



*There can be no Tactics without Skills !*



# *Player Development Guide*



*Remember - it's for the kids !!*



# OSS Player Development Guide

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## 1. Introduction – The Basics of Coaching Soccer

- 1.1.** This Guide outlines the goals, approach and objectives embraced by the Ocean State Soccer School with respect to the development of youth soccer players. It is important that all members of the Coaching Team read, comprehend and abide by this Guide to the best of their abilities.

The information contained herein is intended for all novice, intermediate and experienced coaches. For those new to coaching, please do not hesitate to consult with the OSS Director of Technical Training, the OSS Competitive Director of Coaching or the OSS Recreational Director of Coaching with respect to this material.

Your success as a coach will primarily be measured by how much fun your players are having and if your players are continually improving their technical capabilities. Focus on these two objectives and you will create an exciting, challenging and fun-filled environment for your team throughout the season.

***“Instill the love of the Game in the Child”***

### 1.2. What is Soccer ?

Soccer is a sport based on a player(s) technical ability to control a ball with his/her body and make tactical decisions that benefit the team in order to win the game. It is a free flowing game, with very few set plays, no timeouts or stoppages for coaching. In the case of younger players from U5 to U12, the main focus of our coaches should be technique. The most fundamental skill in soccer is individual mastery of the ball and creativity, the primary skill that every other skill depends on.

### 1.3. What Is Coaching?

Dependant on your view, coaching may be seen as a management and facilitation process or developing and nurturing talent. All of these views are part of coaching but a very simple explanation is : “Coaching is an activity aimed at influencing the way soccer is played and the people who play it”.

The process of development is the process whereby coaches improve their ability to Observe, Evaluate, Educate and Judge the success of training topic(s). The basis of coaching is observation followed by analysis of the game and the cause and effects that determine the outcome. The problems the players are unable to solve in the game become your training topic for the next training session. It takes much practice for the coach to gain the skills and techniques necessary to become a good coach. Coaching young players requires the ability to apply technical knowledge of the game within a learning, challenging and most of all **FUN** environment.

### 1.4. The Five Phases of Learning to Coach

There are five phases that are critical to the process of learning how to coach soccer :

- 1) Knowledge and Understanding of Game.
- 2) Reading the Game: The ability to observe and hear what is occurring in the game is a fundamental requirement for every coach.
- 3) Determining Objectives: For our younger players, focus on Technique. For players above U12, both Technique and Tactics.
- 4) Setting Priorities: Sometimes a minor problem must be corrected before moving on to a more complicated one.
- 5) Planning: Putting your session on paper will keep you focused on the objective of the session.



### 1.5. Method of Coaching

The training session for young players should always include plenty of touches with the ball. Remember no matter what the age and ability of the player, the sessions should work from simple to complex. The Progressive Method of Coaching follows 3 stages :

- 1) **Fundamental** : Individual players with a ball, slow speed with no pressure from opponents. Needs total concentration of player(s).
- 2) **Match Related**: Introduce pressure of opponent and gradually increase it based on player's success. We want to maintain the player's confidence so pressure is introduced in this way: Passive – Restricted - Live.
- 3) **Match Condition**: All restrictions are removed from the opponent and pressure is live, the activity mirrors the actual game. Small-sided games are good for repetition but try to mirror how they play on game day.

### 1.6. How to Teach

Teaching young athletes to play soccer is a very rewarding, yet challenging task. Be sure to set realistic goals and objectives for the age and ability of the players. Be aware of the following :

- 1) How do they Learn ? How do they receive and process the information are you speaking in a language they understand. **Demonstrate** the technique by yourself or use one of the players.
- 2) When do you Teach: Individual or group. When do you move to the next phase of the session? Always build training sessions that start out with simple concepts and progress to more complex challenges.
- 3) What are you going to Teach and Why: Explain where it belongs in the game “paint a picture”. Explain rules of the activity, clear objectives and method of keeping score.
- 4) Always remember that the game is the best teacher. Coaching only influences how to play the game. The game belongs to the players, not the adults.
- 5) Use guided discovery / guided learning techniques : as the players how to solve problems, do not continually provide them with all the answers.
- 6) Consult the “**Coaches Toolkit**” provided in the Appendix. The Coaches Toolkit reminds the Coach to refrain from stopping the flow of the game during training and instead find the coachable moments during natural stoppages of play.

### 1.7. Player Development

Player development must start with acquiring the technique to move and control the ball, as the rest of the game is a dependant on the player's technical ability. There are several aspects involved in passing a ball and it takes considerable energy and concentration for young players to acquire that skill.

Coaches should not be in a hurry to rush into tactics always keeping in mind the player's maturity level. The younger the player the simpler the exercise needs to be. Set up games where players get plenty of repetitions, touches of the ball and you can do this by playing with small numbers : 2v2, 3v3. Always remember, the game of soccer is the best teacher.



Many players have been taught to pass the ball or “boot it” when the ball reaches their feet. Some coaches take the view that this stops players from making mistakes but this approach takes away from the most important aspect of the game : **Technique!** Making mistakes at this level is important to a players learning, development and self-confidence to experiment (**Discovery Method**). As coaches of young players, we should encourage players to dribble as their first option.

Consider the following two points :

- 1) Children from 6 to 12 years of age have a great capacity to learn body movement and coordination (motor skills).
- 2) However, for the same age groups their intellectual capacity for spatial concepts like positions, space and group play is very limited. The long-term goal of player development is to prepare the player to successfully recognize and solve the challenges of the game on his/her own. The most important aspect of soccer for young players is **FUN, FUN, and FUN** with limited instruction from coaches.

### 1.8. Components of Soccer

There are four components of coaching soccer and the order of priority for each one differs depending on the age and ability of the players. As coaches we use these components to solve problems identified in the game and set up training sessions that allow us to coach the player not the method.

- 1) **Technique:** The player’s ability to receive and manipulate the ball while keeping possession, under the pressure of time, space and opponent.
- 2) **Tactics:** The decisions of players in offensive and defensive situations based on the system of play with and without the ball.
- 3) **Physical:** A player’s fitness (cardiovascular) to meet the speeds of the game with and without the ball for the duration of the game.
- 4) **Psychology:** The ability of the player to control emotions, understand game situations, focus and maintain a positive outlook with a desire to succeed.

At OSS, our player evaluations are based on the above four categories.

### 1.9. Basic Overview of Technique : Four Techniques Required With The Ball

There are four basic technical areas of focus for developing youth soccer skills :

- 1) **Dribbling:** There are three (3) types of dribbling : shielding, attack and speed.  
Major coaching points: Body mechanics, Body shape and balance, Change of pace/direction, Deception, Setting up defender, Protecting the ball, Vision, Tactical application.
- 2) **Passing:** Coaches of young players should focus on the technique of the inside of the foot pass; it is the easiest of the four. The adjustment for the other passes primarily involves being able to utilize various other surfaces of the feet.  
Major Coaching points: Body mechanics, Body shape and balance, Weight (pace) of pass, Accuracy, Deception, Vision, Tactical application.



