

COACH'S CODE OF CONDUCT

1. **Commitment:**
A coach's commitment is to improve the performance of the players and the team physically and mentally.
A coach needs to provide a high quality soccer program for players within a positive environment/atmosphere.
2. **Know your subject:**
A coach must be thoroughly acquainted with FIFA Laws of the Game and must keep attuned of the sound principles of coaching.
3. **Respect:**
Coaches must respect all individuals as unique human beings. Opponents and officials must be treated with respect. Players must be coached to win within the Laws of the Game.
4. **Enthusiasm:**
Coaches must be enthusiastic and positive. They must ensure that they are generous with their praise when deserved. All coaches should be mindful of age and experience when critiquing players.
5. **Personal Conduct:**
A coach must maintain the standards of personal conduct and fair play. Coaches should never be involved in any circumstance which is offensive or suggests sexual connotations.

THE GRASS ROOTS COACH

You are in a position as a grass roots coach to do something great for your country. So set up your program and get this great game moving. We all know that we are pioneers in this continent when we talk about soccer, but as we enter the 21st century, we will be part of something enormous.

Many new coaches have a tendency to absorb coaching information from coaching clinics or books and immediately attempt to transfer this new-found knowledge to their very young players. All coaches working at the grass roots level of the game must stay within their technical capabilities.

The material in this booklet has been geared to teaching soccer at the grass roots level but these coaching skills, once understood, can be modified to suit any age group and ability even up to the top professional level.

You as a coach should always ask yourself:

- Were the players challenged?
- What success did I achieve?
- Did the players have FUN?
- Was I giving information beyond my knowledge?
- Did I as the coach enjoy my work?

All coaches are encouraged to continually upgrade themselves at the technical level of coaching certification

PLAYER DEVELOPMENT

THE PRACTICE

The key developmental stage in a soccer player's life is from age 8 to 12. It's at this stage where the players learn the basic technical skills through practice and where they learn to love the game through fun.

Do not emphasize winning. Realize that if they are not enjoying your practices, they may not return for another. Keep them laughing and they will be sure to come back for more challenges. Do not think that every skill or technique is too difficult. "Let them try it" again and again.

Don't feel pressured into creating the next "Pele". Simply concentrate on creating a soccer player. "Fun" is the number one factor. Emphasize skills by using fun soccer activities and your players will develop their basic skills surprisingly fast.

Coaches need to adapt the game, especially for young players. Specifically:

- Use a smaller "Mini-field"
- Use "Mini-goals"
- Use Smaller balls
- Reduce playing time
- Allow for more water and juice breaks.

At the grass roots level, coaches should focus on two main components of the game: Technical skills and Mental Psyche. There is no need to spend time on such components as team strategies, defensive patterns, working without balls, restarts, and giving players rigid positions on the team. This will come later as they advance to higher levels.

The basic skills for the game of soccer are passing, shooting, dribbling, defending and goal keeping. The most important of these skills is receiving the ball. This is the foundation for all the basic skills of the game. Every practice session should include drills and games to teach and reinforce this.

To keep the players' "Psycho motors" engaged and learning, use small-sided games and fun competitive activities. Allow the players to dream, allow self-talk and above all, keep them laughing. If they're smiling, they're listening and if they're listening, they're learning.



COACH'S & PLAYERS' EQUIPMENT

THE WARM-UP

The habit of warming up and warming down, especially soccer specific exercises, should be a habit that is formed at the earliest stages of the player's young life.

Before every soccer game or practice, every player must perform warm-up activities that will physically and mentally prepare the body for very strenuous activities.

(a) Physical (physical motor)

(b) Psycho (psycho motor)

Both motors can be warmed-up at the same time. A warm-up for a soccer player is not a complicated routine and do not forget that some aspects of "fun" can get the job done.

The function of physical warm-up exercises is simply to elevate the muscle temperature and increase the blood flow. This improves the muscle contraction and reflex time, increase suppleness and helps prevent soreness. Muscle and joint injuries are less likely to occur if training is preceded by a warm-up period.

Warm up their "psycho-motors" by engaging them in the activities. Watch for lapses in attention and change the activity to keep them interested.

The best warm-up would be game related. Depending on the facilities available, an open running game with specific conditions placed on the game is ideal. These types of games will allow enough movement for adequate warm-up and stretching can be done while these warm-up games are in progress.

Approximately seven minutes of movement: light jogging or running with the ball (dribbling) is enough to get blood to the muscles. When the players have worked up a light sweat, they can then take the warm muscles through a proper stretch. They must hold the stretch for at least 20 seconds as all muscles will resist the quick stretch. A general rule of thumb for the duration of a warm-up is a 1 in 4 ratio, e.g. 90 min. session = 20 min. warm-up.



PRINCIPLES OF WARM-UP

Stretching Tips

Static Stretching

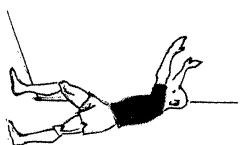
- Do not stretch cold muscles as it may cause injury.
- Do not stretch muscles until they hurt.
- Hold the stretch for at least 20 seconds.
- Never bounce or jerk the muscle when stretching.
- Remember that soccer players have muscles that are used more frequently than other muscles.

Ballistic Stretching

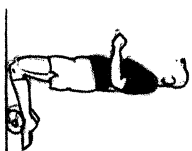
- Body movements that are realistic to the players movements in game situations. This could be known as dynamic stretching (eg) wide motion stretching "explosive movements".

Strength and flexibility exercises can cause sweating and lead to dehydration. Keep this in mind and make sure your players are drinking fluids to keep hydrated. Be mindful of extreme heat and weather conditions when exercising.

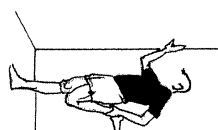
STRETCHING



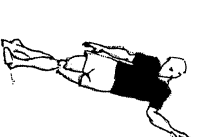
CALF



SHIN



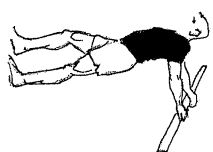
THIGH QUADRICEP



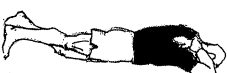
ILIOTIBIAL BAND



GROIN HIP ADDUCTORS



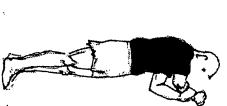
BICEPS



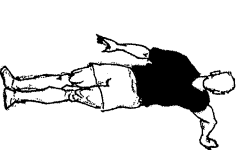
TRICEPS



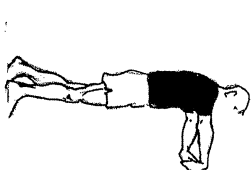
FINGER TOUCH



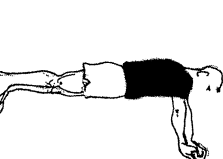
BACK OF SHOULDER



FRONT OF SHOULDER (ANTERIOR)



WRIST EXTENSORS



WRIST FLEXORS



HAMSTRINGS



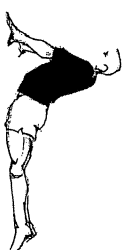
HIP FLEXORS



TRUNK ROTATION



BACK OF SHOULDER



BACK (LUMBAR) EXTENSION



Fight for ball both players pull



Partner Pull hold
partner's wrists



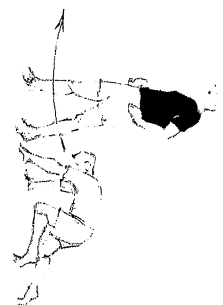
Partner Push



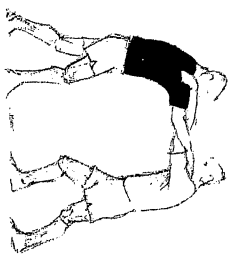
Partner Squats



2-Footed Jumps



Crawl through legs &
back to starting point



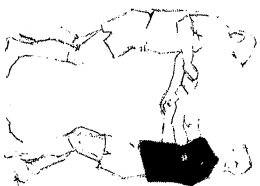
Shoulder Push



Knee Boxing



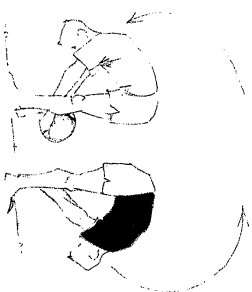
Sprint Pull



Sawing Wood



Trunk Twist



Over-Under



KEY FACTOR COACHING

KEY FACTORS

The KEY FACTORS help to break down the basic soccer skills into smaller actions that players can learn and master. Using KEY FACTOR terminology consistently when coaching will reinforce the player's familiarity with the actions and eliminate confusion as they move from coach to coach.

