

Outdoor Futsal Coach's Guide



Includes:

- * Key Factors
- * Weekly Sessions
- * Age Characteristics
- * Stretches
- * Rules
- * Resources



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"The will to succeed is nothing without the will to prepare."





Ontario SoccerNet
www.soccer.on.ca

7601 Martin Grove Road,
Vaughan, Ontario
L4L 9E4

Tel: (905) 264-9390
Fax: (905) 264-9445
TheOSA@osoccer.on.ca

March 1, 2004

West Rouge Soccer Club
513 East Avenue
Toronto, ON M1C 2X1

Dear Coaches,

Welcome to another season of coaching our youth in the world's game. As coaches you have undertaken a role that can be fun, challenging and very rewarding.

Your club has created this coaches guide to allow you to become comfortable and confident when delivering coaching information to your players.

Condensed with other resource material that your club supplies, attendance at all club coaching clinics will enable you to become a quality coach at the grass roots level.

By creating a fun, safe and challenging environment for your players to play in, you are instilling in them a love for the game that will carry them far.

The Ontario Soccer Association is available as a resource for you, in all your coaching endeavors.

Yours truly,

Jim Cannovan
Director Technical
The Ontario Soccer Association



March 30, 2004

Dear Coaches and Friends in Soccer,

Welcome to another season of Summer Soccer at Toronto's Premier Soccer Club. You may be asking yourself why we have been identified as Toronto's Premier Soccer Club.

Let me explain, your club has been acknowledged by the Ontario Soccer Association and Canadian Soccer Associations as having a model development program for our Youth.

Our model of small sided soccer and correctly dimensioned fields has been adopted by many other soccer clubs in the province as the way to play. We have a team of highly skilled and qualified coaches in our professional Player Development Team who are a resource available to you, to assist you in your coaching endeavors. Our highly successful "mass practices" have been applauded as being great for the players and beneficial to the coaches.

Our preseason coaches' clinics are structured to explain our clubs philosophy and to give all coaches some great tips on coaching and making your practices and games even more fun.

Our Storm Academy for our competitive teams every Saturday morning is another resource for coaches to come and learn from our Player Development team and our Competitive team players.

These are just few of the reasons we are Toronto's Premier Soccer Club.

I encourage you to attend and take part in as many events as you can, you meet some great people and learn a few things also.

The fun at the Storm never stops! Have a great summer, enjoy your coaches' guide and see you on the field.

Yours Truly

A handwritten signature in black ink, appearing to read "B. Lennox".

Bobby Lennox
Director, Player Development
West Rouge Soccer Club

Precepts of Development

1. The fun of the game precedes all.
2. Soccer is a simple game.
The best teacher is the game itself.
3. Instill a deeper love for and appreciation of, the game.
4. Outline the stages, and measures, of physical and psychological development.
5. Address the developmental attributes and needs of each child.
6. Educate players with regards to all aspects of the game.
7. Provide the avenues and resources by which technical, tactical, physical and psychological skills will be improved and refined.
8. Practices must create an atmosphere conducive to enjoyment and learning.
9. Every decision made by a player shall be considered an opportunity for positive feedback.
10. Reinforce the importance of academics in one's life.
11. Winning or losing is a matter of perspective.

West Rouge Soccer Club

House League Coaches' Guide

Thank you for volunteering to help our kids. Our club relies on the efforts of volunteers like you. Without you, we couldn't offer our soccer programs.

But what have you signed up for?

This paper discusses the roles of Coaches and Assistant Coaches in the West Rouge Soccer Club's House League program. You will find out what the job is all about, where to turn for guidance, and what is expected of our coaches.

We don't ask much of our House League coaches, and now more than ever are working to support your efforts. Your team will have a game on one weekday evening, and a practice on another weekday evening. **You need to make sure that there's a coach at every game and every practice.** In 2002, the House League practices will unite all teams from an age group, and members of our Technical Team will lead the practice session. They'll engage the players in some activities, and then the players will break into their teams – or other small groups – and continue. You'll have the chance to learn from the best coaches at our club, and meet other coaches. This will help you find the best ways to make the practices fun and instructive for your team.

Take advantage of the coaching clinics that are presented before the season starts and periodically during the season by our Technical Team. These are designed to help you develop into a better coach. These clinics help you help your team.