- 3) **Receiving:** Begin with receiving the ball on the ground using various surfaces. Players should be proficient before moving to receiving balls in the air.

Major coaching points: Body mechanics, Body shape and balance, Early selection of surface, Eye on the ball reading flight of ball, Body in line, Relax with the ball, Control ball don't stop it dead, Vision, Tactical application: move ball away from pressure.

- 4) **Finishing:** Build player's self confidence by nurturing technique over short distances.

Major coaching points: Body mechanics, Body shape and balance, Eye on ball, Preparation touch, Aggressive and positive mentality, Vision, Tactical Application: placement v power.

### 1.10. Principles of Play (Tactics)

Tactics are the where, when and why of soccer. The free flowing characteristics of the game provide the players with numerous opportunities to make instance decisions while attacking or defending.

The game is best understood when strategy and tactics are based upon certain principles. These principles applied to both attack and defense known as "**Principles of Play**".

#### Principles of Defense :

- 1) **Pressure.** Force attacking team/player to slow down attack so defenders have time to get behind the ball and build a collective defending action in front of goal.
- 2) **Delay.** The First Defender should implement principle of Delay.
- 3) **Cover.** Covering player's support pressuring players at correct angle and distance depending on position of attackers. This is the Second Defender's role.
- 4) **Balance.** Tracking opponents marking vertical runs away from area of ball opposite side of field (weak side). This is the Third Defender's role.
- 5) **Concentration** (lateral) and **Compactness** (vertical). Reducing the space of the attacking team by defenders from back to front (pressing) and from side to side (squeezing).

#### Principles of Attack:

- 1) **Penetration.** The first choice of the player in possession of the ball achieved by shooting, passing, or dribbling.
- 2) **Depth.** Providing support for the player in possession in front and behind the ball. This is the role of the second Attacker.
- 3) **Mobility.** Attacking players attempt to unbalance the defense by running and moving intelligently on the field. Role of the third Attacker.
- 4) **Width.** The deployment of players across the width of the field in order to spread the defense and create attacking space.
- 5) **Improvisation.** Ability to make the attack unpredictable through individual skill, dribbling.



## 2. OSS Coaching Philosophy and Objectives

### 2.1. The Mission Statement of OSS

The mission of Ocean State Soccer School :

“Provide world-class soccer development programs that provide the children of our communities the opportunity to reach their maximum potential for enjoyment through the game of soccer.”

### 2.2. OSS Philosophy

To provide a challenging, fun and dynamic soccer experience that encourages progressive skill development, competitive spirit and a winning attitude. As a coach, your mission is to nurture the love of the game in young athletes, while developing and attracting highly competitive players.

### 2.3. Key Coaching Objectives

- 1) Develop a coaching platform for progressive player development based on **Coerver Method™** that encourages ball mastery and skill building from the earliest ages.
- 2) Utilize the **Positive Coach Mental Model** to encourage all coaches to develop positive character traits in their players through the teaching of life lessons.
- 3) Establish age appropriate technical and tactical objectives with specific benchmarks for measuring progress.
- 4) Provide coaches with clear understanding of the player development objectives (technical, tactical, physical and psychological) and a tool kit that utilizes progression techniques to prescribe the path of success.
- 5) Introduce tactical approaches at U12 and above ; coordinate with high school coaches to ensure continuity and alignment of objectives.
- 6) Establish clear and efficient guidelines for coaches and team administrators to effectively manage teams in league and tournament play.
- 7) Prepare the player to successfully recognize and solve the challenges of the game on his or her own.

## 3. Training Approach

### 3.1. General Comments

In preparing for a training session, Coaches should consider the following :

- 1) Have a written plan
- 2) Focus on one theme (either Technical or Tactical) for the entire session
- 3) Use Small Sided Games as much as possible to teach all aspects of the game
- 4) Follow the training progression steps listed below : simple to complex



Additionally, every training session should touch upon at least 3 of the components of the game :

- U12 and below : Technical, Physical and Psychological
- U13 and above : Technical, Tactical, Physical and Psychological

Lastly, use of Coaches Tool Kit which outlines the principles Coaches should follow when conducting a Training Session (see Appendix for full list)

- Find coachable moments during natural stoppages of play
- Coach players individually on the side
- Coach from within the game
- Recreate the moment (no more than 20% of the time)
- Initiate competition in all activities
- Use of Progressions in Training : time, space, additional defenders/attackers, touches, transitions through various thirds of the field

### 3.2. Technical Training Approach

3.2.1. Training Sessions should incorporate the principles of the **Coerver Pyramid of Skill Development**.

OSS has adopted the **Coerver Method™**, a world renowned standard approach to teaching young athletes the technical skills required to be successful in soccer. Coerver places a high degree of emphasis on using match related activities to develop quick feet and positive first touch – exactly what our young players need !



The Pyramid is a progression from the basic foundational Ball Skills/Ball Mastery, through to Team or Group Attack play.

3.2.2. Based on the Pyramid, each Training Session should focus on one of the major technical development areas :

- |              |           |          |              |
|--------------|-----------|----------|--------------|
| Dribbling    | Passing   | Heading  | Throw-Ins    |
| Ball Control | Shooting  | Crossing | Goal Keeping |
| Defending    | Receiving | Tackling | Juggling     |

3.2.3. Each Technical Training Session should choose one Technical development area to concentrate on. The Training Session will also consider the areas of development required as a result of the team or individual performance in the previous game. Coaches should progress each Technical Session from individual based instruction, to match-related exercises and finish with match



conditions (scrimmage, small sided games). The basic flow of the Technical Training Session will be as follows :

<b><u>Technical Training Progression</u></b>	<b><u>Objective</u></b>
1. Fundamental/Warmup	Dynamic stretching, ball control skills, introduce technical theme, no pressure
2. Match Related Activity #1	Small group activities designed to incorporate technical theme, introduce pressure (time,space)
3. Match Related Activity #2	Add increased conditions or restrictions to resemble the match
4. Match Condition Game	Small sided games that represent match conditions while continuing to emphasize the technical theme
5. Cool Down/Team Building	Dynamic stretching, team building (fun) exercise

**3.2.4.** Section 4 contains the specific Technical Age Objectives the Ocean State Soccer Club expects each team to achieve through the training sessions in the various age groups. Players' progress should be continually evaluated against these objectives. The Appendix also contains a listing of the various technical areas, suggested drills and games related to the technical areas and various coaching points that should be used to construct weekly Training Plans. Sample Technical Training Plan templates can be found in the Appendix.

**3.2.5.** Additional Training Points :

- Coaches should consider assigning two players each week as Team Leaders, responsible for leading Warmups at Training and will also serve as Captains for the weekend match.
- Strongly recommend to each player to continually improve their Juggling and Ball Handling skills at home.

