

# coaching manual



NEIL BRADFORD  
DIRECTOR OF COACHING  
SAY NATIONAL HEADQUARTERS

2011

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## ***PARENTS, KIDS & COACHES***

### ***MAKING THE BEST DECISIONS FOR THE PLAYER***

The following article will reflect on the support children should expect from their parents for the best possible chance for success on and off the field.

Areas which will be addressed and discussed are:

- To explain why parents are important to soccer.
- To describe how you can give children a good start from home.
- To show how parents and coaches can work together to maximize opportunities for children's soccer success.
- To explain how to make competition more enjoyable and appropriate to children's needs.
- To recommend a parent's and player's code of ethics.

Parents play an extremely important part in the development of the player. The parent can have a positive and negative influence in shaping their child's interest and attitude towards the game.

The parent must ensure their child's interest should be central to everything and the emphasis on winning should always be secondary. Parents should encourage first and foremost enjoyment of the sport, and improved performance. Winning at a young age is and always should be secondary, and this should be kept in perspective. Parents should work with the coach to encourage long term development and as mentioned above, the young player must have fun and fall in love with the game.

If everyone played soccer solely to win, there would be a lot of very disappointed and disillusioned players who would most likely want to quit the game. Even at the young ages only one team can win the league or the cup which would leave many disappointed players on a regular basis.

To counter this at an early age, it is important that the parent emphasizes to the child to place the importance of taking part and having fun rather than winning. This can begin at an early age by placing importance on participating in both practice and games. As a parent it is very important to understand the importance of becoming a team and working together with the coach to improve both personal and collective performance.

Games are played every weekend, some players win, some lose and some may tie. Young players forget about results very quickly and are more interested in the snack at the end of the game or what they are going to do next. Parents let this linger a lot longer than the players and want to discuss what went wrong.

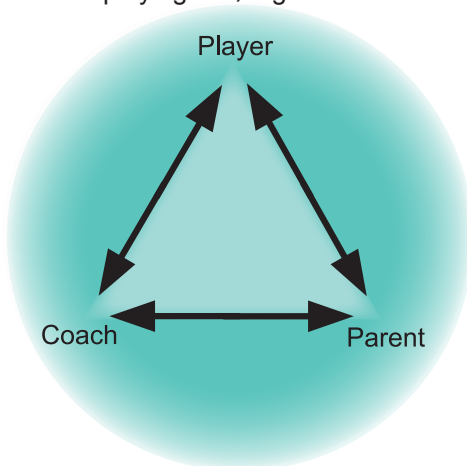
Players know if they have played well or have not been at their best. One rule I personally share with parents is that not to discuss the game on the way home in the car, let the child/player talk to you when they are ready. When the player is ready to talk, they will begin the conversation. Questions that should be asked should be ones which give the player the most amount of enjoyment about their performance. For example:

- Did you enjoy the game?
- What was the best part of the game?
- How did you play?
- What was good about your performance?
- What did you learn today?

The questions above are open ended questions that will help the player analyze their performance and will help you reassure your child about their performance and also give them some positive feedback.

As parents, we all want to give our children the best chances possible for success. A supportive and positive household provide an excellent launch pad for a child's involvement and enjoyment of the game. Parents need to recognize these key points for communicating with their child and coach to be successful, however these are easy to forget when we get caught up in the actual game.

Working with the coach is vital for both the success of your child and the team. The relationship between everyone can be summed up by a triangle. The player on top (the most important person), with the coach and parent below both playing very significant roles in a child's development.



To be successful good communication is essential between all points of the triangle in order to give your child the best chance of development. This also ensures everyone knows what is happening in terms of your child, their development, their performance and any other aspect that might affect them. As a point it is recommended that the following points will point your child in the right direction:

- Always encourage, but do not force.
- Know when your child is ready to play.
- Always encourage a healthy lifestyle.
- Work and play together at home.
- Always promote and teach fair play.
- Set realistic targets that are attainable.
- Always set a good example.
- Take children to watch live games and encourage them to watch games on television.
- Always be supportive and encouraging, particularly when things are not going well.

The final part of this relationship and to ensure the jigsaw pieces all fit together is the relationship of the coach and the parent. The coach on their part must make it a point to communicate with the parents and always be willing to listen and solve challenges that may occur through the season. This goes both ways and parents also need to work with the coach, if from time to time problems pop up. Below are some golden rules for better working relationships with the coach:

- Communicate your concerns to the coach and communicate early.
- Be prepared to work with and help the coach if needed.
- Do not continually pester the coach, contacting him/her outside club activities unless absolutely necessary.
- Always inform the coach of illness, injury, vacation, changes in circumstances.
- Support your child, coach and team by watching games.
- Ensure your child has proper equipment.
- Show support and appreciation for a job well done.

In summing up, as a parent you are central to your child's success. Always show respect, support and keep communication lines open with all parties involved. Following these simple steps your child will get maximum enjoyment and chances of success on and off the field will increase dramatically.



**The Soccer Association for Youth, USA National Headquarters  
One North Commerce Park Drive,  
Suite 306-320, Cincinnati, OH 45215**

toll free (800) 233-7291, local (513) 769-3800, fax (513) 769-0500  
email: [sayusa@saysoccer.org](mailto:sayusa@saysoccer.org), web address: [www.saysoccer.org](http://www.saysoccer.org)

**Diagrams, Drills and Article Contributions: Neil Bradford  
Art & Design: Amanda Weiss & Intern, Jade Goode**

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## TABLE OF CONTENTS

<b>INTRODUCTION</b> .....	<b>1</b>
<i>Making the Best Decisions For The Player</i>	
<b>SECTION I</b> .....	<b>5</b>
<i>Learning Through Games - 4 to 8 Years</i>	
<b>SECTION II</b> .....	<b>21</b>
<i>Coaches - Respect the Referee</i>	
<b>SECTION III</b> .....	<b>23</b>
<i>Passing Activities</i>	
<b>SECTION IV</b> .....	<b>29</b>
<i>Dribbling Activities</i>	
<b>SECTION V</b> .....	<b>41</b>
<i>Shooting Activities</i>	
<b>SECTION VI</b> .....	<b>49</b>
<i>Heading Activities</i>	
<b>SECTION VII.</b> .....	<b>57</b>
<i>Situations That Face All Coaches</i>	

# **SOCCER**

## **“ VOCABULARY ”**

### **HAT TRICK**

The scoring of three goals by one player in a single game.



# SECTION I

## LEARNING THROUGH GAMES 4 - 8 YEARS



## QUICK SAND



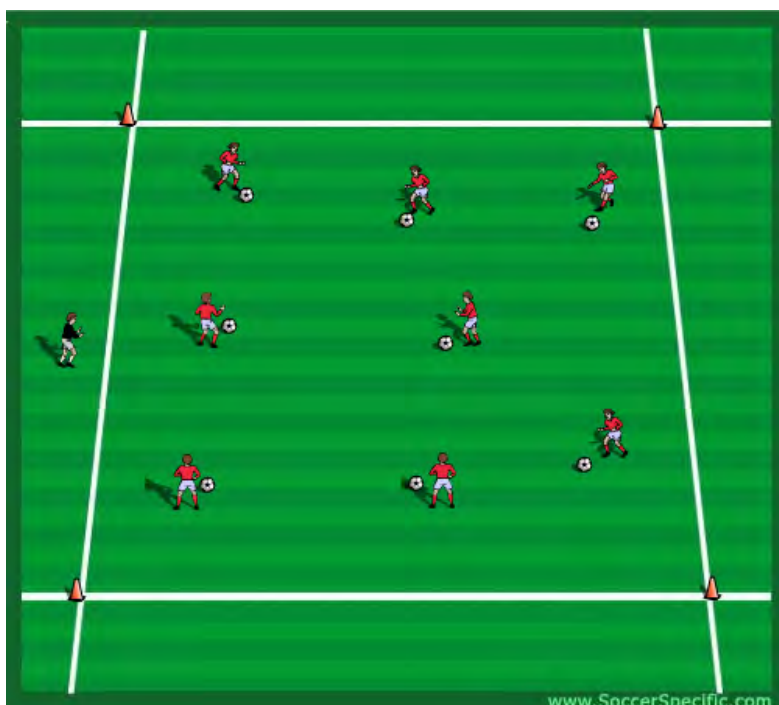
### **Purpose:**

Fun warm up before soccer exercises.

### **Organization:**

Use a 20 x 20 yard grid. Place two players in scrimmage vests and all other players inside the grid. On the coaches command, the players in scrimmage vests run around the grid and try to tag the players in yellow. If the players in yellow are tagged, they must get into a push up position. To become free, a player must crawl under the player in the push up position. The object for the red team is to have all the yellow team in push up positions. The object for the yellow team is to ensure all players are not in push up positions.

## ***COPY THE COACH***



### ***Purpose:***

To improve coordination and listening skills.

### ***Organization:***

Each player has a soccer ball in a 20 x 20 yard grid. Coach calls out instructions and players copy the coach, but only when instructions include the phrase “Coach says”. Example: “Coach says dribble ball with feet” players should dribble the ball with their feet. If an instruction is called out such as “toe taps on the ball” the player must not perform the task, as it must always be prefaced by “coach says”.

### ***Coaching Points:***

- Keep the ball close and nose in front of the ball to see what is in front of you.
- Helps improve both coordination and listening skills in the young player.

## ***FOLLOW THE LEADER***



### ***Purpose:***

To improve coordination and listening skills.

### ***Organization:***

Players are divided into pairs and enter a 20 x 20 yard grid. Then players are numbered one and two. Player number one starts as the leader and dribbles the ball anywhere in the grid. Player number two must follow player number one and copy all the moves skills that are shown. Play for one minute and then change roles. After a couple of runs, change with a different partner in the grid.

### ***Coaching Points:***

- Keep the ball close
- Ask players to use both feet and all parts of the foot
- Encourage players to use lots of different moves

## KING/QUEEN OF THE RING



### **Purpose:**

Work on shielding the soccer ball.

