

BPAA

Coaches Handbook

Summer 2023

10-18yrs

I have designed an Age-Appropriate Curriculum for 10-18 yrs old players. The Curriculum will help you in your Skills Practices and Games which will give the players better knowledge and understanding of the game. At this age it is especially important to make sure you make a good impression with your players. right from the start. The players look up to you, and admire you for what you do, so, make it fun for them. The skills & practices you implement have to be challenging, which in return will improve them on the field of play. Coaches have to be organized. when coaching this age, try and make sure you plan your session ahead of time, so your session will flow. Have some skills written out on a "**Cue Card**" which you can look to? throughout your session. This stage is important in the players career, they like the sport, they enjoy it, and it is your chance to make them better individuals and team players. When organizing your lesson plan, make sure you have extra skills for the players to learn and for you to always fall back on. The session plan should consist of a starting place and where you want the players to be at the end of the session. This helps you organize the progression of the game and what main points you want to put across.

“Fail to Plan is planning to Fail.”

When coaching makes sure the players know right from the start who is the coach? This is necessary, at the start of the season practices and it will help you along in the duration of the season. The players are there to play soccer, have fun, and with this it will bring good, structured practices and a good positive environment for the players to learn. The players at this age want to be taught the game so teach them, they want to know all about what you do, for whom you played? your own experiences. To develop the players and help them is to talk about your own soccer experiences and memories of the game, with this they will try and set higher goals for themselves. The especially important part Being a coach is **having fun yourself**. This reflects on your players if you don't enjoy coaching them. You are their “Star” so make sure you do what you think is best for your players, and they will love you for it.

Warm Up

The warmup is especially important at this age, which can set a trend for life. The main target is to get the kids heart rate up, warm the muscles and get them ready for play. The use of soccer balls in a warmup are very important, the ball is the game, and the only way they are going to learn by touching it a million times. The warm-up should be set up before any players arrive, this gives players good first impressions of your session.

DT&T (Develop Touch and Technique)

Short sharp movements with the ball

Toe Taps- top of ball / Insides- touches in between feet

Inside of foot/Outside of foot (both Feet)

Heel Toe- roll ball with bottom of foot back and fore

Hand Ball - Two Teams

This is a game for kids to play only using their hands.

It is the same kind of game as soccer but only using the players hands.

Players pass the ball to their team as a possession game to keep away.

Coaching points: Communication / Movement / Creativity / Competitiveness.

Brazilian Warm Up

Equipment - 8 cones

Cones laid out in a straight line 5 feet apart.

Players are in two lines, and they follow each other round the cones.

Players do different activities on the way up to the cones and then just jog back.

The activities to cover:

Jog, side stride, Karaoke, heels to butt, knees to chest, sprints.

Coaching Points:

- * Players to take control of the warmup
- * Builds leadership
- * Responsibility
- * Team Cohesion
- * Communication

Stretching

Stretching is especially important for the game of soccer and will help the player to be more agile and alert during the game. Stretch your players from the age of 8 and up, which is a great habit for them to get into. **Start at the Top or bottom of body.**

Neck / Arms/ Waist/ /Thigh / Hamstrings/ Calves / Ankles.

Coaching Point: Make sure all the players do them together, this builds unity. Have a different players every session to lead the stretches. Coaches watch the players using the proper stretching technique.

Turns

Step Over- Step over ball and go in opposite direction.

Scissors (Ronaldo) - Kicking foot goes round the ball take ball away with other foot.

Stop Push- Dribble ball stop it, then push it on again.

Cutback- cut the ball back when the player reaches a cone, using inside/outside foot.

Fake Back Heel- pretend to heel back the ball but accelerate in a forward direction.

Shoulder Drop- Take one long stride over the ball with one foot, then step over the ball with the outside of the right foot, then take the ball away with outside of left foot.

Double Cut- Cut the ball back with the inside of one foot, then cut the ball back with the sole of one foot heading back the other way.

Coaching Point: emphasize on warming up with the ball which is good for all players.

Network

Cones laid out in 20x20 area.

Players run from cone to cone making their own path between them.

The coach will give out different movements within the cones.

Down-touch the cone/Head-up in the air/Knees up/Heels up/Karaoke/Side stride etc.

Coaching Point: Players should have their heads up and be aware of what's around.