RECEIVING THE BALL

- a) Body behind the ball
- b) Attack the ball
- c) 1st Touch (decision)

SHOOTING

- a) Accuracy before power
- b) Eye on ball/Head steady
- c) Part of foot & ball

PASSING

- a) Accuracy/Eye on ball
- b) Pace/Timing/Weighting
- c) Part of foot & ball

DRIBBLING

- a) Ball close to body, see ball peripherally
- b) Change of speed, change of direction
- c) Attack defender straight on

HEADING

- a) Eyes open
- b) Attack the ball
- c) Part of the head

SUPPORT

- a) Angle of support (front & behind ball)
- b) Near, Far & Wide
- c) Communication eye-contact

DEFENDING

- a) Goal side
- b) Speed of approach
- c) Angle of approach
- d) See the ball

DEFENSIVE (Heading)

- a) High/Wide
- b) Meet the ball at the highest point
- c) One foot take-off

GOAL KEEPING

- a) Eye on the ball
- b) Body behind the ball
- c) Attack the ball
- d) Decision

The coach must constantly use these coaching Key Factors in sequence. For example, when teaching "HEADING", start with "Eyes on the Ball". When that has been executed, teach "Attack the Ball" (which is simply getting the player to go to the ball and not be stationary). When the player is heading the ball with their eyes open and attacking the ball, it is time to coach them to head the ball with the correct "Part of the Head".

When working with the younger players, use only three Key Factors at the beginning. The basics must be in place if we hope to get the players' development up to speed. Starting with passing and receiving the ball coaching sessions, you should use 3 key factors during the session and as you gain experience and as your players progress you can add some additional key factors.

The advantages of key factors are many, but to use these coaching words continually at all ages from young to old, from children to youth to senior, can only enhance familiarity and will eliminate confusion.



ESSENTIAL SKILLS OF THE GAME

KICKING THE SOCCER BALL



KICKING THE SOCCER BALL

Kicking the soccer ball is another basic skill that needs to be taught right away. In order to progress the ball up the field, it has to be passed to other players. If a player hopes to score a goal, the ball has to be mastered before any shooting success can be realized. Coaches must spend time instructing players on the correct way to strike the ball. In fact, it is recommended to finish all coaching sessions with a shooting drill.

Remember that the ball in a soccer game is "live" and it will be coming at players from the front, back and sides. Put the young players in game realistic situations so they can continually strike the ball until they find their own comfort zone. There is no need to spend time on the mechanics, e.g. the placement of the non-kicking foot.

Always give these young players a target to shoot at. A goal and goal keeper would give the session some reality and all players love to score goals.

When introduced to soccer the very young players will have great delight swinging and kicking at the soccer ball. They have absolutely no inhibitions when they do this, so please allow them the freedom to swing away.

Such problems as toe bending may give some young players success where as some may complain that it's sore on the feet when contact with their toes and ball are made. The toe-ending style of kicking derives from the fact that the youngsters have been asked or coached to strike a stationary ball "A dead ball" this is where parents/coaches should never allow players to strike a ball unless it's in motion, (Game realistic). To coach beginners to strike the ball properly with their instep we must bounce the ball in front of them, asking them to kick the ball into the Goal/Net. Never say anything about the players support or placement foot as this is not applicable, it will detract from the simplicity of striking a bouncing ball.

The only mechanical information needed maybe the tightening or the locking of the ankle on contact with the ball at these early stages. Recommending mesh/nets on the goal will not only stop the ball, but it also gives the youngsters a feeling of success/scoring.

It is vitally important that the young players do this repeatedly as continually striking the ball on goal will give them a comfort zone as well as ball contact familiarization.

KICKING THE SOCCER BALL

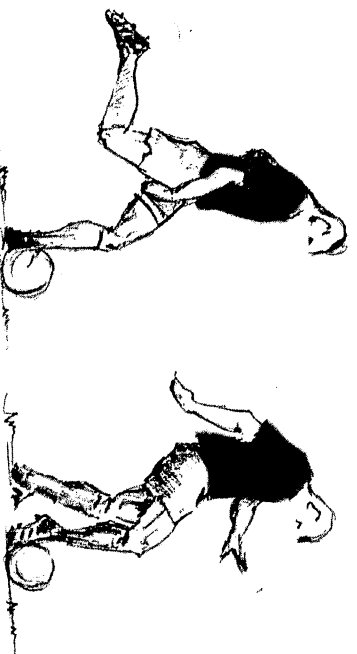
KEY FACTORS

1. Accuracy before power
2. Eye on ball/head steady
3. Part of foot & ball

Coaching Points of Interest:

- Size of the soccer ball must be adapted to suit the size and weight of the young player, (leg) max ball size for U10 yrs should be a #4 ball.
- Size of the goals/ nets can be wider to stimulate the young players perception (remember, we are coaching young players to "kick the ball", not stop the ball (goalkeeping)
- Always coach the moving ball - stationary balls are not game realistic
 - "it's not field-goal kicking for football it's soccer and the ball is very lively.

Far too many parent/coaches spend the formative stages of the young players coaching sessions on striking a dead/stationary ball and that can only lead to problems as the mechanical information on striking the ball will be introduced and that can only be detrimental to the youngsters as soon as they attempt to make contact with the lively ball.



Right footed kicker should approach the ball from the left side of the ball and left footed kickers from the right side of the ball. Use arms for striking the ball technique (Balance).

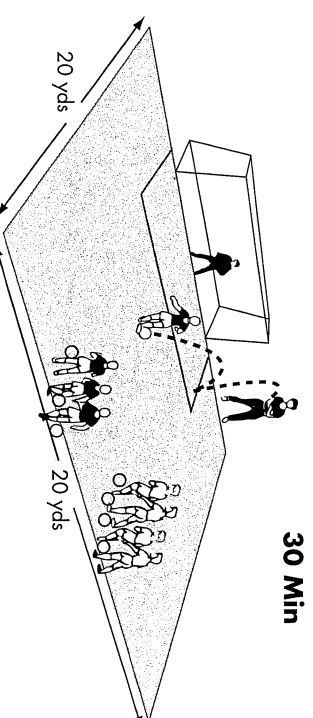
Kicking the Ball - 1

Objectives

Encourage players to keep their eyes on the moving ball.

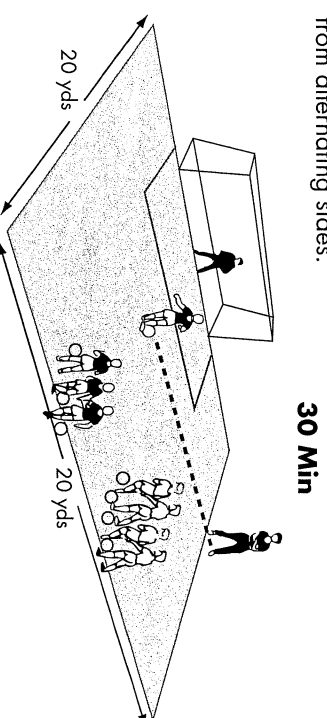
Organization

Parent/Coach serves a bounced ball to player, a bouncing ball forces the player to keep eyes on the ball, players must move towards ball, every player with a ball.



Organization

Parent/Coach serves along the ground across the players body from alternating sides.



Coaching Points

- Eyes on the ball
- Go to the ball
- Follow through

(Coach must demonstrate)

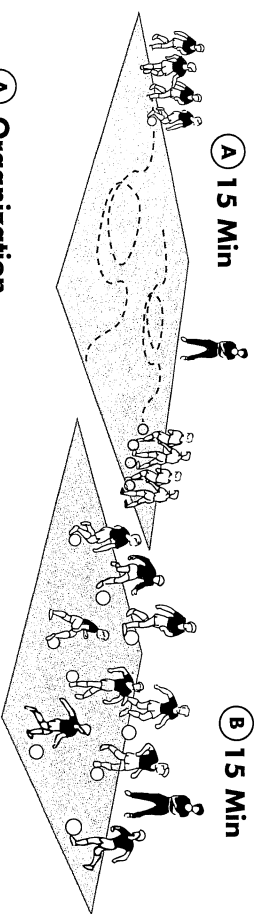
Kicking the Ball - 2

Objectives

To introduce striking the ball using a volley and introduce a game situation

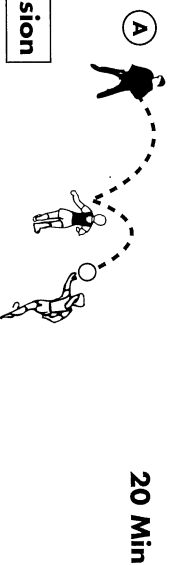
Warm-Up Physical & Psycho

- (A) Each player with a ball goes through the course dribbling forward, dribbling backwards, finish with stretching and interteam race
- (B) Simon - Say's - Have comes in area for difficulty dribbling with inside outside of foot start/ stopping/turning



(A) Organization

Ball thrown from behind the player by coach/parent
Player gently volley's ball to coach (this could be 3 players working together)

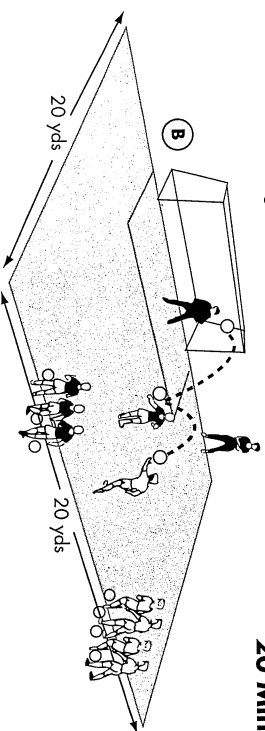


20 Min

Progression

Organization

- (B) Parent/Coach serves along the ground across the players body from alternating sides.



