



***The Official
US Youth Soccer Coaching Manual***

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Dedication

To the most important people in youth soccer today—the youth parent/coach. Your efforts start the wheel of inertia that initiate a love of soccer for children, which through the help of countless others will provide the foundation for people to experience the joy of participation throughout their lifetime.

Introduction

US Youth Soccer is delighted to present this coaching resource to our greatest asset—the youth soccer coach. Many great players can trace their success to the coaching that they received at an early age. We hope that you, the youth soccer coach, will one day look back with pride at the opportunities you created for learning and enjoyment. A supportive, child centered, positive experience in youth soccer is vital to the growth of our sport.

Far too many soccer coaching books and videos focus solely on the “X’s and O’s” or are written for those who coach players older than age 14. Few of these resources deal with the most important years in player development, ages five through fourteen. Our philosophy of coaching youth soccer places great importance on age appropriate activities and creating a child centered learning environment. This manual contains a gold mine of information for novice as well as experienced youth coaches. Using an educational and sport science foundation rather than a simple collection of drills allows the youth coach a better understanding of the player.

We urge you to continue your coaching education through coaching clinics offered by your US Youth Soccer State Association. Contact your local club, league, State Association or visit www.UsYouthSoccer.org.