Cone /Ball

Players are all in a straight line in behind each other facing the coach at the front.

There is a ball 5 feet away on the right, there is a cone 5 feet away on the left.

The coaches command the players to run to the cone/ball and back to the middle line.

Coaching Point: develops reaction, timing & balance.

Skills

Dynamic Duo (Pairs)

Player 1 stands out in a circle facing the middle.

Player 2 stands in the middle of the circle in a square facing out the way.

Player 2 moves around in the circle passing the ball back to Player 1 with the using various parts of the body.

* Left / right foot

* Volley then passes back with right /left foot

* Thigh then volley back with right/ left foot

* Chest then Volley back with the right /left foot

* Head / Head then Volley back with the right / left foot

Then a combination of them all to challenge the players.

Coaching Point: Players should always have their heads up and make eye contact.

with the player that is passing to them. Builds co-ordination, timing, balance.

Communication is big in this practice; the players have to make sure they talk to the person they are receiving the ball from to let them know when and where they want it.

Big Box Small Box

Big Box- 15x15 ft / Small Box- 5x5 ft

The small box is set inside the big box.

On the command of the coach the players dribble around in the big box, on command.

"small box" all the players enter into the small box and keep dribbling. The players stay inside of the small box until the coach commands you to leave.

Coaching Point: This gets the players to dribble while moving in a large area and then in a small area. It develops the players awareness of space and movement.

Reaction Sprints (Pairs)

Players 1 with the ball in their hands

Player 2 stands 5 feet away facing away from player 1.

Player 1 throws ball over partners head, then that person has to react as quick as possible to control the ball, turn and pass it back to player 1.

Progression In 3's two players stand next to each other shoulder to shoulder facing.

away from another player. The feeder throws the ball over the players heads and then they challenge each other for the ball. It's the first players to control, turn and pass back.
Coaching Point: Players always on their toes and keep their eyes on the ball.

Dribbling 20x20 Area

Basic Dribbling - Ball per player One player demonstrates a move or turn then all players follow. All players demonstrate a move turn and players practice it at all speeds of play.

1v1 Shadow Dribbling

Divide players into two groups - Half with a ball and half without.
Players with a ball dribble around in the area using various parts of the feet. Players without a ball gradually increases speed of movement (walk-jog-run) around the area. Dribbling players try to avoid players that are moving around the area without a ball. Players without a ball call out a player's name with a ball and then starts to move towards them and play 1v1.

Coaching Points: Head up / Communication / use of space / Movement.

End line Game 20x30 Area

3 Players per team, goals 5 yards apart.
Players need to dribble the ball at pace and score goals by stopping the ball on the end line.
Coaching Points: speed & movement at pace / Communication.

1v1 to cones

Two players stand between two cones that are 5 feet apart. The player with the ball attempts to reach a cone before a player without ball can move to the same cone.
A player with the ball can move at full speed. Gradual build up for player without the ball, as the defender is not trying to win the ball just trying to stop the opponent to get to the cone.
Attacking player tries to beat the opponent with deception, moves to unbalance the defender, and changes of pace.
Variation: Player 1 bounces the ball in between player1 &2. Player 2 controls the ball and then goes at speed to player 1 to try and score in between the cones.

Example of 1v1 Pressure play

Low Pressure - Defender may only walk towards the attacker. Attacker plays full speed.

Mid Pressure - Defender may only jog towards attacker. Attacker under more pressure.

High Pressure - Defender can run at attacker, attacker performs skills under "game" pressure.

Passing

Sequence Passing - One ball between three players, players pass from 1-2-3 between each other.
Variation - Two touches, change angle with first touch, One touch, Outside of feet.

Coaching Point: Make sure players are not stationary and are ready to receive the ball.

2v1 Pressure

Divide players into 3's (two attackers, one defender)

Attackers attempt to stop the ball on the line behind the defending player.

Defending players gradually build up pressure.

Attacking players practice supporting movement to receive a penetrating pass.

Coaching Points: Emphasis on accuracy, speed and timing of pass to beat defender.

Passing & Control

Two players stand 20 feet apart facing each other with a ball. Two other players inside of them facing opposite ways. On command the players in the middle run to about 3 feet away from outside players and receive the ball at their feet, where they control it and pass back.

They then accelerate to the other person on the other side of the area.

Coaching Points: Good Control, Head up with good acceleration after the pass.

