- Pull back the ball to one side by dragging with the sole of the foot.
- Then push the ball wide in a V shape away from the opponent.
- Accelerate away.



Controlling the Ball - MOVES

9. The Tip Tap

- Dribble using inside of feet.
- Slowly tap the ball towards the the opposing foot, waiting for a defender reaction
- Once we observe defenders' reaction, cut the ball, using the outside of the same foot away and around the defender.

10. Knock Across

- Dribble using inside of feet.
- Slowly tap the ball towards the the opposing foot, waiting for a defender reaction
- Once we observe defenders lack of reaction execute a long tap across the body to the opposite foot and then re-direct in one touch at a forward angle to pass the defender.



Controlling the Ball - MOVES

Progressions

- Encourage players to increase tempo.
- Players move back from 8 to 10 yards.
- Get players to move forward for a challenge.

Coaching Points

- Demonstrate the move standing and then with one or two steps.
- Have the players try it.
- Then demonstrate in slow motion.
- Have the players try it.
- Make corrections.
- Have them take turns trying it.
- Choose the player who made best observed turn and ask them to demonstrate.
- Move on to the next turn.

Coaching Questions

- When making the move what should you remember? (Keep your body between the ball and the opponent.)
- What's the most important thing to do after making the move? (Accelerate away).

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Controlling the Ball – TURNS



Set Up



Have 2 players line up opposite each other on cones about 8 yards apart with one ball each. They take it in turns to run towards each other, make the turn and return to their cone

Description

1. Inside Hook or Cut

- Whilst dribbling put left foot alongside the ball.
- Get low and use the **inside of the kicking foot** to go over the left foot and hook the ball back in the direction of where you have been running.
- Keep the body between the ball and the opponent.
- Facing the direction you came, push ball away with the outside of the other foot.
- Accelerate away from the defender.

2. Outside Hook or Cut

- Whilst dribbling put left foot alongside the ball.
- Get low and use the **outside of the kicking foot** to hook the ball back in the direction of where you have been running.
- Keep the body between the ball and the opponent.
- Facing the direction you came, push ball away with the outside of the other foot.
- Accelerate away from the defender.

3. Cruyff or Squeeze Turn

- Shape to pass the ball.
- Wrap the kicking foot around the ball and knock the ball backwards, using the sole or side of the foot.
- Whilst knocking the ball back behind you, start to turn in the opposite direction.
- After making the turn, accelerate away.

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Controlling the Ball – TURNS

4. Roll Cut

- Dribble using both feet.
- Roll the foot over the ball and cut with the outside of the foot.
- Move the body between the ball and the opponent.
- Accelerate away.

5. Pull Across

- Dribble using both feet.
- The ball should be 1-2 foot ahead of the player.
- Player reaches to the far side of the ball with the sole of the foot, angled down for a good grip.
- Simultaneously jump, twisting the body as you pull the ball across your front.
- Accelerate away.

Progressions

- Encourage players to increase tempo.
- Players move back from 8 to 10 yards.
- Get players to move forward for a tackle.

Coaching Points

- Demonstrate the turn standing and then with one or two steps.
- Have the players try it.
- Then demonstrate in slow motion.
- Have the players try it.
- Make corrections.
- Have them take turns trying it.
- Choose the player who made best observed turn and ask them to demonstrate.
- Move on to the next turn.

Coaching Questions

- When making the turn what should you remember? (Keep your body between the ball and the opponent.)
- What's the most important thing to do after making the turn? (Accelerate away).



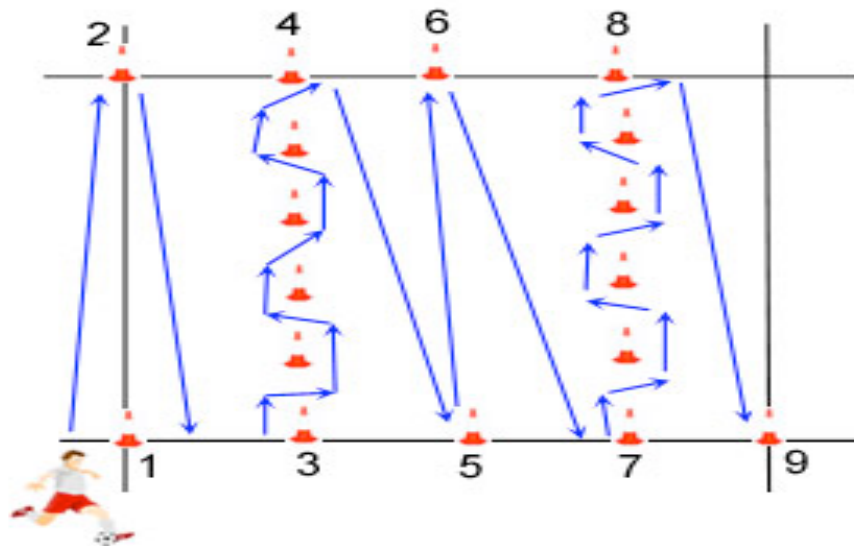
2. Dribbling

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Dribbling – WARM UPS

Set Up



- Set up cones as shown above with the distance between the 2 sides of 10 yards.
- Have up to 6 players line up at Cone 1.

Activity Description

- The goal of the activity is to dribble the ball from cone 1 to cone 9.
- Players dribble to cone two and back down to cone three.
- Players then dribble in and out of the cones up to cone four, dribble back to five, up to six and down to seven.
- Players then dribble in and out of the cones up to cone eight and back down to nine, then back to one and start again.
- They do 5 laps.

Progressions

- Encourage players to increase tempo.
- First time use favored foot.
- Next time use the other foot.
- Mirror the activity and have races.
- Time laps as targets to beat.
- Move cones closer together as more of a challenge.

Coaching Points

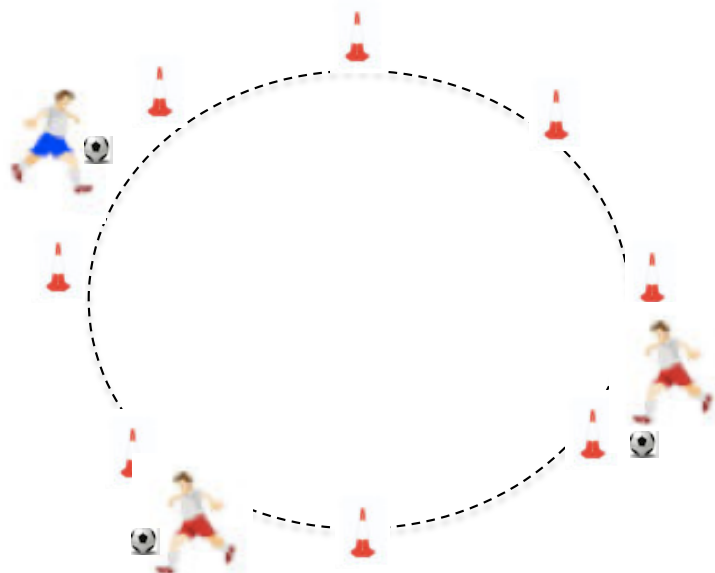
- Encourage players to use inside and outside and both feet.
- Keep the ball close to the feet and maintain control.
- Encourage use of moves and turns.

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Dribbling – CIRCLE



Set Up



- Set up cones as shown above in a circle of 10 yards across.
- Have up to 3 players on the outside of the circle.

Activity Description

- Players walk around the circle using both feet to control the ball.
- Players encouraged NOT to look at the ball.
- After three laps, turn and reverse the direction.
- After 3 laps reverse direction and jog.

Progressions

- Encourage players to increase tempo and jog.
- Have races.
- Time laps as targets to beat.

Coaching Points

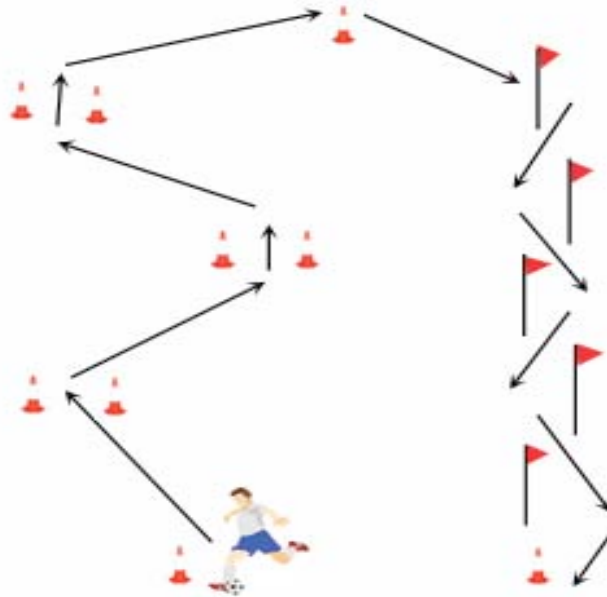
- Look up and around.
- Keep the ball close to the feet and maintain control.
- Look up, look down; dribble without looking down much.

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Dribbling – GATES & CONES



Set Up



Use cones

- Set up cones as shown with 6 yards between the gates and flags .
- Have up to 6 players with a ball each lined up at the start.

Activity Description

- Players dribble from starting point through the cones, around the top cone and through the slalom poles (or more cones) whilst keeping the ball under close control.
- Players encouraged NOT to look at the ball.

Progressions

- Players to use weaker foot only.
- Encourage players to increase tempo.
- Players to reverse direction.
- Make the distance between the cones and slalom smaller.
- Add a defender instead of a top cone.
- Have races.
- Time laps as targets to beat.

Coaching Points

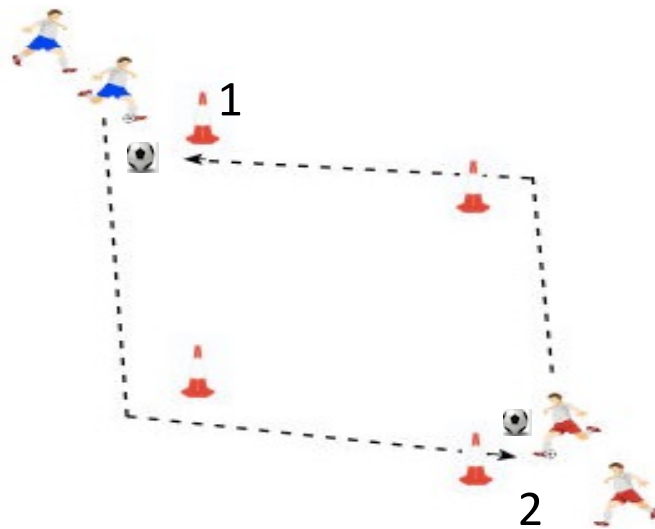
- What part of the foot to use when dribbling.
- How to shield the ball from opposition.
- Look up, look down; dribble without looking down much.
- Use both feet.

