



COACHING CYCLE

This is how we present the exercise to the players; we must be well organized with strong a grasp of the skill or skills selected so we can progress accordingly.

- 1) Gather the players around and get their attention.
- 2) Introduce the skill to be worked on in the exercise.
- 3) Demonstrate the exercise as a whole.
- 4) Demonstrate the exercise, speak of parts as you explain the whole.
- 5) Don't offer questions, demonstrate properly.
- 6) Organize the players and get them started. Give a timeline, 20 seconds etc and count it down if needed.
- 7) Let the players practice, give them time.
- 8) When do you correct? Correct immediately if the exercise is not being executed properly. Give the players time if it's technical breakdown. Repetition is important.
- 9) Freeze. Make your coaching points as you see relative. If working with two groups, don't freeze the group that's not involved, let them keep going.
 - a) Freeze
 - b) Don't highlight individual mistake, but provide options on how to correct it. Show two ways (good and bad) and ask players which one is better.
 - c) Restart activity at point of decision to freeze. Let the players try it straight away.
 - d) Successful – proceed.
 - e) Unsuccessful – redo.
- 10) Progression – proceed with the next evolution of the skill when players are successful, do so as the players keep challenged, each time they're successful, move on. But not too soon or too late. This is being involved in the activity with the players, for the most part the more you evaluate and become immersed in the exercise, you'll know when.
- 11) Evaluate – always evaluate the exercises. Coach's Checklist
 - Are the activities fun?
 - Are the activities organized?
 - Are the players involved in the activities?
 - Is creativity and decision-making being used?
 - Are the spaces used appropriate?

When coaching we must:

Plan-----Prepare-----Organize-----Coach-----Evaluate

This process needs to occur with long-term development as our goal. Two questions we need to ask ourselves, where are they now? Where do we want to take them?



THE FOUR COMPONENTS OF THE U6 PLAYER

In soccer there are four components of a player we must look at to analyze in order to properly develop them. As a club we have outlined the components and what skills can be taught in the U5 and U6 age groups. The four components are technical, tactical, physical and mental. At the bottom end of player development (4yrs old) all emphasis is on technical and at the top end of player development (professional) the majority of focus for coaches is mental.

1) Technical

The foundation of all soccer skills is dribbling, without learning the in and outs of dribbling the player will in effect not learn complete ankle control which will take away from passing and then striking.

Dribbling

- Different surfaces of foot, inside, outside and laces.
- Changing speed
- Changing direction.

Moves

- with the studs, 1) pull, push 2) pull, turn 3) push, pull 4) switch feet 5) toe touches
- run over the ball and turn
- run by side of ball and turn (cutting)
- dragging ball
- change direction, go to ball change direction and speed (faints)

Receiving

- stopping ball with studs
- bouncy, bouncy, stop
- throw and catch, standing and then jumping
- throw and receive on thigh (1,2)

Everything should be concentrated towards a soft first touch. Keeping the ball close to you.

2) Physical

We should look to do exercises that can work on coordination and balance. Players should be encouraged to walk, skip, jump, hop and turn doing exercises.

Gone are the days of playground activities, our youth is now indoors with the TV, computers and video games etc. We must look to capitalize on the fun naturally associated with these exercises with the U6 age group. Keep it simple, make sure they're successful and then progress.

3) Tactics

Absolutely none, if we define technique as one player one ball and tactics as two players and one ball then we can't associate tactics with this age group. The world of the U6 player is purely off 'me and my magic soccer ball'.

Tactical direction

4) Mental



Training Exercises for u5, u6

Agility	Dribbling	Passing
Bounce/Catch	Shadow Dribbling	Tiger Ball
I can, You can	Line to Line Dribbling	Hunters & Rabbit
Defrost Tag	Sharks & Minnows	Kill the Cones
Everybody's It	Body Part Dribbling	Team Knockout

Training Session Format:

1. 45 minutes in length
2. Multiple exercises across
 - A. Agility -10 min
 - B. Activity- 10 min- dribbling or passing
 - C. Activity- 10 min- dribbling or passing
 - D. free play- 10 min- 3v3

No lines, no laps, NOR lectures

U5, u6 Weekly Planner

Week	Agility	Activity	Activity	Free Play
1	Bounce/ Catch	Body Part Dribbling	Sharks & Minnows	3:3 multi-goals dribble to score
2	I can, You can	Kill the cones	Team Knockout	3:3 multi-goal dribble to score
3	Touching the Cone	Sharks & Minnows	Defrost Tag	3:3 multi goals dribble to score
4	Shadow Dribbling	Hunters & Rabbits	Tiger Ball	3:3 multi-goal dribble to score

Free play- 2x 5 min games

Stress (dribbling) inside foot, outside foot



THE FOUR COMPONENTS OF THE U8 PLAYER

In soccer there are four components of a player we must look at to analyze in order to properly develop them. As a club we have outlined the components and what skills can be taught in the U7 and U8 age groups. The four components are technical, tactical, physical and mental. At the bottom end of player development (4yrs old) all emphasis is on technical and at the top end of player development (professional) the majority of focus for coaches is mental.