20 Min

Coaching Points

- Eyes on the ball • Accuracy before power • Strong foot for softest touch
- (Coach must demonstrate)

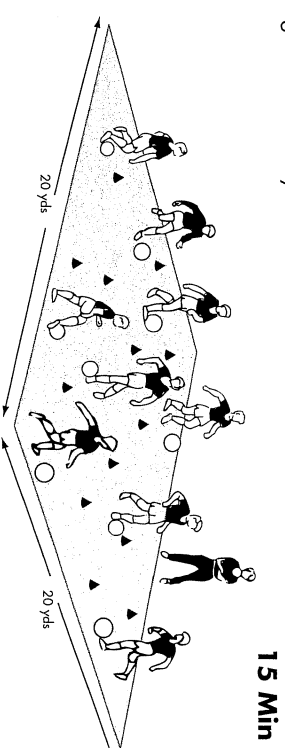
Kicking the Ball - 3

Objectives

To improve players ability to strike the ball. To stress the importance of kicking the ball using the key factor information

Warm-Up (Psycho and mechanical motor warm-up)

Simon - Say's - Use any number of players, each player with a ball, all players moving in an acceptable work-area follow some instructions as the game Simon Says

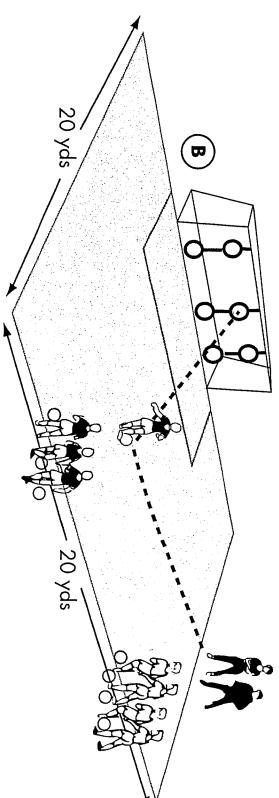


15 Min

Progression

Organization

Kicking a ball served by the parent/coach along the ground use a wall to challenge the players to both receive rebounds as well as to attempt to hit a target

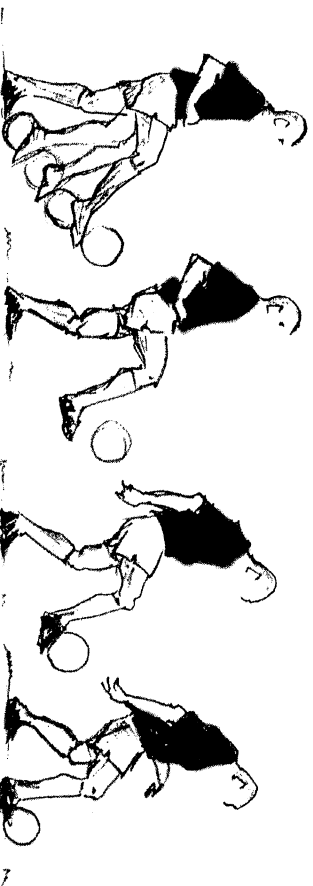


45 Min

Coaching Points

- Eyes on the ball • Accuracy before power • Arms out for balance/head steady
- (Coach must demonstrate)

RECEIVING THE SOCCER BALL



RECEIVING THE BALL

It is very important that all youth coaches realize the importance of spending a great deal of their coaching session time working on Receiving The Ball with their players.

If a player has problems controlling the ball he will not be able to execute the basic essential skills of the game, Passing, Shooting, Heading, in fact, without control of the ball, all players ability to play soccer will be limited.

The importance of receiving the ball, as it rolls towards you, or bouncing from behind you, or passed from either side of you, across your body, is paramount and we must address this aspect of the game as the "most important part of your coaching program"

Every time at practice or games the coach should be critiquing the ability of his players as they attempt to control the ball with "Receiving The Ball" key factor coaching info

1. Body behind the ball
2. Move to the ball (Do not wait)
3. 1st touch (Make up your mind) what part of the body to use

As youth coaches we must realize that our players will never progress in terms of game execution if we have ball control problems.

The highest percentages of youth team coaches time should be spent on passing and control sessions as it can never be stated enough that "Receiving The Ball" is a soccer priority.

RECEIVING THE BALL

KEY FACTORS

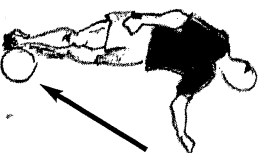
1. Body behind the ball
2. Attack the ball
3. Decide on your 1st touch

Controlling the soccer ball is the most important aspect of the game. This skill must be continually rehearsed as all other skills will be difficult to perform if the player has not mastered the skill of receiving the ball.

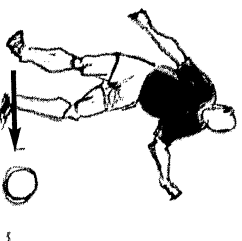
INSIDE OF FOOT



Body behind the ball, move to the ball and turn foot. Use inside of the foot.



On contact, cushion the ball and move the foot back with the ball to slow it down.



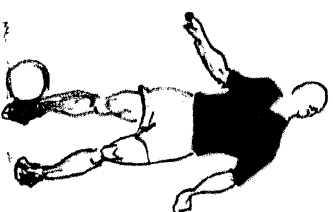
Having established the cushion control, you have now established a good 1st touch. Move the ball forward and play.

RECEIVING THE BALL

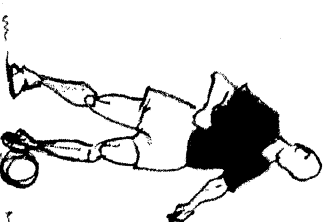
OUTSIDE OF FOOT



Point toe down and inward as ball is approaching.

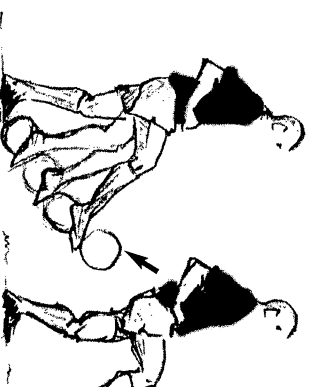


Withdraw foot slightly on contact to cushion and avoid rebound.



Squeeze out to the side on which it was controlled and play.

INSTEP



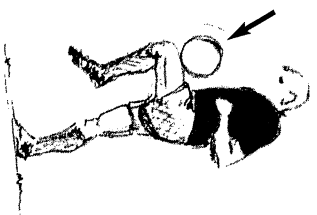
Meet the ball in mid-air with the instep. As the ball makes contact with the laces, withdraw foot to ground.



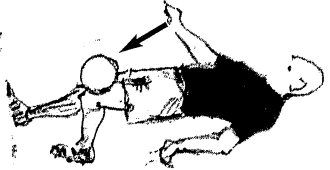
Lift foot only a few inches off the ground and meet the ball with the laces. As soon as contact is made, pull foot back as quick as possible.

RECEIVING THE BALL

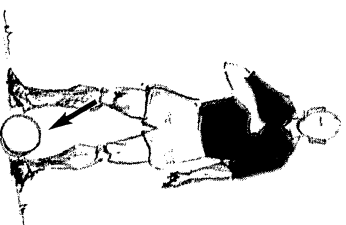
THIGH



Meet ball in mid-air with the thigh.