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Dribbling – RHOMBOID



Set Up



- Set up cones as shown above with the distance between the 2 sides of 10 yards.
- Have 2 players line up at Cone 1 and 2, 4 in total.

Activity Description

- 4 Players dribble and pass around a Rhomboid shape.
- 2 players stand at the same point. One dribbles off and at the first cone they come to, pass to the player in front.
- Both sides go at the same time so that there is continuous practice.
- Meanwhile a player comes the other way doing the same.

Progressions

- Encourage players to increase tempo.
- Mirror the activity and have races.
- Time laps as targets to beat.
- Move cones closer together as more of a challenge.
- Add cones to go round on the sides.

Coaching Points

- Encourage players to use inside and outside and both feet.
- Keep the ball close to the feet and maintain control.
- Encourage use of moves and turns.



3. Passing

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Passing – WARM UPS



Set Up



Have up to 2 players line up opposite each other about 10 yards apart with one ball between them.

Activity Description

- Continuous passing between the 2 players.
- Start with one touch stop the ball and then pass back.
- **Use alternate feet.**
- Start with a slow tempo.

Progressions

- Players pass back with no touch.
- Players move back and then come to meet the pass.
- Increase the tempo.
- Pass to left or right of another player.
- Incorporate coach as shadow defender.

Coaching Points

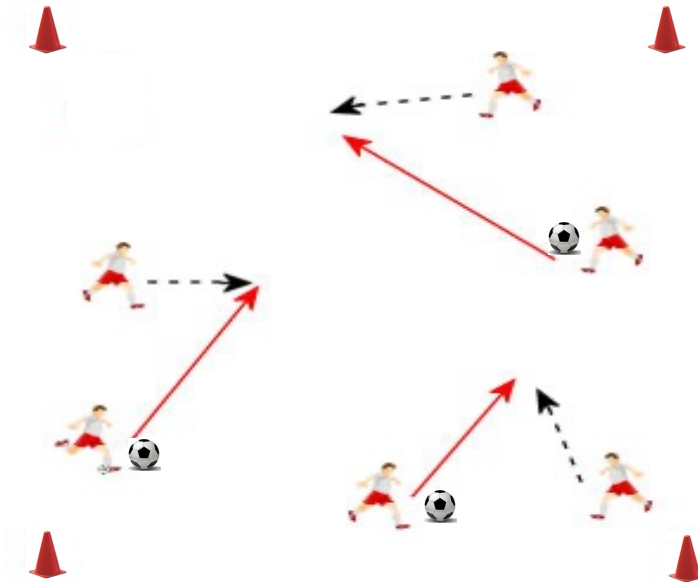
- Pass accurately.
- Head up before pass.
- Focus on weight of pass for the distance.
- Players to check for shadow defender.

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Passing – CALLING

Set Up



- Set up cones as shown above with the distance 20 yards between cones.
- Have up to 6 players line up at Cone 1.

Activity Description

- 6 players, 3 with a ball i.e. half the players start with a ball.
- All players jog around the marked area; **players without a ball call for a pass to take possession.**
- Start with a slow tempo.

Progressions

- Players in possession can play a 1-2 to regain possession; change over after 1 minute.
- Increase tempo.
- Award points for first player to pass to 5 different players - Shouts GOAL!
- Adapt the size of the area bigger(if struggling) or smaller (if too easy).

Coaching Questions

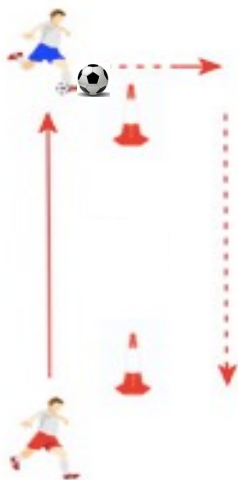
- What parts of the foot should be used? (Inside, outside, laces).
- What is key when making passes? (Ensuring accuracy and weight of pass in to the path of the receiving player, so they can control it easily.)
- How do we encourage good communication? (By passing only to the player calling for the ball.)

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Passing – EITHER SIDE OF CONE



Set Up



- 2 players face opposite each other with one ball.
- Cones are provided as guidance for yardage apart (start at 6-8yards).

Activity Description

- Continuous passing drill, players stand 6-8yards apart behind a cone.
- Player receives ball and with 1st touch plays the ball to the other side of cone and then passes to the other player who repeats the practice.
- Start with a slow tempo.

Progressions

- 2 touch to put more emphasis on 1st touch
- Change direction to work weaker side
- Change distance between players
- Increase tempo

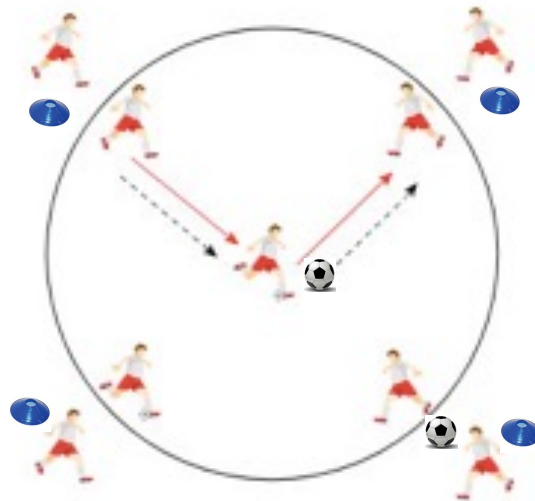
Coaching Questions

- How do we make the pass accurate? (head up, observation, follow through)
- How do we weight the pass? (back lift of leg)
- How do we control direction? (use of inside or outside of passing foot)

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Passing – PASS & MOVE (GIVE & GO)

Set Up



- Activity involves 9 players or more. 2 layers on 4 cones as shown above and 1 player in the middle.
- Cones are provided as guidance for yardage apart.

Activity Description

- Player passes in to the target player who receives the ball, who turns (180 degrees) and passes the ball to the opposite side.
- The target player then follows his pass and joins the back of the team.
- After making the first pass, that player runs in to the middle to be the target player.
- Continuous practice, if you receive the ball on the outside of the circle you pass and follow, if you are the target player you collect a pass, turn, pass and follow.

Progressions

- 2 touch / 1 touch
- Change distance between players by increasing area
- Increase tempo

Coaching Questions

- How do we control the accuracy and weight of pass?
- How do we Communicate? (Call)
- Accuracy? (Depends on vision and awareness of where the pass is coming from and going to)



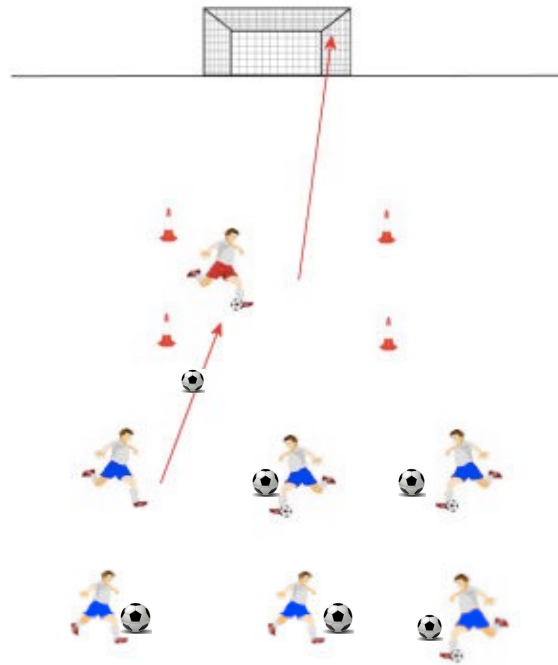
4. Shooting

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Shooting – WARM UPS



Set Up



- Set up cones as shown above in a square of 6 yards.
- Have one striker in the square and three midfield assists with a ball each.

Activity Description

- 1 player shooting and 3 players feeding balls in to them; and 3 behind them.
- Striker must stay in the box coned off.
- Striker must face players with the ball, **call for the ball**; control it, turn and shoot.
- After 6 shots, change striker.
- First 3 players get their balls whilst the next 3 pass the ball into the striker.

Progressions

- Striker has to use alternate feet to shoot.
- Players can only have one touch.
- Add a defender into the box.
- Add a Goalkeeper.
- Move distance to goal depending on success.
- Serve ball in to striker at different heights.

Coaching Questions

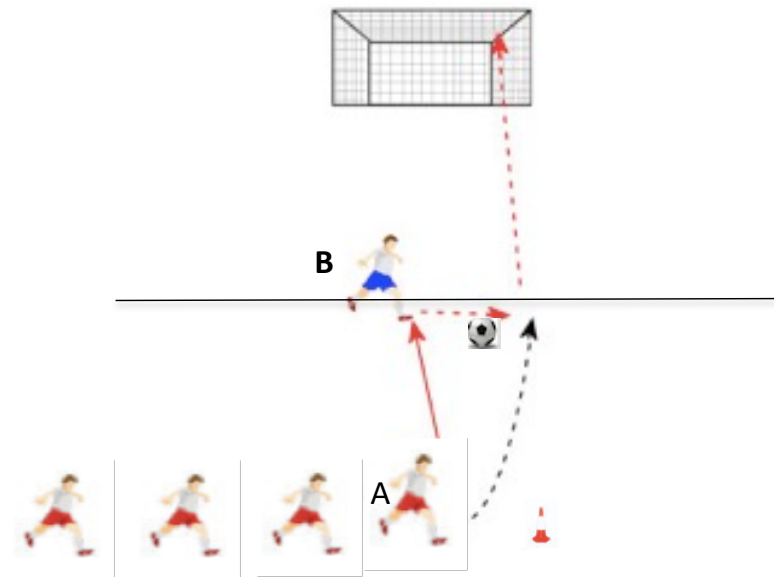
- What's the key to setting up a good shot? (Getting the ball under control quickly).
- Where should we aim? (Furthest point from the goalkeeper - usually corner of goal).
- Where should the plant foot be? (Alongside the ball).