1) Technical

The foundation of all soccer skills is dribbling, without learning the in and outs of dribbling the player will in effect not learn complete ankle control which will take away from passing and then striking.

Dribbling

- different surfaces of foot, inside, outside and laces.
- Changing speed.
- Changing direction.
- Head up.
- Spell name w/ dribbling.

Moves

- Inside, outside cut
- Dragging ball
- Change direction, go to ball change direction and speed (faints)

Receiving

- Stopping ball with studs
- Bouncy stop
- Throw and catch, standing and then jumping
- Throw and receive on thigh (1,2)
- Weight of the pass

Finishing

- Passing to objects
- Intro to laces

Heading

- Introduction only

Throwing

- Eye hand coordination to increase balance and mobility

Everything should be concentrated towards a soft first touch. Keeping the ball close to you and gaining comfortableness on the ball.

2) Physical

We should look to do exercises that can work on coordination and balance. Players should be encouraged to walk, skip, jump, hop and turn doing exercises.

Gone are the days of playground activities, our youth is now indoors with the TV, computers and video games etc. We must look to capitalize on the fun naturally associated with these exercises with the U8 age group. Keep it simple, make sure they're successful and then progress.

3) Tactics

The basic understanding of tactics for this group should be limited to – where is the space open?

*Tactical direction
Forward, Backward, Right, and Left.*

4) Mental



Training Exercises for U7, U8

Agility	Dribbling	Passing
Bounce/Catch	Shadow Dribbling	Tiger Ball
I can, You can	Line to Line Dribbling	Hunters & Rabbit
Defrost Tag	Sharks & Minnows	Kill the Cones
Everybody's It	Body Part Dribbling	Team Knockout
Juggling w/ bounce	Boss of the Balls	Gate Passing
Gate Receiving	Math Dribble	Line Passing
	Foundation Touches	Soccer Marbles
		Sequential Passing
		Possession games- 3v1

Training Session Format:

3. 45 minutes in length
4. Multiple exercises across
 - E. Agility -10 min
 - F. Activity- 10 min- dribbling or passing
 - G. Activity- 10 min- dribbling or passing
 - H. free play- 10 min- 3v3

No lines, no laps, NOR lectures
U7, U8 Weekly Planner

Week	Agility	Activity	Activity	Free Play
1	Bounce/ Catch	Body Part Dribbling	Sharks & Minnows	3:3 multi-goals dribble to score
2	Juggling w/ Bounce	Gate Passing	Team Knockout	3:3 multi-goal dribble to score
3	Touching the Cone	Sharks & Minnows	Defrost Tag	3:3 multi goals dribble to score
4	Shadow Dribbling	Line Passing	Tiger Ball	3:3 multi-goal dribble to score

Free play- 2x 5 min games

Stress (dribbling) inside foot, outside foot



THE FOUR COMPONENTS OF THE U10-12 PLAYER

In soccer there are four components of a player we must look at to analyze in order to properly develop them. As a club we have outlined the components and what skills can be taught in the U10 and U12 age groups. The four components are technical, tactical, physical and mental. At the bottom end of player development (4yrs old) all emphasis is on technical and at the top end of player development (professional) the majority of focus for coaches is mental.

1) Technical

The foundation of all soccer skills is dribbling, without learning the in and outs of dribbling the player will in effect not learn complete ankle control which will take away from passing and then striking.

Dribbling

- Introduction of fakes/ feints
- Changing speed.
- Changing direction.
- Head up.

Moves

- Inside, outside cut
- Dragging ball
- Change direction, go to ball change direction and speed (faints)
- Acceleration after execution

Receiving

- Stopping ball with studs
- Bouncy stop
- Throw and catch, standing and then jumping
- Throw and receive on thigh (1,2)
- Weight of the pass
- Receive balls on chest

Finishing

- Passing to objects
- Intro to laces

Heading

- Introduction only

Throwing

- Eye hand coordination to increase balance and mobility

Everything should be concentrated towards a soft first touch. Keeping the ball close to you and gaining comfortableness on the ball.

