



CUFC 2014

Recreational Program

Coaches Manual

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Dear Coaches,

Thank you for volunteering for our Recreational Soccer Program! You, the Parent/Coach, are the most important part of youth soccer today. Your efforts start the wheel that initiate a love of soccer for children, which through the help of countless others will provide the foundation for people to experience the joy of participation throughout their lifetime.

The biggest concern that typically faces the volunteer coach of today is the lack of extensive playing background. Most beginner coaches feel that the absence of this experience is a severe handicap. Playing experience is not a necessity. The philosophy of this coach's handbook calls for patience, interested, fun-loving people who have time to spend assisting the overall development of youngsters. We also provide fun activities for practices to make it even easier and enjoyable.

The 3 main goals of a Carlsbad United FC Recreational Coach are:

- Have Fun
- Be Positive
- Improve skills

Coach education is extremely important to us. It doesn't matter if you have coached for 25 years or 25 minutes you are never done learning! That's the beauty of soccer today. We urge you to continue your coaching education through coaching clinics offered by the NSCAA visit www.NSCAA.com and also Cal South www.calsouth.com . Also continue to check our website at www.carlsbadunitedfc.com go to the Coaches Corner, which has ideas and exercises for all age groups and abilities.

If you need assistance or feel that something is not right, please contact your division coordinator.

Thank you for volunteering and good luck with your season.

Heather and Brad

Directors of Recreation

Characteristics of a Coach

High Moral and Ethical Standards

- Be an appropriate Role Model

Honesty

- Be fair, no one likes to cheat

Respect of Players, Parents, and Community

- Develop strategies to develop positive relationships with all involved

Communication

- Appropriate verbal and nonverbal responses (body language and gestures).
- Appropriate language (vocabulary, tone, volume, rhythm, articulation)

Appropriate Temperament

- Be sensitive to each child
- Exhibit a calm personality
- Show patience
- Observe and Guide: Don't Direct, Instruct.
- Use your normal voice, not a whistle

Motivate Positively

- Develop high levels of self-confidence
- Positive Coaching
- Don't yell
- Focus on success no matter how small

Dedicated to Player Development

- Understand what is appropriate for different ages and levels of play.
- Let every child play (and play a lot)

Enthusiasm

- Your enthusiasm is contagious
- Celebrate

Enjoyment

- Keep things light
- Have fun
- Smile and Laugh

4 Components to Soccer

Technical

- Ball Control and Turning: Players will be encouraged to keep close control of the ball and use different turning techniques to move away from the defender.
- Passing & receiving: Passing the ball on the ground with pace from different distances and receiving the ball while keeping it moving will be encouraged in all age groups.
- Shooting: Players must develop the ability to shoot from different distances. All players will be encouraged to shoot from any distance during the game.

Tactical

- Playing out the back: All teams must feel comfortable playing the ball from the back through the midfield and from there to the final third of the field.
- Possession & Transition: All teams must try to keep possession of the ball playing a one-two touch game. Players will be encouraged to support and move, thus creating passing options. Once the possession game is consolidated the team must learn how to transfer the ball in the most efficient way from one area of the field to another.
- Offense-defense Quick Transition & Vice versa: When possession is lost, players must react quickly and apply pressure to regain the ball. Once possession is regained, players will be positioned immediately to counter-attack.

Physical

- Speed & Agility: These qualities will be evident in the game from the early ages. Endurance individual players and teams will train to be resilient to high-intensity action.
- Strength & Power: Strong players develop their speed more quickly, prevent injuries and are more competitive in games.

Psychosocial

- Respect & Discipline: Players will adapt to a role on the team and respect teammates, coaches, referees and opponents.
- Cooperation: Each player will be part of a unit, and will cooperate with teammates to achieve the objectives for a given task, session or game, as well as for the entire season.
- Competitiveness: Competitive players will be rewarded for their effort and focus.