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Shooting – 1-2 SHOOT

Set Up



- Have players line up 10-15 yards from the edge of the penalty box.
- Have a player on the edge of the penalty box.

Activity Description

- Player A starts with a ball.
- They pass it to a player B who is standing around the edge of the 18 yard area.
- Player B lays the ball back to Player A who runs towards goal.
- After player receives the ball back from player B and shoots 1st time.
- Switch player B so everyone gets a chance to shoot.

Progressions

- Add a goalkeeper and maybe a defender.
- Player B chips for a volley

Coaching Questions

- What's the key to setting up a good shot? (Getting the ball under control quickly).
- Where should we aim? (Furthest point from the goalkeeper - usually corner of goal).
- Where should the plant foot be? (Alongside the ball).
- When should they shoot? (As soon as they have control).

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Shooting – FIRST TO THE BALL

Set Up



- Split players into two groups and have them stand 20-25yards from goal.

Activity Description

- Players line up shoulder to shoulder facing the goal.
- The coach throws the ball in the middle of the 2 players just before the penalty area.
- When the ball bounces both the players can run after it, win possession and shoot.

Progressions

- Add a defender in the box
- Limit the forwards touches
- Players start in a press up position or sitting

Coaching Questions

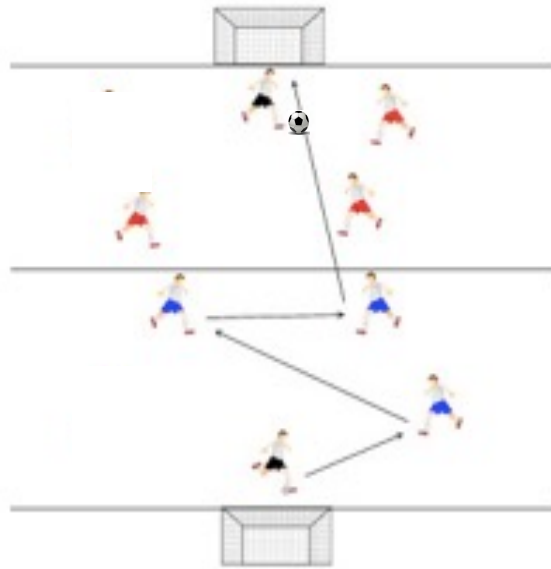
- What's the key to setting up a good shot? (Getting the ball under control quickly).
- Where should we aim? (Furthest point from the goalkeeper - usually corner of goal).
- Where should the plant foot be? (Alongside the ball).
- When should they shoot? (As soon as they have control).

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Shooting – FROM OWN HALF



Set Up



- Split players into 2 teams of 3-4 players on each side with 2 goalkeepers.
- Use small goals and play across pitch with each goal on the edge of the penalty area.
- Mark with cones the halfway line.

Activity Description

- The game is played 3 v 3 + 2 goalkeepers.
- Each team stays in their own half of the field.
- The keeper serves the ball to any player who can either shoot or set up a team mate to shoot but inside their own half.
- The opposite team can try and block shots.
- If a goal is scored or the ball goes out of play the opposite goalkeeper can serve the ball to one of his players.

Progressions

- Must be high tempo
- Limit touches
- Each team must pass 3 times before shooting
- Alter length/width of area
- 5 goals wins the game

Coaching Questions

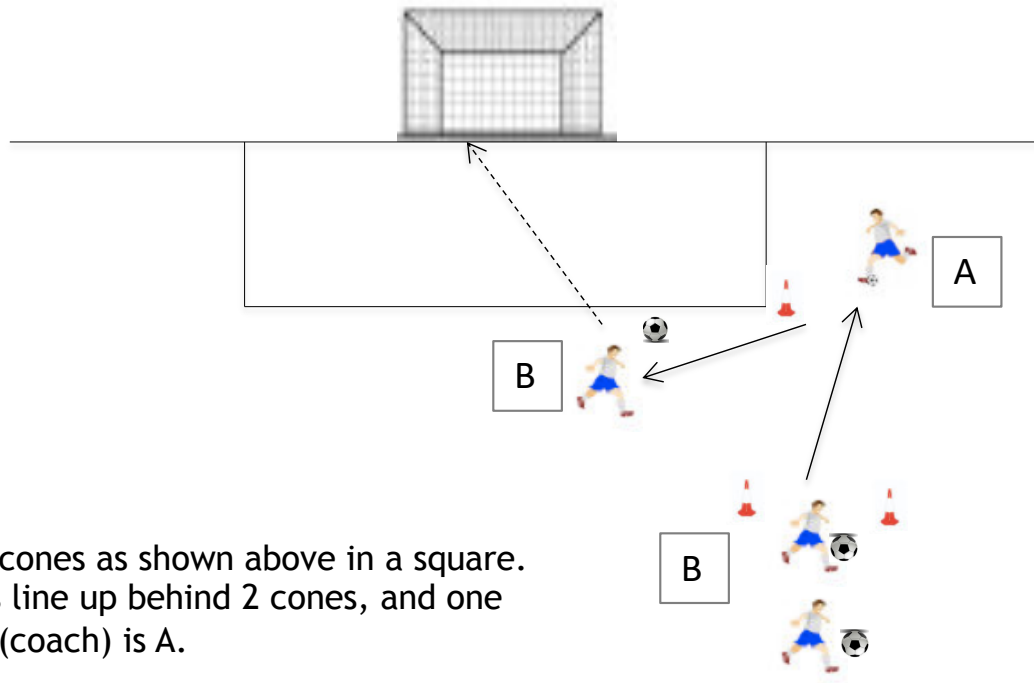
- What's the key to setting up a good shot? (Create space).
- How do we create space? (Fast, crisp passing to open a gap).
- When should they shoot? (As soon as they have control).

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Shooting – GIVE & TAKE



Set Up



- Set up cones as shown above in a square.
- Players line up behind 2 cones, and one player (coach) is A.

Activity Description

- Player B passes to Player A.
- Player A passes from BEHIND the cone back to Player B
- Pass to be in front of Player B so he can run on to it and shoot
- Striker must face players with the ball, **call for the ball**; control it, turn and shoot.

Progressions

- Striker has to use alternate feet to shoot.
- Players shoot first time.
- Add a defender into the box.
- Add a Goalkeeper.
- Move distance to goal depending on success.
- Serve ball in to striker at different heights.

Coaching Questions

- What's the key to setting up a good shot? (Getting the ball under control quickly).
- Where should we aim? (Furthest point from the goalkeeper - usually corner of goal).
- Where should the plant foot be? (Alongside the ball).



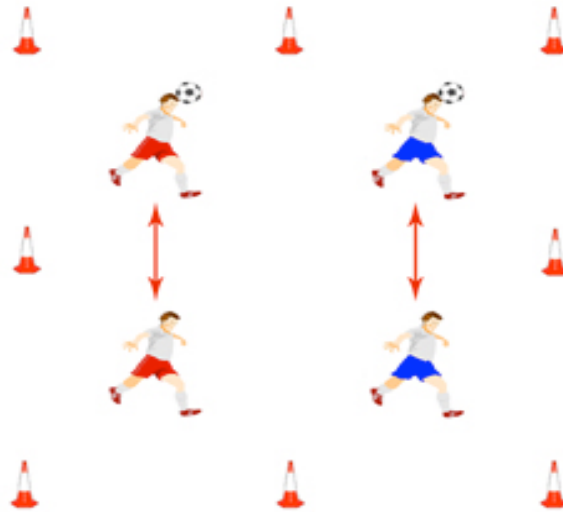
5. Heading

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Heading – Warm Ups



Set Up



- Have players line up 6-8yards away, one ball between two.
- Have cones in a square to mark playing area.

Activity Description

- Player A starts with a ball.
- He serves the ball (underarm), both hands) to team mate who must head the ball up back to server.
- 5 headers in the air (defensive) and 5 headers downwards (attacking).
- Younger players are scared to head the ball so to start use a smaller softer ball and only a short distance between players.

Progressions

- Increase / decrease the distance between players.
- Server can move left or right so the header must be directed.

Coaching Points

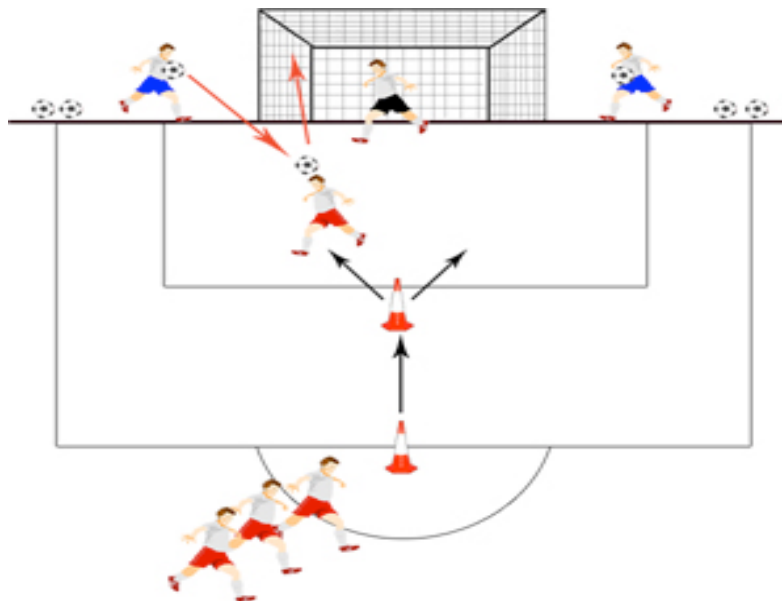
- Timing of the header
- Direction of the header
- Use the forehead, not the top of the head

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Heading – Choose Your Path



Set Up



- Players set up as shown in diagram; 2 “feeders” and 3-5 players in line.
- 2 cones are placed, as start and when to choose direction.

Activity Description

- Players start from the edge of the box.
- One Player make a run towards the centre cone and quickly change direction towards a server, calls for the ball and tries to score.

Progressions

- Increase/decrease the distance between players and the goal.
- When a player has headed the ball he must sprint to the edge of the box, do an activity, like a press up or sit up then join the end of the other queue of players.
- Add goalkeepers.