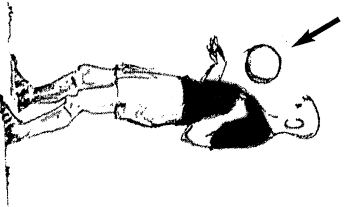


As ball makes contact with thigh, withdraw leg. Quickly cushion the ball.



Ball should drop directly to the ground to the foot you wish to play it from.

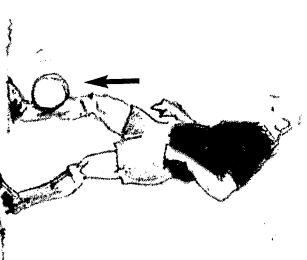
CHEST



One foot in front of other. Arch back as ball meets chest. Keep arms out for balance and protection.



Meet ball on side of chest you want to play from. Collapse chest to keep ball close to body. Bend knees to help in cushioning.



Straighten chest so the ball drops to the foot you wish to play it from.

Receiving the Ball - 1

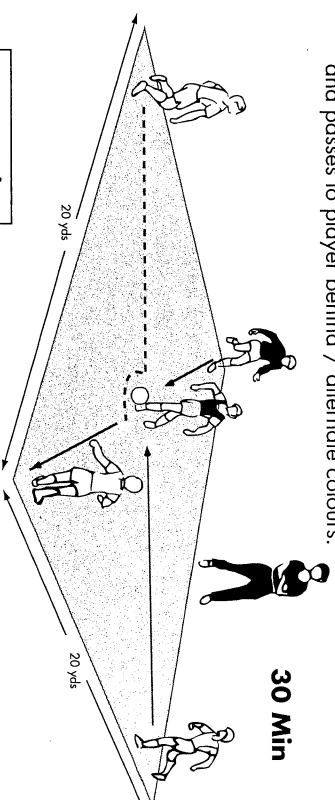
Objectives

To move to the ball and half-turn on the first touch.

Warm-Up

Organization

4 V 1 in a working area central player receives the ball on a 1/2 turn and passes to player behind / alternate colours.



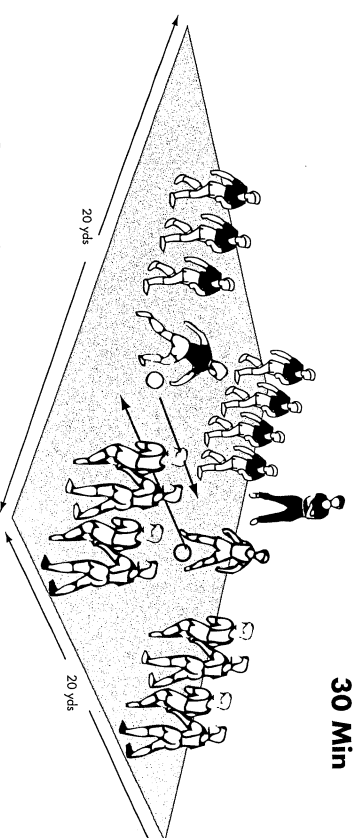
Progression

Objectives

Using line drill to highlight the players ability to receive the ball and pass

Organization

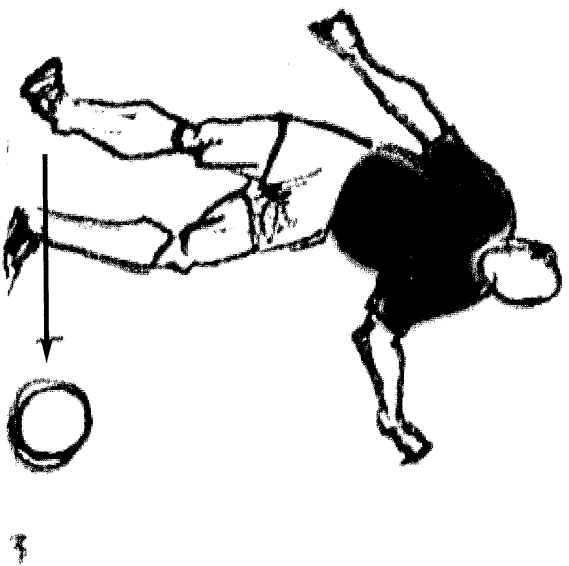
Player passes ball diagonal and runs forward, repeat, by playing ball forward and running diagonal, use all players, plus 2 balls



Coaching Points

- Eyes on the ball • Go to the ball • Decide early on 1st touch (Inside or outside of foot)
- (Coach must demonstrate)

PASSING THE SOCCER BALL



PASSING

Introducing the players to the technique of passing is a culmination of ball control skills from receiving and shooting. It is also an integral part of the player's development in exercises of team building.

KEY FACTORS

1. Accuracy/Eyes on ball
2. Pace/Timing/Weighing
3. Part of foot & ball

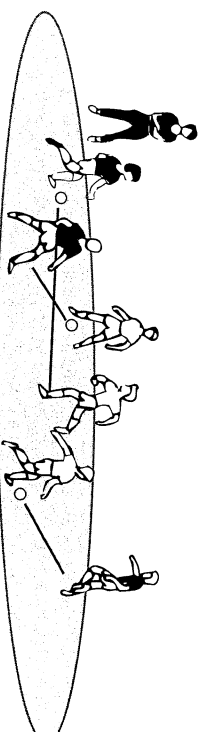
Players in pairs inside circle

Pass using inside of foot. Use left, then right foot.

Pass into space for partner to move into and control.

Pass anywhere within square.

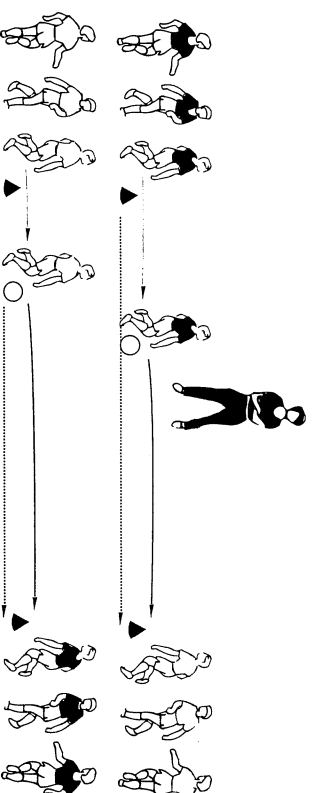
Pairs move and pass throughout entire grid.



Line Drill

Two lines of players approximately 10 yards apart. Player with the ball dribbles to centre then passes the ball to opposite player and then runs to end of opposite line. Player receiving the ball repeats.

Alternatives: Dribble – pass



Passing the Ball - 1

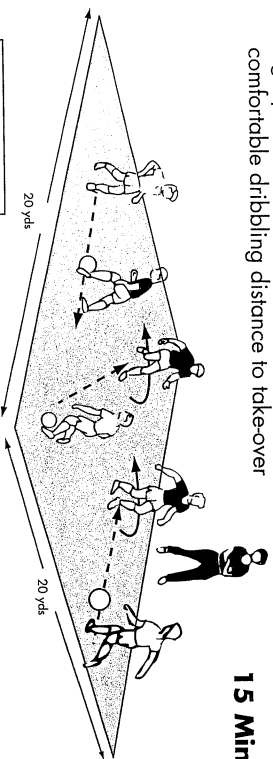
Objectives

Accurate passing, with inside & outside of foot

Warm-Up

Organization

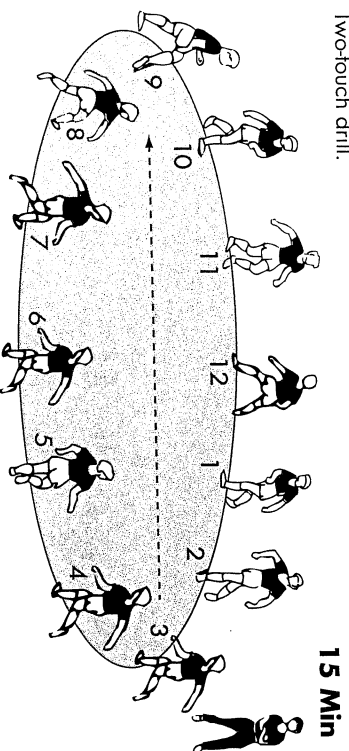
In pairs, all players in working area, one ball between two, dribbling in area until one player opens his legs and partner passes ball through his legs, pass must be soft so that when the player turns the ball will be in a comfortable dribbling distance to take-over



Progression

Organization

Players stationed in a clock formation the approximate distance from top to bottom must be suitable to the players age. Coach calls out time and player repeats with the pass to that specific number and follow his pass. Two-touch drill.