### **3.3. Tactical Training Approach**

**3.3.1.** Tactics should be introduced no earlier than the U12 age group. For the U12 and above levels, the following tactical areas should be covered :

Defending : 1<sup>st</sup> and 2<sup>nd</sup> Defender, Defensive Shape  
Attacking : 1<sup>st</sup> and 2<sup>nd</sup> Attacker, 1v1, Passing Angles, Combination Play  
Set Plays : Corner Kicks, Goal Kicks, Kickoffs, Throw-Ins

**3.3.2.** A Tactical Training Session should consider the areas of development required as a result of the team or individual performance in the previous game. Coaches should progress each Session from restricted space activities, to one-directional/one-goal exercises and finish with small sided/two goal games. The basic flow of the Tactical Training Session should be as follows :



### **Tactical Training Progression**

### **Objective**

- |                                |  |
|--------------------------------|--|
| 1. Warmup : Unrestricted Space | Dynamic stretching, ball control skills, introduce tactical theme  |
| 2. Restricted Space Activity   | Small groups activities to emphasize tactical theme with space, touch, or time restrictions, numbers up or down depending on theme |
| 3. One Goal With Counter       | One directional play with target/goal for Attackers and a target/counter for Defenders   |
| 4. Game With Two Goals         | Small sided games that represent match conditions while emphasizing the tactical theme   |
| 5. Cool Down/Team Building     | Dynamic stretching, team building (fun) exercise   |

**3.3.3.** Section 4 contains the specific Tactical Age Objectives the Ocean State Soccer Club expects our team to achieve through the training sessions for the various age groups. We will evaluate our players' progress against these objectives. The Appendix also contains a listing of the various tactical areas, suggested drills and games related to the tactical areas and various coaching points.

## **3.4. Physical Training Approach**

**3.4.1.** Our Physical Training approach will be based upon developing the necessary fitness related abilities in our players, including :

- Endurance
- Agility, Mobility, Flexibility
- Core Strength
- Balance
- Speed
- Power

**3.4.2.** We will accomplish these objectives via the following methods :

- Economical Training : incorporation of fitness activities into all Technical and Tactical training sessions
- Fitness Specific Training : designate 1 Training session per week for Fitness (U12 age groups and older only)
- Encourage the players to work on Fitness at home
- Educate players on diet, sleep and exercise

## **3.5. Psychological Component : Developing Winning Athletes**

**3.5.1.** Consistent with our major goal of developing winning athletes, we will focus on developing the player character traits required to Honor the Game. These traits will balance the goal of winning the game with the goal of teaching life lessons to young athletes.



**3.5.2.** Reinforce our goals through the implementation of the **Positive Coach Mental Model** (taken from the **Positive Coaching Alliance** - see Appendix) :

- **ELM** : Redefine “Winner” as a player that focuses on **Effort**, **Learning** and sees **Mistakes** as part of the learning process to master the game.
- Continually fill player’s **Emotional Tanks** : strive to achieve a 5:1 plus/minus ratio of Praise to Correction
- Honor the game through continual emphasis on respecting the **ROOTS** of the game : **Rules**, **Opponents**, **Officials**, **Teammates**, **Self**

**ELM**  
**Tree of**  
**Mastery :**

**E = Effort**  
**L = Learning**  
**M = Mistakes**



**Fill**  
**Emotional**  
**Tanks**

**ROOTS**

**Rules Opponents Officials Team Self**

**3.5.3.** Leadership training will also be accomplished in a number of ways :

- Rotate/alternate Warm-up Leaders to foster leadership skills in each of the players. Players U12 and older should be able to independently coordinate Warm-ups and Stretching on their own.
- Game Captains will be the Training Leaders from the previous Training Sessions. Game Warm-ups and Stretching routines will be very similar to Training Sessions, therefore the Game Captains will be responsible to organize the team prior to the match. Though not a primary focal area, such decisions as to which goal to defend, do we want the ball first, etc. may eventually come into play.

**3.5.4.** Games and exercises for each Training Session will introduce elements of Thinking, Cooperation, Field Awareness and Communication.

**3.5.5.** “Chalk Talk” sessions will continually remind the players of what it means to respect officials, respect opponents and follow the rules of the game (**ROOTS**). Regularly look for examples of players filling each other’s of **Emotional Tanks**.

**3.5.6.** At various times throughout the year, plan team get-togethers with a non-soccer theme to allow the players (and families) to socialize outside of the normal soccer setting.





- Sole to laces ; “pullbacks”
- Cuts with both left and right feet
- Dribble cuts
- Change of direction : step on the ball, stop and turn
- Same touch with 45 degree turn
- Same touch preceded by a Step Over
- Receiving :
  - Inside of the foot trapping, both feet
  - Thigh trapping with touch back, both feet
  - Chest trapping with control at feet, pass back
- Passing :
  - Basic pass with inside of foot : toe up, heel down, follow through
  - Two touch trap and pass
  - Introduce One Touch passing
  - Introduce communication : calling for the ball
- Moves and Feints :
  - Focus on developing moves with little or no defensive pressure
  - Change of direction : Pullbacks, Hook Turn and Outside Cutbacks
  - Complete one move with confidence : Scissor or Step Over
- Speed :
  - Introduce agility and footwork activities
  - Side to side shuffle and working with cones
  - Tag : follow the leader
- Shooting/Finishing :
  - Introduce balance and follow through
  - Focus on correct plant foot placement

### 4.3. U10

#### Game and Training Application :

Game Form : 6 v 6 maximum

Field Size : 60 x 40 yards

Ball Size : 4

Training Duration : 60-75 minutes

GoalKeeper Status : Rotate players ; all players should experience this position

#### General Observations :

- Further develop ball control and dribbling skills, especially in tight spaces
- Introduce to players how their movement and decisions are related to teammates
- Introduce competition into the activities but do not make it the primary focus
- Emphasis on creating 1v1 and 2v2 situations
- Utilize simple problem solving opportunities
- Demonstrate and explain very briefly – let them play!!