Coaching Points

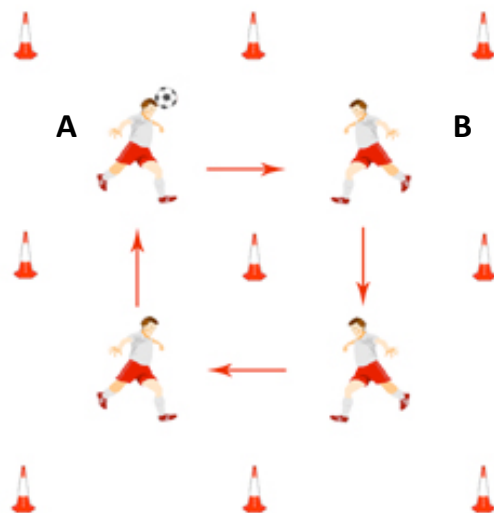
- Timing of the header
- Direction of the header
- Use the forehead, not the top of the head

Eastview Soccer Club Handbook Grade 3-8

Heading – Throw, Head, Catch



Set Up



- Have 4 players positioned in a square 6-8 yards away, with one ball.
- Have 9 cones in a square to mark playing area.

Activity Description

- Player A starts with a ball.
- Player A throws the ball up to Player B.
- Player B must then head the ball to the player on the other side of them, who catches the ball and the sequence of throw, head, and catch is repeated around the square.
- After 5 laps, swap roles of players so everyone gets to head the ball.

Progressions

- Players should try and head the ball all the way around the square.
- Increase/decrease the distance between players.
- Players can move around the box so the header must be directed.
- Players can head in any direction to any player.

Coaching Points

- Timing of the header
- Direction of the header
- Use the forehead, not the top of the head
- Players to jump for the ball to take it earlier



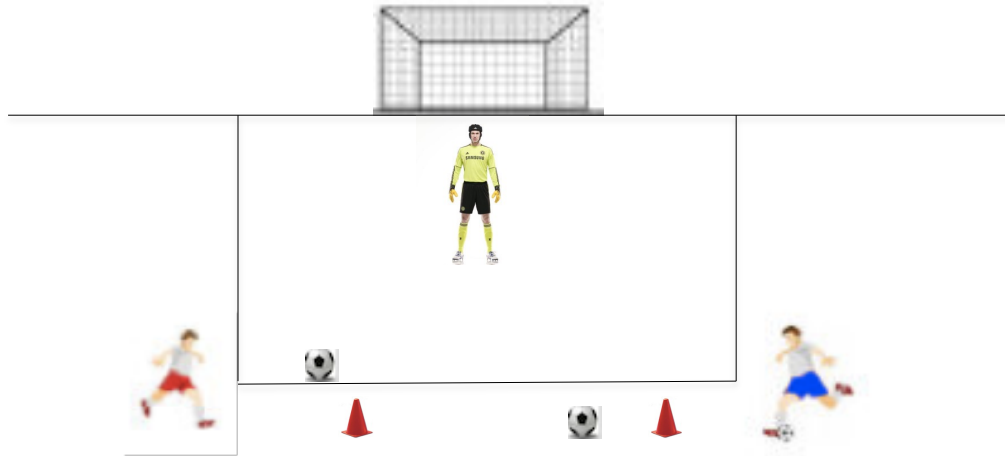
6. Goalkeeping

Eastview Soccer Club Handbook Grade 3-8

Goalkeeping – WARM UPS



Set Up



- Set up 2 cones just around the penalty area, or inside, as shown above.
- Have a Goalkeeper and then 2 players with one ball each.

Activity Description

- Each player either kicks or throws the ball at the goalkeeper, working from the ground up: (For example of catches, see next page)
 - To feet (use inverted contour catch)
 - Between the knees and feet (use inverted contour catch)
 - Between knees and waist (use inverted contour catch)
 - Between waist and shoulders (use W or contour catch)
 - Between shoulders and head (use W or contour catch)
 - Above the head (use W or contour catch)
 - Way above the head (use W or contour catch)

Progressions

- Increase the tempo.
- Increase/decrease the distances between shooters, cones and Goalkeeper.

Coaching Points

- Goalkeeper to keep on toes at all times.
- Goalkeeper to focus and have awareness and anticipation.
- Stance is bend the knees, lower the body, head and shoulders straight.
- Decide where hands should be. Elbows tucked in with hands up or hands low.
- Use the W hand position between waist and shoulders up



Goalkeeping – WARM UPS



Inverted Contour Catch



W or Contour Catch



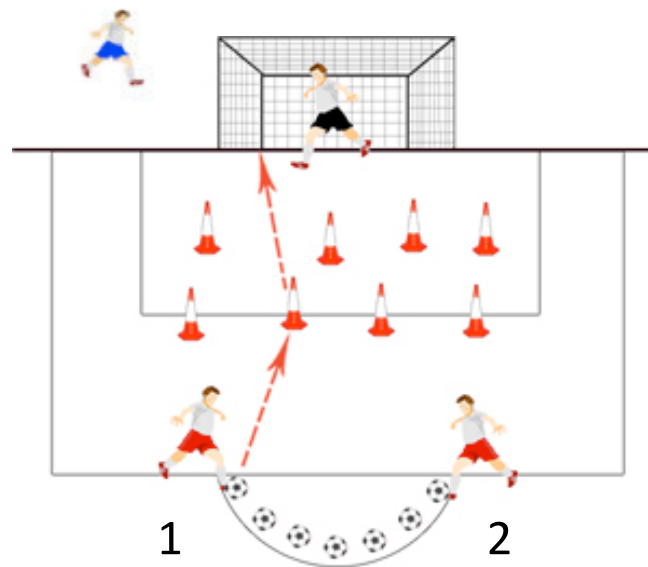
Protecting the Ball

Eastview Soccer Club Handbook Grade 3-8

Goalkeeping – DEFLECTIONS



Set Up



- Set up cones as shown above with the distance of 2-3 yards between cones.
- Have a Goalkeeper and then 2 players line as 1 & 2 opposite each other with 7-8 balls between them.
- Have another player behind the goal to retrieve balls.

Activity Description

- The aim of the activity is that the 2 players shoot at the goal along the ground trying to hit the cones.
- This will cause a deflection and the ball will move in a different direction.
- Players shoot alternatively allowing the Goalkeeper time to set themselves between each shot.

Progressions

- Increase the tempo.
- Increase/decrease the distances between shooters, cones and Goalkeeper.

Coaching Points

- Goalkeeper to keep on toes at all times.
- Goalkeeper to focus and have awareness and anticipation.
- Stance is bend the knees, lower the body, head and shoulders straight.
- Decide where hands should be. Elbows tucked in with hands up or hands low.



7. Set Pieces

Eastview Soccer Club Handbook Grade 3-8

Throw In Activity



Set Up:

Set up 3 cones and have 4 players: A, B, C, D

Description:

The Activity

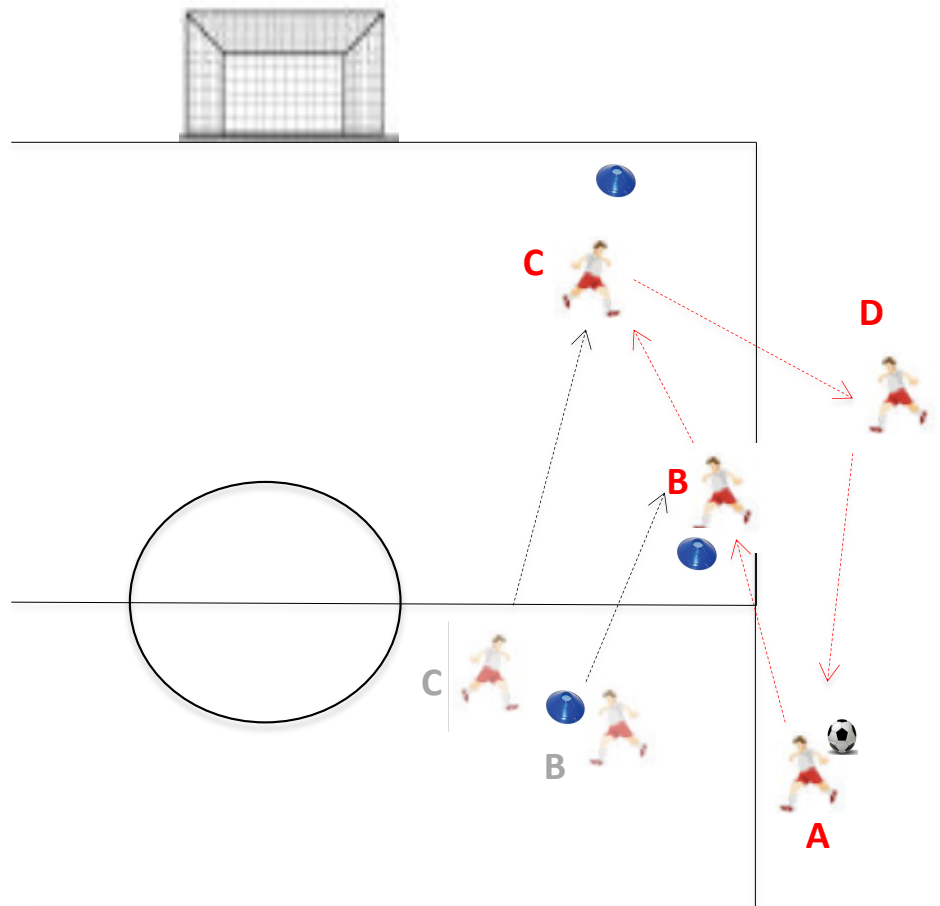
- Players B & C run to the cones.
- Player A throws to B.
- Player B passes to C.
- C passes to D.
- D passes to A.
- Rotate after 3 throws: A moves to B, B moves to C, D moves to A.

Progressions

- Encourage players to increase tempo.
- Include goalkeeper and have C shoot at goal.
- Add a defender to try and stop A throw to B or stop B pass to C.

Coaching Questions

- How quickly should we take the throw in? (As quickly as possible to stop defenders marking).