Know the West Rouge program. We have developed a program to improve the development of our players, and make sure they have a lot of fun. We play small-sided soccer, on reduced size fields. This means that we have teams and fields that are the right size for the age of the players. This playing model mirrors the way players are developed around the world in the countries that produce the best players and teams. There are three concepts:

- i) *Space.*
- ii) *Ball on the ground.*
- iii) *Everybody up, everybody back.*

Know them and teach them. The days of the big kick are over. West Rouge players develop their skills by getting **lots of touches** on the ball and positive encouragement.

We don't keep standings, or record scores, for our younger players. **We measure their success in how well they apply what they've learned, and not in goals scored.** Tell the parents this, and encourage them to applaud the effort, skills and not only the goals.

Nutrition is an important part of every child's development. If your team organizes snacks for the players (you might find a volunteer parent to coordinate this), **urge them to avoid sugars.** The best drink is water. Snack on fruits rather than sweets.

You are the primary contact between the club and the players and parents on your team. Now and then, we may need to send a message to everybody. **The coaches are responsible for these communications.** You may find it helpful to draft a volunteer from the parents on your team to handle this job.

Most of all, **make it fun.** If your players have fun, you will too!

West Rouge Soccer Club

Toronto's Premier Soccer Club

Discouraged?

As I was driving home from work one day, I stopped to watch a local Little League baseball game that was being played in a park near my home. As I sat down behind the bench on the first base line, I asked one of the boys what the score was.

"We're behind 14 to nothing," he answered with a smile.

"Really," I said. "I have to say you don't look very discouraged."

"Discouraged?" the boy asked with a puzzled look on his face. "Why should we be discouraged? We haven't been to bat yet."

Jack Canfield

Jack Canfield, along with Mark Victor Hansen, authored "*A 2nd Helping of Chicken Soup for the Soul*". The above can be found on page 174, under the A Matter of Attitude section.

DO:

1. *Keep players active.*
2. *Vary the activities based on attention span.*
3. *Enjoy yourself.*
4. *Be positive - always - to everyone.*

DON'T:

1. *Become frustrated.*
2. *Yell and intimidate.*
3. *Hesitate to change your game activities if the children are not enjoying them.*

KEY FACTORS

Dribbling:

- (a) Ball close to the body.
- (b) Attack defender/space straight on.
- (c) Change speed/direction.

Passing:

- (a) Accuracy - eye on the ball.
- (b) Pace, weight & timing of pass.
- (c) Part of foot and ball.

Shooting:

- (a) Accuracy before power.
- (b) Eye on the ball, head steady.
- (c) Part of foot and ball.

These are the main skills that a player must develop to play the game. At the earliest stages of our young player's development, we as coaches are simply instilling the habits that they will forever enjoy and play the with.

Dribbling, passing and shooting are of the most significance for they are **player initiated activities**. They are decisions made, and skills performed, when the player is in possession of the ball.

You will quickly observe that the one skill that will become essential in performing the above three is a player's ability to **receive the ball**.

Receiving the Ball:

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

FRAMING THE CONCEPT OF THE GAME

"Space!"

The most important word in soccer. Tell your players this. Do everything in space. Players must find space, play the ball to space, then move to space.

"Ball on the ground."

This will take young players a lot of touches to accomplish. "Lots of touches! Lots of touches." More touches increase the ability to control, and comfort level with the ball. An ability that is a necessity in order to play the game.

"Everyone up. Everyone back."

Attack / Defend.

There is not an offence separate from a defence in soccer. When we have possession of the ball, we are all attackers. When the other team has the ball, we are all defenders.

Always encourage the above throughout every practice and every game.

Along with the **Key Factors** of those main/basic skills, these three concepts, or words of guidance and encouragement, are the only coaching points you need to make throughout an entire season. To be effective, however, they need to be made consistently - and most importantly - in a fun-filled environment.

OUR PLAYERS OUR CHILDREN

Each child is special in her or his own way. Although we are usually coaching a group of children that are chronologically similar, we will find that there are varying degrees of development. It is important that we recognize that there are social factors, such as being the youngest in one's family, or varied experiences that are influencing the social growth of each player before you.