#### Technical Objectives :

- Cultivate feeling for the ball : “Touch”
- Continued focus on Ball Mastery by adding speed and quickness to moves
- Introduce Passing, Receiving
- Dribbling : players should continue to build on existing skills using various surfaces :
  - Sole to laces ; “pullbacks” with both feet
  - Cuts with both left and right feet, inside and outside foot
  - Dribble cuts



- Change of direction : step on the ball, stop and turn
- Same touch with 45 degree turn
- Same touch preceded by a Step Over
- Nutmeg, pass ball thru defenders legs
- Introduce change of pace and emphasize control of the ball
- Receiving :
  - Receive with inside and outside of foot
  - Thigh trapping with touch back, both feet
  - Heading : very light toss, head back to passer
  - Turning, inside
  - Avoid players jumping in the air
  - Teach players to “pillow” the ball with the receiving surface
- Passing :
  - Inside of the foot at various distances
  - One touch passing on the move
  - Two touch trap and pass
  - Always talking, always moving
  - Passing and moving off the ball
  - One touch out of the air with control
  - Teach passing to space
  - Distance depends on player’s ability
  - Stress body shape : balanced, open hips to the ball, standing foot pointed in direction of pass
- Moves and Feints :
  - Focus on developing moves with increased defensive pressure
  - Change of direction : Pullbacks, Hook Turn and Outside Cutbacks, Cruyff
  - Complete 2-3 move with confidence : Scissor, Step Over, Geg
  - Introduce Stops and Starts
- Speed and Fitness :
  - Introduced coordinated Team Training that focuses on Speed and Fitness
  - Side to side shuffle and working with cones, followed by shooting
  - Confident at speed with ball, head up
- Shooting/Finishing :
  - Solid balance and follow through
  - Introduce light pressure, one touch shooting
  - Introduce volleying
  - Both feet with a stationary ball from 7 yards or less
  - Placement from 4 yards or less
  - Emphasize accuracy vs. power ; power comes from technique and physical development which they do not have at this age

Tactical Objectives :

- 1v1 Attacking :
  - Beating defender left and right; nutmeg
  - Exhibiting dribbling moves with both feet, keep the ball moving
- 1v1 Defending :
  - Dictate direction
  - Block tackle
- Tactical activities and exercises must contain transition to make them game related (Transition defined as the ball switching possession from one team to another)



#### 4.4. U12

##### Game and Training Application :

Game Form : 8 v 8 or 9 v 9 maximum                      Field Size : 50 x 70 yards  
Ball Size : 4    Training Duration : 75-90 minutes  
GoalKeeper Status : GoalKeepers share time between 2-3 players

##### General Observations :

- Use of match performance to reinforce the key aspects of individual technical development
- Each training should address individual ball skill development as well as small group decision making
- Players begin to take responsibility for their decisions on the field
- Increased awareness of teammates position on the field
- Players should learn based on the principles of the game rather than positions on the field ; let the players experience different positions and the challenges the positions create
- Train players to recognize numbers up, even numbers and numbers down situations and the appropriate decisions based on each scenario

##### Technical Objectives :

- Continue to cultivate feeling for the ball
- Continued focus on Ball Mastery by adding speed, quickness and competitive to moves
- Introduce Fast Break Attacking
- Dribbling : players should begin to focus on speed and quickness :
  - Sole to laces ; “pullbacks” with both feet
  - Pull and tuck ; pull backward and hop-tuck behind left and right feet
  - Cuts with both left and right feet, inside and outside foot
  - Dribble cuts
  - Change of direction : step on the ball, stop and turn
  - Same touch with 45 degree turn
  - Same touch preceded by a Step Over
  - Nutmeg, pass ball thru defenders legs
  - Introduce change of pace and emphasize control of the ball with moves completed from a passing or receiving situation.
- Receiving :
  - Receive with inside and outside of foot
  - Thigh trapping with touch back, both feet
  - Chest trapping with control at feet, pass back
  - Chest trapping out of air, one touch back to passer, change of direction
  - Heading : very light toss, head back to passer
  - Turning, inside
  - Receiving while “checking to” the ball : running towards the passer
  - Receiving while “checking away” from the ball ; running away from passer
  - Avoid players jumping in the air ; stay in control
  - Teach players to “pillow” the ball with the receiving surface
- Passing :
  - Inside of the foot at various distances
  - Outside of the foot at various distances
  - Chipping ; start with stationary ball and progress to moving ball
  - One touch passing on the move
  - Two touch trap and pass



- Introduce crossing
- Always talking, always moving
- Passing and moving off the ball
- One touch out of the air with control
- Teach passing to space
- Distance depends on player's ability
- Stress body shape : balanced, open hips to the ball, standing foot pointed in direction of pass
- Moves and Feints :
  - Focus on developing moves with increased defensive pressure
  - Change of direction : Pullbacks, Hook Turn and Outside Cutbacks, Cruyff
  - Complete 2-3 moves with confidence : Scissor, Step Over, Geg
  - Introduce stops and starts
  - Combine 2-3 moves under control
- Speed and Fitness :
  - Introduced coordinated Team Training that focuses on Speed and Fitness
  - Side to side shuffle and working with cones, followed by shooting
  - Confident at speed with ball, head up
- Shooting/Finishing :
  - Solid balance and follow through
  - Introduce light pressure, one touch shooting
  - Introduce volleying ; half volleys from 10 yards out
  - Slotting and placement from 8 yards out ; make goalkeeper commit
  - Emphasize proper preparation for striking the ball
  - Emphasize accuracy vs. power ; power comes from technique and physical development which they do not have at this age

Tactical Objectives :

- 1v1, 2v2, 4v4 Attacking :
  - Beating defender left and right; nutmeg
  - Exhibiting dribbling moves with both feet, keep the ball moving
  - Combination play : wall pass, overlap, double passes, diagonal runs
  - Role of 2<sup>nd</sup> Attacker providing support depending on quality of possession
  - Basic shape (diamond) for 4v4 attacking
- 1v1 and 2v2 Defending :
  - Role of 1<sup>st</sup> Defender : Pressure, dictate direction, patience, body shape, recovery
  - Block tackle, slide tackle
  - Role of 2<sup>nd</sup> Defender : Cover, see the ball and see the man,
- Tactical activities and exercises must contain transition to make them game related (Transition defined as the ball switching possession from one team to another)



## 4.5. U14

### Game and Training Application :

Game Form : 11 v 11

Field Size : 100 x 60 yards

Ball Size : 5

Training Duration : 75-90 minutes

GoalKeeper Status : GoalKeepers chosen based on ability

### General Observations :

- Transition to adult-sized game
- Focus on relationships between different lines (defenders, midfielders, forwards)
- Expand the player's understanding of the game
- Use small-sided model for training to solve problems based on application of technique ; games should emphasize speed of play
- Introduction to fitness, mental toughness and results
- Encourage players to play in different positions
- Use competition in training to develop awareness of how ball skills and decisions help or hinder success
- Key themes :
  1. How to get the ball out of pressure and move forward as an individual and a team
  2. How to win the ball back as both an individual and as a team