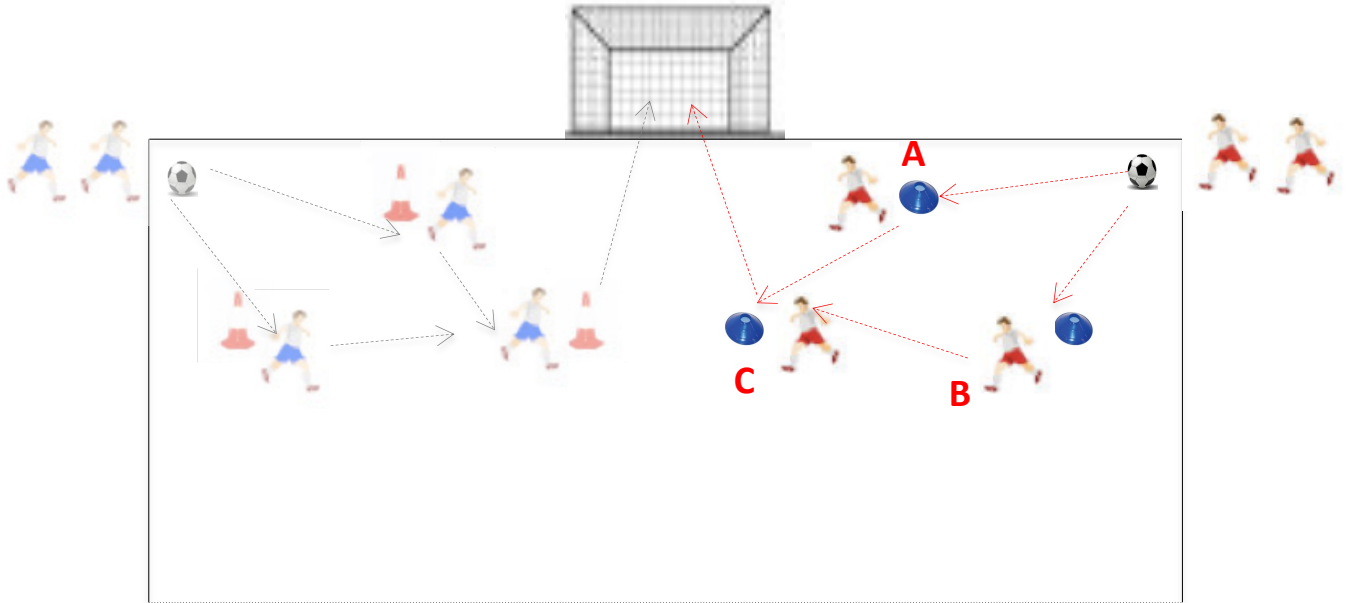


Eastview Soccer Club Handbook Grade 3-8

Short Corner Activity



Set Up:



Description:

The Activity

- Set up 3 cones on each side of the pitch. Have a player on each cone.
- Player at the corner starts with the ball and passes to A or B.
- A or B pass to C who shoots at goal.
- After the shot, next 1 players in line moves to take corner, A or B move to C and C joins the back of the line.

Progressions

- Encourage players to increase tempo.
- Pass to goes to A who passes to B who passes to C and C shoots.
- Add a defender to try and stop passes from A & B to C.

Coaching Questions

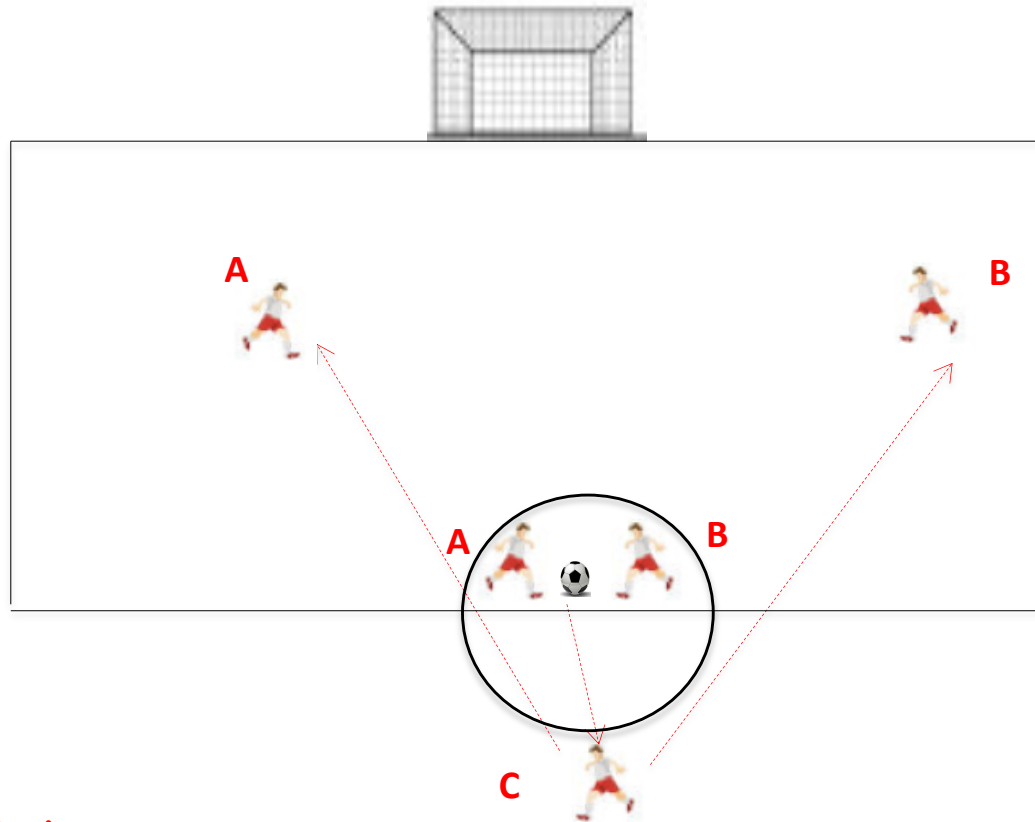
- How quickly should we take the corner? (As quickly as possible to stop defenders marking).
- How do we stop defenders getting to the ball? (Shielding the ball)
- NOTE: Defenders cannot come closer than 7 yards to the ball at the corner until it is kicked.

Eastview Soccer Club Handbook Grade 3-8

Kick Off Variations



How it Works:



Description:

The Activity

- A & B forwards line up on the center circle.
- Player C with a good kick lines up behind them on the D.
- Player A passes to B. Player B passes to C.
- Player A runs left downfield into open space. Player B runs right downfield into open space.
- Player C kicks downfield towards A or B.

Progressions

- Player C dribbles for 3 or 4 yards then kicks.
- Player C beats a player then kicks.

Coaching Questions

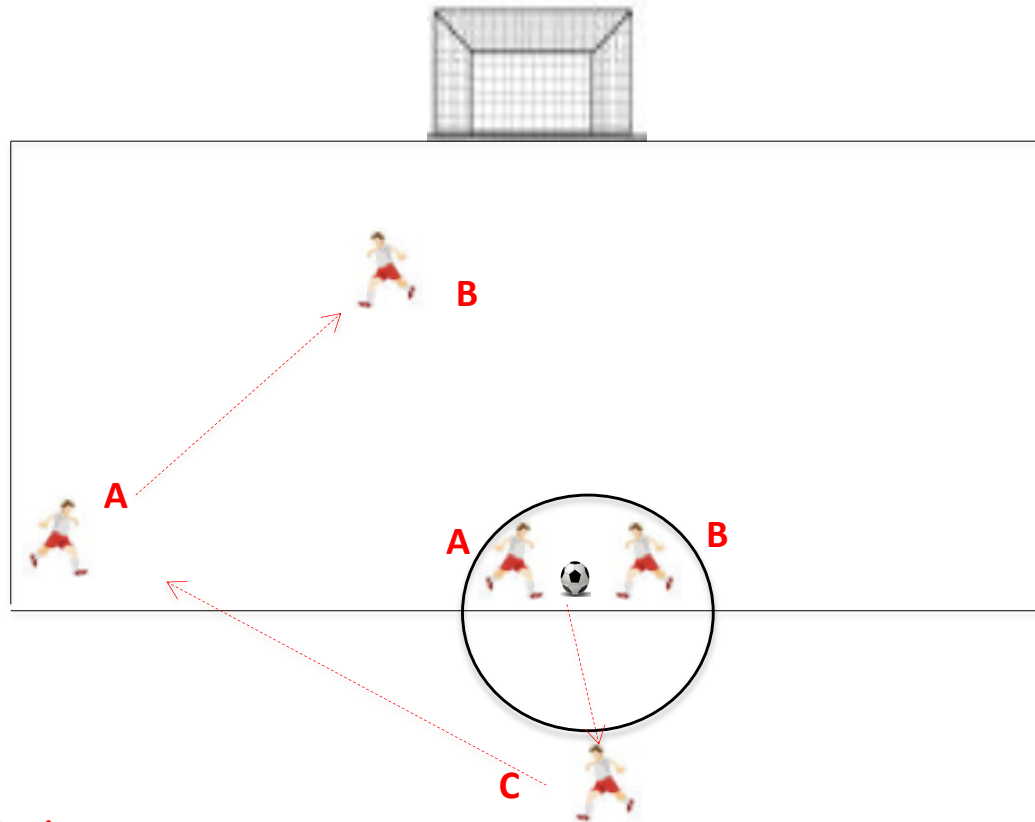
- When do you know when C should kick the ball? (When Players A and B are in moving into position and not marked).
- How do we get this done quickly enough that we don't get covered? (Practice and learn what open space is)

Eastview Soccer Club Handbook Grade 3-8

Kick Off Variations



How it Works:



Description:

The Activity

- A & B forwards line up on the centre circle.
- Player C with a good pass lines up behind them on the D.
- A passes to B. B passes to C.
- Player A runs to the left. Player B runs into a forward position.
- C passes to A. Player a passes to B.

Progressions

- Player C dribbles for 3 or 4 yards then passes.
- Player C beats a player then passes.
- Player A dribbles towards goal after receiving from Player C (allowing Player B more time to get in a better position).

Coaching Questions

- When do you know when Player C should kick the ball? (when Players A and B are in getting into position).



