



DARTMOUTH YOUTH SOCCER

Coaches Education

Session #2

New Curriculum and Practice Sessions

DYS COACHING PHILOSOPHY

Spring of 2014 DYS will place a large emphasis on
“Player Development” ages U6 to U14

DYS will measure success by:

- Improving player confidence
- Improving player technical skill competence
- Improving the consistency of player technical skill execution

DYS will not place a primary emphasis on “wins”, but rather
teaching to compete

DYS COACHING PHILOSOPHY

DYS will look to emphasize on the four (4) components of Player Development

The game is broken down into 4 components. Whenever running drills, coaches should try to best to insure the activities include all of these components. Coaches also need to realize it is important to teach and coach in a manner that is appropriate to both age and ability.

1. Technical: Mastery of ball control with various body parts (Dribbling / Passing / Receiving / Shooting / Heading / Goalkeeping)

2. Tactical: Thinking part of the game without the ball. Decision making on and off the field. Recognizing width, depth, attacking role and your defending role.

3. Physical: Players physical attributes (Strength, speed, agility, size, quickness and endurance).

4. Psychological: The mental portion of the game. Optimism, leadership and overall attitude.

DYS COACHES EDUCATION

Principles of Player Development

- 5 Year Olds (Fundamentals)
- 6 to 10 Year Olds (Intramurals)
- 11 to 14 Year Olds (Developmental Travel)
- 15 to 18 Year Olds (Competitive Travel)

DYS COACHES EDUCATION

Player Development can be achieved when the proper factors are put in place:

- Developing a curriculum that reflects the purpose of the organization
- Establishing a feasible development pathway
- Understanding the stages of development
- Believe in the long-term plan set by organization
- Maintaining the love for the game by making it fun.

NEW DIRECTION FOR DYS

DYS Changing Curriculum Plan for Spring 2014 and moving forward

DYS No longer using Soccer Interactive

DYS Using new curriculum under supervision of Mass Youth Soccer

NEW DIRECTION FOR DYS

Mass Youth Soccer curriculum is based on guidelines set forth by US Youth Soccer.

US Youth Soccer is one of two nationally recognized governing bodies for youth soccer.

US Youth Soccer works in conjunction with US Soccer Federation (USSF), US National Soccer governing body.

NEW DYS CURRICULUM

http://www.mayouthsoccer.org/coaching/statewide_curriculum.aspx

SAMPLE LESSON PLAN

<http://www.mayouthsoccer.org/UserFiles/file/U8%20Spring%202013%20Week%201.pdf>

<http://www.mayouthsoccer.org/UserFiles/file/U8%20Spring%202013%20Week%202.pdf>

PREPARING TO COACH

BASIC COACHING TIPS

1. Understand the ability & age level you coach
2. Get to know your players, not just their athletic ability but also their personality
3. Make sure you have the necessary equipment for all your practices
4. Review your practice sessions the day before
5. Print a copy of your practice session and bring it to practice.
6. Do your best to arrive before the players so you can set up.
7. Have patience, kids learn at different rates
8. Be flexible, understand that a training session should fit your players, not the opposite.
9. Learn your soccer terminologies
10. Demonstrate at slow speeds, don't just say it, show it!
11. Have fun with the kids, make sure they have fun!

DANVERS YOUTH SOCCER

Q & A

[Thank you for attending.](#)