### Technical Objectives :

- Continued focus on Ball Mastery by adding speed, quickness and competitive to moves
- Emphasize Fast Break Attacking
- Skill is the ability to perform technical moves under pressure ; add restrictions (touches, numbers up/down, time) to challenge the players
- Dribbling : players should continue to focus on speed and quickness :
  - Sole to laces ; "pullbacks" with both feet
  - Pull and square, pull backward hop-square left and right feet
  - Pull and push, pull backwards hop-push left and right feet
  - Pull and tuck ; pull backward and hop-tuck behind left and right feet
  - Cuts with both left and right feet, inside and outside foot
  - Dribble cuts
  - Change of direction : step on the ball, stop and turn
  - Same touch with 45 degree turn
  - Same touch preceded by a Step Over
  - Nutmeg, pass ball thru defenders legs
  - Emphasize change of pace and control of the ball with moves completed from a passing or receiving situation.
- Receiving :
  - Receive with inside and outside of foot
  - Thigh trapping with touch back, both feet
  - Chest trapping with control at feet, pass back
  - Chest trapping out of air, one touch back to passer, change of direction
  - Heading : receiving ball in flight, add pressure, head back to passer, heading for attack and heading for defense
  - Turning : inside, outside away from pressure
  - Receiving while "checking to" the ball : running towards the passer
  - Receiving while "checking away" from the ball ; running away from passer
  - Avoid players jumping in the air ; stay in control
  - Teach players to "pillow" the ball with the receiving surface
  - Receiving at two speeds : relaxed and while moving at full speed



- Passing :
  - Inside of the foot at various distances
  - Outside of the foot at various distances
  - Chipping ; moving ball to a moving player
  - One touch passing on the move
  - Two touch trap and pass
  - Further develop crossing
  - Always talking, always moving
  - Passing and moving off the ball
  - One touch out of the air with control
  - Continued emphasis passing to space
  - Stress body shape : balanced, open hips to the ball, standing foot pointed in direction of pass
  - Passing at two speeds : relaxed and while moving at full speed
- Moves and Feints :
  - Focus on developing moves with increased defensive pressure
  - Change of direction : Pullbacks, Hook Turn and Outside Cutbacks, Cruyff with powerful first step
  - Complete 3-4 moves with confidence : Scissor, Step Over, Geg, etc.
  - Controlled stops and starts
  - Combine 2-3 moves under control
- Speed and Fitness :
  - Coordinated Team Training that focuses on Speed and Fitness
  - Ladders and grids
  - Side to side shuffle and working with cones, followed by shooting
  - Confident at speed with ball, head up
  - Introduce Bungi Running
  - Plyometrics (training designed to produce fast, powerful movements)
  - Increase field length in training
  - Interval training (high-intensity exercise periods alternated with periods of rest)
- Shooting/Finishing :
  - Solid balance and follow through
  - High pressure, one touch shooting
  - Half volleys from 12 yards out
  - Focus on volleying off crosses
  - Introduce heading on to goal
  - Long range shooting with both feet from a moving ball
  - Emphasize proper preparation for striking the ball
  - Develop power ; power comes from technique

Tactical Objectives ::

- 1v1, 2v2, 4v4 Attacking :
  - Beating defender left and right; nutmeg
  - Exhibiting dribbling moves with both feet, keep the ball moving
  - Combination play : wall pass, overlap, double passes, diagonal runs
  - Role of 2<sup>nd</sup> Attacker providing support depending on quality of possession
  - Basic shape (diamond) for 4v4 attacking
- 1v1, 2v2, 4v4 Defending :
  - Role of 1<sup>st</sup> Defender : Pressure, dictate direction, patience, body shape, recovery
  - Block tackle, slide tackle
  - Role of 2<sup>nd</sup> Defender : Cover, see the ball and see the man, prevent the split



- Introduce technical functional training games that help players with a desired position in the system of play
- Tactical activities and exercises must contain transition to make them game related (Transition defined as the ball switching possession from one team to another)

#### 4.6. U16

##### Game and Training Application :

Game Form : 11 v 11

Field Size : 120 x 70 yards

Ball Size : 5

Training Duration : 90-120 minutes

GoalKeeper Status : GoalKeeper chosen based on ability

##### General Observations :

- Emphasize how small group play tie into larger team concepts : how the backs work together and how the different lines (defenders, midfielders, forwards) work together
- Positional responsibilities and how these responsibilities are interconnected
- Players must aspire to have technical precision and how their technical ability to collect and pass the ball has a direct impact on all aspects of the game
- Continued use of Small Sided Games (6v6) to address principles of Attack and Defend
- Training games and exercises should be competition-based

##### Technical Objectives :

- Continued focus on Ball Mastery by adding speed, quickness and competitive to moves
- Emphasize Fast Break Attacking
- Skill is the ability to perform technical moves under pressure ; add restrictions (touches, numbers up/down, time) to challenge the players
- Dribbling : players should continue to focus on speed and quickness :
  - Sole to laces ; “pullbacks” with both feet
  - Pull and square, pull backward hop-square left and right feet
  - Pull and push, pull backwards hop-push left and right feet
  - Pull and tuck ; pull backward and hop-tuck behind left and right feet
  - Cuts with both left and right feet, inside and outside foot
  - Dribble cuts
  - Change of direction : step on the ball, stop and turn
  - Same touch with 45 degree turn
  - Same touch preceded by a Step Over
  - Nutmeg, pass ball thru defenders legs
  - Emphasize change of pace and control of the ball with moves completed from a passing or receiving situation.
- Receiving :
  - Receive with inside and outside of foot
  - Thigh trapping with touch back, both feet
  - Chest trapping with control at feet, pass back
  - Chest trapping out of air, one touch back to passer, change of direction
  - Heading : receiving ball in flight, add pressure, head back to passer, heading for attack and heading for defense, finding players in space
  - Turning : inside, outside away from pressure
  - Receiving while “checking to” the ball : running towards the passer
  - Receiving while “checking away” from the ball ; running away from passer
  - Avoid players jumping in the air ; stay in control
  - Teach players to “pillow” the ball with the receiving surface



- Receiving at two speeds : relaxed and while moving at full speed
- Dummies (keeping possession)
- Passing :
  - Inside of the foot at various distances
  - Outside of the foot at various distances
  - Chipping ; moving ball to a moving player
  - One touch passing on the move
  - Two touch trap and pass
  - Further develop crossing
  - Always talking, always moving
  - Passing and moving off the ball
  - One touch out of the air with control
  - Continued emphasis passing to space
  - Stress body shape : balanced, open hips to the ball, standing foot pointed in direction of pass
  - Passing at two speeds : relaxed and while moving at full speed
  - Players should be able to start driving the ball on the ground and putting balls in the air to teammates without over hitting it
- Moves and Feints :
  - Focus on developing moves with increased defensive pressure
  - Change of direction : Pullbacks, Hook Turn and Outside Cutbacks, Cruyff with powerful first step
  - Complete 3-4 moves with confidence : Scissor, Step Over, Geg, etc.
  - Controlled stops and starts
  - Combine 2-3 moves under control
- Speed and Fitness :
  - Coordinated Team Training that focuses on Speed and Fitness
  - Ladders and grids
  - Side to side shuffle and working with cones, followed by shooting
  - Confident at speed with ball, head up
  - Introduce Bungi Running
  - Plyometrics (training designed to produce fast, powerful movements)
  - Increase field length in training
  - Interval training (high-intensity exercise periods alternated with periods of rest)
  - Aerobic and anaerobic training
  - Proper warm up and warm down at each training session and match
- Shooting/Finishing :
  - Solid balance and follow through
  - High pressure, one touch shooting
  - Half volleys from 18 yards out
  - Focus on volleying off crosses
  - Heading on to goal
  - Slotting : placement from 12 yards
  - Long range shooting with both feet from a moving ball
  - Emphasize proper preparation for striking the ball
  - Striking the ball under pressure : defensive player in front, on side, sliding in
  - Crossing and finishing : one touch in front of goal, runs into the box
  - Develop power ; power comes from technique