### **Organization:**

Mark out a circle as shown in the diagram, and then ask all players to enter the circle with a soccer ball. On coaches command, players are asked to dribble in the circle. When the coach calls King/Queen of the ring, the players are asked to protect their soccer ball and kick someone else's ball out. The game can then be played in one of two ways...

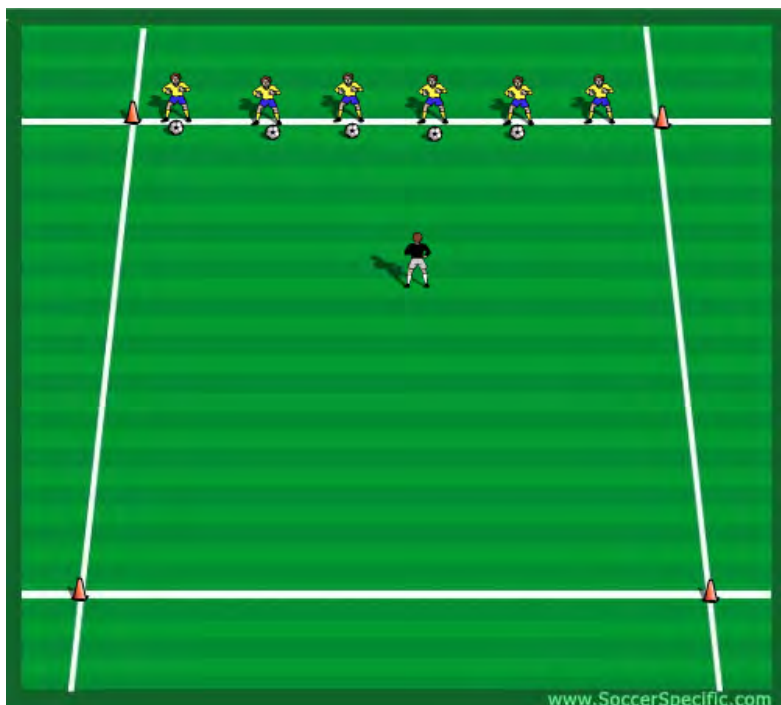
- The first way is if the ball is kicked out you find a corner flag, perform 10 toe taps then re-enter the ring.
- The second way is if your ball goes out, you go and stand by the coach and juggle the soccer ball.

This process continues until one player is left standing and they become King/Queen of the ring.

### **Coaching Points:**

- Keep the ball close and nose in front of the ball to see other players
- Bend knees and take sideways on position to protect the ball
- Look to find open space

## CRAB ATTACK



### **Purpose:**

Opposed dribbling.

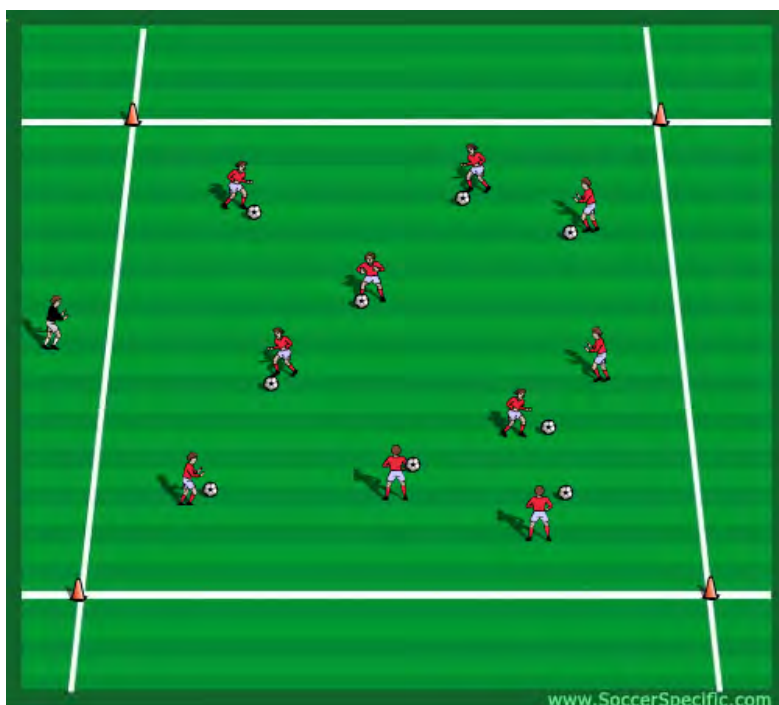
### **Organization:**

Each player has a ball and attempts to dribble from one side of the grid, past the crab in the middle of the field and to the other side. To give the players more chance of success the crab must be down on all fours. Before you get to the other side, the players who are dribbling must touch the ball at least five times. If the player is touched or his/her ball is touched on the way to the other side they become a crab (the crab must go down on all fours and shout 'crab attack').

### **Coaching Points:**

- Try to use both inside and outside of the foot to take you into the space and past the crab.
- Keep nose in front of the ball to see where the space is and the crabs are located.
- Work on change of pace, keep the ball close in tight spaces, and then explode into the open spaces when past the crabs.

## MONSTER TURN AROUND



### **Purpose:**

To introduce various turns.

### **Organization:**

Players dribble a soccer ball in a 20 x 20 yard grid. The coach introduces the drag back, inside and outside turn to the players and asks them to perform these turns when he/she calls turn. When the players are comfortable with the turns, the coach enters the grid and chases after the players, roaring like a monster as he approaches each player. The player then turns quickly and dribbles away in the opposite direction.

### **Coaching Points:**

- Keep the ball close
- Bend the knees, low center of gravity helping you move away quickly.
- Encourage the player to use the inside of their lead foot to cut the ball back away from the coach as they turn.
- After the player has turned move into the space quickly.



## TAKE OUT THE TRASH



### **Purpose:**

To work on both passing and throw-ins.

### **Organization:**

Mark a line as shown in the diagram and place players opposite each other approximately five yards away from the line. The game is played for two minutes and roles are then reversed. For the first two minutes, the red team works on the technique of throwing the ball to the yellow team and the yellow team work on passing the ball to the red team. After the two minutes has ended, the yellow team counts how many balls (the trash is on one side and the red team count how many balls (the trash are on their side). The winning team is the team with the least amount of soccer balls on their side of the line.

### **Coaching Points:**

- Throw-ins: Keep both feet on the ground and ensure both hands are on the ball, take back behind head, and bring ball forward overhead and release.
- Passing: Body in line with the ball and move ball to slight angle on side of body, keep ankle locked, head still and push foot all the way through using inside of foot.



## ZOMBIES



### **Purpose:**

Work on both dribbling and passing skills.

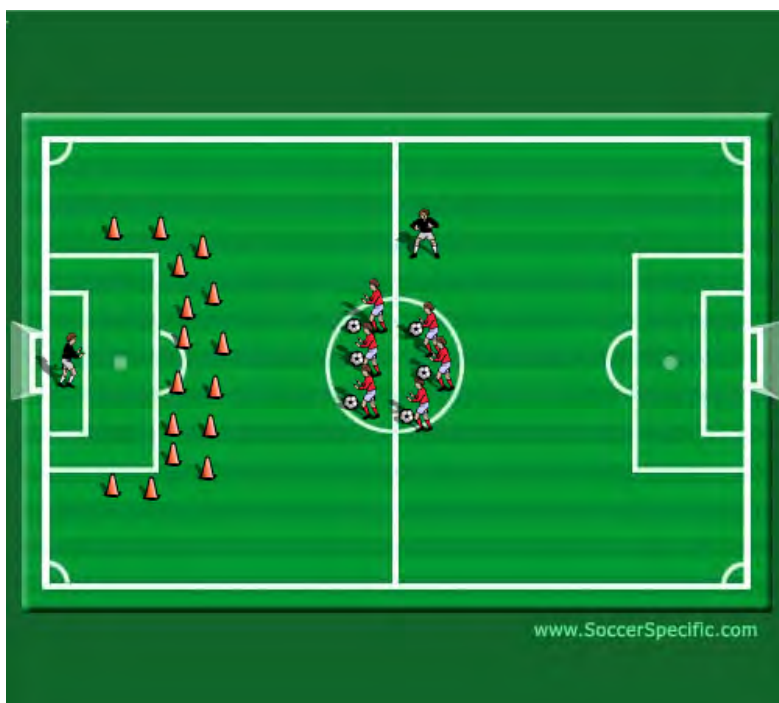
### **Organization:**

Players are first asked to make a circle with the cones. All players then enter the circle of safety with a soccer ball, where no one can tag them. Coaches are positioned outside the circle and become zombies. Players begin by passing the ball as far as they can outside of the circle, they then run to retrieve their soccer balls and bring them back to the circle. If the zombies tag them, they have to walk like a zombie for 10 seconds or get tagged by a teammate to unfreeze them so they can get back to the circle of safety. Ask players how many times they can pass the ball and bring it back in 2 minutes

### **Coaching Points:**

- Dribbling: Keep the ball close, encourage use of both feet, keep nose in front of ball to see monsters.
- Passing: Place ball at slight angle, keep head still, use inside of foot and follow foot through the ball.

## ***SLEEPING DRAGON***



### ***Purpose:***

Dribbling skills.

