



My Assistant

Under 9 - Under 10
Coaching Information

2009 - 2010



THE U-10 PLAYER

Both eight and nine year olds compose the U-10 (under 10) player group. Many of these children will be returning with some prior experience in organized sports. The children in this age group are not entirely motivated by their parents desire to have them play. Many of these children are willing join because they enjoy soccer, have made friends, and desire to model older sibling or adult players.

Coaching the U-10 player is extremely rewarding because of their ability to comprehend and execute. As a coach, you will build upon their skills with proper fundamentals. It is important for the coach to remain positive and enthusiastic creating a safe, fun learning and playing environment for the children.

U-10 Player Characteristics and Effects

To unlock the "game within the child" it's important that we recognize some unique developmental aspects of the U-10 player. A general understanding of the developmental characteristics prepares us to tailor the soccer practice and game to meet the specific demands of eight & nine year old children.



CHARACTERISTICS OF THE UNDER 10 PLAYER



PSYCHOMOTOR DEVELOPMENT – The process of acquiring physical skills as related to mental ability. Identifies how children will recognize cues and respond with appropriate action.

Boys and Girls – Greater physical differences; Psychological differences are apparent; Self Critical

Motion and Growth – Gross motor skills more refined and reliable; Greater diversity in playing ability and maturity. Skills are emerging, becoming more predictable and recognizable.

Health and Safety – Able to pace themselves but still prone to heat loss and related injury; Full rest periods

COGNITIVE DEVELOPMENT – Mental or thought development. This includes not only memorization but also creativity and problem solving.

Understanding – Recognizes basic concepts of time and space (and other tactical concepts) but not always certain of why; Able to demonstrate responsibility; Focus on “me” AND the “team”. Explanations should be brief, concise and mention “why”

Problem Solving – Begins to think ahead; Ability to recall specific information; Repetition will result in improvement but it should be dynamic and not static.

PSYCHOSOCIAL DEVELOPMENT – Development in relation to others. This aspect covers a range from individual to group awareness.

Relational – Begins to identify with team; Adults outside of family are accepted; Enjoys friends; Will blame others. Still mostly intrinsically motivated – peer pressure starting to be a factor. More inclined towards wanting to play and not being told to play.

Sensitivity – More intense and serious about playing; Needs positive reinforcement; Feelings get hurt easily; Start to show confidence in an independent ability to solve problems.



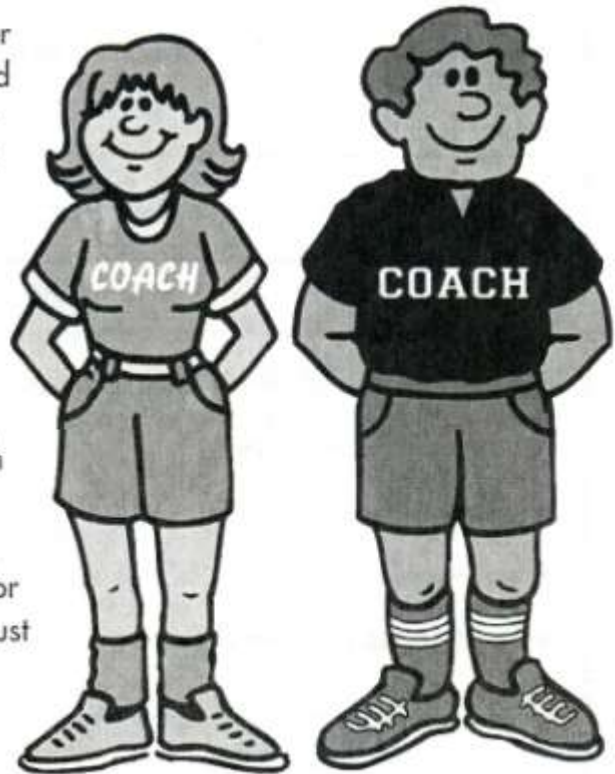
Coaching the U-10 Player

At this age, the value of winning should never overshadow the value of learning and accomplishment. All aspects of coaching the U-10 player are underpinned by this philosophy.

What to Teach Players

There are certain accomplishments in soccer skill and knowledge that should be achieved during the U-10 playing season. Their prior experience and enhanced physical abilities will allow them to accomplish greater personal success. The eight and nine year old player begins to enjoy the team concept and will better understand that individual success is related to team play. At this age, the players should be expected to demonstrate mature character attributes that are consistent with good behavior and sportsmanship.

The following soccer topics are appropriate for the U-10 player. Do not feel that every child must master all of these topics. Let them proceed at their own pace, reinforcing fundamentals, while allowing them to be innovative in their execution.