Tactical Objectives ::

- 1v1, 2v2, 4v4 Attacking :
  - Beating defender left and right; nutmeg
  - Exhibiting dribbling moves with both feet, keep the ball moving
  - Combination play : wall pass, overlap, double passes, diagonal runs
  - Role of 2<sup>nd</sup> Attacker providing support depending on quality of possession
  - Basic shape (diamond) for 4v4 attacking
- 1v1, 2v2, 4v4 Defending :
  - Role of 1<sup>st</sup> Defender : Pressure, dictate direction, patience, body shape, recovery
  - Block tackle, slide tackle
  - Role of 2<sup>nd</sup> Defender : Cover, see the ball and see the man, prevent the split
- Play technical functional training games that help players with a desired position in the system of play
- Bigger small sided games : 6v6, 8v8
- Stress possession for a purpose in man up and man down situations
- Tactical activities and exercises must contain transition to make them game related (Transition defined as the ball switching possession from one team to another)

#### 4.7. U18 and above

Game and Training Application :

Game Form : 11 v 11

Field Size : 120 x 70 yards

Ball Size : 5

Training Duration : 90-120 minutes

GoalKeeper Status : GoalKeeper chosen based on ability

General Observations :

- Technical capability of the player is almost complete
- Further development in the areas of insight, physical conditioning and attitude
- Continued focus on :
  1. Technical proficiency and precision
  2. Game insight
  3. Individual responsibility for improvement
- Practices should always contain : competition, critical thinking and technical repetition
- Match-related tactical planning : system of play, adjustments based on strengths of opponents, how to keep a lead in final 15 minutes, etc
- Players begin to recognize the needs of a particular game and how to adjust
- Emphasize proper game preparation

Technical Objectives : to be developed.

Tactical Objectives : to be developed.



## 5. Game Planning and Management

- 5.1. Game Planning and Management requires the entire Coaching Staff to take an active role.
- 5.2. Game Plan Preparation : the Coaching Team should prepare a Game Plan for each match (see sample in Appendix). The Game Plan will outline the formation and player positions/substitution plan for the match.
- 5.3. Game Day Procedures : The Head Coach is responsible to ensure the Game Day Procedures are followed, such as checking the condition of the field and goals, handling of rosters and Game Day Reports, organizing warm-ups, post-game cleanup (see Appendix).
- 5.4. Suggested Game Day coaching assignments : consider the following division of responsibilities among the coaching team :
  - Warmups (see Appendix for example)
  - One Coach will keep Game Time and help with substitutions
  - One Coach will manage substitutions
  - One Coach will observe the game, maintain the match notes and observations that will serve as input for the next Training Sessions
- 5.5. Halftime : allows players to hydrate, check for injuries, ask for feedback from the team, stress 1 or 2 (no more) improvement areas.
- 5.6. After the match : remind players to hydrate, check for injuries, remind them of next match or training session ; try to refrain from too much feedback on the match (5 minutes maximum).
- 5.7. All Coaches will observe, minimize instructions and concentrate on encouraging the players during the match. Let them play !!

## 6. Player Evaluations

- 6.1. The Coaching staff of all OSS Competitive Teams is required to submit Player Evaluations to the Director of Coaching three times per year (U11 and above) :  
Fall (December 1<sup>st</sup>), Winter (March 1<sup>st</sup>) and Spring (June 1<sup>st</sup>).
- 6.2. The Player evaluation form evaluates a Player's skill level in the 4 key aspects of development : Technical, Tactical, Psychological and Physical. OSS utilizes an online tool called **Zoom Reports** to facilitate, store and distribute the player evaluations. Check the OSS web site, under the Competitive tab, for the link to **Zoom Reports**.
- 6.3. It is important to note that Players should be evaluated against the age-appropriate objectives in the four development areas and not against each other.
- 6.4. A Zoom Report evaluation can be emailed directly to the players (recommended for U14 and above only). A Summary Evaluation form for U12 and below is attached in the Appendix.



## **7. Additional Resources**

### **7.1. Web Sites :**

- Ocean State Soccer School : [www.oceanstatesoccer.org](http://www.oceanstatesoccer.org)
- US Soccer Federation : [www.ussoccer.com](http://www.ussoccer.com)
- US Youth Soccer : [www.usyouthsoccer.org](http://www.usyouthsoccer.org)
- Positive Coaching Alliance : [www.positivecoach.org](http://www.positivecoach.org)
- Liberty Mutual's Responsible Sports : [www.responsiblesports.com](http://www.responsiblesports.com)
- Soccer Rhode Island : [www.soccer-ri.com](http://www.soccer-ri.com)

**7.2. Documents :** This document, as well as the following documents, are available on OSS web site under the Coaching Information / Competitive Coaching Info tab :

- Best Practices for Coaching Soccer in the United States (Player Development Guidelines in PDF format)
- Sample Technical Training Plan (in either Excel or PDF format)
- Sample Tactical Training Plan (in either Excel or PDF format)
- Sample Game Plan (in either Excel or PDF format)
- FIFA 11+ Warmup Exercises (in PDF format)

### **7.3. Videos**

- Coerver Videos (please contact OSS Competitive Director of Coaching)
- Coerver Coaching : [www.coerver.com](http://www.coerver.com)



# *Appendix*



## The Positive Coach Mental Model (taken from Positive Coaching Alliance)

Mental models have power. They affect how people see, think, and behave. If one were to characterize the prominent mental model for coaching, it might be called "win-at-all-cost." PCA believes this needs to change.

As part of Positive Coaching Alliance's (PCA) strategy to transform youth sports, we have developed the Positive Coach Mental Model and will promote it until it becomes the industry standard for youth sports. Extensive academic research constitutes the foundation for the Positive Coach Mental Model. The Positive Coach Mental Model is consistent with the National Standards for Athletic Coaches developed by the National Association for Sport and Physical Education (NASPE).

**The Double-Goal Coach.** PCA believes all youth sport coaches should be "Double-Goal" Coaches. A win-at-all-cost coach has only one goal: to win. He or she is concerned primarily with teaching skills and developing strategy designed to win games. A Positive Coach is a "Double-Goal Coach" who wants to win, *AND* has a second goal: to help players develop positive character traits, so they can be successful in life. Winning is important, but the second goal, helping players learn "life lessons," is more important. A Positive Coach puts players first.