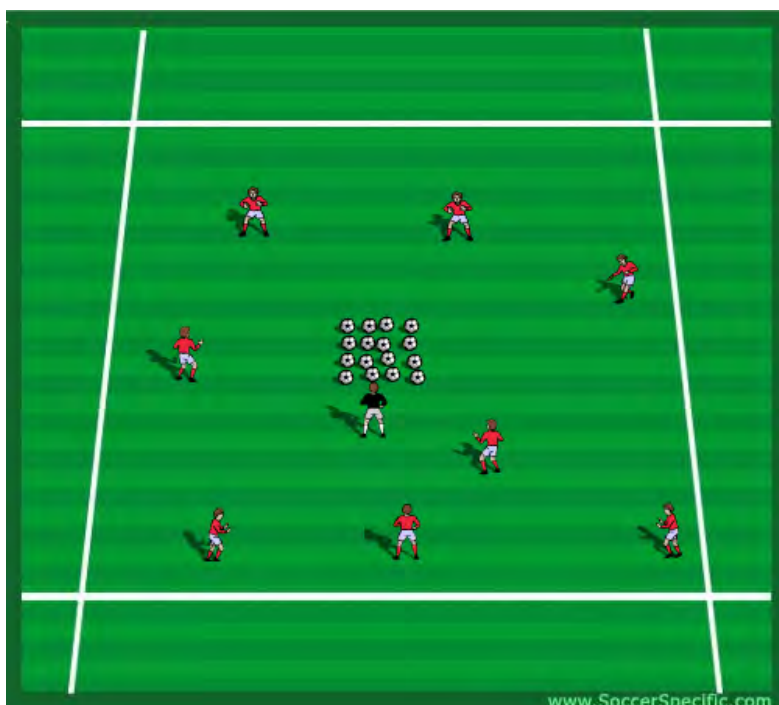
### ***Organization:***

All players enter center circle, which is known as the circle of safety, where they cannot be tagged. One coach is positioned outside the center circle & the other coach lies in the six yard box as the sleeping dragon. Players leave the circle, get a piece of treasure and bring it back to the circle. As soon as the players reach the treasure, the dragon wakes up and tries to tag the players before they can get the treasure. If a player is tagged, they must go back to the circle of safety do five toe taps and go again. The coach sets a time limit that all the treasure needs to be back in. The coach can then appoint one of the players as the next dragon and play the game again.

### ***Coaching Points:***

- Keep the ball close.
- Encourage use of both feet and use of all parts of foot.
- Keep nose in front of the ball so you can see where the dragon and the treasure is.

## SPACE INVADERS



### **Purpose:**

Introduction to passing and the timing of the pass.

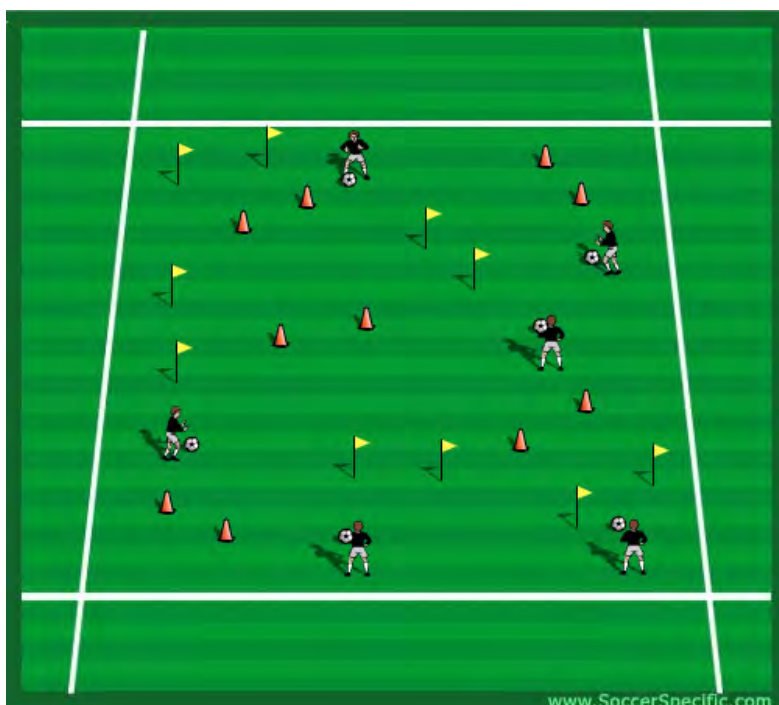
### **Organization:**

On Coaches command of “GO” players run around the grid trying to avoid being hit by a soccer ball that is aimed at you by the coach. The ball must remain on the ground and hit the player under the knee. When the player is hit, they go and get a soccer ball and help the coach until all players are hit.

### **Coaching Points:**

- Keep your head up so you can see the players you need to hit.
- Pass the ball in front of the player.
- Pass the ball with the inside of foot for accuracy.

## ***DRIBBLE THROUGH THE GATES***



### ***Purpose:***

To improve dribbling skills.

### ***Organization:***

Mark out a 20 x 20 yard grid and place various colored cones and corner sticks in the grid as gates. Players are asked to dribble through cones on coach's instruction. Coach gives different instructions to make players think. How many gates can you dribble through in 30 seconds? How many gates can you dribble through using your left foot only? Right foot only? How many gates can you dribble through when you are only allowed to dribble through orange gates/yellow gates? How many gates can you dribble through going through the gates alternately yellow gate then orange?

### ***Coaching Points:***

- Use all different parts of the foot.
- Keep the ball close.
- Keep your nose in front of the ball so you can see where you are going.
- Work on a change of pace slow into the gate fast out of the gate.

## ***BUMP THE BALL***



### ***Purpose:***

To improve dribbling and shielding.

### ***Organization:***

Players partner up into two's. One player picks up a soccer ball and holds it in his/her hands. The second player places the ball at their feet. On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid. The player behind in red throws their ball and attempts to hit their partner's ball. Every time they hit their partner's ball, they gain 1pt. Players dribble for sixty seconds and then swap roles. The player who scores the most points wins.

### ***Coaching Points:***

- Keep the ball close.
- Be sideways on and knees bent for a low center of gravity, to turn and move into space.
- Be sideways on so you can see, hear and feel your opponent.
- As partner is throwing the ball, turn and dribble into space.

## SMALL SIDED GAMES



### **Purpose:**

To improve play.

### **Organization:**

Set up a small sided scrimmage 3v3 with coach on side line with extra soccer balls so the game continually flows. Let the players play and continually praise creative dribbling moves and passing.

### **Coaching Points:**

- Encourage: be positive.
- Let kids work out the problems they face on the field.

## SMALL SIDED WORLD CUP



### **Purpose:**

Improve players technically, tactically and help improve performance under pressure.

### **Organization:**

In a 20 x 20 yard grid, players split into eight teams of three. Each team is given a name, for example England, USA, Brazil, etc. Teams play against each other for eight minutes and scores are recorded. After all teams have played against each other scores are totalled and a final two games are played, runner up game and final game.

### **Coaching Points:**

Coach can work improving players in the game environment.

1. Players getting in position to support the player on the ball.
2. What the player in possession of the ball does and where the player moves after passing the ball.
3. Coach can look at situations such as overlapping runs, diagonal runs, give and goes and encouraging players to shoot.
4. Coaches can help players improve in tight situations and highlight this further by asking players only to use one, two or three touches.

# **SOCCER**

## **“ VOCABULARY ”**

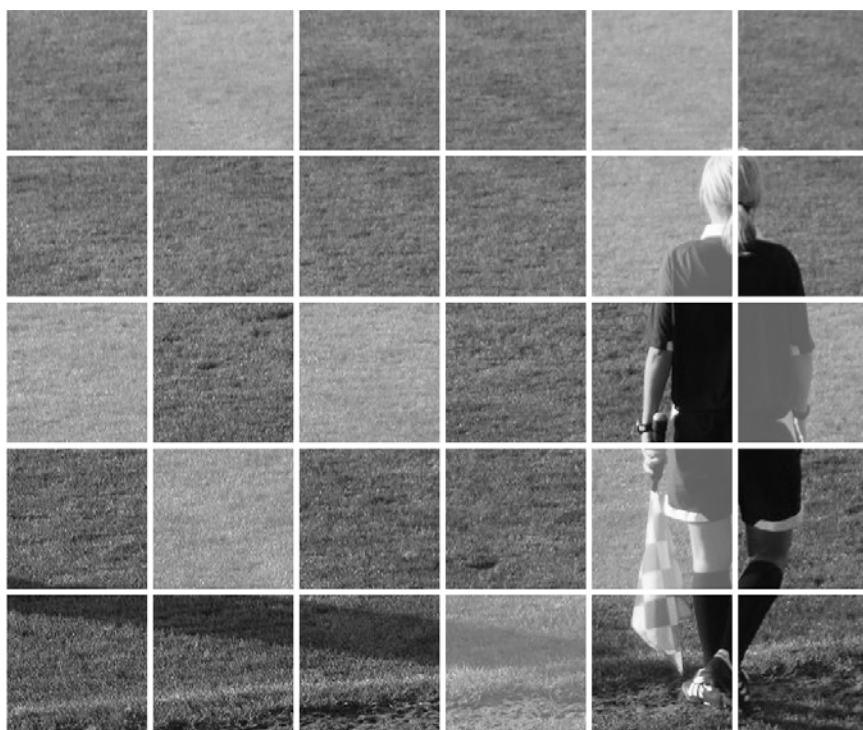
### **FINAL THIRD**

Assuming the field is divided into the back, middle and front, the final third for an attacking team is the front third.



# SECTION II

## COACHES: RESPECT THE REFEREE



## **A REFEREE'S PERSPECTIVE WHAT YOU NEED TO KNOW AS A COACH**

### **LEVEL 1 & 2 COACHING: *Aspects of the game you need to know.***

#### *Spirit of the Game. (COACH)*

- Teach fair play.
- Teach and practice good sportsmanship.
- Discipline and control players and self-dissent in any form is not acceptable.

#### *Spirit of the Law. (REFEREE)*

- Safety of the players.
- Be fair/be consistent - be an impartial observer.
- Use common sense.

*For further information go to [www.saysoccer.org](http://www.saysoccer.org) go to referee and click on "Never Ask a Referee." Here you can submit questions and get answers to frequently asked questions.*

## **BASIC LAWS OF THE GAME A COACH SHOULD KNOW:**

### *Restarts:*

- **Ball In/Out of Play** - only when whole of ball leaves outer boundary of the field.