DEVELOPMENT GOALS FOR THE UNDER 10 PLAYER

SOCCER KNOWLEDGE

Know when and how to use corner, goal and indirect kicks; Know when the ball is in or out of play; Understanding fouls and what offenses result in an indirect kick and which ones result in a direct kick; Direct and Penalty Kicks; Sportsmanship; Continue to build good habits such as taking care of equipment, respecting authority figures and teammates; responsibilities for self and team; **HAVING FUN!**

SOCCER TACTICS

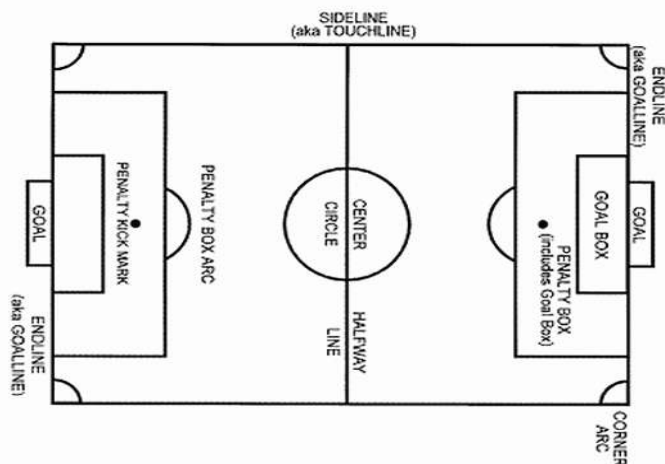
Continue to build upon individual and small group understanding; Soccer depth; Positional responsibility. Recognition of fundamental tactics: playing away from the defenders, defending as a group (2 or 3), attacking with the ability to pass. Introduce and begin to understand team concepts, positional responsibility – not positions. Work in groups of two or three to explain and teach offense and defense.

SOCCER SKILLS

Further developing a level of comfort with the ball; Fundamental soccer skills such as shooting with the instep, passing with inside of the foot, using dribbling techniques all while using vision (Emphasize both feet); Goalkeeper skills; Throw-in; Body control and control of the ball (with foot as well as other parts of the body) as it relates to passing and receiving. Emphasize 1 v 1 play: attacking – facing the defender, sideways to defender and back to defender and defending – positioning and patience.

UNDER 9 and UNDER 10 MODIFIED LAWS OF THE GAME

Law 1 – The Field – The shape of the field shall be rectangular. The length of the field (The Touchline) shall be 70 to 80 yards while the width of the field (The Endline) shall be 40 to 50 yards. It is necessary to mark the field with distinctive touchlines, endlines, center circle, halfway line, corner arcs, penalty area and goal area. The corner arcs shall have a two-foot radius. The goal area shall extend six yards from the outside of each goal post and six yards into the field with a penalty area 14 yards from the goalpost and 14 yards into the field. The center circle shall have an eight-yard radius. The goals shall be 6-feet high by 18-feet wide up to 7-feet high by 21-feet wide.



Law 2 – The Ball – The ball size for this age group is a Four (4).

Law 3 – Number of Players – The maximum number of players on the field shall range from Five (5) to Eight (8). The maximum number of players on the roster shall range from eight to 14. Each player in attendance shall play at least 50% of the game.

Law 4 – Players Equipment – A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry). The basic compulsory equipment of a player comprises the following separate items: a jersey or shirt with sleeves, shorts, stockings, shinguards and footwear.

Shinguards are mandatory and must be covered entirely by the stockings and must provide a reasonable degree of protection. Footwear may be tennis or soft cleat shoes.

Law 5 – Referee – Although registered referees may be used, coaches or parents can officiate the games. All rule (law) infractions shall be briefly explained to the offending players.

Law 6 – Assistant Referee – Parents and/or club linesman may be used to assist the referee in signaling the ball in and out of play in conformance with FIFA Law.

Law 7 – Duration of Game – The game shall be divided into two halves each having a duration of 25 minutes. There shall be a break of five minutes between halves. Substitutions may be made for injuries and on throw-ins, goal kicks, goals and between halves.

Law 8 – Start of Play – Opponents must be eight yards from the center mark while the kick-off is in progress. All players must be in their own half of the field of play. The ball is in play when it is kicked and moves forward and the kicker must not touch the ball again until it has touched another player.

Law 9 – Ball In and Out of Play – The ball is out of play when it has wholly (completely) crossed the goal line or touch line whether on the ground or in the air. The WHOLE of the ball over the WHOLE of the line.

Law 10 – Method of Scoring - A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11 – Offside – There shall be no offside at this level.

Law 12 – Fouls and Misconduct – Conforms to FIFA Law. The following fouls shall result in a DIRECT Free Kick with opponents 8 yards away.

SEVEN OFFENSES (if considered careless, reckless or using excessive force): (1) Kicks or attempts to kick an opponent; (2) trips or attempts to trip an opponent; (3) jumps at an opponent; (4) charges an opponent; (5) strikes or attempts to strike an opponent; (6) pushes an opponent; or (7) tackles an opponent. Additional OFFENSES: (a) Holds an opponent; (b) spits at an opponent; (c) handles the ball deliberately.

Law 13 – Free Kick – Conforms to FIFA Law with the following exceptions: Opponents must be at least eight yards away.

Law 14 – Penalty Kicks – Conforms to FIFA Law with the following exceptions: Opponents must be at least eight yards away.

Law 15 – Throw-In / Kick-In – Conforms to FIFA Law.

Law 16 – Goal Kick – If the attacking team last touches the ball before it goes over the defending teams' goal line then the defending team is awarded a goal kick. The goal kick shall conform to FIFA Law.