Coaching Points

- Keep ball close to body • Head up while moving (see where your going)
- 1st touch to receive the ball, 2nd touch to pass.

(Coach must demonstrate)

Passing the Ball - 2

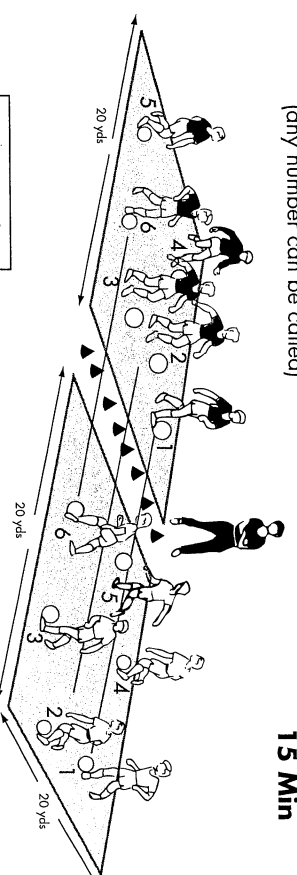
Objectives

Dribbling ball under control and cushion the ball when receiving the pass

Warm-Up

Organization

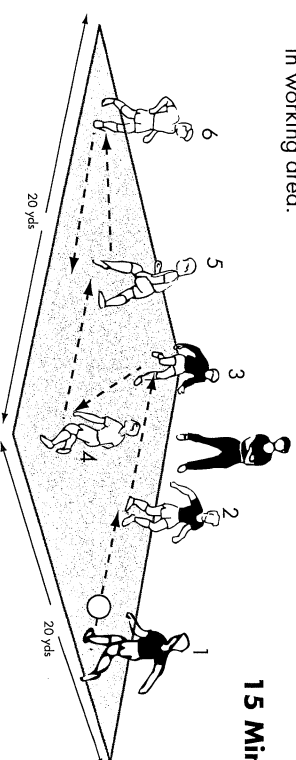
Dribble the ball under control, when number is called keeping head-up, as to see opposite number and to avoid collision with cones (any number can be called)



Progression

Organization

Passing by numbers, coach will pass to number one who will yell's out his number to start the passing sequence, number two will follow etc, this is a tough passing drill, players should be facing player when they yell there number (support instruction), players should be constantly moving in working area, players should have their heads up and looking while moving in working area.



Coaching Points

- Cushion the first touch • Soften the pass (no power) • Choose a part of the foot (inside or outside of foot)

(Coach must demonstrate)

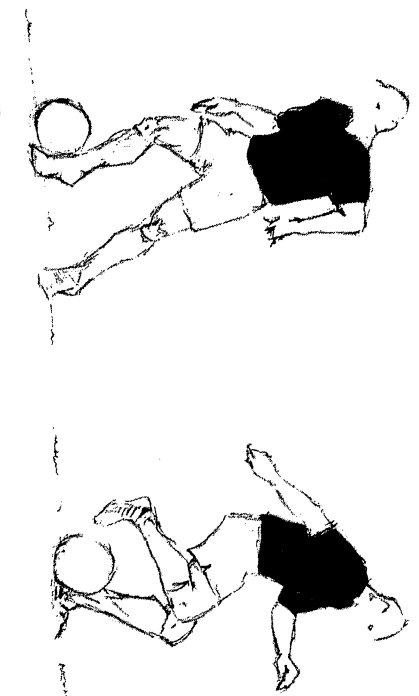
DRIBBLING

The most exciting aspect of any soccer game is the skill of the dribbling player.

Like all other skills it is an art but it can be coached and noticeable improvement can be rapid. The technique of dribbling is applicable to all players regardless of the position they play on the teams.

The best way to coach players the art of dribbling is to place players in situations that demand moving and controlling the ball and forcing them to think for themselves. Young players have to develop a sense of touch and comfort with the ball as often they simply kick the ball forward and run after it. To correct this, the player must practice playing the ball forward very gently in a relaxed style until they establish that sense of touch.

Practice makes perfect, especially with dribbling. The more times a player touches the ball, the more adept they will become in dribbling skills.



DRIBBLING

KEY FACTORS

1. Ball close to body
2. Change of speed/change of direction
3. Attack defender straight on

The biggest difference between the novice player and the intermediate player is their ability to see the ball using their peripheral vision. They can keep their head up to see where they are on the field and know where the opposing players are.

Continually practicing dribbling skills will also make the players aware of the distances they can travel with the ball and also the pressurizing distance of the opposing players.

As the player gets familiar with the skill of dribbling and develops confidence, they can be coached to use all parts of their feet, e.g.

Inside of foot

Outside of foot

Sole of foot (drag backs)

They should attempt to develop combination moves into space and out of space.

When they're moving comfortably with the ball at their feet and in different directions, they should now practice changing pace and direction using the inside and outside of the foot.

Players must get into the habit of using feints and dekes while they are changing speed and direction. This will be needed when there is opposition. They must be encouraged to exaggerate the feints using their eyes, head, feet, etc., to disguise their intentions so that opposing players will commit to making the wrong move or get off balance.

DRIBBLING

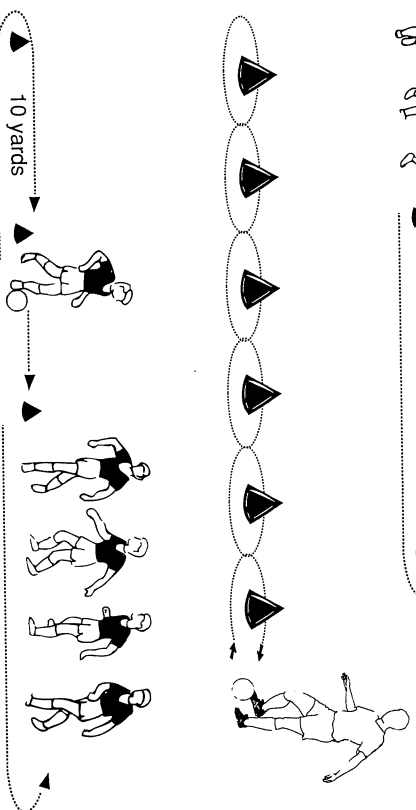
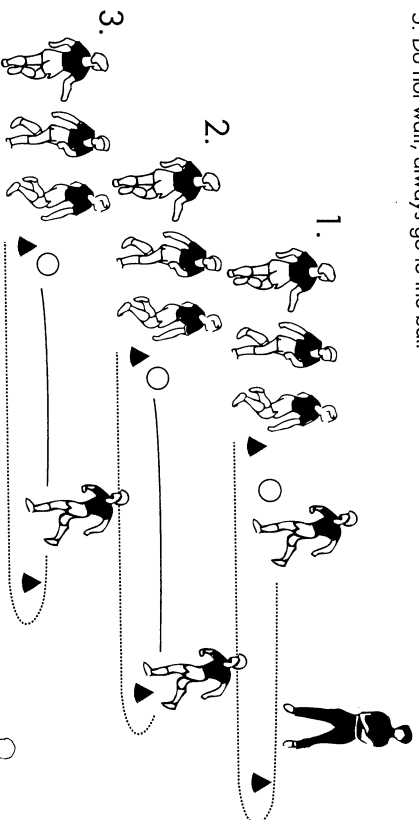
Group players in teams of four with one ball per team. Teams start standing behind the first cone. After taking their turn, each team member sits down. The first team to finish and sit down is the winner.

VARIATIONS

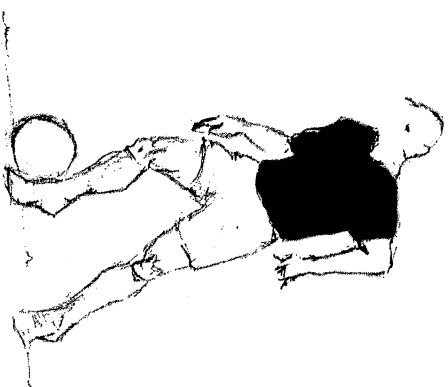
1. Dribble around cone and return
2. Dribble to cone and pass back
3. Dribble to cone circle cone and pass back

Coaching Points:

1. Cushion the ball on 1st touch
2. Softly push the ball with the inside of the foot
3. Direct the ball softly, do not swing at it
4. Keep eyes on the ball
5. Do not wait, always go to the ball



DRIBBLING

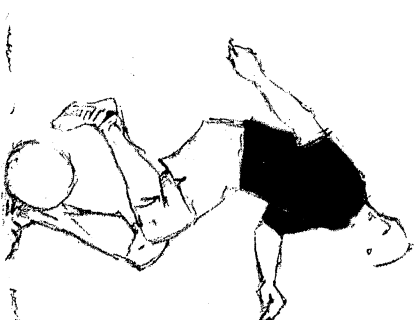


Dribbling with the outside of the foot.