### *Free kicks - Direct/Indirect:*

- **Indirect Kick** - Signal: Referees's hand in the air.  
Place ball at spot of the foul.  
Ball must be stationary.  
Ball in play - Must move (touched with foot)  
(and out of penalty area into play).  
Second touch by original kicker is not allowed.  
Defender must be 10 yards away from ball.
- **Direct Kick** - Referee does not make signal and keeps hands by side.  
The ball can be struck direct at the goal and does not need to be touched by a second player.
- **Kick Off** - Direct type free kick - ball must move in a forward direction (not backwards).
- **Goal Kick** - Direct type free kick - ball may be placed in the corner area.  
Ball must leave penalty area into play before a second player can touch the ball.
- **Corner Kick** - Direct type free kick - ball must be placed in the corner arc.
- **Penalty Kick** - Direct type free kick - ball must move in a forward direction/all other players locate behind the ball and outside both penalty box and arc.
- **Throw In** - No goal can be scored from throw in.  
Both feet must be on ground - on or outside the touch line.  
Throw taken from behind and over head - Use both hands.  
Goalkeeper may not handle ball from a throw-in.
- **Drop Ball** - Ball put back in play by referee.  
Ball is in play as soon as it hits the ground.  
Any number of players or no players need to be present.

## **A REFEREE'S PERSPECTIVE WHAT YOU NEED TO KNOW AS A COACH**

### **LEVEL 3 & 4 COACHING: *Aspects of the game you need to know.***

#### *Spirit of the Game. (COACH)*

- Avoid Dissent - It is not acceptable in any form.
- Teach players to learn to adapt to each individuals referee.
- Discipline Players - Anticipate individual problems.
- Assume Responsibility - Player's equipment and dress.
- Long time enforcer of the rules.

#### *Spirit of the Law. (REFEREE)*

- Know the rules and be a neutral observer.
- Develop Consistency - Sense of fair play.
- Discipline Players - Can only punish after an act has been committed.
- Punish only when and where Necessary - Do not be an intrusion on the game.
- Short term enforcers of the law.

## ***BASIC LAWS OF THE GAME A COACH SHOULD KNOW:***

- **Off Side Position** - The illegal location of a player.  
Ahead of the ball and not in own half of field and closer to the opponent's goal line than the last two opponents.  
The position of the player, by itself is not an offense.
- **Off Side Offense** - When played by team.  
Interferes with play or interferes with an opponent or gains from advantage of illegal position.  
Not on a goal kick, corner kick, throw in or drop ball.

### ***MAJOR FOULS***

- **Ten major fouls - Six fouls careless or reckless or using disproportionate force must be committed against an opponent.**  
Kicking or attempting to kick.  
Striking or attempting to strike.  
Tripping or attempting to trip.  
Pushing.  
Jumping at or charging an opponent.
- **Three fouls that must be committed against an opponent.**  
Holding.  
Spitting at an opponent.  
Tackling - Contact with a player prior to the ball.  
Handling Ball - Hand or arm deliberately contacts the ball.

# **SOCCER**

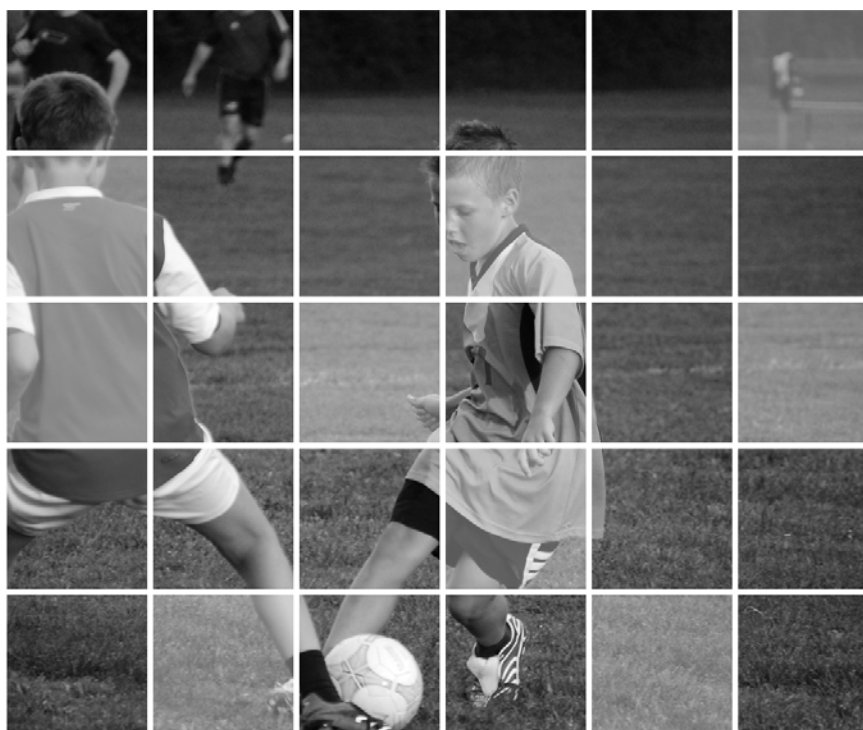
## **“ VOCABULARY ”**

### **BICYCLE KICK**

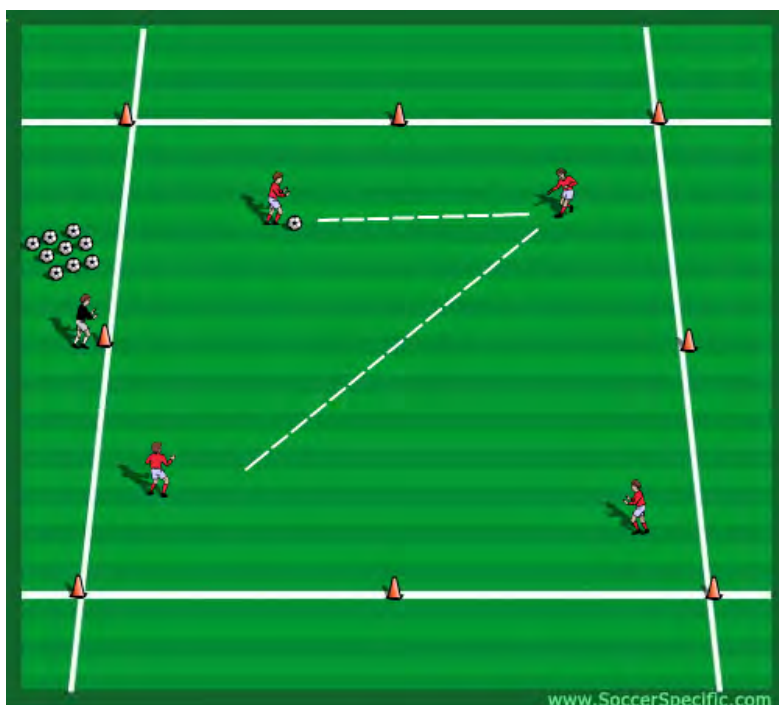
When a player kicks the ball in mid-air backwards and over his own head, usually making contact above waist level.

# SECTION III

## PASSING ACTIVITIES



## PASS AND MOVE



### **Organization:**

Four players move around a 10 x 20 yard grid, passing and moving the soccer ball. Each player may use one or two touches. Players should not stop moving during the duration of the exercise. Encourage all players to call for the ball.

### **Progression:**

- Players must run around a cone before they can re-enter the grid and receive another pass.
- Once players understand the exercise, add restrictions such as running backwards around a cone, or making a double pass with a player before heading to the cone.

### **Coaching Points:**

- Each player should always know where their teammates are.
- Use first touch to direct the ball in the direction you wish the pass to go.
- Open your hips to face the inside of the grid when you receive a ball.
- Communicate with the passer before they receive the ball.



## PASSING WITH A PURPOSE



### **Organization:**

Seven players are placed in a 12 x 12 yard grid, playing 5v2. The five players in red pass the ball amongst themselves and aim to keep possession. After they have moved the defenders about, the aim is for the red players to knock the ball off the cone in the middle. Every time the red team makes five passes they get one point, every time the red team knock a ball off the cone they get three points. If a red player loses possession they become a defender and a yellow player becomes an attacking player.

### **Coaching Points:**

- Move into position to receive the ball early.
- Receive the ball sideways on, so you maximize your passing options.
- Good communication within the team.
- Play quickly.

## PASSING WITH A PURPOSE II



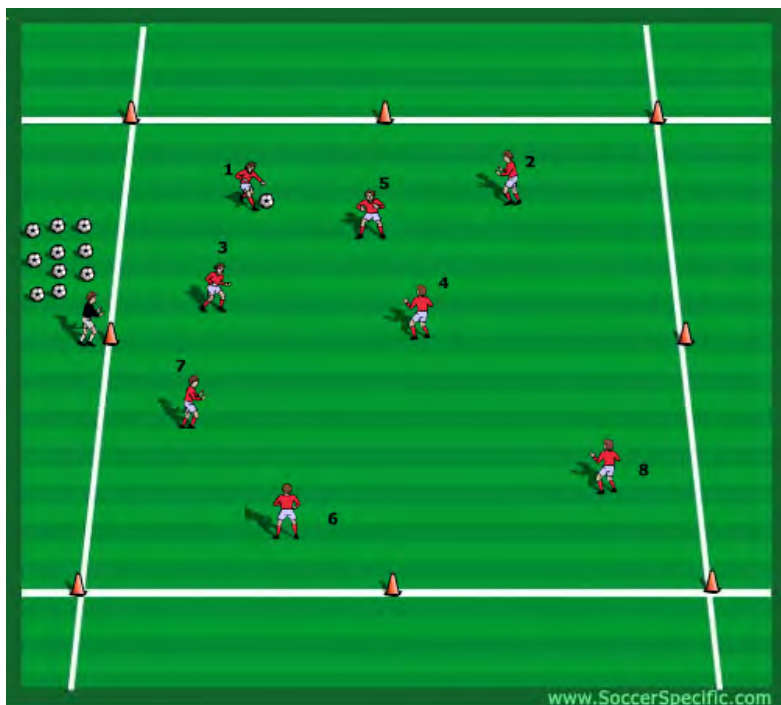
### **Organization:**

Seven players are placed in a 12 x 12 yard area, playing 5v2. The five players in red pass the ball amongst themselves and aim to keep possession. Every time the red team makes five passes they get a point. The aim of the yellow team is to win the ball from the red team and pass the ball back to their team mates in the other grid. The yellow team then aim to make five passes to gain a point. Play for ten minutes, winning team is the team who gains most points.