Coaching Content Summary

Tactical

Attacking

1. Attacking Principles: - Creating space - Support - Width - Depth - Overlaps - Diagonal runs - Playing forward - Speed of play - Switching positions
2. Possession
3. Transition
4. Combination play
5. Switching play
6. Counter attacking
7. Playing out from the back
8. Finishing in the final third

Defending

1. Defending Principles: Basic- Mark - Press - Cover- Balance advanced- Tracking- Switching places
2. Zonal defending
3. Pressing
4. Retreat & recovery
5. Compactness

Technical

1. Passing
2. Running with the ball
3. Dribbling
4. turning
5. Shooting
6. Ball control
7. heading
8. 1v1 attacking
9. Shielding the ball
10. Receiving to turn
11. Crossing & finishing
12. 1v1 Defending- Body shape- Anticipation- Intercepting- Prevent turning- Tackling

Physical

1. Strength- Endurance- Explosive- Maximal
2. Endurance - Aerobic capacity- Aerobic power- Anaerobic lactic- Anaerobic Alactic
3. Speed- Reaction- Acceleration- Maximal speed- Speed endurance- Acyclic speed
4. Flexibility & mobility
5. Coordination
6. Balance
7. Agility
8. Basic motor skills
9. Perception & Awareness

Psychosocial

Basic

1. Motivation
2. Self-confidence
3. Cooperation
4. Decision – determination

Advanced

5. Competitiveness
6. Concentration
7. Commitment
8. Self-control

Social

9. Communication
10. Respect

Set Pieces

1. Kick off
2. Goal kick
3. Throw-in
4. Corner kick
5. Direct free kick
6. Indirect free kick
7. Penalty

Age Specific Coaching

U6 and U8

Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on **fun** games. Players must spend the maximum time possible in contact with the ball and experiment by themselves. For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team. Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.

Key Areas:

- This age should be ALL about fundamentals and technical development– dribbling, ball mastery, passing, control, shooting.
- Introduce proper dribbling technique using all parts of the foot, no toes.
- Focus on developing both feet and trying not to let them favor one over the other.
- Introduce proper control technique with the inside/outside of the foot and laces (not with the sole of the foot)
- Introduce proper passing technique with both the inside of the foot and laces.
- Introduce proper shooting technique with the inside and laces (top) of the foot.
- Inside of the foot should be for placement, laces should be for driving shots.

U10 & U12

Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.

1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.

Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.

Speed, coordination, balance and agility are the main physical aspects to improve at this stage.

Key Areas:

- Ball Mastery/dribbling/1st touch
- Passing/movement
- Shooting/combo play
- Positioning
- Defending and attacking principles
- Small sided games, 1v1, 2v1, 2v2, up to 4v4

U14+

At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage. Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility. Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.

Organization of a Practice Session

Pre-Practice Preparation

- Equipment – Balls, Bibs, Cones, Goals (pug)
- First Aid Kit
- Clothing
- Arrive in timely fashion to set up

Practice Session

1. Variety of games/exercises is recommended (emphasize dribbling and touches on the ball in every session)
2. Choose a topic to work on. Have practice objectives. Set them from a seasonal goal. The older the players, the more the observation of the game (s) tell the coach what areas need practice.
3. Emphasize the focus of the practice session; do not be overly concerned with other areas of play.
4. Activities should flow into one another to minimize down time and off-task behavior.
5. Teach from simple to complex -- games and exercises should follow a progression from easier to more difficult.
6. Sections of a practice:

Warm up or preparation period:

- Approximately 20 percent of practice time
- Purpose is to prepare players physically and psychologically
- Use fun games
- Warm up should be related to the main topic of the practice
- Remember movement is the key to learning the skills of soccer

Main Activity Section (2-3 activities)

- Approximately 50 percent of practice time
- Related to the game
- Can control what the coach wants by changing:
 - The size of the space to play in. General size is 10 square yards or larger per attacking player, sufficient width to allow for creativity, sufficient length for running, but do not stretch the space too far.
 - The time to do something
 - The number of touches a player can take
 - The number of balls used
 - The number of goals

- The number of players in the space

Concluding Activity Section

- Approximately 25-30 percent of practice time.
- Allow players to play the game to goals.
- Remember that the smaller the numbers the more clearly the exercise/teaching point. As numbers are increased, the exercise/teaching point becomes more game like or real.
- Restrictions are permitted, but limit them and limit the time of restrictions to no more than 1/3 of the time of the activity.
- Play the game to see if what the players have been practicing can be done in the game.

Organization:			
Week:		Date:	
Team:			
Coach:			
Session Topic:			

Warm Up:	
Activity 1:	
<u>Diagram:</u>	Practice Outline:
	Coaching Points:
Activity 2:	
<u>Diagram:</u>	Practice Outline:
	Coaching Points:
Game Related / Small sided game:	
<u>Diagram:</u>	Practice Outline:
	Coaching Points:
Game/Cool Down:	

References

www.calsouth.com

www.carlsbadunitedfc.com

www.nsgaa.com

www.usoccer.com

www.thecoachingmanual.com

www.challengersports.com

www.soccerspecific.com