2) Physical

We should look to do exercises that can work on coordination and balance. Players should be encouraged to walk, skip, jump, hop and turn doing exercises.

Gone are the days of playground activities, our youth is now indoors with the TV, computers and video games etc. We must look to capitalize on the fun naturally associated with these exercises with the U12 age group. Keep it simple, make sure they're successful and then progress.

3) Tactics

The basic understanding of tactics for this group should be limited to – where is the space open? We want to educate the players on using the entire length and width of the field.

*Tactical direction
Forward, Backward, Right, and Left.*

4) Mental



Training Exercises for U10, U12

Defrost Tag	Sharks & Minnows	Kill the Cones
Everybody's It	Body Part Dribbling	Team Knockout
Juggling w/ bounce	Boss of the Ball	Gate Passing
Gate Receiving	Math Dribble	Line Passing
	Foundation Touches	Soccer Marbles
	Fakes/Feints	Sequential Passing
		Possession games 3v1
		Possession games 3v2
		Possession games 4v2

Training Session Format:

5. 60 minutes in length
6. Multiple exercises across
 - I. Agility -15 min
 - J. Activity- 15 min- dribbling or passing
 - K. Activity- 15 min- dribbling or passing
 - L. free play- 15 min- 3v3

No lines, no laps, NOR lectures

U10, U12 Weekly Planner

Week	Agility	Activity	Activity	Free Play
1	Foundation	Fakes/Feints	3v1	4:4 multi-goals dribble to score
2	Juggling w/ Bounce	Gate Passing	4v2	4:4 multi-goal dribble to score
3	Foundation	Gate Receiving	3v1	4:4 multi goals dribble to score
4	Shadow Dribbling	Sequential Passing	4v2	4:4 multi-goal dribble to score