### **Coaching Points:**

- Move into position to receive the ball early.
- Receive the ball sideways on, so you maximize your passing options.
- Good communication within the team.
- Play quickly.
- When defending close the space quickly, put the player in possession of the ball under pressure.
- Work as a team when defending.

## PASSING NUMBERS



### **Organization:**

Each player is given a number one through eight in a 20 x 30 yard grid. The players in the grid pass in sequence to the next number. Players must be aware of the numbers before and after them and where those players are positioned on the field.

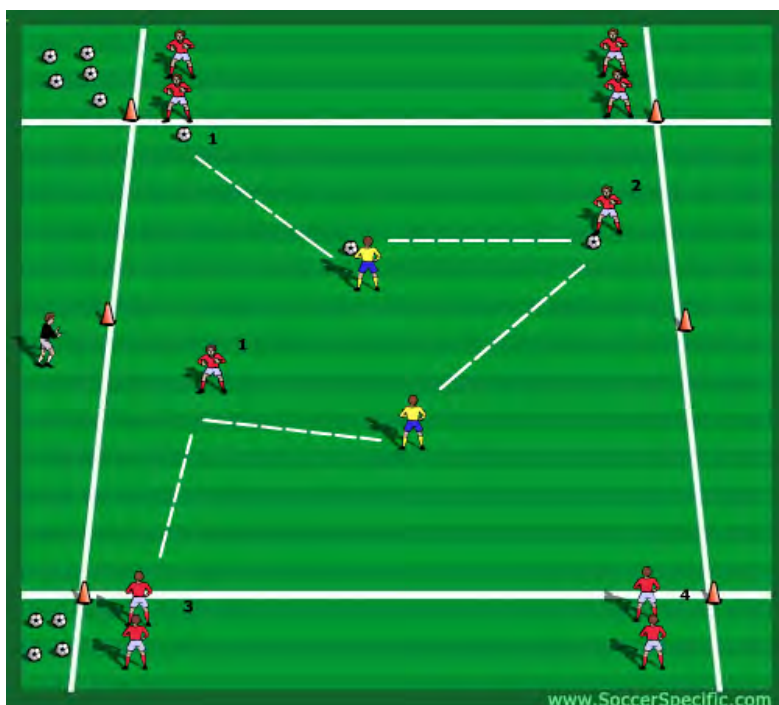
### **Progression:**

- Add that after a player has passed the ball they must run around a cone and then come back to the middle.
- A further progression can be to add two soccer balls, then three. This should force the players to a greater level of awareness and movement on the field.

### **Coaching Points:**

- Keep thinking and looking throughout the practice
- Communicate with the player, prior to receiving the ball.
- Open your hips to receive the ball, allowing you to play the ball quickly and giving you maximum opportunities to play.
- Lift your head as soon as you have controlled the ball so that you can see the movement of your intended target.

## PASSING PATTERNS COMBINATIONS I



### Organization:

Players are placed in a 50 x 25 yard grid, as shown above. Player one begins by passing the ball to the neutral yellow player. The neutral then plays the ball to player two. Player two then passes the ball to the far neutral player. The far neutral player then plays the ball to number one who has continued his/her run. Player number one then passes the ball to player number three and the sequence begins again. For the sequence to work in the opposite direction, the yellow neutral players turn and face the other direction.

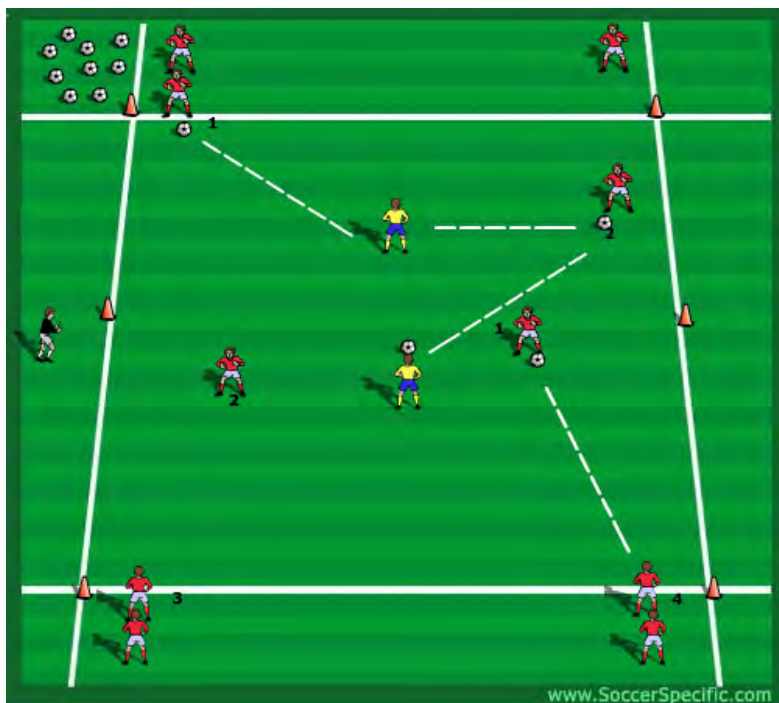
### Progression:

- Play balls from both ends. For this to work well the players in the middle must begin by facing the ball they are about to receive. As soon as they have played their combination they must turn and face the other direction to receive the ball from the opposite side

### Coaching Points:

- Ball must be played with good pace and direction.
- Time your runs so you burst on to the ball.
- Good communication.
- Can you play one touch?

## PASSING PATTERNS COMBINATIONS II



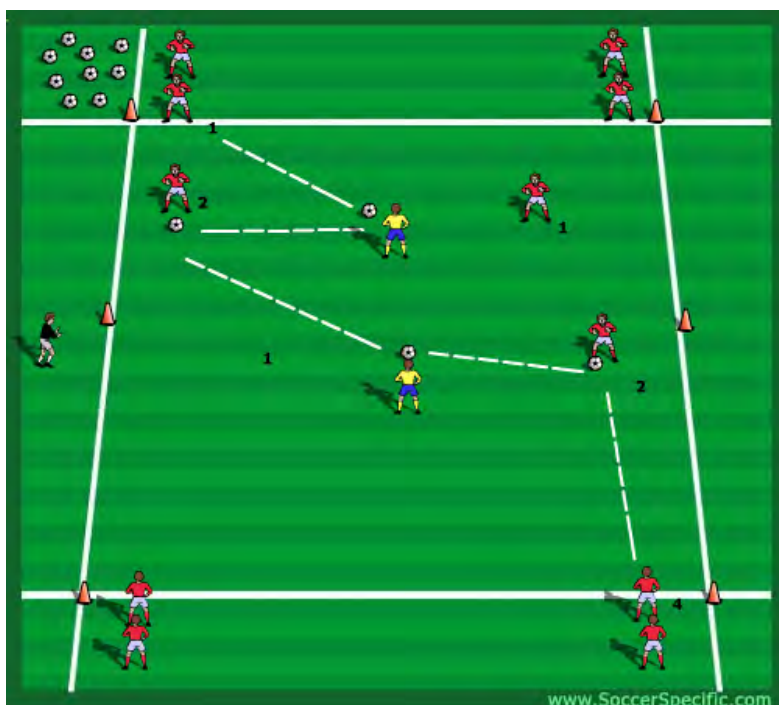
### **Organization:**

Players are placed in a 50 x 25 yard grid, as shown above. Player one begins by passing the ball to the first yellow player. The yellow player then plays the ball to player two. Player two then passes the ball to the far yellow player. When player two passes the ball to the far player, players one and two run past the first yellow player and in front of the second yellow player, cross making a diagonal run. The second yellow player then distributes the ball to either player one or two who then play the ball to players three or four. The players in yellow then turn to face the play and the sequence begins in the opposite direction.

### **Coaching Points:**

- Balls must be played with good pace and direction.
- Time your runs so you burst on to the ball quickly.
- Make good diagonal runs as if you were trying to confuse defenders.
- Good communication.
- Can you play one touch?

### PASSING PATTERNS COMBINATIONS III



**Organization:**

Players are placed in a 50 x 25 yard grid, as shown above. Player one begins by passing the ball to the first yellow player. The yellow player then plays the ball to player two who makes a diagonal run in front of the first yellow player and receives the ball as shown in the picture. Player one also makes a diagonal run in front of the first yellow player, so he or she also ends up on the other side. Player two then plays the ball to the second yellow player. Player one and two run past the first yellow player and then in front of the second yellow player cross again making a second diagonal run. The second yellow player then decides to play the ball to either player one or two who in turn play the ball to either player three or four. The players in yellow then turn to face the play and the sequence begins again in the opposite direction.

**Coaching Points:**

- Balls must be played with good pace and direction.
- Time your runs so you burst onto the ball quickly.
- Make good diagonal runs to confuse the defenders.
- Good communication.
- Can you play quickly and one touch?

## ***POSSESSION AND SWITCHING PLAY***



### ***Organization:***

Game is played in a 40 x 40 yard grid, with three forwards vs two defenders and two servers. The aim of the exercise is again working on both offensive and defensive transition, with emphasis on the forwards closing down space restricting the defenders options. Forwards work as a group to close the space and not allow passing lanes for the defenders to pass the ball to their forwards.

### ***Coaching Points:***

- In defensive transition re-organize quickly, when the ball is lost or out of play.
- Nearest player shows either inside or outside to shut down passing lanes.
- All defenders take positions off first defender.