**Positive Coach Mental Model** There are three major elements to the "job description" of a Positive Coach. A Positive Coach:

1. Redefines "Winner"
2. Fills Players' Emotional Tanks
3. Honors the Game

### **1. Redefines "Winner"**

A Positive Coach helps players redefine what it means to be a winner through a mastery, rather than a scoreboard, orientation. He sees victory as a by-product of the pursuit of excellence. He focuses on effort rather than outcome and on learning rather than comparison to others. He recognizes that mistakes are an important and inevitable part of learning and fosters an environment in which players don't fear making mistakes. While not ignoring the teaching opportunities that mistakes present, he teaches players that a key to success is how one responds to mistakes. He sets standards of continuous improvement for himself and his players. He encourages his players, whatever their level of ability, to strive to become the best players, and people, they can be. He teaches players that a winner is someone who makes maximum effort, continues to learn and improve, and doesn't let mistakes (or fear of mistakes) stop them.

### **2. Fills Players' Emotional Tanks**

A Positive Coach is a positive motivator who refuses to motivate through fear, intimidation, or shame. She recognizes that every player has an "Emotional Tank" like the gas tank of a car. Just as a car with an empty gas tank can't go very far, a player with an empty emotional tank doesn't have the energy to do her best.

A Positive Coach understands that compliments, praise, and positive recognition fill Emotional Tanks. She understands the importance of giving truthful and specific feedback and resists the temptation to give praise that is not warranted. When correction is necessary, a Positive Coach



communicates criticism to players in ways that don't undermine their sense of self-worth. A Positive Coach strives to achieve a 5:1 "Plus/Minus Ratio" of praise to correction.

A Positive Coach establishes order and maintains discipline in a positive manner. She listens to players and involves them in decisions that affect the team. She works to remain positive even when things aren't going well. She recognizes that it is often when things go wrong that a coach can have the most lasting impact and can teach the most important lessons. Even when facing adversity, she refuses to demean herself, her players, or the environment. She always treats athletes with respect, regardless of how well they perform.

### 3. **Honors the Game**

A Positive Coach feels an obligation to his sport. He understands that Honoring the Game means getting to the ROOTS of the matter, where ROOTS stands for respect for:

- **Rules**
- **Opponents**
- **Officials**
- **Teammates**
- **Self.**

A Positive Coach teaches his players to Honor the Game. He loves his sport and upholds the spirit, as well as the letter, of its rules. He respects opponents, recognizing that a worthy opponent will push his athletes to do their best. He understands the important role that officials play and shows them respect, even when he disagrees with their calls. He encourages players to make a commitment to each other and to encourage one another on and off the field. He values the rich tradition of his sport and feels privileged to participate. A Positive Coach realizes that one of the most difficult times to Honor the Game is when the opponent is not, and he reminds his players to live up to their own highest standard (respect for self). Ultimately, a Positive Coach demonstrates integrity and would rather lose than win by dishonoring the game.



## Coach's Tool Kit

The “Coach’s Tool Kit” is a concept that emerged from a USYS convention in St Louis during the month of February, 2009. (Note : This information was taken from J.Primiano, instructor for D License Course, March 2009).

The concept of providing small-sided games to aid in the development of the player is brought forward and re-emphasized. Modified small-sided games with conditions that identify specific technical or tactical pieces of the game are preferred. To further facilitate this learning tool, the “Coach’s Tool Kit” was initiated to **deter the coach from stopping the flow of the exercise** to make coaching points.

The preferred method of instruction includes :

- Find **coaching moments** during natural stoppages of play, i.e. water breaks, ball out of touch, etc.
- Coach players **individually on the side** while the exercise continues around you and the player. Demonstrate correctly with the individual and let them continue training.
- Coach verbally from outside the exercise while training continues.
- CIG : **Coach from within the Game**, as an extra “instructional” player or while serving as an additional facilitator or coach.
- Stop the exercise, show them how to do it correctly and start the exercise from the point where the error occurred : recreate the moment. NOTE : While this was the preferred method of making a coaching point and consumed approximately 80% of the corrections made, we now may make 20% of our corrections in this manner to facilitate the concepts of “the game is the best teacher”.
- **Initiate Competition** into your training sessions. Keep score and teach the kids to care about training properly and with conviction.

While we are changing the ways in which we coach our athletes and we as coaches are manipulating the environment to garner differing results, we must be aware of “layering” the training sessions with more and more difficulty through the following :

- Manipulation of time and space, make the space larger or smaller.
- The addition of Defenders or active detractors.
- Complicating the environment by adding complexity : i.e. one touch for some athletes and multiple touches for others, adding additional soccer balls, etc.
- Building to a game stage that replicates the game through transition and the various thirds of the field.



# U12 Training Session Planning : Technique

#	Theme	Technique	Activities	Coaching Points
1	Dribbling/Ball Control	Inside Foot, In-Betweens Cuts/Chop Roll-overs Outside Foot Use of Sole for Control	Sequence : In-Betweens, Side Rollovers, Pull-Backs Heads-Up Dribbling Change of Pace drill 1 v 1 : directional goals 1 v 1 : Get Outta Here	Stay in Control Head Up Keep ball at proper soccer distance Don't let the ball stop moving Change speed, change direction
2	Turning	Cuts/Chops Pull Backs Hook Turn Hook Pivot Cryuff Move	Passing, receiving to turn in grid 1 v 1 : receiving ball with back to Defense Cut (Inside, Outside) Relay Race	Do it quickly! Away from Pressure Positive, quality First Touch
3	Passing, Receiving	Inside of Foot Pass Outside of Foot Pass Inside of Foot Receiving Outside of Foot Receiving Sole of foot for Receiving	Two-touch with Partners One-touch with Partners Juggling/group juggling Passing in Sequence (add variations) Passing within the Grid w/restrictions	Passing : Ankle locked, plant foot next to ball Knee bent, contact ball with foot and ankle Correct Accuracy and Weight Correct Timing and Angle ; Disguise Receiving : Get in line of flight, choose surface, relax surface, control to space (1st touch) away from Pressure Positive, quality First Touch
4	Shooting/Ball Striking Driven Pass	2-3 step approach Plant foot in direction of kick Head down, knee over ball Toe down, hit ball with laces Follow through, land on kicking foot Hit ball in lower middle	Around the World Target practice Stationary ball Ball moving towards Attacker Ball move away from Attacker Volley shots	Stress technique : hips pointed to target, plant foot location, body/knee over ball Choose proper shot for position on the field Power shot vs. Push Shot
5	Defending	Pressure, Deny, Dictate, Jockey Poke tackle : front foot Block tackle : back foot Feet movement/shuffling Jockeying	Face-off Block Tackling 1 v 1 to Teach Jockeying 1 v 1 : Directional goal	Teach patience Watch ball not the player Correct body shape Lock ankle Timing : just after Attacker touches the ball
6	Heading	Arch back, snap head forward Strike with Forehead Eyes open, mouth closed Head ball at top of your jump	Tossing, heading in grid	Correct body shape Watch ball into contact Defensive Heading : direct ball high and wide Attacker Heading : Direct ball to target
7	Throw-ins	Hand position on ball Elbows out Feet behind the line Toe drag	2 v 1 Throw In	Down the line Throw to a space Mark up Goalside
8	Dribbling #2	Moves, feints Shielding Speed Dribbling Nutmeg	Lunges, scissors, step-overs Change of direction Shielding drill w/out ball Shoulder tackle drill	Unbalance Defender with Feints, chg direction Shielding : body shape, low ctr of gravity, use arms to keep space Front laces and outside foot for Speed dribbling
9	Pass/ Receiving #2	Passing to a Space Chest receiving Leg receiving One touch	Pairs passing : one touch Passing to a Cone 4 In a Line passing Passing thru cones	Passing to a space Control Learn to pillow the ball Receive and re-direct
10	Shooting #2 Crosses	Review basic techniques Lofted ball ; contact near ground Grounded ball : contact near top Select type of Cross : low or high	Shoot a rolling ball Corner kicks Finishing drills ; touch the net	Longer, stronger kicks Get air !! Shoot for the corners Proper hip alignment on Crosses
11	Defending #2	Defending set plays	Goal kicks Corner kicks Throw-ins	Cover the goal box Always clear the ball up the sides Always mark Goal side
12	Keepers	Catching Low Catching High Diving Goal Kicks Punting	Catching rolling balls Catching bouncing balls Air balls	Move , shuffle feet Arms in middle with hands facing up Body in front of the ball Strong, driven kicks Punt with pointed toe