Characteristics of U6 Children:

- Short attention span
- Consistently in motion
- Psychologically easily bruised
- Little or no concern for team activities
- Similar physical & psychological development of boys and girls
- Primitive eye-hand and eye-foot coordination
- Love to run and jump
- Catching skills not developed
- Can balance on good foot
- No sense of pace - play flat out

Practice Sessions:

45 minutes to 1 hour each
1 or 2 sessions + 1 game per week

Game Activities:

Many of short duration

Characteristics of U8 Children:

- Attention span beyond U6, but still not extended
- Still in motion
- More inclined toward group activities
- Still very sensitive (dislike personal failure in front of peers)
- Begin developing physical coordination
- Still very much enjoy running, jumping, climbing & rolling
- Sports heroes becoming important
- Still lack a sense of pace

Practice Sessions:

1 hour each

1 or 2 sessions + 1 game per week

Game Activities:

Many of short duration

The amount of time and number of sessions mentioned above refers to organized practices and games. Players must be greatly encouraged to spend time with the ball at home and at school.

Characteristics as per the **US Youth Soccer Parent/Coach Primer - Basic Philosophy & Techniques of Coaching Young Players.**

Fleck & Cassaboon, Revised edition 1993.

SIMPLICITY

Soccer is a lot of fun!

Kids come to play soccer.

They do not come to *watch, listen, learn or line-up.*

Let them **PLAY!**

Plan game activities, not drills.

Technical development is the key.

Players should be touching the ball as often as possible.

Encourage mistakes. They build the ladder to perfection.

Be creative. It's OK to change an activity.

A soccer field is a rectangle.

Outline areas and spaces that are rectangular.

Be positive. Any attempt is praise worthy.

Spread the praise among all players at every session.

A picture is worth a thousand words. Demonstrate!

(Or have a capable player demonstrate for you.)

Keep distractions (sun, wind, parents, etc.) to the backs of the players when addressing them.

Players should play on every part of the field.

Set goals / objectives at practices and games that the scoreboard cannot keep track of.

You are the coach. Dress the part.

Little bits of water, lots of times.

Rome wasn't built in a day. We're just laying the foundations.

Use sun screen.

COMPONENTS OF SOCCER

Technique: The player and the ball.

Most important at these ages. This is the player's Introduction to the ball. Activities must be FUN and Game-like. Learning takes place through self-discovery.

Psychology: Keep it fun!

The development of a positive attitude about all aspects of the game.

Tactics: Player decisions.

At this level, the emphasis is not placed upon teaching tactics due to the technical ability and of the players and their psychological development.

Decision making is observed - not stopped to analyze, describe or dissect. All of which can lead to bored young players.

Fitness: Always with the ball.

Appropriately organized technique enhancing activities and small-sided games will provide players at this level with the necessary physical requirements to meet the needs of their game.

WEEK 1

Dribbling

Key Factors:

- (a) Keep ball close to body.
- (b) Attack defender / space straight on.
- (c) Change speed / direction.

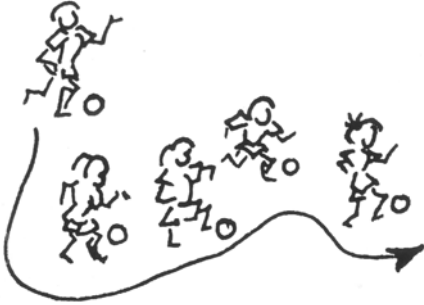


Each player with a ball. All players inside a marked area. **"Find Space!" "Ball on the ground."** Players are moving randomly with the ball at their feet. Touches use insides, outsides and laces of both feet.

For fun, call out body parts (nose, knee, elbow, etc.) and have them stop the ball and place that part of their body on it.

Players are to become familiar with the ball. Have them sit on it, roll on it and run around it. **BE CREATIVE!**

Week 1 - Dribbling



SNAKE

Players in groups of two, three, four or five. Follow the leader. Alternate.



STORM

Players dribble in open area. On "STORM" command, players throw or kick the ball as high as they can. Get the ball back on the ground as quickly as possible using their feet. Dribble again. (Maybe progress to limit the number of touches needed.)

EVERYBODY'S IT!

Each player with a ball. Players try to tag each other while dribbling. (Add difficulty: Wherever a player was tagged, they must put a hand on that spot while dribbling.)



3v3, 4v4 LINE SOCCER

Players must dribble over the goal lines to score.

Game Day Theme

Dribbling Key Factor

SPACE!