Passing under Pressure (1 or 2 touch)

4 v 1 Small Grid. Pass to each other using any part of the foot. Defender tries to intercept.

Coaching points: Emphasize precise passing, communication, good first touch, and disguising intentions. Make sure the players are on their toes at all times.

Long Passing

In two's, players drive, chip and curl the ball to each other.

Coaching Point: Show players proper technique - lock ankle, heel to the sky, kick with laces. Head up and play the ball the way you are facing.

Short - Short - Long

3 players in a straight line about 5 yrs apart. Player 1 & 2 on the outside and 3 in the middle.

Players 1 and 2 have a ball each. Player 3 sprints separately to each player and receives a ball at pace and plays it back. Variation: use inside, outside, left, right etc.

Box Passing - 2 Players

There are 4 cones laid out to make a square 10x10.

Player 1 stands next to a cone facing straight to player 2.

Player 1 passes the ball to player 2 then moves to the second cone and receives a diagonal ball.

Player two moves to the cone straight opposite from player 1 then receives the ball.

Both players then keep going in this way to receive a straight ball then a diagonal ball.

Coaching Points: Communication between players / 2 touch / 1 touch / Movement.

Controlling (In 3's)

Player 1 stands opposite player 2 and 3.

Player 2 serves the ball on the ground to player 1, which controls and passes back to player 2.

Player 1 then turns sharply to receive a served ball in the air from player 3 which they controls and pass back to player 3. Two minutes in the middle then rotate.

Player in the middle uses, inside, laces of left / right foot, thigh, chest, head.

Coaching Points: Players have to be on their toes at all times to react to the ball.

Soccer Games

Possession Game

Square Grid 30 x 30 yards (8v8)

Each team with 6, 7, 8, players

Variations of play - 5 consecutive passes equal one goal first to 5 goals / 1 touch / 2 touch / using only left / right foot / receive with right foot pass with left foot. (switch)

Coaching Point: players on their toes who develop better reactions & better passing.

Soccer Ladders

Square 10x10 Yards parallel to each other.

Players play 1v1 or 2v2 against each other.

The play is timed for 2 minutes, at the end of 2 minutes the winners move up the losers move down. If ended in a tie there is a 15 second overtime to get a result.

Coaching Points: Let the game go and intervene if needed. Encourage competing but watch for players that are too competitive.

World Cup Possession

4 v 2

In 20x20 square, attackers must stay within 3 yards of one another and try to pass, chip, and curl the ball to each other. Defenders attempt to intercept. Progression 2/3 touch.

Coaching Points: Players need to be on their toes and make quick decisions, be creative.

2v2 to Goal

2 Defenders & 2 Attackers

Attackers start 30 feet from the goal. Attackers try to work as a team and score a goal for a point.

Defenders start on each side of the goal posts. Defenders try to work as a team and steal the ball to get a point. **Coaching Points:** Keep the attackers shape / keep the defenders shape.

Speed Agility & Quickness (S.A.Q)

Cone shuffle - 4 cones laid out in a small 2x2 square and one in the middle. Players shuffle. round the middle cone, then on the coaches command they make a 10/15yrd sprint.

Speed rings - Rings laid out on the ground and players make different movements through them.

shuffle, Shuffle, sprint - cones are 5yrds apart and players need to sprint to one then back to the other than back through the first cone.

Ladders - Ladders layout on the ground and players do different agility movements.

Wing Game

20 x 40 Field

5v5, 6v6, 7v7

Set up cones along the side of the area you will have two channels for the players to run into.

Play a normal game but add wing players to the side of the field.

On both sides of the field the channel will have one player from each team.

The players can move up and down the channel were needed to receive the ball.

Coaching points:

Players get to use their appropriate player in the channel before they can score a goal.

This gets the players to work on **Transition**, shifting the point of attack from one place to another.

Keep the players positive when the game breaks down and make sure the players are playing across the field as well as up and down.

Game

A regular game, preferably 9v9, 10v10 or 11v11 and let them play with positions and a GK.

Variations: 2 touch/1 touch, 5 passes a goal, score with left/right foot, head, above waist, below waist high, only from a cross, overlap then score, crossover then score.

Defend the lead - after a team scores, they have to defend until the other teams scores.

Coaching Points: Let the players play the game, watch and correct at half / full time.

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