Outside and inside of the foot.
Ball close to body.

Look up and around while dribbling.

Push the ball with the top of the instep.
Do not let the ball get more than 1 or 2 feet in front of dribbling foot.



Dribbling with inside of the foot.

Look up and around while pushing the ball with the outside of the foot, toes pointing down.

Dribbling

When players have made up their mind that they are going to dribble past an opponent, three steps have to be completed in order to ensure success.

The three phases in order:

1. Approach Straight-on
2. Fake
3. Accelerate past opponent

1. Approach:

- Dribble straight at opponent
- Keep the ball close to body, at feet and under control

2. Fake:

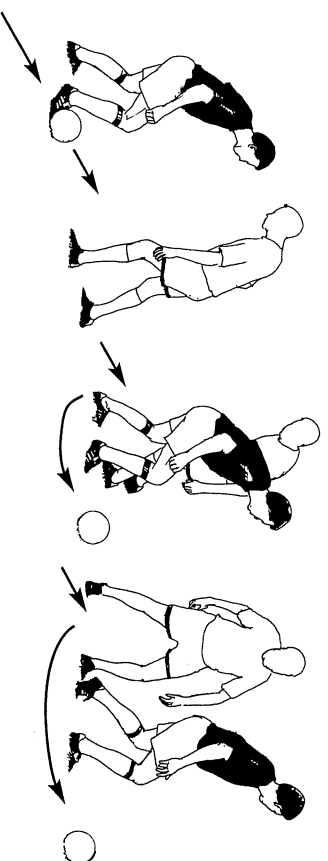
- Approximately two yards from opponent, apply fake.
- Drop opposite shoulder to the direction of travel.
- Using peripheral vision with the ball being close to the body, player can see pressurizing opponent.

3. Acceleration:

- Having exercised the fake, push the ball past the opponent and accelerate.

Dribbling Key Factors:

- (a) See the ball/See the opponent
- (b) Change of speed
- (c) Change of direction



Dribbling the Ball - 1

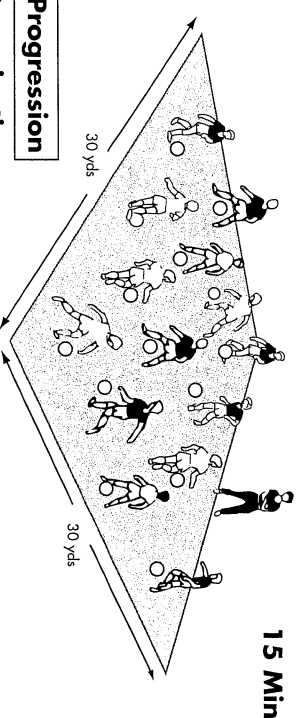
Objectives

To have players move (dribble) in all directions with the ball under control and their heads up

Warm-Up

Organization

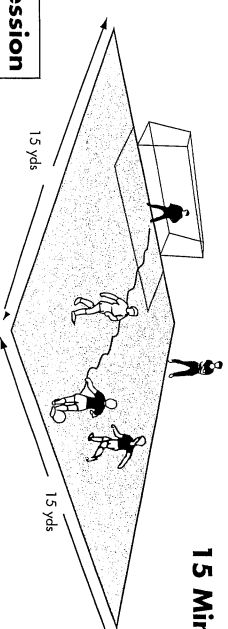
2 groups of 6 players dribbling freely in a (30X30) working area



Progression

Organization

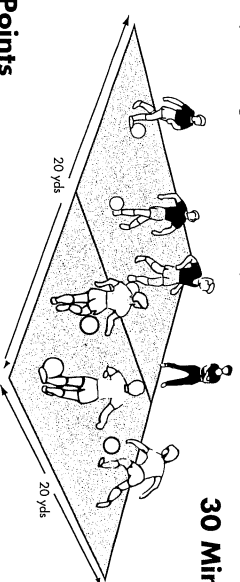
3 players and a GK in a (15X15) working area, 3 attackers each play for themselves and try to score within allotted time (60/90 seconds) use GK. GK changes with attacker after each time slot entering confrontation



Progression

Organization

3X3 in a (20X20) working area, to score player dribbles ball over line under control



Coaching Points

- Use inside and outside of foot to move ball
- Turn using inside and outside of foot
- On whistle player dribble outside the markers using techniques given by coach
- Stop ball under control using bottom of foot
- Dribbling with head up to face team mate
- Players dribbling freely with head up, when coach does not give orders.

(Coach must demonstrate)

Dribbling the Ball - 2

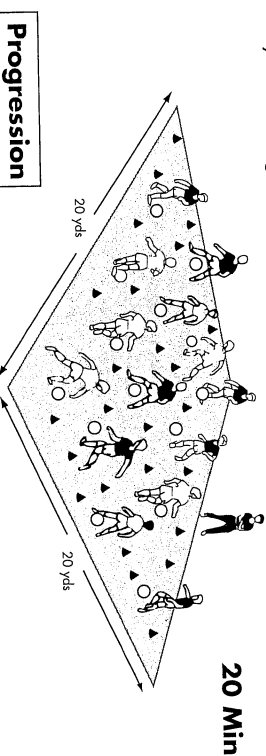
Objectives

To have players confident and dribbling past opponents in a 1V1 situations

Warm-Up

Organization

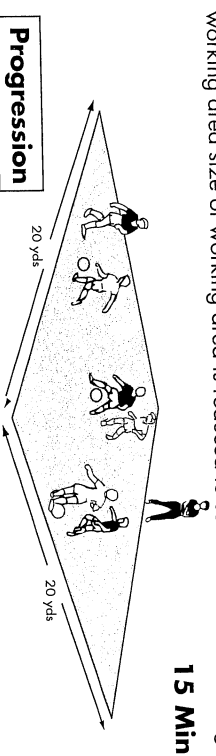
Player dribbling freely with a ball in a (20X20) working area, avoiding cones



Progression

Organization - Progression

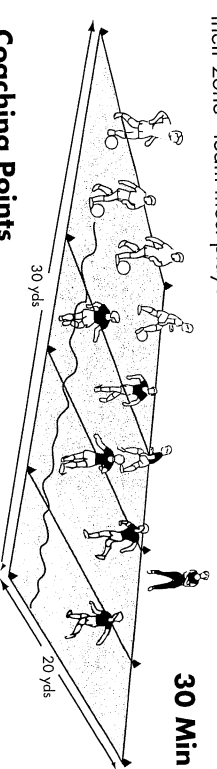
Players each with a ball trying to force players ball out of working area, when players ball is knocked out player leaves working area size of working area is reduced to suite numbers remaining



Progression

Organization

In a (30X20) working area divided into 3 20X10 zones defending players are set up to defend each zone. Attackers try to dribble through each zone to safety over end line, defenders only become active when attacker enters their zone - team most players over the line wins.



Coaching Points

- Players dribbling with head up
- On coaches command players demonstrate various techniques
- Players change pace for 2-3 yds
- Players feint one way and explode into space
- Players disguise as if to pass then drag ball inside

(Coach must demonstrate)

Dribbling the Ball 3

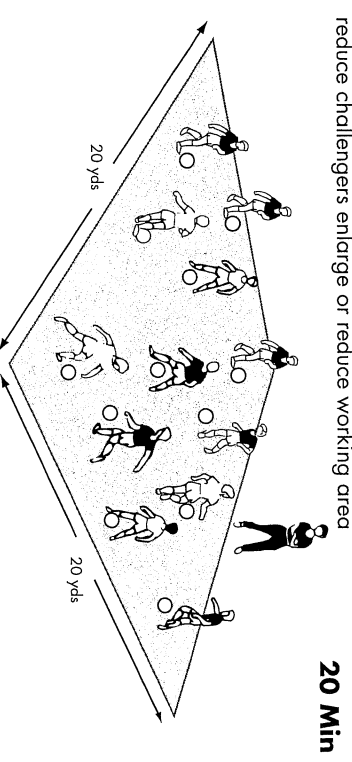
Objectives

To improve close control when dribbling and to allow teammate to take-over while dribbling