WEEK 2

Dribbling

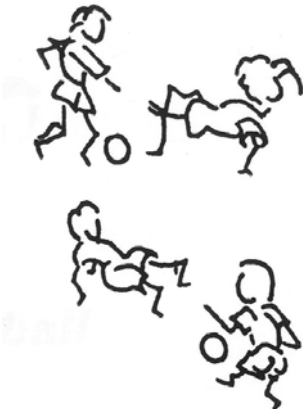
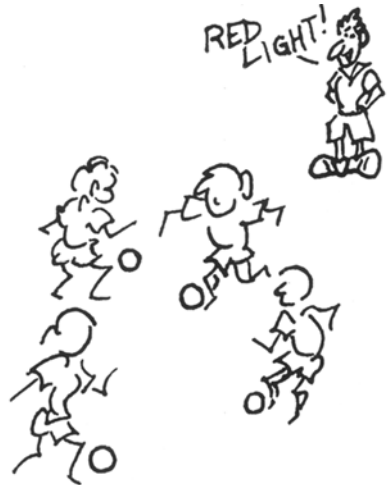
Key Factors:

- (a) Keep ball close to body.
- (b) Attack defender / space straight on.
- (c) Change speed / direction.

RED LIGHT / GREEN LIGHT

Players dribbling in open space. As coach gives **"Red Light!"** command, players stop ball quickly and keep it close to their feet. Players resume dribbling on the **"Green Light!"** command.

Vary the timing of the commands and perhaps add **"Amber Light!"** to slow down. **Be creative!**



SEA WALK

Set out a defined area. Half of the players sit in a crab-like position, moving about. The other half of the players dribble around them using both insides and outsides of their feet. Crabs try to kick balls out of the area. Switch positions after approx. 3 mins.

Week 2 - Dribbling:



DUCK, DUCK, GOOSE

All players sit in a circle, each with a ball.

One player dribbles slowly around the outside of the circle touching the heads of seated players with a hand while saying "Duck".

When the dribbling player touches a head and says "Goose!", the seated player then gets up and both players race around the circle dribbling to be first back to the spot where the "Goose" was sitting.



STORM

Players dribble in open area.

On "STORM" command, players throw or kick the ball as high as they can. Get the ball back on the ground as quickly as possible using their feet. Dribble again. (Maybe progress to limit the number of touches needed.)

3v3, 4v4

Keep many balls close by to allow for continuous action when balls leave the grid. Coach can control the balls.



Game Day Theme

Dribbling Key Factor

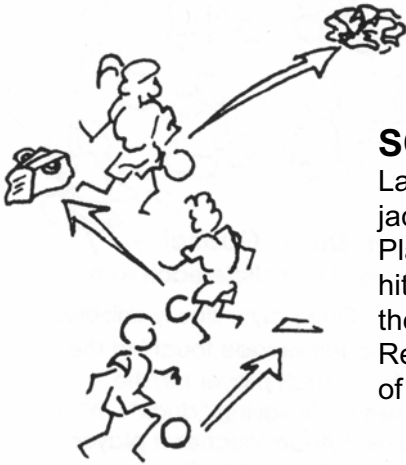
SPACE!

WEEK 3

Passing

Key Factors:

- (a) Accuracy / Eye on the ball.
- (b) Pace / Weight / Timing of pass.
- (c) Part of foot and ball.

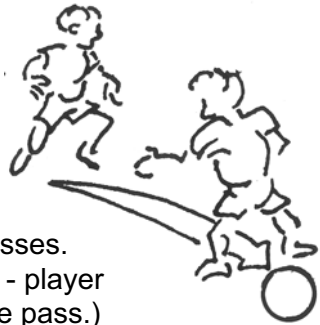


SOCCER GOLF

Lay out golf course using discs, jackets, gym bags, etc. Players complete the course by hitting targets in sequence, counting the number of passes. Repeat trying to lower the number of passes.

GATES

Players in pairs. One ball per pair. Players face each other a certain distance apart. Player without the ball spreads legs. Player with the ball attempts a pass through the open gate. Count the number of complete passes. Alternate. (Progress to closing the gate - player without the ball now starts to receive the pass.)



Week 3 - Passing:



MOVING TARGET

Players move in a confined space with a ball. Every ball is a target. Keep track of the number of targets hit in a said period of time. Repeat and beat your record!

3v3, 4v4

Keep many balls close by to allow for continuous action when balls leave the grid. Coach can control the balls.



QUICK PASS

Pairs of players with one ball between them move in a defined area. Ask players to make as many quick passes as they can. Next step is to set a time limit and continue repeating the game trying to beat their records!

Game Day Theme

Passing Key Factors

Ball on the ground!

Lots of touches!