

***MADISON YOUTH
SOCCER CLUB***

**COACHING
MANUAL**

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MADISON YOUTH SOCCER CLUB

MISSION STATEMENT

The objective of the Madison Youth Soccer Club is to promote and develop the sport of soccer for boys and girls in the town of Madison, Connecticut. The philosophy of the club is to provide an atmosphere of good sportsmanship within which the players and teams can compete, learn and enjoy the game of soccer.

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MADISON YOUTH SOCCER CLUB

Introduction

This coaching manual has been created in an effort to provide Madison coaches with a resource for training sessions, a guide in establishing philosophies, direction in team management, and instituting directives that create a vertical flow within our club.

The information contained in this manual is based on the philosophy of player development. To this end it is recommended that all training sessions be age appropriate (developed with the specific characteristics of the age in mind), each player train with a ball, and that we use small sided games. Furthermore, it is important that we develop our players in the correct progression. Youth players need to acquire the necessary technical tools (dribbling, passing/receiving, shooting, heading) before any advanced tactics are to be implemented. Player development is paramount. Winning and losing should never supersede the growth and evolution of our young players. In addition to the technical development of our players, we should foster players who seek challenges, can quickly solve problems, are creative, can stay on task for the entire game, and demonstrate good sportsmanship.

I hope that this manual is helpful in your journey as a coach. Madison needs coaches like you, who are positive both verbally and physically. The game of soccer also needs people like you, who are willing to give up their time and who pursue their education as coaches.

Good luck coaches...

VERTICAL INTEGRATION

A goal of this manual is to develop “commonality of purpose” within the Madison Youth Soccer Club. To accomplish this we need to work towards “vertical integration” by education, communication and cooperation.

We are trying to achieve vertical integration within MYSC by establishing directives that we all follow to develop our players and by educating/training our coaches. If we all work together we can create a wonderful environment for our players. We are all part of the MYSC family and we are all relying on each other to work towards the same age specific/player development scheme. If a player progresses through each level of our program without the proper development we will not have succeeded. US Soccer is trying to establish a similar commonality of purpose.

US Soccer is attempting to achieve vertical integration by similar means. It is important for us to remember that when we are coaching u-6 players we are a part of the National Program. Whether we coach rec., travel, comp., premier, ODP, Regional, or any other level we are contributing to the success of the men’s and women’s National Teams by developing players that, one day, may play at the highest level, will play the game for many years to come, or will return to continue the process of vertical integration.

Not only should the philosophy of vertical integration motivate coaches, but it should also motivate our players. They should recognize that they have the opportunity to progress through our program and eventually play in high school, college, the professional league, and even the National Team. Whatever level (it may be in a more recreational environment) they are capable of playing at, we hope all of our players will enjoy a lifetime of soccer and return to be a part of our vertically integrated program.

COACH BEHAVIOR

You are a role model!

Your behavior on the sideline and practice field is very important.

Young players recognize and respond to positive and negative body language.

Conversations with officials should be cordial and respectful before or after play.

Try positive reinforcement as much as possible as opposed to punishment or negative comments.

Foul language and actions will not be tolerated!

Bill of Rights for Young Athletes

The *right* to:

- participate in sport
- participate at a level commensurate with each child's maturity and ability
- have qualified adult leadership
- play as a child, not as an adult
- to share in the leadership and decision making of their sport participation
- participate in safe and healthy environments
- proper preparation for participation in sport
- have an equal opportunity to strive for success
- be treated with dignity
- to have FUN

Parent - Coach Meeting

- Discuss coaching philosophy and goals
- Discuss what is expected of parents
- Obtain information about players and parents
- Consider a Coach-Player meeting as appropriate

Parents

DO S

Cheer for your child and the other children on the team giving specific praise, 'nice shot great steal nice dribbling after the act is complete, not during the activity when you could confuse the player

Try to convey the importance of playing well versus the results. If you refer to the score follow with two positive points about the child's play

Ask probing questions like, "How did you get around that #7 with the black hair?"

Parents

DON'Ts

Do not yell directly at the children with instruction at any time.

Do not become part of any discussions with possible conflicts among referees, opponents, or other parents or children that might become a negative incident.

Do not complain about playing time and or positions of players. Leave the coaching to the coaches.

Do not discuss the game in any manner which may confuse the coaches intentions.

Parents As A Positive Force

A major resource for you and your team is the parents. It is imperative that you hold a parent meeting before the season begins and state very clearly your objectives, how you intend to accomplish them, and what you expect of the parents. Some notions you may wish to discuss at the meeting:

A means of contacting everyone without you doing all of the calls.

Carpool needs.

Days and times of training and how you feel about starting and ending on time.

The need for each player to have his/her own ball at each training session.

Game schedule and uniform expectations.

Most importantly your philosophy about coaching players.

Above all try to enjoy yourself - if you do, most likely they will also.

Choose a team coordinator - someone to handle administrative details.

HELPFUL HINTS FOR COACHES

- 1. Arrive early to training and games. This allows you to get prepared and sets a good example.**
- 2. Organize for the next activity while the players are stretching or getting water. This will allow you to start the next activity right away, instead of making the players wait for you.**
- 3. Prepare your sessions prior to practice.**
- 4. Create a “supply of balls” next to the playing areas so whenever a ball goes out of play, you can quickly put another in to play.**
- 5. Communicate with your assistants prior to the practice or the game. This will ensure that both of you are prepared.**
- 6. Arrange for a team manager that can coordinate “phone trees”, scheduling, etc.**
- 7. Have a parents meeting to introduce yourself, establish your policies, express your goals and philosophy, explain the parents roles and the players responsibilities.**
- 8. Create standards and enforce them (ex: attendance).**
- 9. Have meetings with players to review their progress. Explain what they do well and what they need to improve on. Give them exercises or resources that will help them. Encourage them to watch high level games and to play on their own.**
- 10. Continue your education as a coach through going to coaching clinics, watching professional games, playing, observing other coaches, reading books and watching videos.**