Warm-Up

Organization

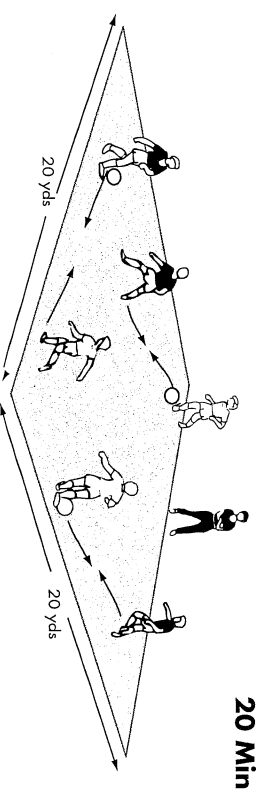
All players dribbling in a (20X20) work area with 12 players - 1 or 2 players without a ball, will challenge anyone for the ball elimination game reduce challengers enlarge or reduce working area



Progression

Organization

In a (20X20) working area, 1 ball between two players - progress to 2V1 In pairs, dribble straight at oncoming teammate



Coaching Points (Coach must demonstrate)

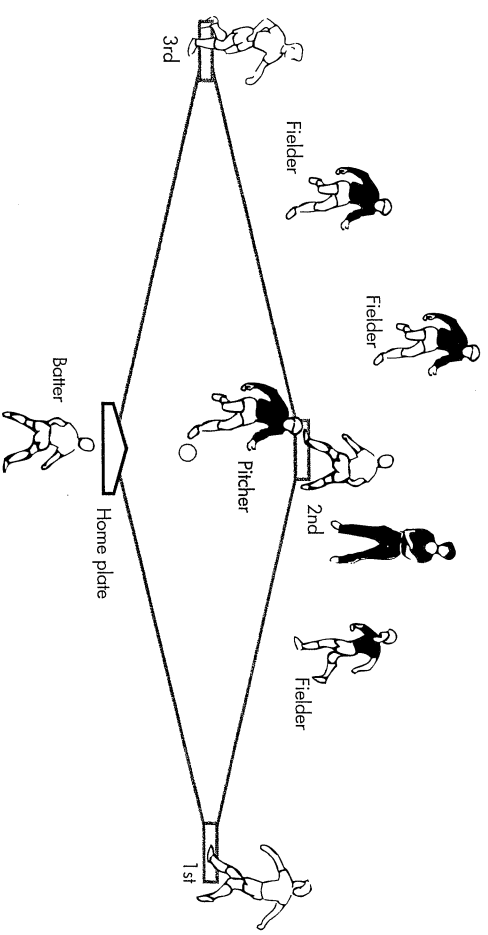
- Head-up and moving
- Keep ball on striking side
- Take-over should be smooth
- Do not pass, just leave ball
- Arms out when dribbling
- Moving away from pressure
- Fake to one side - explode to the other side

(Coach must demonstrate)

SOCCER BASEBALL

Two teams as in a baseball game. One team at bat, the other team fielding.
(Bases 3 x 3 yds)

The pitcher kicks the ball toward the batter, who kicks it to the outfield. The batting team is out if any ball is headed by the fielding team. Pitcher's pass to batter must be acceptable (coach's decision). Ball must be stopped and controlled by basemen in base area if the runner is to be declared "out". Three outs, teams reverse roles. No use of hands is allowed.



SOCCER FUN GAMES

Session Topics:

Passing/Receiving the ball

Key Factors:

Passing:

- Accuracy before power
- Eye on the ball
- Part of the foot & ball

Receiving the ball:

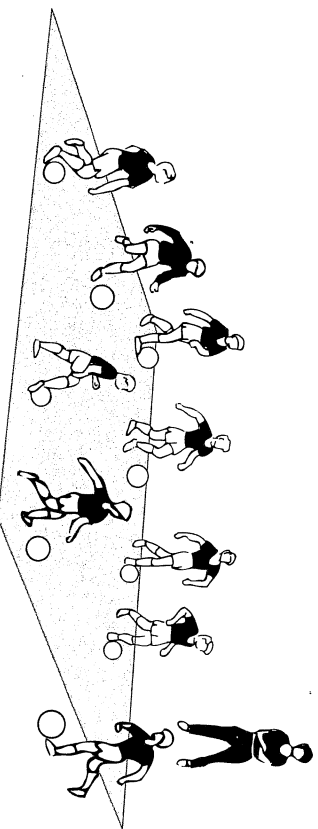
- Body behind the ball
- Attack the ball
- 1st Touch

MIRROR MAN

The coach is positioned at the front of the group. All team members stay within a 30 x 30 yd working area. Every player has a ball and faces the coach. Whatever the coach does the players respond by doing the same. The coach leads the group through a number of simple drills:

- (a) Dribbling to the right, dribbling to the left.
- (b) Dragging the ball to the right, dragging the ball to the left.
- (c) Dragging the ball backwards, juggling the ball, knee, head.
- (d) Turning with the ball, jumping etc.

This simple little dribbling drill will allow the players to keep their heads up while they are dribbling with the ball. Emphasis should be on simplicity.



Session Topics:

Dribbling the Ball

Key Factors:

Dribbling:

- See the ball (peripheral vision)
- See the players around you
- Keep the ball close to body

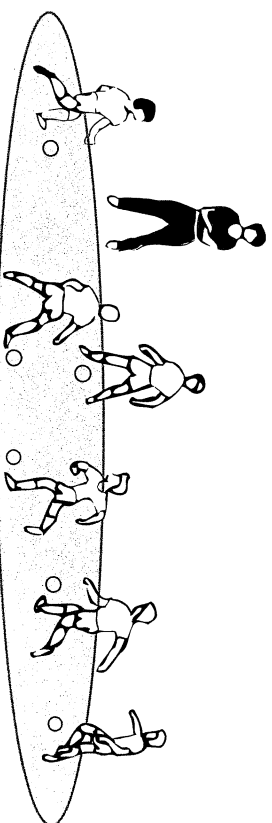
SIMON SAYS

Play with 12 players within approximately a 20 – 29 yd. working area. Every player in working area has a ball. All players will dribble around the working area to specific commands from the coach. Every command that states “Simon Says” must be executed. For every command that does not state “Simon Says”, the players will continue to dribble.

Typical commands a coach may call would be:

- Stop (with close control)
- Turn – Right (outside of the foot control)
- Turn – Left (inside of the foot control)
- Knee on the ball
- Back – Up (drag the ball backwards)
- Sit-On the ball or head on the ball

Encourage the players to both listen and think and also to enhance their ability to keep close control of the ball in congested areas. Excellent warm-up for both mind and body.



Session Topics:

Dribbling, Close Control, Change Direction, Listening and Thinking

Dribbling:

- See the ball/ see the players
- Ball close to your body
- Change of pace/Change of direction

SOCCER TENNIS

The working area for soccer tennis will depend on the number of players involved. Use as many players as possible.

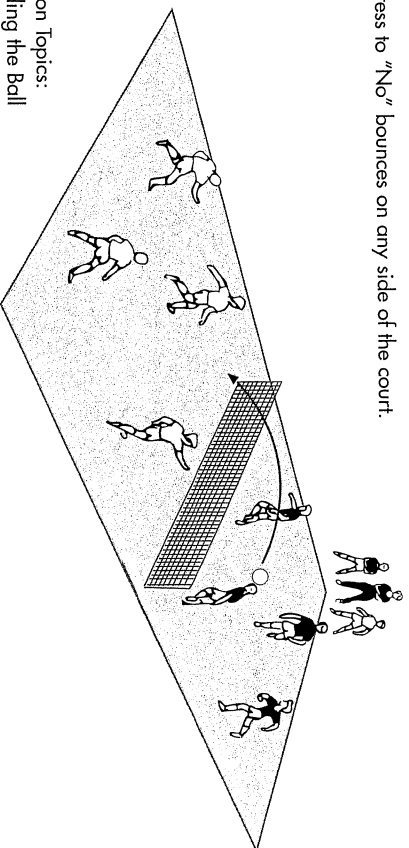
Use a tennis or volleyball net to make the drill realistic.

The rules are:

- Service from the back court with a kick or head.
- The ball is allowed to bounce only once on either side of the court.
- Any part of the body is acceptable to play the ball.

Depending on the age and ability of the players this game could be a heading game only. If it is a heading game, do not exceed 10 minutes.

Progress to "No" bounces on any side of the court.