Law 17 – Corner Kick - If the defending team last touches the ball before it goes over the defending teams' (their own) goal line then the attacking team is awarded a corner kick. The corner kick shall conform to FIFA Law. The corner kick shall be taken from the corner closest to where the ball exited the field and the opposing team must be at least 8 yards away from the ball.

Team Management Ideas

Team discipline is crucial to the overall success of any team endeavor. Not only do disciplined teams perform well on the field, but, if teams are able to maintain good discipline both on and off the field, the overall soccer experience is far more positive for all involved; parents, players, coaches and administrators. In fact, maintaining team discipline is one of the biggest fears or challenges for beginning coaches. Often, coaches are lost or ineffective because they are unable to maintain order and discipline with their team. Towards the end, I have included several brief suggestions on what I have found to be successful in maintaining good team discipline. Hopefully, you have developed your own "list" of what works for you. If not, let this serve as inspiration to come up with your own system.

1. Plan Ahead

The single most important thing that can help is the coach's organization. Here, if it is obvious to the players that practices are conducted in an orderly manner, with clear goals and objectives, they are more likely to treat both the coach and the training time seriously. If practices flow easily from one activity to the other with minimal "down time", the players are able to stay focused on the task at hand. By making training meaningful and educational, the players will be motivated to pay attention and keep focused.

2. Choose Your Activities Carefully

There is nothing worse than putting players through "boring" drills that are inappropriate to their playing ability either by being too difficult or too easy. Activities should be fun, challenging and replicate the demands of the game itself. In this way, the players sense that their time is not being wasted. Having activities be competitive motivates them to play their best. Keep the players moving and engaged. Make sure that there are plenty of balls at hand so that a good activity is not interrupted by taking unnecessary time out to chase the ball. Even young players will engage themselves in a great game. Remember, your parents will appreciate the fact that their young player comes home and sleeps through the night because they have tired themselves out in healthy, engaging fun activities.

3. Have A Clear Picture In Mind of What Appropriate Behavior Looks Like

If you know what the players will look like when they are playing the game, you will be able to recognize when they are not playing the game correctly, or not behaving appropriately. This will enable you to step in immediately when inappropriate behavior is seen. As soon as you notice it, you must deal with it. Having a clear picture in your mind will allow you to be decisive. Then, you should also have a clear picture in your mind of how you are going to deal with the situation. Having players do push ups or run laps as punishment is inappropriate, especially for younger players. Removing them from an activity is more effective. Their primary desire is to be involved in their peer group. Therefore, removing them from the activity is an effective way to deal with problems that occur. As one coach said, "Don't be afraid to use the bench!"

4. Involve The Parents

Especially with the younger players, having the parents support and reinforcing your discipline policies are crucial. Your expectations for player behavior should be clearly stated during the preseason parent meeting. Enlist their support. It has been my experience that they will be glad to do so.

5. Remember, You Are The Role Model

It is always good to remember that our actions are speaking so loudly that the players can not hear what we are saying. If we ask for respect, but show that we don't respect others (e.g. the referee) then we are asking for problems. If we expect players to be kind to each other, but we are not kind to ourselves, then expect the worst. Model appropriate behavior and get it in return.

6. Recognize The Difference Between Open Acts of Defiance and Childhood Irresponsibility

"Kids will be kids" is a great phrase that both excuses a lot of inappropriate behavior, on one hand, and reminds us all that kids make mistakes on the other. When players openly defy, and act inappropriately, then swift, appropriate action is called for. However, when players momentarily forget themselves, and do not show any malicious intent, then a gentle reminder is perhaps more appropriate. Just remember, youngsters are often quite skillful at disguising the two types of behavior. We all have to be sharp in recognizing the difference so that we can act appropriately.

7. Finally, Be Sure To Put Yourself In Their Shoes

If we can remember what it is like to be at a fun practice that is both enjoyable as well as educational, we will be better off. Always ask yourself, "What would I like to do if I were at practice and needed to work on my passing?" This will enable you to avoid a lot of possible challenges.

Soccer Injuries: Prevention & Care

US Youth Soccer strongly recommends that parents and coaches consider attending a Red Cross First Aid course and CPR (Cardiopulmonary Resuscitation) course.

PREVENTION

The first line of defense in the treatment of athletic injuries is to prevent them. This is accomplished by a well planned program, competition among athletes with equal ability and size, proper warmup and adherence to the Laws of The Game. Other factors that can lead to the prevention of injuries:

- O. Proper use of equipment (shinguards, no jewelry, uniforms designed for climate)
- P. Continuous upkeep of the playing surfaces.
- Q. Proper fitting shoes, proper type of shoe for surface.
- R. Ample water supply and breaks to rest players.
- S. Avoid scheduling training during the hottest periods of the day and when there is intense humidity.
- T. Full rehabilitation of initial injury prior to returning to play.
- U. Use proper preseason screening program by qualified personnel:
 - 1. Will insure that players are not entering the season with preexisting injury.
 - 2. Insures that rehabilitation is complete.
 - 3. Determines the general health of the player
 - 4. May need some suggestions for rehabilitation or conditioning.

It is suggested that the coach or someone from the team be responsible for assisting with injuries, which may include attending a certified Red Cross First Aid course.