## SMALL SIDED GAME - POSSESSION



### **Purpose:**

Working on possession and finishing.

### **Organization:**

Players play 4v4 in an area roughly the size of two penalty areas.

Players can use their neutral teammates to help maintain possession.

Players are not allowed to tackle the outside players.

### **Progression:**

A neutral player can be added to the game to gain more success in the middle field.

### **Coaching Points:**

- Move early and into positions to support the player on the ball.
- If the chances arrive shoot early and often.
- Good communication.





# **SOCCER**

## **“ VOCABULARY ”**

### **GIVE & GO**

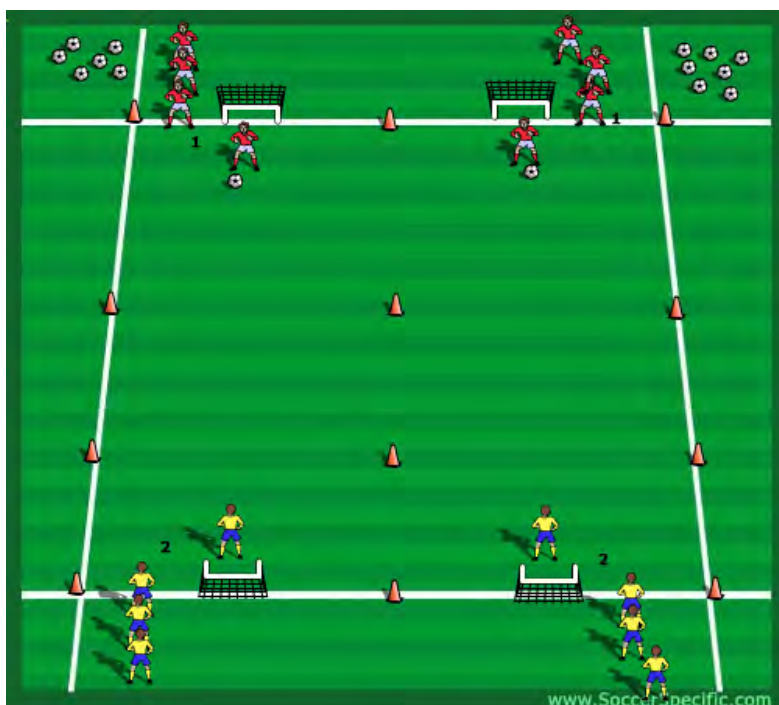
A passing combination between two players on the same team.

# SECTION IV

## DRIBBLING ACTIVITIES



## DRIBBLING PART I



### **Organization:**

Player one passes to player two. Player one plays as a defender and player two plays as an attacker and tries to score in opposition's goal. If player one (the defender) wins the ball, they go to opposite goal and try to score. Team plays as defenders for three minutes and then teams reverse roles. Winning team is the team who scores the most goals after six minutes.

### **Coaching Points:**

- Encourage the attacking player to be creative (using moves and change of speed to beat opposition).
- For example player needs to get defender off balance using moves and then burst by defender when he/she is off balance by using a burst of speed.
- Encourage players to be positive at all times.

## DRIBBLING PART TWO



### **Purpose:**

Encourage players to be creative and beat defender.

### **Organization:**

Set up a 10 x 20 yard grid. Two attacking players play against one defender. One defender is in an area of 10 x 10 yards and is not allowed outside this area. If attacking players beat the first defender, then they take on second defender who is only allowed to defend their own grid. The object for the attacking players is to score in the goal at the end of the grid. If the attacking players score, they go back to the line and become attacking players. If attacking players fail to score, they become defenders and defenders go to attacking line.

### **Coaching Points:**

- Players look to play combinations to beat defenders (player one draws defender passes to player two who returns the pass to player one).
- Before passing player one must draw defender.
- Good weight of pass .
- Timing of run (burst back onto the ball).

## DRIBBLING PART THREE



### **Purpose:**

Encourage players to be creative and beat defenders

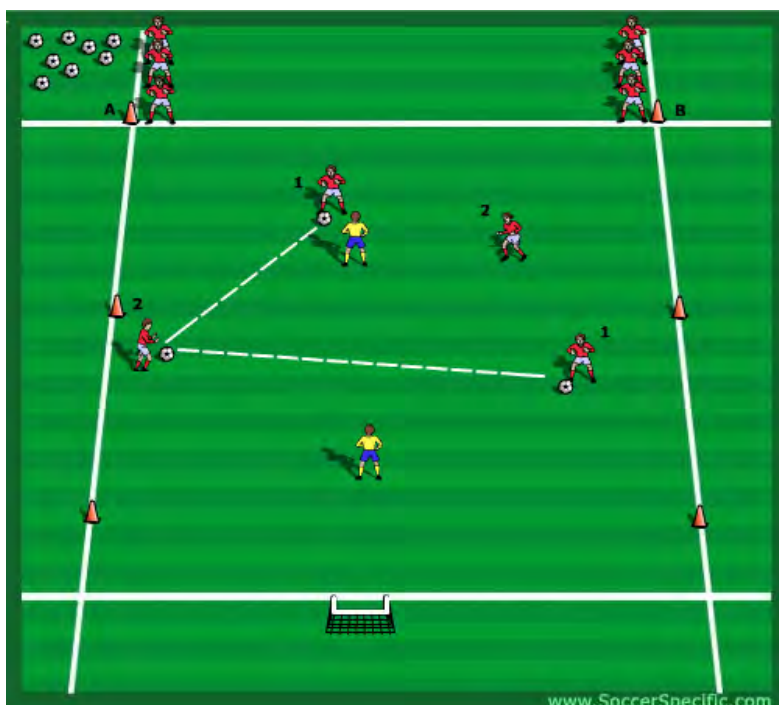
### **Organization:**

Set up a 10 x 20 yard grid, as in the Dribbling Part II drill. Overlapping runs to beat defender. Player one dribbles at defender in middle of grid from position A. Player two runs behind player one from position B performing an overlapping run. Player one then must decide whether it is best to go on their own and take defender on or play the ball to player two who has made the overlapping run.

### **Coaching Points:**

- Player must attack the defender by dribbling quickly and attacking the middle of grid.
- Communication between players.
- Attacking player must make a good decision whether to fake defender or pass.
- While dribbling at defender keep ball close.
- If passing play the ball with a good weight so player two is bursting onto the ball.

## DRIBBLING PART IV



### **Purpose:**

Encourage players to be creative and beat defenders.

### **Organization:**

Set up 10 x 20 yard grid, just as in the dribbling part one two and three drills. Diagonal runs to beat defenders. Player one dribbles at defender in the middle of the grid from position A. Player two starts at position B and makes a diagonal run behind the defender. Player one then passes to player two and then makes a diagonal run in front of the defender who then passes back to player one.

### **Coaching Points:**

- Good communication.
- Play quickly.
- Good weight of pass making it easier for teammate to control and return the pass.
- Timing of runs.
- Overall players get use to making diagonal runs which are a lot harder to defend than when players only play in straight lines.

## DRIBBLING 2v2



### **Organization:**

The game is played in a 20 x 30 yard grid. Players play 2v2 with a server at each end. The server plays as a target player and always plays the ball to his/her teammates when they receive the ball. The aim is to score a point by moving the ball up the field and passing the ball to the opposite server. When a point has been awarded the opposition takes the ball and tries to score at the opposite end.

### **Progression:**

- Attacking players must play at speed and a time limit is imposed to get the ball to the other side and score a point.

### **Coaching Points:**

- This can be used as functional training where the coach can highlight both attacking positions and defending positions.
- Coach highlights attacking positions as a pair, give and goes, overlapping and diagonal runs.
- Coach highlights defending positions, the placements of the first and second defender.
- Finally spatial awareness, quality first touch and the importance of good passes should be highlighted.



## 2v2 TARGET PLAYERS



### **Organization:**

The game is played in a 20 x 30 yard grid. Players play 2v2 with a server at each end, plus two target players are added. A point is scored every time the attacking team passes the ball to the opposition server. The attacking team is encouraged to use the target players to help maintain possession and enhance scoring opportunities.

### **Progression:**

If the attacking team decides to pass the ball back to their server, their server is allowed to enter the field of play until they lose possession making 3v2 situations.

### **Coaching Points:**

- Highlight both attacking and defending as a pair.
- Communication.
- Play quickly - good first touch, movement and passing.

## DRIBBLING PART V



### **Purpose:**

Encourage players to dribble and take on defenders.

### **Organization:**

On a half size field, set up field 6v6 plus goalkeepers and team plays a normal scrimmage against each other with restricted conditions. The restriction on the players is that they are only allowed to pass the ball backwards or sideways. This forces the players to dribble the ball and take on players to attack the opposition goal.

### **Coaching Points:**

- Communication between players is essential.
- Encourage players to take players on and use their dribbling skills and moves. This is something they should have to do as all players should be marked up.
- Encourage players to dribble, use moves to unbalance defenders and encourage players to be aggressive.
- Head up to see options on the field.