Explanation of Exercises

1. **Bounce/ Catch-** Every player has a ball. Each player find his/her own space. For a selected amount of time, the coach makes requests from the player. Example, Can you bounce the ball once and then catch it. How many times? Challenge the player. Can you bounce the ball to travel above your head? Can you catch it? How many times?
2. **I can, You can-** The asks the players to perform the same task as him/herself. Example, Can you dribble the ball with only the outside your foot?
3. **Defrost Tag-** 2-3 players are without balls. The remaining players have balls. A confined area is designated. The players without the ball dribble within the confined space. The players w/o the ball must tag a player with the ball. Once tagged- the player must hold the ball above their head. They are "DEFROSTED" when their teammate can pass their ball through the "FROSTED" players legs. Game is over due to time or when all players are "FROSTED"
4. **Body Part Dribbling-** Every player begins with a ball in a designated area. As the players dribble around in the designated area, the Coach yells a body part, ex "KNEE". The players must stop the ball and touch the ball with that body part. When every player is finished, the game begins again. Challenge them with Right or Left side, and other body parts to get them used to body movements.
5. **Shadow Dribbling-** Players are partnered. Each player has a ball. Player #1 is in front of player #2 (the Shadow). Player #2 must follow and mimick whatever player #1 does. Switch roles.
6. **Kill the Cones-** A designated area is established. Disks or tall cones are placed randomly within the designated area. Every player begins with a ball. Over a timed period, the players try and hit a cone with their ball. How many is a certain time? Can the players dribble and touch the cone with their ball. Can the players pass the ball into the cone? Cannot hit the same cone unless every other cone has been tagged.
7. **Touching the Cone-** A designated area is established. Disks or tall cones are placed randomly within the designated area. Every player begins with a ball. Over a timed period, the players dribble and attempt to touch as many cones as possible. Can the players dribble with their head up? Can the players touch the cones only with their Right hand or maybe their left foot?
8. **Tiger Ball-** Players are placed in a groups of 4. One player is designated as the "TIGER". The other players attempt to connect passes in a designated area while the "TIGER" looks to steal the ball.
9. **Sharks & Minnows-** In a designated area, 1-2 players are designated as "SHARKS". The other players are "MINNOWS". The Minnows must dribble from one end of the grid to the other "SAFELY" – without their ball being stolen or kicked out of the grid. Once this happens, they become a "SHARK". Game is over when all persons are SHARKS. Rotate roles.
10. **Team Knockout-** The players are divided into two groups. One team has a ball for every player. The other team must attempt to steal and dribble the opposing teams' balls out of the grid. The game is over when all the balls are gone. Switch roles.
11. **Hunters & Rabbits-** In a designated area, the players are divided in half. Half the players have balls (the Hunters). The other half does not (the Rabbits). The idea is to pass the ball into the Rabbits (knee height and below –SAFETY). If the HUNTERS misses, they must reload by doing ball touches or toe taps. The game is over when all RABBITS have been hit and are out of the game.
12. **Juggle w/ Bounce-** Every player begins with a ball. How many times can they juggle, keep the ball up without using their hands. They are allowed the ball to bounce, but they cannot catch the ball. If the ball dies/ stops moving, the player begins at zero.
13. **Soccer Marbles-** Each player begins with a ball. One player (A) passes his/her ball away about 5-10 yards. The remaining player (B) then attempts to score a point by knocking their partner's ball with a pass. The game is continuous- by this If player (B) strikes the ball of player (A), then the players switch roles. The game restarts with B passing his/her ball away. If no contact is made, then A has a chance to score by knocking player B's ball.
14. **Boss of the Balls-** Players are divided into 2 equal teams. Each player is given a number. The coach has all the balls at his disposal. He/She shouts a number "1" and a player from both teams comes and attacks the ball. The purpose is to win the ball and bring it back to the coach or score thru a goal.
15. **Gate Passing** – A designated grid is marked out with windows/ gates placed randomly around. The number of gates should be one more than half the number of players. The players are paired with one ball. The objective: How many gates can the pairs pass the ball thru to each other in a certain time frame. The only stipulation is – they cannot return to a prior gate unless all other gates have been scored upon. Challenge the players with inside of the foot, outside of the foot. Switch roles.
16. **Gate Receiving-** Same as above except one player runs with the ball in his/ her hands. A gate is scored by a one player receiving the ball thru the gate and then dribbling to the next to throw the ball to the opposite player. Foot, Thigh, Chest.
17. **Math Dribble-** Every player begins with a ball. The Coach yells out a math problem, "1+1, 2+2". The players must then get into those groups, ie 1+1= 2.
18. **Line Passing-** Players are divided into 4 lines. Line A is across from Line B and Line C is across from Line D. Line A players pass to Line B and follow their pass.
19. **Foundation Touches-** Every player begins with a ball. Players should stand with their feet shoulder width apart. The players try to keep the ball in spot while passing the ball between their right and left, using the inside of their foot. Can they stop the ball on command? Bottom of Foot? Left Foot? Right Foot? Can the players now move the ball forward while doing foundation touches? How about backwards? Can they make a square?
20. **Sequential Passing-** Split the group evenly. Give every player a number, #1...#4. One ball per group. Groups must pass in sequence. Can you change the sequence – make them think.



Fakes/ Feints-

Matthews- England.

Known for his wirey-like legs, Sir Stanley Matthews is considered one of the best English products of the 20th Century. An ambassador of the game, Sir Matthews played well into his 40s. He patented a move known for its quick, agile-like change of pace.

The Move.

The player touched the ball inside slightly using the inside of the foot. Immediately, the player changes the foot placement to the inside of the ball and pushes the ball diagonally with the outside of the foot. The secret is using the non-active foot the hop/ lunge into the feint of direction.

Puskas- Hungary.

Played for the dominant Real Madrid side of the 1950s. Finished top scorer in the Spanish First Division for four years in a row.

The Move.

The player fakes a shot with the instep and then drags the ball back using the sole of the active foot. Immediately, the player takes the ball into space using the outside/inside of the same foot.

Beckenbauer- Germany.

Captain of Bayern Munich to three successive European Cup, 1974, 1975, and 1976. He won both the European Championship and the World Cup for Germany.

The Move.

The player fakes a shot/ pass then immediately cuts the ball with the inside/ outside of the active foot into another direction.

Rummenigge- Germany.

Captain of both Bayern Munich and Germany. He played in three World Cups finishing second in goals scored at the 1982 World Cup in Spain. Voted European Player of the year in 1981 and 1982.

The Move.

The player fakes to take the ball wide with the outside of the foot. Immediately, the player switches to the other foot to take the ball in the opposite direction with the outside of the foot.

Rivelino- Brazil.

Won the World Cup in 1970 and captained the 1974 national team.

The Move.

The player fakes to strike the ball but steps around the front of the ball and immediately takes the ball away with the outside of the foot in the opposite direction.