It is recommended that the coach should follow up with a phone call immediately after the game to the parents regarding any type of injury, should the parents not be in attendance at the game.

CARE

The care of the injured athlete will begin the moment that an injury occurs. Immediate care will reduce the severity of the injury and the possibility of long-term disability. The coach, upon seeing an injured player should:

- I. Determine if the player is conscious and breathing. If unconscious and not breathing, begin CPR and call for medical assistance.
- J. Ask how the injury occurred: "Where did you get hit?", "did you twist you leg?", etc.
- K. Ask the player where it hurts.
- L. If the player is unable to continue, he should be checked to determine extent of the injury.
After determining that the injury IS NOT life threatening, the nature of the injury can be further determined:
 - I. Note the position of the injured part.
 - J. Look for swelling and deformity.
 - K. Compare with opposite side.
 - L. Ask the player and or teammates what happened.

Treatment should be as follows: **(RICE)**

Rest- remove the player from the game.

Ice- apply ice to the injured part.

Compression- apply compression bandages

Elevation- elevate injured body part above heart if possible.

The RICE treatment is the only first aid treatment that is safe for a sports injury without professional advice.

The **RICE** treatment helps in three different ways:

- G. Applying ice chills the injured area causing the blood vessels to contract, reducing circulation to the injured area.
- H. Applying pressure with an elastic bandage inhibits the accumulation of blood and fluids in the area, thereby minimizing pain and swelling.
- I. Elevating the injured area decreases fluid accumulation to the injured area, puts the area to rest and helps reduce painful muscle spasms.

RICE treatments can do no harm to any type of injury. Almost anything else- including heat applications can cause harm in some instances.

After evaluation of the injured athlete, follow-up should be considered if:

- G. Gross swelling or deformity is present.
- H. The player is unable to bear weight on the injured part.
- I. Severe pain or discomfort is present.

Some common terms that you should know in dealing with soccer injuries:

- **Sprain-** An injury to one or more ligaments. Ligaments are bands of tissue that attach bone to bone and stabilize joints. CARE: RICE
- **Strain-** A tearing injury to a muscle or tendon (tendons attach muscle to bone, except the Achilles tendon). CARE: RICE
- **Contusion-** A crushing injury to a muscle or tendon caused by an outside force, which causes hemorrhaging to surrounding tissue. CARE: RICE
- **Abrasion-** A loss of surface area of the skin caused by sliding on the field surface. CARE: Clean area with antiseptic to prevent infection. An antibiotic ointment may be used to keep wound moist and prevent infection.
- **Blister-** The collection of fluid under the skin usually caused by friction between the shoe and the skin. CARE: If open, treat as an abrasion. If closed, it should be drained only by a qualified person.
- **Heat Exhaustion-** A heat illness characterized by pale, clammy skin and profuse perspiration. Person may complain of being tired and weak with headache. Possibilities of cramps, nausea, dizziness, vomiting or fainting. CARE: Move to cool area, have player lie down with feet elevated. Remove restrictive apparel. Cool with wet towels. If player is alert, water may be given. If player vomits- take to hospital immediately. Always refer to a physician for further diagnosis and treatment.
- **Heat Stroke-** A heat illness characterized by high body temperature, skin is dry and hot to the touch, rapid pulse, player may lose consciousness. CARE: Seek immediate medical attention (Call 911), while waiting, treat as above for heat exhaustion.
- **Cramps-** An involuntary contraction of a muscle or muscle group that is repetitive and rapid in nature. CARE: Hydrate with water and stretching.
- **Concussion-** An injury to the brain. May complain of headache, ringing of the ears, dizziness, blurred vision. CARE: Seek immediate medical attention.

Rules of thumb when handling an injured player:

- Avoid panic.

- Check for consciousness, bleeding, deformation, discoloration, breathing, shock.
- Depending on nature of injury avoid moving the injured player.
- Inspire confidence and reassure player.
- Use common sense.
- Seek professional help.
- Always err on the side of caution.

Use certified athletic trainers when available.

It is recommended that if a player has had medical attention, he/she must have written permission from a MD to return to activity.

Resumption of Activity Following an Injury

The player must not be able to return to play in practice or game conditions until the following criteria have been met:

- The player should be able to run straight without pain; run and turn in a figure eight without a sign of a limp.
- Should be able to support weight with the injured part. If the injury is an ankle or knee, he should be able to do a toe raise on the injured side without being supported.
- The player should have practiced with the team prior to competition.
- There should be no pain or swelling or disability following activity.

FIRST AID SUPPLIES

The first aid kit should be kept on hand at training sessions and matches. One of the adults associated with a soccer team should be the designated first aid caregiver. It is highly recommended that this person hold a first aid certification from the American Red Cross at the minimum.

Sterile first aid dressing

2 x 2 in. (5 x 5 cm.) for small wounds - *Quantity: box of 12*

4 x 4 in. (10 x 10 cm.) for larger wounds and for compress to stop bleeding. - *Quantity: box of 12.*
For open wounds or dry dressings for burns. These are packaged sterile. Do not try to make your own.