Session Topics:

Heading the Ball

Kicking the Ball

Key Factors:

Heading:

- Eyes open
- Attack the ball
- Part of the head

Kicking:

- Accuracy before power
- Eye on the ball/head steady
- Part of foot and ball

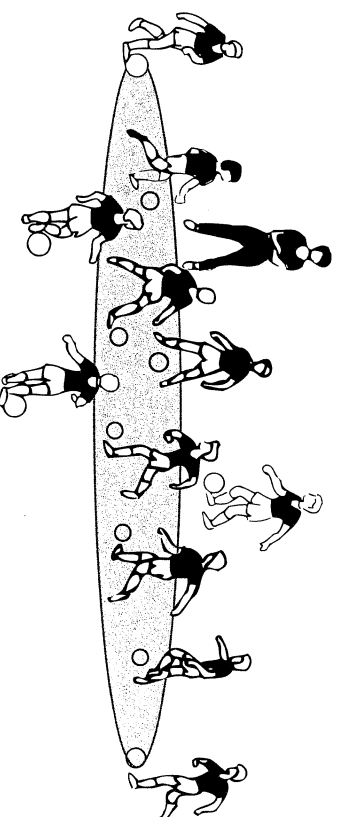
WOODPECKER

All team members are inside of a circle. Every player has a ball and is dribbling inside the circle.

The object of the drill is to kick another player's ball out of the circle while keeping possession of your own ball (do not allow players to leave their own ball). The player must keep close control of their ball as they are dribbling and protect it from the challenging player. The players whose ball is kicked out of the circle stand outside the circle. Game is played until there is a winner.

VARIATION:

All players dribble inside the circle. Have a player without a ball come from outside the circle and challenge any player of his choice. This is for players with some good ball control skills. The players whose ball is kicked out of the circle stand outside of the circle. Game is played until there is a winner.



Session Topics:

Dribbling the Ball

Key Factors:

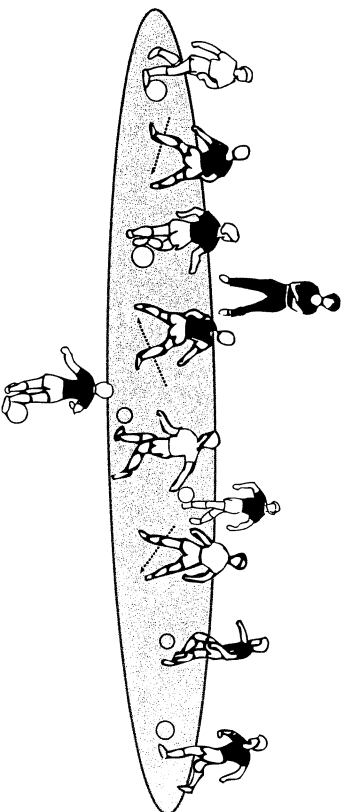
Dribbling:

- See the ball/see the players
- Ball close to your body
- Change of pace/Change of direction

FIVE – HOLE

12 players in pairs. Working area approx. 20 yd. circle. 1 ball between two players. In pairs, one player moves with the ball and the other player is stationary, with feet spread apart. The player with the ball dribbles around working area until the coach signals.

On the signal, the player has 1 minute to FIVE – HOLE as many stationary players as time allows. When time is up, they exchange positions and when the coach signals, they continue.



Session Topics:
Dribbling, close control, body turns

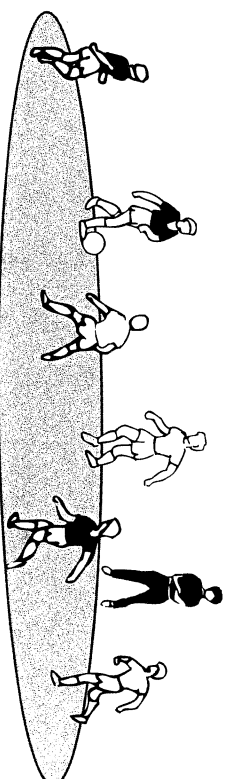
Key Factors:

- Dribbling:**
- See the ball (peripheral vision)
 - See the players around you
 - Keep the ball close to your body

DOGGY IN THE MIDDLE

Working area is determined by age and abilities of the players, e.g., U9 – 20 x 20 yd. Six players in one working area. Five players attempt to pass the ball around and keep possession. One clearly identified player attempts to win the ball. When the ball is finally won, the player giving the ball up is the “Doggie”.

The objective of this session is to maintain possession through dribbling the ball using close control and passing at the correct moment while in control (this is also an introduction to Support).



Session Topics:
Dribbling and Support

Key Factors:

- Dribbling:**
- See the ball (peripheral vision)
 - See the players around you
 - Keep the ball close to your body
- Support:**
- Angle of support (front and behind ball)
 - Near/Far/Wide
 - Communication Eye Contact

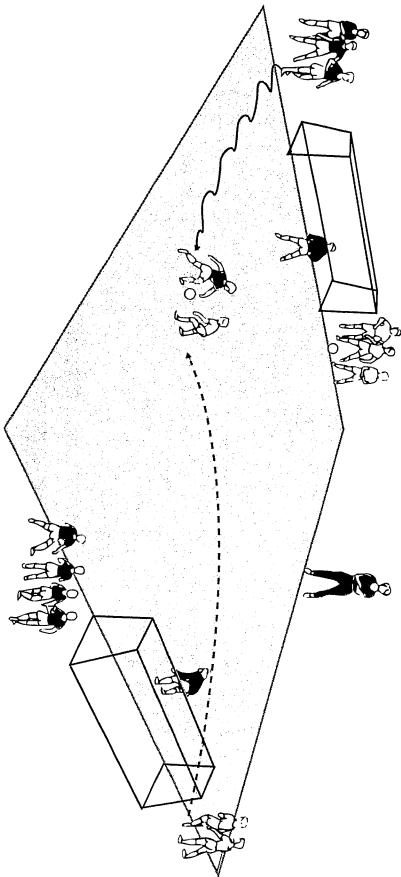
NUMBERS GAME

Each player has a number and will only play when his number is called by the coach. The coach shouts the player's number to go on or to come off the field.

This small – sided game can be used for numerous reasons:

- (a) Identify the strongest players in 1 vs 1 or 2 vs 2 situations
- (b) Dribbling function
- (c) Short passing situations
- (d) Fitness training (timed)
- (e) Fun scrimmages using all players

Whenever possible, use goalkeepers in both goals (must be game realistic).



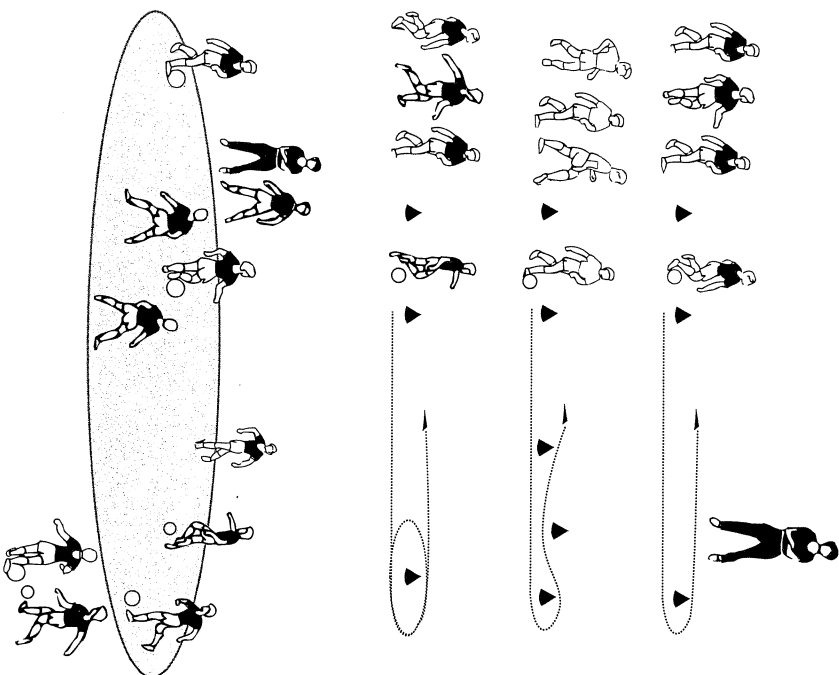
RELAY RACES

Players in teams of four with one ball. Teams race against each other, dribbling.

VARIATIONS

- Dribble from one cone around second cone and return.
- Dribble in and out of three cones and return.
- Dribble completely around cone once and return.

To keep players busy while waiting to compete in relay races, have players stand in a large circle. Each player around the circle has a ball and two players within the circle are without a ball. The two players without a ball move within the circle. Returning passes from players on outside of circle including returning headed-passes to outside players. Once the players have been around the circle twice, they change positions.



Players in circle keep busy while waiting to compete in relay races