8. Coaching Tips



Optimum Formations Grade 3-5

Using the best players as the core of your team

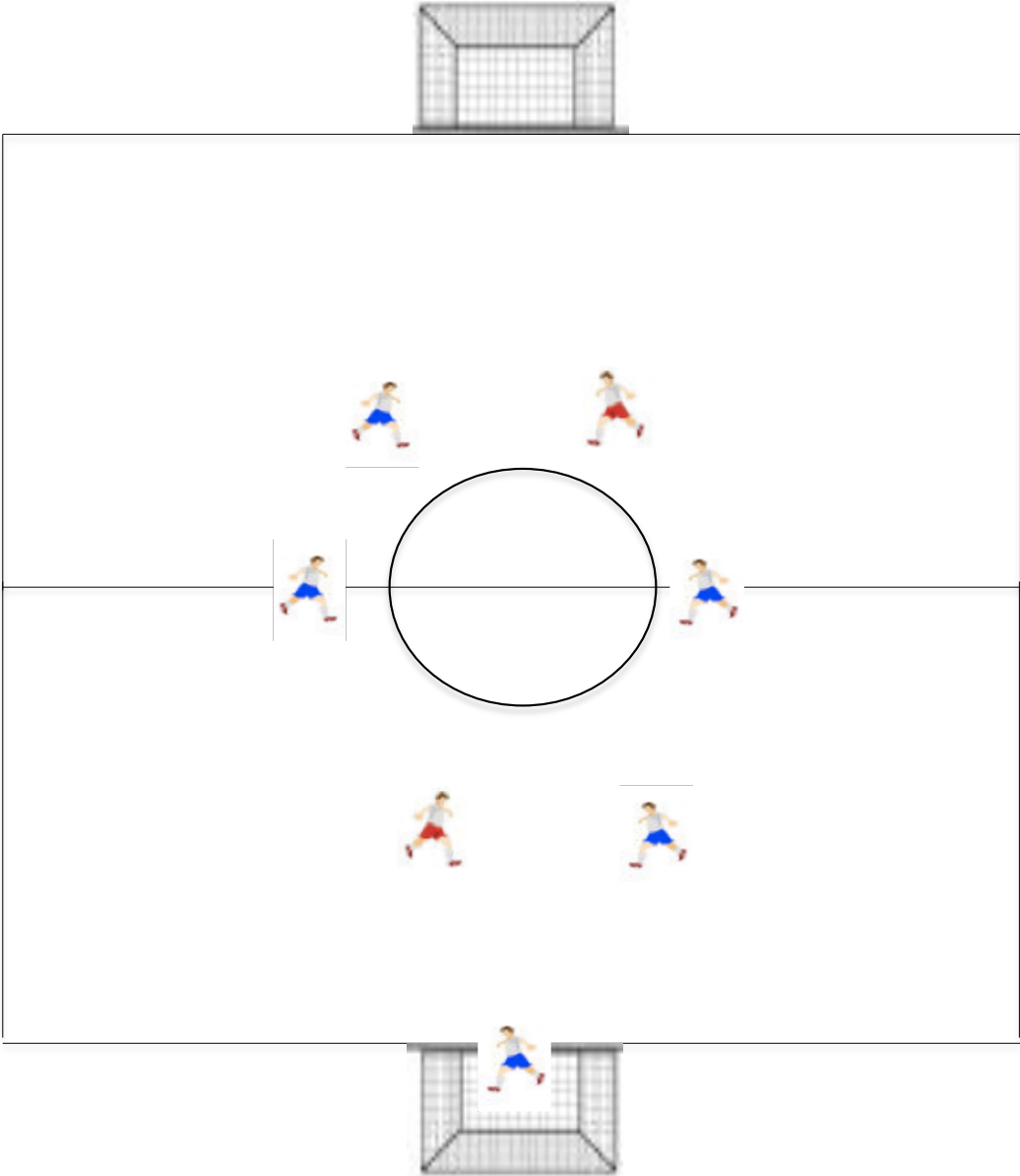
- **The optimum formation for your team depends on the strengths and weaknesses of your players.**
- However, even when rotating players often, it is best to have your strong players in key positions on the pitch.
- They should be at the CORE or SPINE of the team formation.
- In the following examples of the most popular 7,8 and 9 a side formations, I have placed the red players in these optimum positions.
- If we can trust our goalkeeper then I would choose the minimum numbers in defense i.e., two, so as to pack midfield and get maximum opportunity to control possession of the ball.
- If we can't then I would opt for three defenders!
- **Midfield must understand that they run the whole time they are on the field from their own goal to the oppositions as the flow of play dictates.**