Large sterile dressing

14 x 14 in. (36 x 36 cm.) - *Quantity: 2*

For covering large chest or abdominal wounds.

Roller gauze bandage

1 in. x 5 yd. (2.5 cm. x 5 m.) - *Quantity: 2*

For finger bandage.

2 in. x 5 yd. (5 cm. x 5 m.) - *Quantity: 2*

To hold dressings in place.

Adhesive tape

1- and 2-in. (2.5- and 5-cm.) width - *Quantity: 1 roll each*

To secure dressings in place.

Triangular bandage

37 x 37 in. (94 x 94 cm.) square, cut or folded diagonally, with 2 safety pins - *Quantity: 8*

For use with triangular bandage.

Soap - *Quantity: 1 bar*

For cleansing wounds, scratches, cuts. Antiseptics are not necessary.

Table salt - *Quantity: 3 tsp. (15 gm.), premeasured, in container and measuring spoon*

For use in heat exhaustion (1 tsp. [5 gm.] in 1 quart [1 liter] water).

Paper drinking cups - *Quantity: 25*

To administer fluids for emergencies. Players should use their personal water bottle at all other times.

Flashlight - *Quantity: 1*

For use in darkened areas and at night. Check the batteries periodically.

Scissors with blunt tips - *Quantity: 1*

For cutting bandages or clothing.

Tweezers - *Quantity: 1*

To remove splinters and other foreign objects, except stingers from insect bites.

Splints, long and short board or inflatable type - *Quantity: 1 package*

For splinting broken fingers and stirring solutions.

Tongue depressors, wooden - *Quantity: 6 to 12*

For splinting broken fingers and stirring solutions. Have one that is padded as a bite stick for seizures.

Tourniquet

(with strip of cloth, 20 in. [50 cm.] long, folded to 3-4 in. [7.5-10 cm.] wide) - *Quantity: 1*

For severe injuries when no other method will control bleeding. Only for use by qualified and trained persons.

Short stick

4 to 6 in. (10-15 cm.) long & 1 in. (2.5 cm.) thick - *Quantity: 1*

To use with tourniquet.

Syrup of Ipecac and activated charcoal - *Quantity: 1 container each*

To use for poisoning. Syrup of Ipecac may be a prescription item, so ask your physician.

Rubbing or grain alcohol - *Quantity: 3-4 oz. (84-112 gm.)*

For sterilizing scissors.

Ice in a cooler clearly marked for emergency use only

For sprains, strains, bruises, etc.

R.I.C.E. = Rest, Ice, Compression & Elevation

Containers of water - *Quantity: 1 gal. (3.8 liters)*

For cleansing wounds, abrasions and eyes.

Blanket - *Quantity: 1*

For warmth in case of shock.

Nail clipper - *Quantity: 1*

To clip broken toe and fingernails.

Large/small bath towels - *Quantity: 2*

For bandages or dressings. Old soft towels and sheets are best. Cut in sizes necessary to cover wounds.

Towels are burn dressings. Place over burns and fasten with triangular bandage or strips of sheet.

Towels and sheets should be laundered, ironed and packaged in heavy paper. Relaundry every 3 months.

Ace or tensor bandages - *Quantity: 2 of each of these sizes, 3 inch, 4 inch and 6 inch.*

Ammonia caps (ampules) - *Quantity: 1 dozen*

Band-aids - *Quantity: 1 x 3 in. 2 dozen, extra large 1 dozen*

Cotton balls - *Quantity: 25*

Cotton tip applicators (Q-tips) - *Quantity: 1 box*

Elastikon tape - *Quantity: 2 rolls of 3 in.*

Germicide solution - *Quantity: 1 bottle*

Medicated ointment - *Quantity: 1 tube*

Moleskin adhesive felt - *Quantity: 1 sheet 6 inch square*

For use on blisters.

Oral screw

Quantity: 1

For seizures.

Safety pins

Assorted sizes

Skin lube (Vaseline)

Soccer Players' Bill of Rights

The BILL OF RIGHTS is directed at coaches, leaders of soccer programs, officials and parents in the hope that their implementation will provide the beneficial effects of soccer to all players.



Right of the opportunity to participate in soccer regardless of ability level.

Right to participate at a level that is commensurate with each player's developmental level.

Right to have qualified coaches.

Right to participate in safe and healthy environments.

Right of each child to share in the leadership and decision-making of their soccer participation.

Right to play as a child and not as an adult.

Right to proper preparation for participation in soccer.

Right to an equal opportunity to strive for success.

Right to be treated with dignity by all involved.

Right to have FUN through soccer!

Pre-Season Recommendations

Once your team has been assigned to you it is suggested that you contact all parents and arrange a pre-season meeting. This will afford you the opportunity to meet the parents and also give you the chance to express your ideas and opinions regarding the important task of coaching your team's age group. In this meeting you can discuss the following topics.