# **SOCCER**

## **“ VOCABULARY ”**

### **CLEAN SHEET**

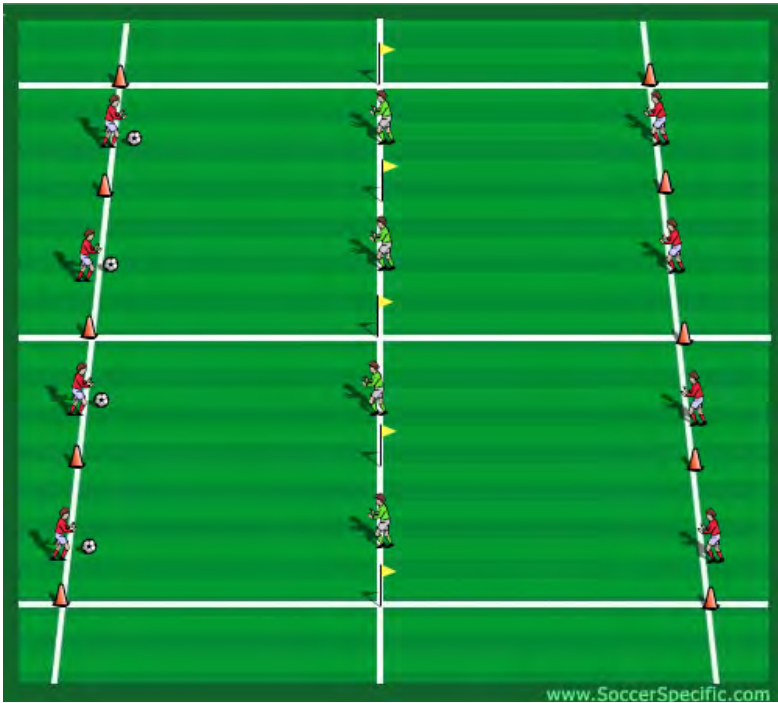
When a goalkeeper and team does not concede any goals.

# SECTION V

## SHOOTING ACTIVITIES



## SHOOTING PART I



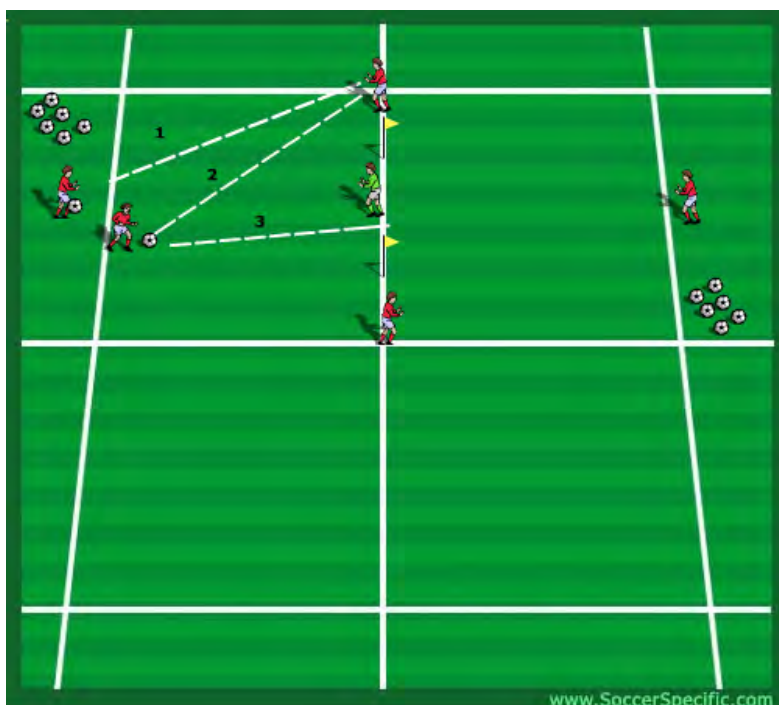
### **Organization:**

Players are asked to shoot at goal in the middle of the grid. If the keeper saves the ball they must turn and feed the other shooter.

### **Coaching Points:**

- Player must approach the ball at an angle.
- Body position over the ball. Pretend you have a smiley face on your tummy looking at the ball.
- Control and composure when taking the shot.
- Ask the player to use their laces when shooting
- Ask players to use both feet when shooting.

## SHOOTING PART II



### **Organization:**

Players shoot at goal in the middle of the grid. Player passes the ball to side player, receives a pass back into the middle and then shoots the ball at the goal. If the goalkeeper saves the ball he throws the ball out to the other side and the process is played out again on the other side. Every time a goal is scored one point is awarded to the team. Play for five minutes with players working on both right and left foot. The team who scores the most points wins. After game ends side players become middle players and middle players go to the side.

### **Coaching Points:**

- Player must approach the ball at an angle.
- Body position over the ball. Pretend you have a Smiley face on your tummy looking at the ball.
- Control and composure when taking the shot.
- Ask the player to use their laces when shooting.

## SHOOTING PART III



### **Organization:**

Each player is given a number. When the coach calls that number, the player runs through the goal and plays 1v1 against their opponent. They must shoot as soon as they create an opening.

### **Progression:**

- The coach can call multiple numbers and players are asked to try and set up other players for first time shots.

### **Coaching Points:**

- Players are asked to use speed and agility to try and get to the ball first.
- Players are asked to use moves they know to get opponent off balance and make room for their shot.



## SHOOTING FROM DIFFERENT ANGLES



### **Organization:**

Teams are placed in three's or four's, as shown in the diagram. Team one begins by playing the ball to the player in front of them, they receive the pass back and then shoot at goal with their left foot. After shooting, the shooter becomes the passer and the passer goes to the back of the line. Team two then runs the exact same pattern, followed by team three then back to team one. When shooting from position two, you get to choose what foot you wish to use. When shooting from position three you use your right foot. Stay at each station for four minutes and then move the team over to the next position.

### **Coaching Points:**

- Time your run and approach from an angle.
- Body position leaning over the ball to keep the ball down.
- Good lay off by server.
- Hit the target, make the goalkeeper work and be confident.

## SHOOTING PART IV



### **Organization:**

Two teams of four players each play with two goals at each end with goalkeepers. Players are encouraged to shoot at either goal as soon as they have an opening. Score double points for a goal off a pass or with weaker foot.

### **Coaching Points:**

- Can I shoot early and often?
- Body over ball to keep the ball low.
- Aim for the corners to make the goalkeeper work.



# **SOCCER**

## **“ VOCABULARY ”**

### **HOSPITAL BALL**

A poor or slow pass to a teammate that puts them in danger of being hurt.

# SECTION VI

## HEADING ACTIVITIES



## INTRODUCTION TO HEADING



### **Organization:**

Players are split into two teams. The red team holds a soccer ball in the air out in front of them. The yellow team run up to a red player and the soccer ball and place their forehead on the ball. Red player throws the ball to yellow player. The yellow player catches the ball, throws the ball in the air and serves himself.

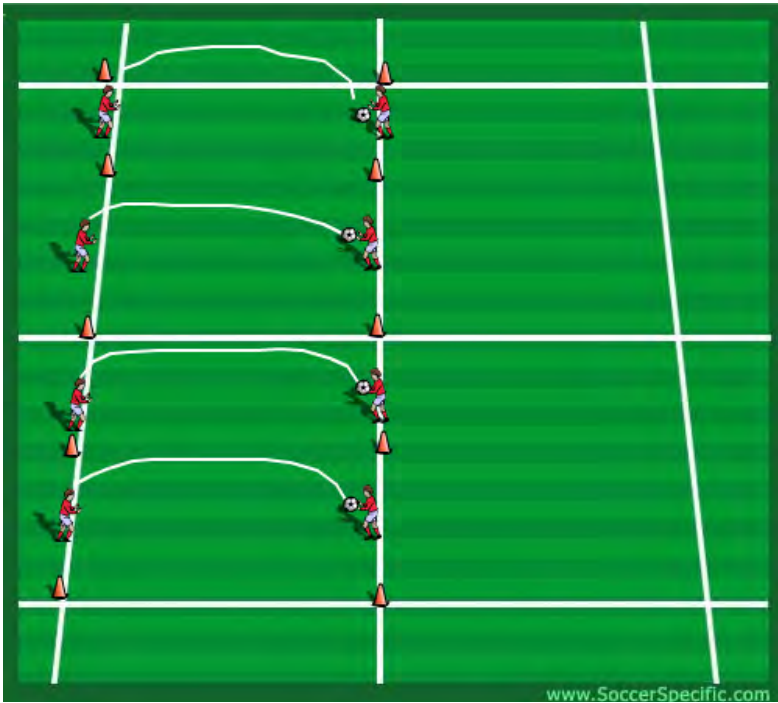
### **Progression:**

- The red player, serves the ball UNDER ARM THROW and yellow player heads the ball back.

### **Coaching Points:**

- Keep eyes open, mouth closed.
- Take a sideways position and place your head on the ball.

## HEADING PART I



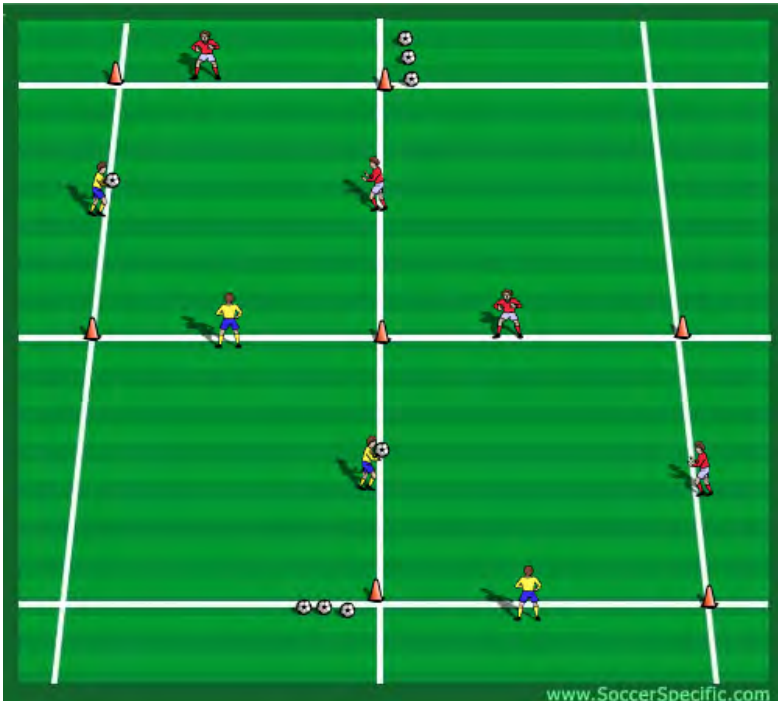
### **Organization:**

There are various ways of introducing heading. Players throw ball up to themselves and self-head to partner. Ball is thrown underhand to partner to head back into hands. Players attempt to get multiple headers between themselves. Players attempt to head a goal past their partner.