Optimum Formations Grade 3-5

7-a-side

2-2-2

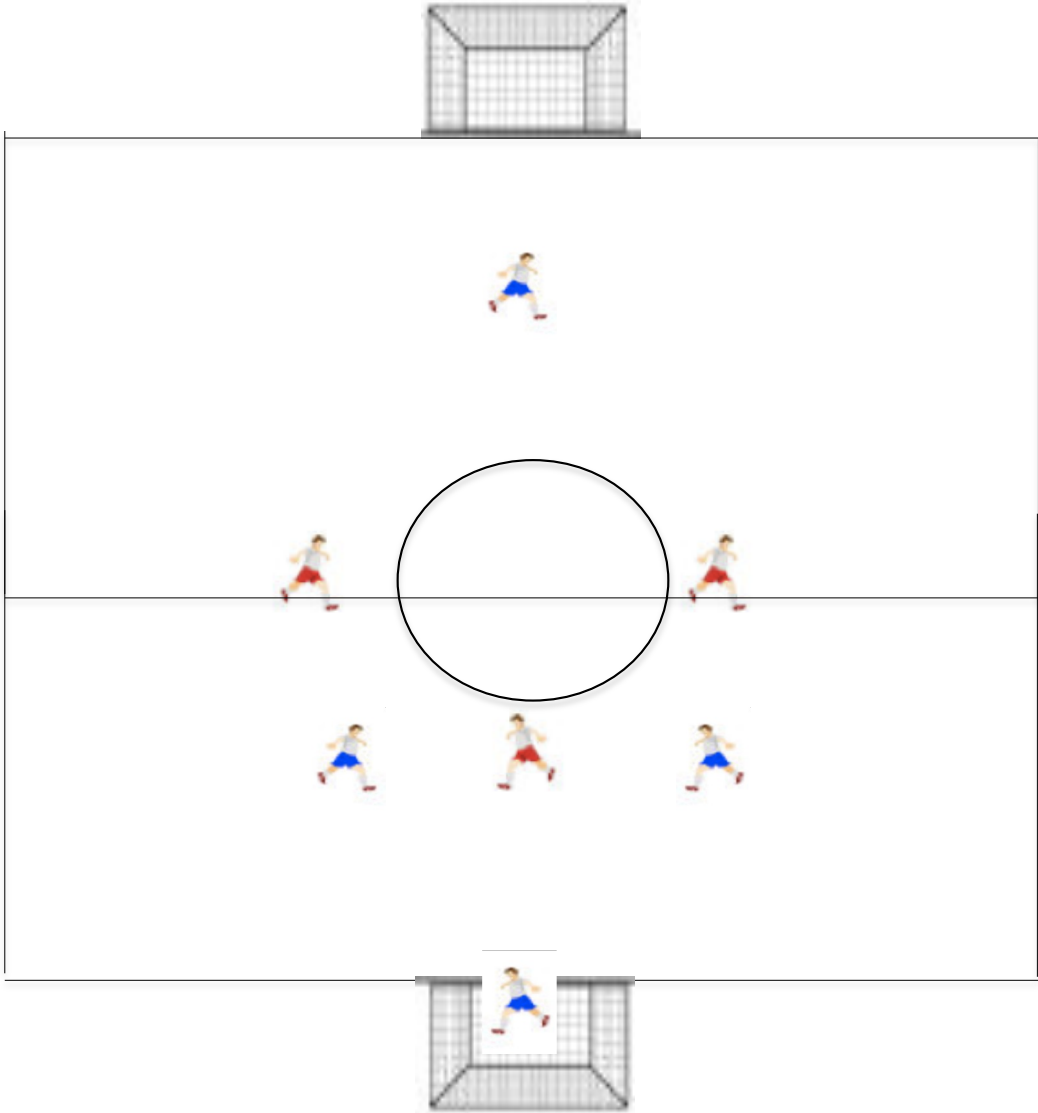




Optimum Formations Grade 3-5

7-a-side

3-2-1





Optimum Formations Grade 3-5

7-a-side

2-3-1





Optimum Formations Grade 3-5

8-a-side

3-3-1





Optimum Formations Grade 3-5

8-a-side

2-3-2





Optimum Formations Grade 3-5

9-a-side

3-3-2

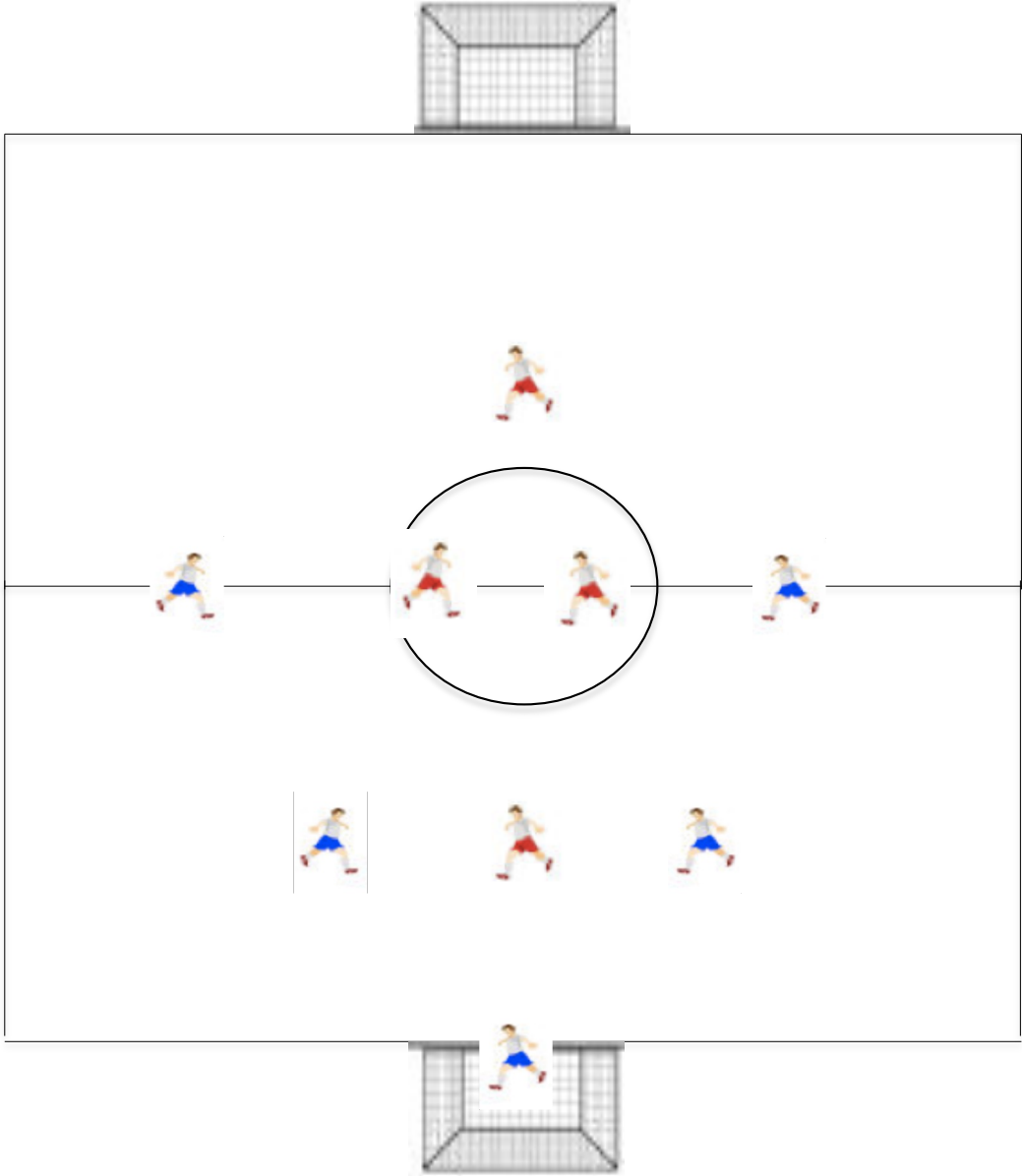




Optimum Formations Grade 3-5

9-a-side

3-4-1





Optimum Formations Grade 5-8

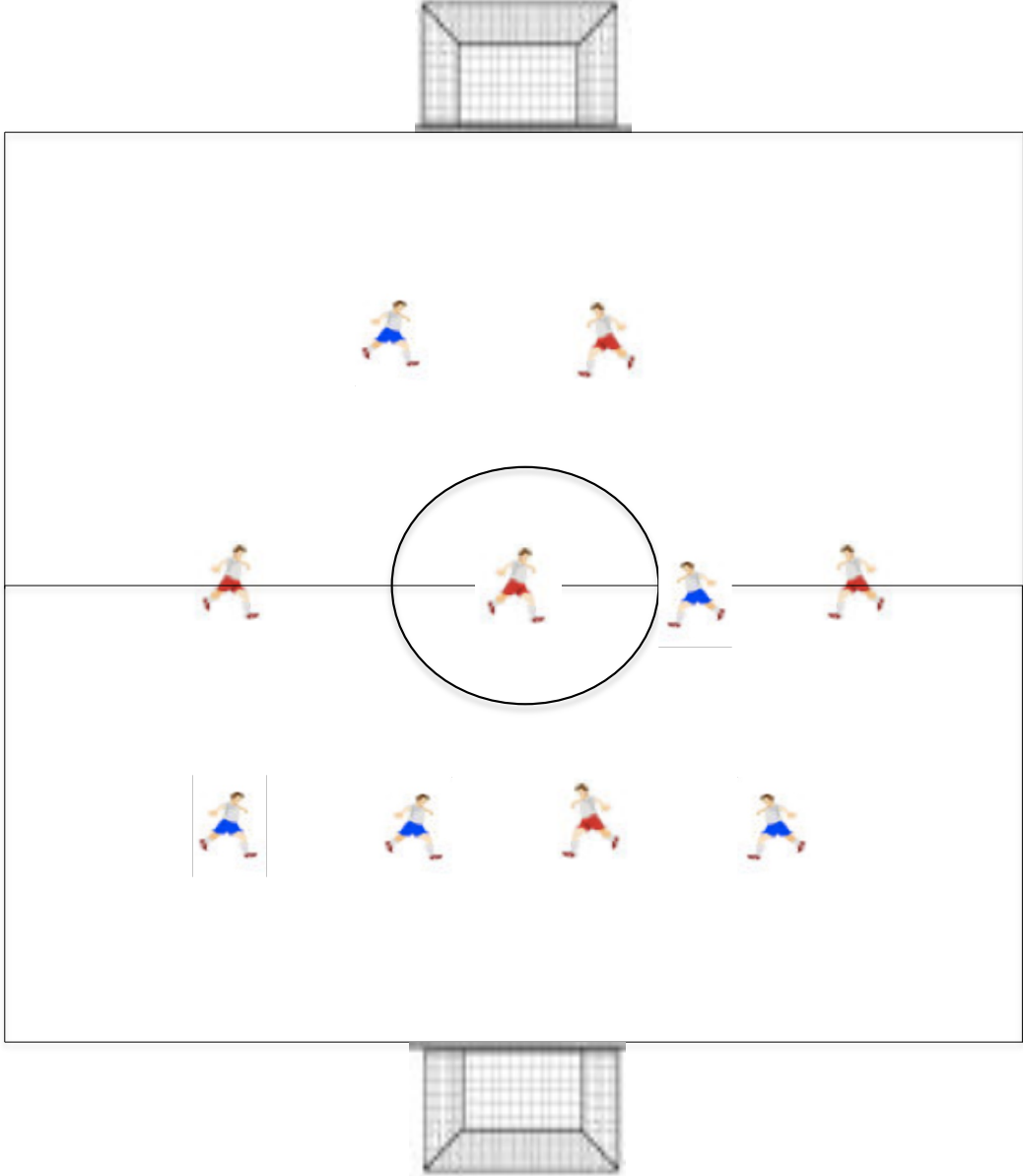
Choosing the Optimum formation for your team

- The Optimum formation for your team depends on the strengths and weaknesses of your players.
- However, even when rotating players often, it is best to have your strong players in key positions on the pitch.
- They should be at the CORE or SPINE of the team formation.
- In the following examples of the three most popular 11 a side formations, I have placed the red players in these optimum positions.
- If we can trust our goalkeeper then I would choose 3-5-1, so as to pack midfield and get maximum opportunity to control possession of the ball.
- If we can't then I would go for 4-4-2.