- ◆ Reasons for coaching this particular team.
- ◆ Soccer background – coaching, playing, etc.
- ◆ Time availability for training sessions and matches. Choose a site for training sessions.
- ◆ Help needed from each parent.
- ◆ Attitude toward winning and losing.
- ◆ Children and sports and sportsmanship.
- ◆ Aims and goals for upcoming season.
- ◆ Sideline behavior of the adults at training sessions and matches.
- ◆ Discipline: handling a mild case and handling a severe case.
- ◆ Substitution.
- ◆ Rules and regulations of the local club/league.
- ◆ Laws of the Game – modified version for their child.
- ◆ Obtain at least one, hopefully two, assistant coaches.
- ◆ Obtain team mother or manager to handle refreshments, uniform fittings, team functions, help with all administrative functions as required by the club/league, etc.
- ◆ Obtain basic information as pointed out in the example below:

EXAMPLE

Johnny Jones	123 Main Street	222-1234	(home)
	Anytown, USA	222-5678	(dad office)
		222-9125	(mom office)

E-mail address; cellular phone #; beeper #; etc.

<u>Jersey #</u>	<u>parents' names</u>
8	Jim and Jan

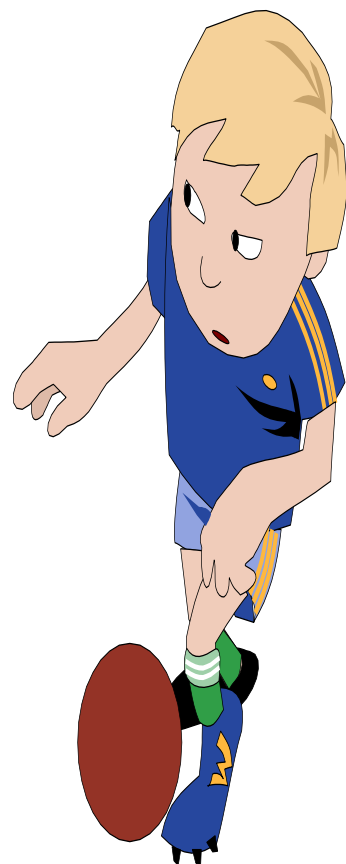
~ Helpful information to know about each child.

- k) Nicknames
- l) Allergies
- m) Medication they are taking
- n) Handicaps
- o) Type of personality

10 Point Checklist

Ensure good coaching!

- Delegate responsibility to team parents.
- Set guidelines for the sidelines!
- Teach basic safety.
- How to handle injury and illness.
- Give kids straight advice about soccer shoes.
- Inform kids about good nutrition.
- Prevent dehydration.
- Develop a team philosophy.
- Understand the game.

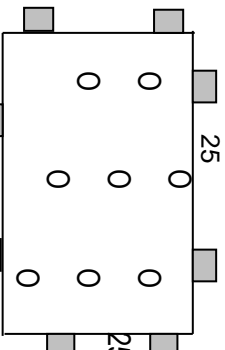
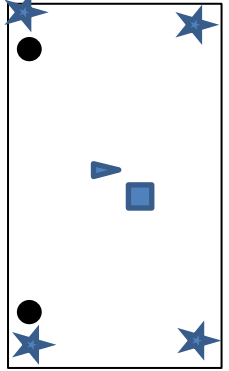
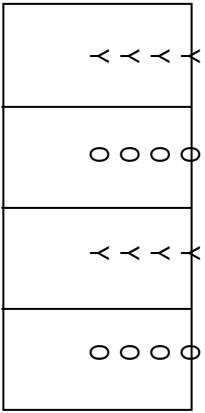
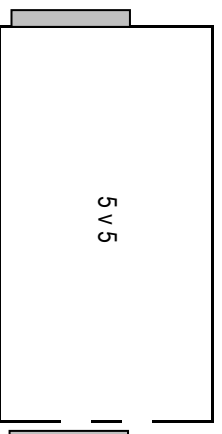




Name Bruce Deaton

Topic Receiving Session

Date 2009 Coaching Manual

<p>25 by 25</p> 	<p style="text-align: center;">ORGANIZATION</p> <ol style="list-style-type: none"> 1) Partner Pass - Five yards, two touch, prep/pass 2) Half in/half out - return pass to server 3) Half of the players are on the outside of the grid with a ball - other half inside without a ball <p>~ Players on inside show to ball, receive pass and pass to open player on the outside (switch roles)</p> <p>~ Progress to receive ball and find another server</p>	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ~ Movement to receive the ball ~ Proper body position - open body to receive ~ Positive First Touch on Ball / Movement of Ball ~ Quality of Trap / First Touch / Relax ~ Early selection of body surface to receive ~ Let ball position help determine receipt and direction
<p style="text-align: center;">SMALL - SIDED ACTIVITY</p> 	<p>~ Area is a grid 25 by 25</p> <p>Position a player on each corner, two of these players will have a ball</p> <p>Position two players in the middle, one is the attacker one is the defender</p> <p>The attacker should run to a player with the ball to receive the pass and then look to complete it to another player on a corner (successful completion = a goal) - If Defender wins ball, switch roles</p> <p>Play for 2 minutes, and rotate players</p>	<ul style="list-style-type: none"> ~ Body position when receiving ball, open your options ~ Play away from pressure ~ Early selection of body surface to receive
<p style="text-align: center;">EXPANDED SMALL-SIDED ACTIVITY</p> 	<p>~ Area is a grid 30 by 40</p> <p>Play 8 v 8 by putting 4 players in each grid</p> <p>Start one ball at each end</p> <p>Y passes to Y, O passes to O</p> <p>5 pts for ground pass, 1 pt for lofted pass</p> <p>PROGRESS - (8 v 8) with defenders entering grid</p> <p>Allow one to two players to enter a grid to defend</p>	<ul style="list-style-type: none"> ~ Play in direction facing ~ Body position when receiving ball, open your options ~ Play away from pressure ~ Movement to be available for pass ~ Communications and awareness ~ Quality of first touch
<p style="text-align: center;">5 v 5 TO BIG GOALS</p> 	<p>~ Area is a grid 30 by 40</p> <p>Play 5 v 5 with goalkeepers</p> <p>No Other Restrictions</p>	<ul style="list-style-type: none"> ~ Observe quality of possession and receipt of ball ~ Observe quality of communication ~ Observe quality of receipt (body position) ~ Shielding and playing away from pressure