### **Coaching Points:**

- Head ball with eyes open on the forehead with mouth closed.
- Place your feet in a boxer's stance and lean backwards as ball is fed.
- Rock forwards to make contact.
- Direct the header with the forward movement of the body rather than the neck.

## HEADING PART II



### **Organization:**

Two yellow players attempt to score on the two goals guarded by the red players. The ball is served under hand by one player to his teammate who heads it at either goal. The ball must be below shoulder height to score.

### **Progression:**

- Score double points if you return a header with a header.
- Players kneel and perform diving headers

### **Coaching Points:**

- Head ball with eyes open on the forehead with mouth closed.
- Place your feet in a boxer's stance and lean backwards as ball is fed.
- Rock forwards to make contact.
- Direct the header with the forward movement of the body rather than the neck.



## HEADING PART III



### **Organization:**

Two equal teams attempt to score by heading the ball into the goal they are attacking. The ball must be thrown from one player to a teammate who must head to another member of their teams hands. Players are not permitted to run with ball in their hands. A thrown ball is not permitted to be intercepted.

### **Coaching Points:**

- Head ball with eyes open on the forehead with mouth closed.
- Place your feet in a boxer's stance and lean backwards as ball is fed.
- Rock forwards to make contact.
- Direct the header with the forward movement of the body rather than the neck.
- Communication.

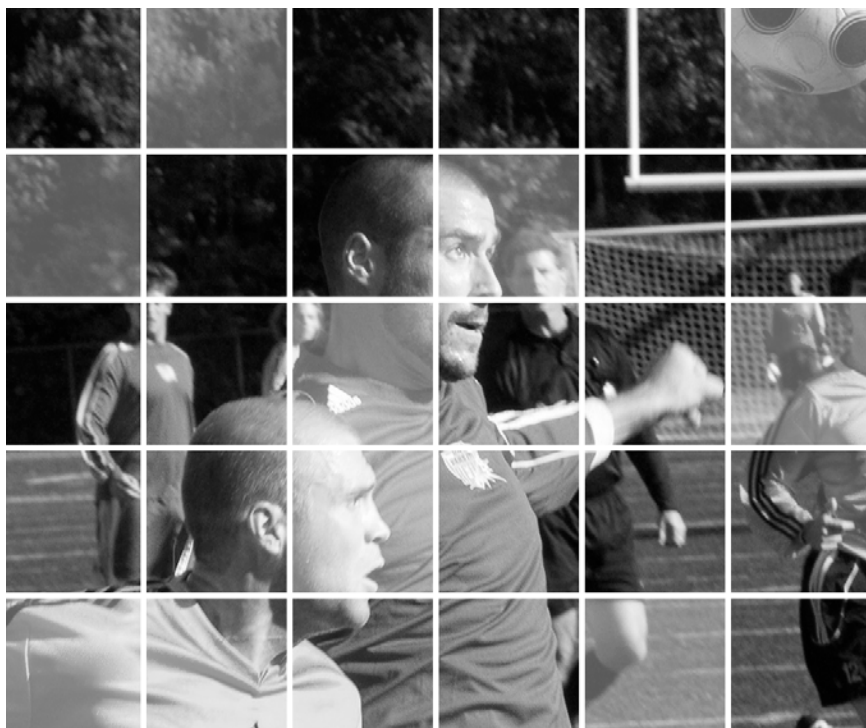
# **SOCCER**

## **“ VOCABULARY ”**

### **SCREAMER**

A player who hits a thunderball of a shot into the goal from distance.

# SITUATIONS THAT FACE ALL COACHES



## **HOW DO WE KEEP KIDS MOTIVATED DURING A LOSING SEASON?**

- At the beginning of the season it is very important to get your parents together at the team bonding session. Here you explain the SAY philosophy (see coaches meeting below) how teams are put together and your expectations for the season.
- As a coach always be energetic, enthusiastic and positive in all training sessions and game environments.
- At the U-6 and U-8 age group children do not care about the score. Often scores are not kept is it only for parents who make a big deal about the outcome of the scrimmage. At the end of the game the players are more concerned at running through the parent's tunnel and seeing what the after game snack is.
- Try to socialize out of soccer and encourage team bonding exercises. The bonding exercises can take place in the form of a pizza party, going to the movies, bowling, or a picnic. Encourage team participation and bonding rather than just winning. Enjoying each others company will help with morale in a losing season.
- Create themed training evenings and make them both fun and interesting. Bring snacks and small prizes and hand them out during practice. For example you could call the evening a South American soccer evening. Each child has to come in the colors of the country they have been given (Brazil, Argentina, etc) paint their face and bring three interesting facts about their country. This builds morale after a couple of big defeats and gets the kids thinking that soccer is FUN.

## **TEAM MEETING**

At the beginning of each season it is highly recommended that you pull your team together for a swim party, a cook out or a picnic. This is done for two main purposes. Firstly, it is a chance for you to meet all the players and all the players have a chance to meet each other and have a chance to bond. Secondly, it is a great time to meet the parents, express what you want to achieve out of the season and have them sign the Parents Code of Ethics.

Example of a Team Meeting:

Head Coach:

Assistant Coach:

Introduction to Parents and Players:

**Goals:** Please set goals that are realistic and obtainable, being aware that the season is 10 weeks in length and players will vary in both ability and playing experience.

- Have Fun - Soccer for a lifetime. (Building a love of the game).
- Make New Friends.
- Feel Good Factor. (Make them proud of themselves).
- Make Learning Fun and Enjoyable. (Passing, dribbling, shooting).
- Learn to Work As A Team. (Everyone is equal).
- Follow Directions and Rules.
- Supportive Positive Parents (Parents Code of Ethics)
- Good Communication.

This is also a good time to keep parents informed of what will be happening through the season and also educate parents who may not know anything about the game.

- Hand out fixture schedules of where/when the games will be played.
- Arrange for the parents to pick up the uniforms on certain date and time.
- A roster of who will bring the post game refreshments. (Very important with young children).
- What nights practice will be held and from what time.
- Educate on how many players will be on a field, how long the quarters will last and how big the field they play on will be.
- SAY Philosophy - Everyone plays at least two quarters.
- Explain the different positions on the field.
- Questions and Comments.

## ***HOW DO YOU HANDLE A CHILD THAT CAUSES PROBLEMS AT PRACTICE?***

- The coach needs to be patient, encourage and try to remain upbeat with the child and the rest of the group at all times. Do not allow one child to bring practice down for the whole team.
- Always highlight positive behavior of the child causing problems at both training and at games.
- If the child will not join an activity, ask the child to sit out of the exercise. When you have finished the exercise play the child's favorite game. The first time you play this game to not allow the child to play. Play the game a second time and allow the child to play although explain the consequences that if he/she disrupts the session again, he/she will not allowed to play the game next time.
- Talk to the parents and explain to them the challenges you are facing with their child at practice. Ask the parents if they could talk to their child and stay for a couple of practices; one to see the problems they are causing and secondly to take care of their child if they disrupt the sessions.
- The final solution would be to ask a local board member to observe a practice. Resulting in that the child may be moved to another team or your last course of action may be to remove the child from the program for the season.

## ***IDEA'S ON HOW TO COACH A LOP SIDED GAME AND ON HOW TO KEEP THE SCORE DOWN***

- Be aware of the possibilities early on. Coaches need to be pro-active and be ready to adjust when the game is a 3-0 or 4-0 not when the score is at 7-0.
- Start the so called stronger players at defender or goalkeeper if you know that you are playing a weaker team. This may prevent scores becoming lopsided early.
- Be pro-active and check the scores from previous weeks and know who you are playing and be helpful to weaker teams.
- Before the season begins ensure that all coaches are educated at both coaches meetings and coaches clinic. All coaches should know about SAY Philosophy and how running up scores will not be seen as positive coaching.
- Stipulate rules, for example the team must make five passes before scoring.
- Goals can only be scored by the weaker foot, from outside the penalty area or after the player has performed a move such as the Maradona that has been worked on in training.
- Goals can only be scored once every player in the team has touched the ball.
- After four goals have been scored allow the opposition to add a player and be prepared to add another player if the score dictates.
- Teams can take a player out of the game if the score moves above 4-0. The option above will not penalize playing time of the kids just for scoring goals. It is also suggested that the referee should intervene when the score moves above a certain point. That way the coaches are not put in a tense situation.
- Finally it's okay to tell the players not to score anymore and talk about good sportsmanship so they understand why.





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# The iSoccer Six

See the Complete 16 Skill National Assessment below

## Can You Raise Your Level?

### Toe Taps Foundations

20 Seconds  
As many as you can do

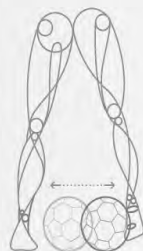
1st Attempt

2nd Attempt



1st Attempt

2nd Attempt



### Juggling PF Juggling NPF

20 Seconds  
Take only your high score

1st Attempt

2nd Attempt



1st Attempt

2nd Attempt



### Change of Pace PF Change of Pace NPF

20 Seconds  
Two Cones 5 Meters Apart  
Dribbling in a Figure 8  
with One Foot  
Each figure 8 is worth  
4 points (1pt=2.5m)

1st Attempt

2nd Attempt



1st Attempt

2nd Attempt



Key:

PF=Preferred Foot • NPF=Non Preferred Foot

## The iSoccer National Assessment

What is Your iSoccer Level?



#### COMFORT & JUGGLING

Toe Taps  
Foundations  
Juggling PF  
Juggling NPF  
Juggling Head

#### DRIBBLING

Change of Pace PF  
Change of Pace NPF  
Change of Direction  
Moves/Scissors

#### PASSING & RECEIVING

First Touch PF  
First Touch NPF  
One Touch PF  
One Touch NPF

#### OTHER

Aerial Control  
Ball Striking  
Speed

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