Optimum Formations Grade 5-8

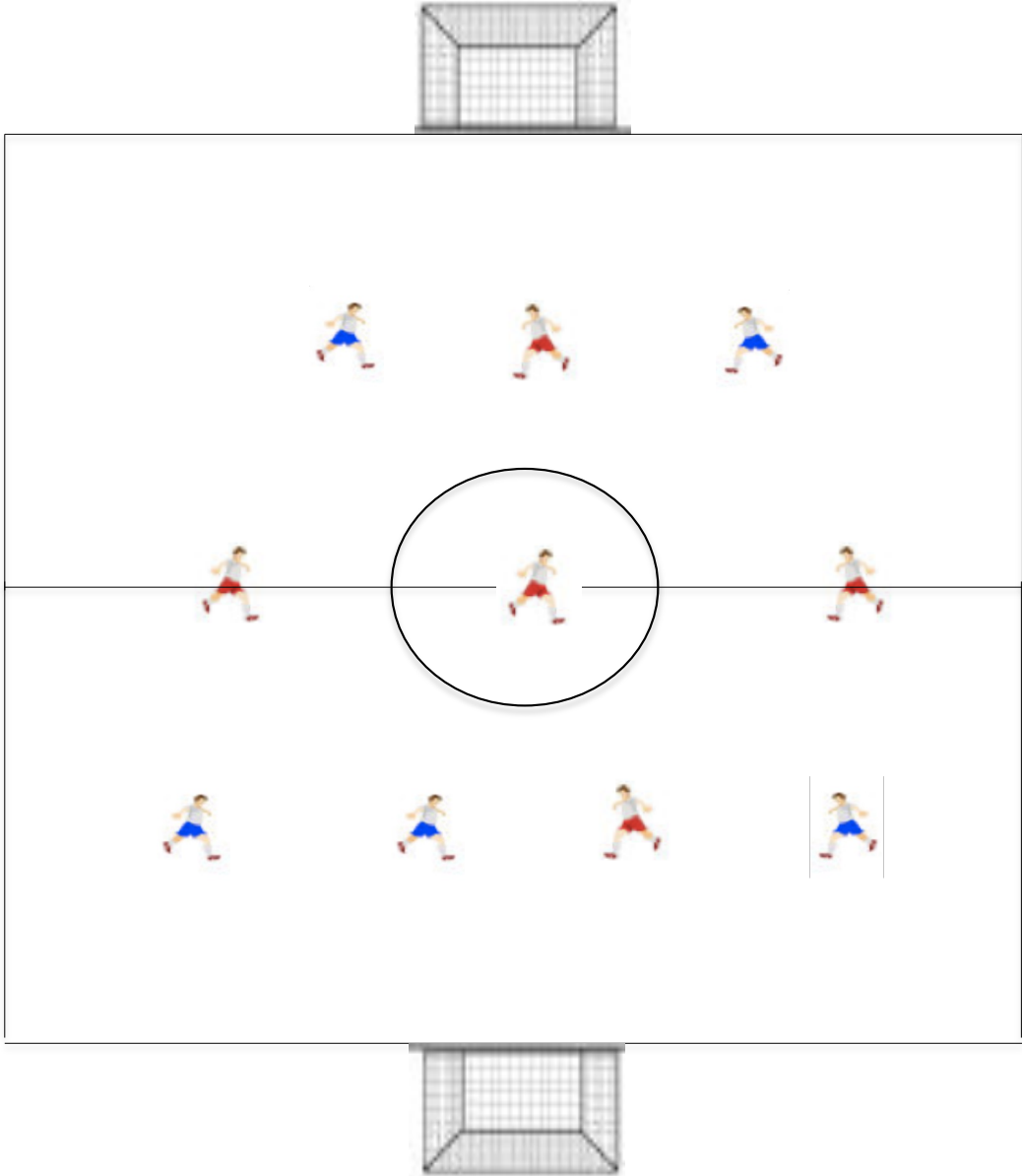
4-4-2





Optimum Formations Grade 5-8

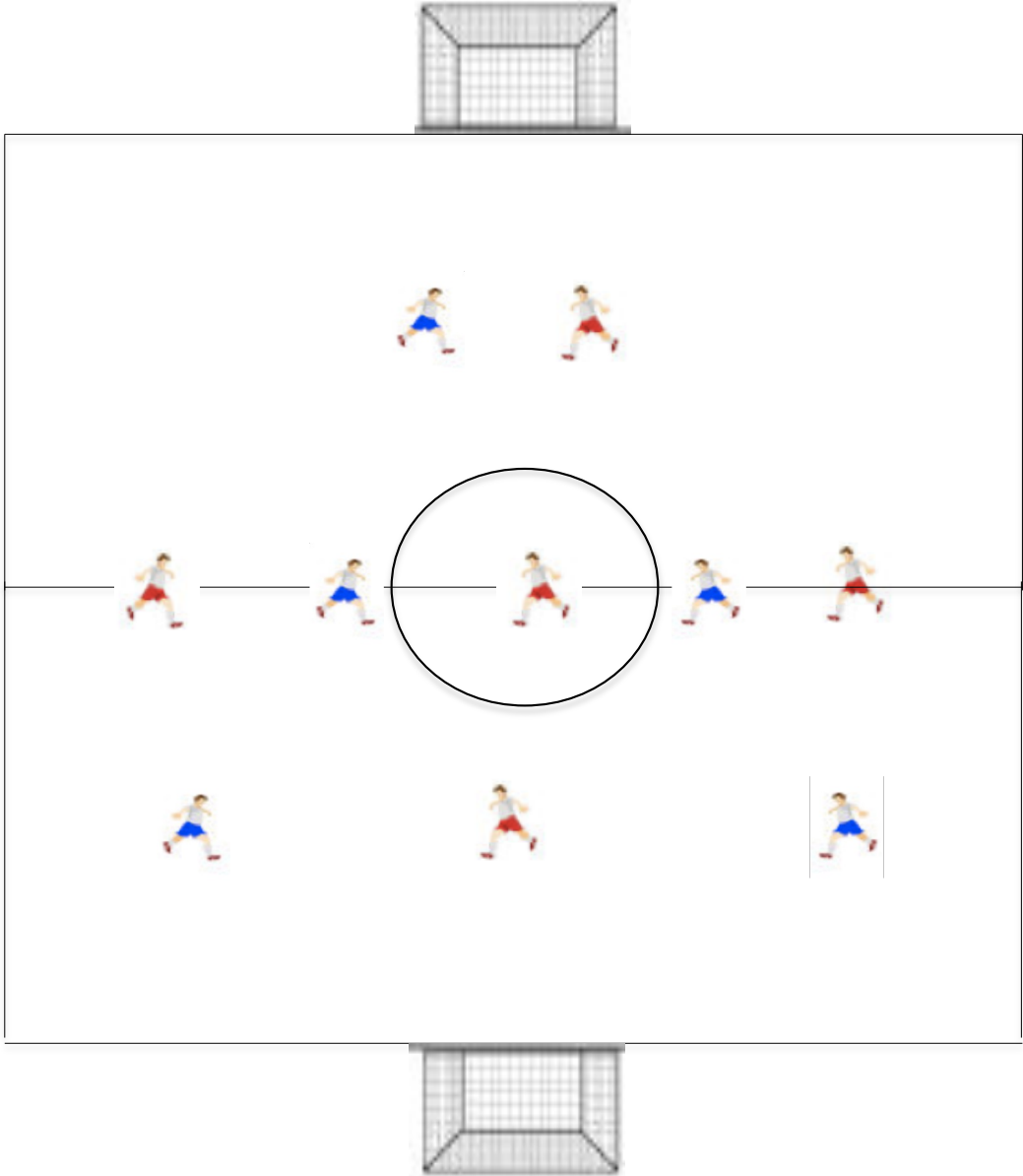
4-3-3





Optimum Formations Grade 5-8

3-5-2






9. Player Evaluation



Player Evaluation

		Eastview Soccer Club 2021			
Player Model – Development Matrix					
Player Attributes					
	3rd Grade	4th Grade	5th Grade	6th Grade	7th/8th Grade
Technical	<ul style="list-style-type: none"> • Close ball control • Comfortable on the ball 	<ul style="list-style-type: none"> • Close ball control • Comfortable on the ball • Attempts skills/tricks 	<ul style="list-style-type: none"> • Close ball control • Comfortable on the ball • Attempts skills/tricks • Firm, accurate passer 	<ul style="list-style-type: none"> • Close ball control • Comfortable on the ball • Attempts skills/tricks • Firm, accurate passer • Strong, patient ball winner 	<ul style="list-style-type: none"> • Close ball control • Comfortable on the ball • Attempts skills/tricks • Firm, accurate passer • Strong, patient ball winner • Strikes through the ball
Tactical	<ul style="list-style-type: none"> • Self-awareness 	<ul style="list-style-type: none"> • Self-awareness • Understands Roles 	<ul style="list-style-type: none"> • Self-awareness • Understands Roles • Team-awareness 	<ul style="list-style-type: none"> • Self-awareness • Understands Roles • Team-awareness • Game Intelligence 	<ul style="list-style-type: none"> • Self-awareness • Understands Roles • Team-awareness • Game Intelligence • Soccer knowledge
Psychological/Social	<ul style="list-style-type: none"> • Outgoing • Hard-working • Respectful 	<ul style="list-style-type: none"> • Outgoing • Hard-working • Respectful 	<ul style="list-style-type: none"> • Outgoing • Hard-working • Respectful • Takes Chances 	<ul style="list-style-type: none"> • Outgoing • Hard-working • Respectful • Takes Chances • Positive 	<ul style="list-style-type: none"> • Outgoing • Hard-working • Respectful • Takes Chances • Positive • Tenacious
Physical	<ul style="list-style-type: none"> • Co-ordination • Balance 	<ul style="list-style-type: none"> • Co-ordination • Balance • Speed • Agility 	<ul style="list-style-type: none"> • Co-ordination • Balance • Speed • Agility • Power 	<ul style="list-style-type: none"> • Co-ordination • Balance • Speed • Agility • Power 	<ul style="list-style-type: none"> • Co-ordination • Balance • Speed • Agility • Power • Endurance



Player Evaluation



Player Model – Development Matrix

Definitions

Player:

Close ball control	Is able to keep the ball close to their feet when in possession
Comfortable on the ball	Is well balanced and happy to have the ball under pressure
Attempts skills/tricks	Is able to perform skills and tricks with the ball to beat opponents
Firm, accurate passer	Is able to pass the ball firmly with the inside and outside of either foot to a teammate
Strong, patient ball winner	Is able to win the ball fairly from an opponent without 'diving in'
Strikes through the ball	Is able to strike the ball with power accurately at goal using the laces
Self Awareness	
Understands roles	Finds space to receive the ball and doesn't "crowd" the ball in order to get it
Team Awareness	Understands the basic ideas of being a defender, midfielder or forward
Game Intelligence	Sees where teammates are and is able to pass to them when they are in space
Soccer Knowledge	Shows an understanding of what to do in a variety of situations in the game and thinks before acting
Soccer Knowledge	Knows and understand the game, has an interest outside of Eastview, watched the professionals
Outgoing	
Outgoing	Communicates with players and coaches at practise and games
Hard working	Works hard in practice and games
Respectful	Shows respect for themselves, other people (coaches, teammates, officials, opposition) and property
Takes Chances	Is willing to take chances and try things like using skills to beat opponents, long shots, headers and long passes
Positive	In their actions and behaviours; supportive and friendly to teammates
Tenacious	Never gives up trying to succeed, if they lose the ball, they try to win it back
Coordination	
Coordination	Is able to play with either foot with a degree of comfort
Balance	Is well balanced on and off the ball
Speed	Is quick with and without the ball at their feet
Agility	Is able to change direction quickly with or without the ball
Power	Is able to use speed and balance to power past opponents
Endurance	Is able to continue working hard for sustained periods of the game

Eastview Soccer Club Handbook Grade 3-8



Goalkeeper Evaluation

Goalkeeper Evaluation

Goalkeeper Evaluation Form Season:
Spring 2015

Grade
Team Name:
Girls/Boys



Coach or Assistant completing this form:

Rating the Player	
0 = Beginner	Player does not do this at all.
1 = Developing	Player is developing this attribute at practice but doesn't do it in the game.
2 = Good	Player can do this in practice and occasionally in games.
3 = Very Good	Player can do this in practice and often in games.

For players who REGULARLY play in goal

#	Player First Name	Player Last Name	Technical				Tactical		Sub Total	Comments
			Handling	Diving	Throwing	Kicking	Positioning	Distribution		
e.g.	Chris	Howard	3	2	3	2	3	3	16	
1									0	
2									0	
3									0	
4									0	
5									0	
6									0	
7									0	
8									0	

Technical	
Handling	Goalkeeper is able to catch the ball at different heights.
Diving	Goalkeeper is able to make diving saves.
Throwing	Goalkeeper is able to throw the ball to defenders and midfielders.
Kicking	Goalkeeper is able to kick the ball accurately to defenders.

Tactical	
Positioning	Goalkeeper understands where to stand in the goal in relation to the ball.
Distribution	Goalkeeper is able to distribute the ball quickly and accurately to a teammate.

Goalkeeper Evaluation

#	Player First Name	Player Last Name	Psychological/Social			Physical			Sub Total	TOTAL	Comments
			Communication	Bravery	Confidence	Agility	Balance	Speed			
e.g.	Chris	Howard	2	2	3	2	2	3	14	30	
1									0	0	
2									0	0	
3									0	0	
4									0	0	
5									0	0	
6									0	0	
7									0	0	
8									0	0	

Psychological/Social	
Communication	Goalkeeper talks to defenders to tell them what to do.
Bravery	Goalkeeper is willing to dive, as well as coming out and winning the ball from an attacker.
Confidence	Goalkeeper appears to 'own' the penalty box - Bravado!

Physical	
Agility	Goalkeeper has ability to change direction quickly and dive to save shots.
Balance	Goalkeeper displays good balance and footwork to get their body behind the ball when making saves.
Speed	Goalkeeper accelerates out of goal to clear the ball or save a 1v1 against the attacker.



THANK YOU