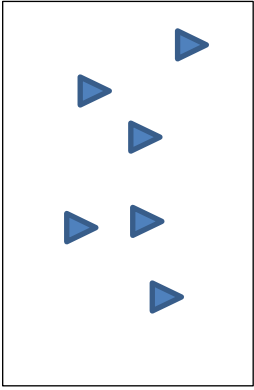
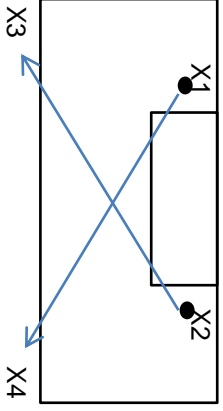
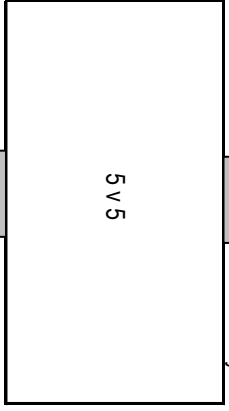
COOLDOWN - Light Jogging to Strides / Inside-out / Heel Kicks / Russian Walk / Carioca / Stretch



Name Bruce Deaton

Topic Finishing Session

Date 2009 Coaching Manual

<p>TECHNICAL WARM UP</p> <ul style="list-style-type: none"> ○ ○ ○ ○ ○ ○ ○ ○ 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ~ Every player with a ball ~ Drop ball and kick back up with instep Use both feet - go for consecutive touches (Note: Could start sitting down) PROGRESS Then progress to partner - toss and instep ~ Then move partners 15 yards apart and pass ball with instep of foot 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Solid contact Eye on ball Step through the ball Land on kicking foot Body forward
<p>SMALL - SIDED ACTIVITY</p> 	<p>ORGANIZATION</p> <p>Space is 20 by 20 - 20 yards out from goal</p> <ul style="list-style-type: none"> ~ Every player with a ball ~ Players are numbered 1 - 6. Players dribble ball in area and when their number is called, they take a prep touch and shoot with instep <p>PROGRESS - Follow their shot for a ball rolled in from coach to place into corner (finesse)</p>	<p>Preparation touch</p> <ul style="list-style-type: none"> Approach ball at a slight angle Plant foot next to ball, toe in direction of target Body forward, head down during shot Follow thru - land on kicking foot
<p>EXPANDED SMALL-SIDED ACTIVITY</p> <p>Area is 44 by 40</p> <p>GK</p> 	<ul style="list-style-type: none"> ~ X1 plays ball to X4 and defends X4 receives ball, takes prep touches and finishes ~ X2 plays ball to X3 and defends X3 receives ball, takes prep touches and finishes Players rotate clockwise <p>If numbers are too small, start with one half of activity and then rotate to other side of goal</p>	<ul style="list-style-type: none"> Timing of shot upon receipt Preparation touch Approach ball at a slight angle Plant foot next to ball, toe in direction of target Body forward, head down during shot Follow thru - land on kicking foot
<p>5 v 5 TO BIG GOALS</p> <p>Area - 30 by 25</p>  <p>5 v 5</p>	<p>Area should have more width than length</p> <p>Play 5 v 5 with goalkeepers</p> <p>No Restrictions</p>	<ul style="list-style-type: none"> Quality of shot preparation Decision making to finish Quality of finish (follow through, head down, body forward, landing on kicking foot) Celebrate success!

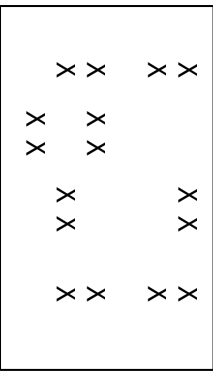
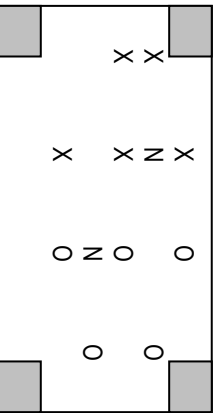
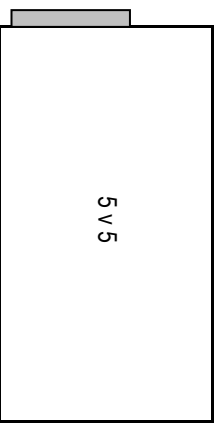
COOLDOWN - Light Jogging to Strides / Inside-out / Heel Kicks / Russian Walk / Cariooca / Stretch



Name Bruce Deaton

Topic Passing Session

Date 2009 Coaching Manual

TECHNICAL WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>SMALL - SIDED ACTIVITY</p> 	<p>~ Area is a grid 30 by 40</p> <ul style="list-style-type: none"> ~ Each player is partnered with another and they have one ball between them ~ Partners complete a pass through the gate and then work around the grid to another gate ~ Have each pair count number of completed passes during a set period of time. <p>PROGRESS Play 6 v 6 and goals are scored by passing to a teammate through the gate</p>	<ul style="list-style-type: none"> ~ Proper body position - open body to receive ~ Positive First Touch on Ball / Movement of Ball ~ Quality of Pass - Pace, Accuracy ~ Quality of first touch - play away from pressure ~ Passing Mechanics - plant foot, ankle locked, hips facing ~ Movement off ball to get into supporting position
<p>EXPANDED SMALL-SIDED ACTIVITY</p> 	<p>~ Area is a grid 30 by 40</p> <ul style="list-style-type: none"> ~ Play 4 v 4 + 2 neutrals ~ Goal is scored by passing ball into square for teammate - then attack any other goal ~ Ball must be controlled and passed out of square within three touches ~ Neutral players cannot pass ball into square <p>PROGRESS Limit to two touches</p>	<ul style="list-style-type: none"> ~ Players in good supporting position ~ Communication ~ Passing away from pressure ~ Weight of passes ~ Body position to open passing options
<p>5 v 5 TO BIG GOALS</p> 	<p>~ Area is a grid 30 by 40</p> <p>Play 5 v 5 with goalkeepers</p> <p>No Other Restrictions</p>	<ul style="list-style-type: none"> ~ Observe quality of possession and distribution of ball ~ Observe quality of communication ~ Observe quality of receipt (body position) ~ Shielding and playing away from pressure

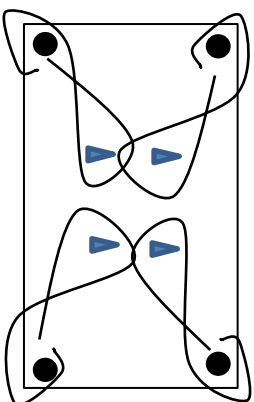
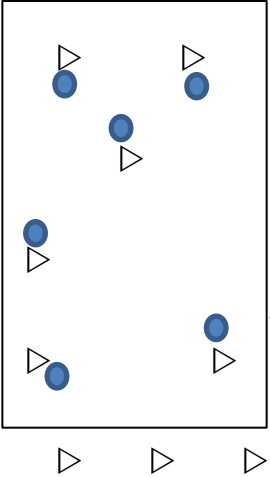
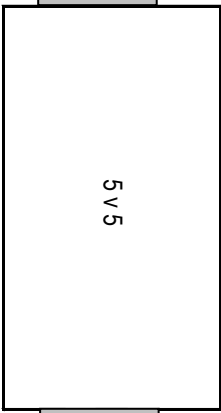
COOLDOWN - Light Jogging to Strides / Inside-out / Heel Kicks / Russian Walk / Carioca / Stretch



Name Bruce Deaton

Topic Dribbling Session

Date 2009 Coaching Manual

TECHNICAL WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>SMALL - SIDED ACTIVITY</p> 	<p>25 by 25 space - All players with ball Players dribble around space - change direction use different foot surface Use Commands to direct activity Touches - Bottom of foot, inside, All Right, All Left On command of leave - stop ball and get another</p> <p>Figure 8s and Traffic Jam Set up 12 players in four lines - Each player dribbles towards cone and does a figure-8 goes back to start - they stop ball and next player goes All Right, All Left, Inside R, Inside L (race)</p> <p>PROGRESS Remove cones and have players dribble to line directly across the grid</p>	<p>Head up when dribbling Playing distance, under control Body Mechanics - Lean Forward, bent knees Dribbling away from pressure (crowd)</p>
<p>EXPANDED SMALL-SIDED ACTIVITY</p> 	<p>Knockout/Team Knockout</p> <p>1) All players with ball, dribble and shield - other players try knock ball out of grid - progress to win and dribble ball 2) Half players inside grid w/ball - others outside On command the players on the outside try to win the ball from the players on inside and knock the ball out of the grid When ball is knocked out, the player supports to help those with ball.</p> <p>PROGRESS Win the ball and dribble to goal on side of grid</p>	<p>Body mechanics - shielding ball Pace of Dribble - Control Head Up Change of Direction and Speed to avoid pressure Keeping ball close Support</p>
<p>5 v 5 TO BIG GOALS</p> 	<p>Area - 35 by 40</p> <p>Play 5 v 5 with goalkeepers</p> <p>No Restrictions</p>	<p>Quality of touch, movement of ball with dribble Communication Quality of touch, pace Decision making to work out of pressure</p>

COOLDOWN - Light Jogging to Strides / Inside-out / Heel Kicks / Russian Walk / Carioca / Stretch