# U12 Technical Training Plan : Example



## U12 Team : Technical Training Plan



**Date :** 10/8/2009      **Goals :** 1) Fitness      **Coaching Team :** J.Manning, R.Richter, D.Covell  
**Equipment :** Ball, Cones      2) Don't Let Ball Bounce      **Parents :** Fall Fees  
**Next Game :** Sunday 10/18 4:00pm      3) Improve 1st Touch      **WarmUp :** Andrew, Zach  
**Technical Theme :** Receiving Flighted Balls      **Team Theme :** Improving Intensity Levels

Fundamental : Warm Up (15 mins)	Organization	Coaching Points
<b>Arrival :</b> Partner Juggling and Trapping <b>Dynamic and Static Stretching</b> - FIFA 11+ - 1v1 Sprints : Speed drib, Outside foot drib <b>Dribbling and Ball Control</b> - Use cones as targets	1 <b>Andrew, Zach</b> to lead - FIFA 11+ Grid - Cut and Follow (w/out ball) 2 Dribble, Turn within Penalty area - Cuts, Hook Pivot, Step-Over - Finish with Shot on Goal <b>Objective :</b> Prepare muscles and mind for Training	1 Organize quickly , listen to Leaders Proper running, karioke technique Run on balls of feet, not heels 2 Improve quickness of the moves Positive first touch ; take to a better place 3 Proper technique for Cuts : flexible ankles Technique for Turns : shielding
<b>Match Related Activity (15 mins)</b> 	<b>Pass/ Receive Flighted Balls w/ Pressure</b> 1 2 groups of 4 ; 3rd group will act as Def or MF's 2 15 x 30 grid 3 Plyr1 serves flighted ball to Plyr2 4 Plyr2 Two Touch Receipt, pass to Plyr6 5 Plyr 6 One touch to Plyr3 serves flight ball to Plyr4 6 Progression : Have MF's become Def for pressure <b>Objective :</b> 10 Quality Pass/Receipts in a row	<b>Receiving Technique :</b> 1 Get in line of flight 2 Determine Receiving Surface 3 Expose Surface 4 Pillow/relax Surface 5 Watch ball into contact 6 Receive away from Pressure/Better Place Look for : A) Correct Surface B) 1st Touch
<b>Match Related Activity (15 mins)</b> 	<b>Defending Flighted/Bouncing Balls</b> 1 Two groups of 3; 1 grp on Def, 1 group on Attack 2 Coach serves lofted ball into Box 3 Defenders recv ball, complete pass to Coach 4 Transition quickly after each serve 5 Attackers must start back of line and attempt to win the ball from Defenders and score <b>Objective :</b> 1st group to reach 5 complete passes to Coach	<b>Defenders :</b> 1 Communicate : call for ball 2 Recvr :Open hips, show, Rcv off correct surface 3 Non-Recvr : look to balance the field <b>Attackers :</b> 1 Close quickly 2 Shut off passing lane
<b>Game : 2 Goals (15 mins)</b> 	<b>4 v 4 to 2 Goals</b> 1 Yellow, Blue start (Red on touchline) 2 Ball must be served over Mid Field in air 3 Execute 2 Flighted Receipts prior to Shooting 4 Throw Ins : use as opportunities for flighted balls 5 No GK to start ; add in progression Play to 3 Goals total <b>Objective :</b> Switch after goal is scored	1 Maintain control under pressure 2 Observe use of Inside of the Foot 3 Quality 1st Touch ; Take it To a Better Place 4 Look for both driven passes and crosses 5 Red : Jake, Aidan, Noah      Yellow : Brady, Mark, Tyler 6 Blue : Jared, Jack, Jeff Green : Robert, Andrew, Zach
<b>Cool Down (5 mins)</b> Group Volleying	1 All Players in a Circle 2 Coach tosses ball ; volley with any body part <b>Objective :</b> 6 in a row	1 Present, relax the surface 2 Stay alert, focus



# U12 Training Session Planning : Tactics

#	Theme	Tactic	Activities	Coaching Points
1	Defending	First Defender, Second Defender Third Defender roles Defending Set Plays Tracking supporting Attackers Clearing to the Side Concentrate in the middle Tactics in various 1/3's of Field	Walk thru Defensive Shape Make playing area as small as possible 2 v 2, 3 v 3, 4 v 2 exercises Goal kicks, Corner kicks, Free kicks Restricted scrimmages w/ progression	Principles: Chase, Delay, Depth, Balance, Concentrate, Restraint, Counter Roles : Pressure, Cover, Depth, Balance Quality of Defending : proximity to the ball Watch man and ball Team Defending :Don't get caught Flat/split
2	Attacking	Attacking Roles : Plyr with Ball, Supporting Plyr, Unbalancing Plyr Pass to a Space, Pass to Feet Combination play : Overlapping Runs, Take Overs, 1-2's Set Plays and Crosses Switching Point of Attack Tactics in various 1/3's of Field	Keep away ; 2 defenders in middle Two Team Keepaway Passing within the Grid Make playing area big and wide 3 v 2, 3 v 1 , 4 v 2 Goal kicks, Corner kicks, Free kicks 6 v 4 for switching point of attack Restricted scrimmages w/ progression	Principles : Penetration, Depth, Mobility, Width, Improvisation Quality of Possession is key! Positive 1st Touch Proper spacing and angles of support
3	Kickoffs	Create immediate Offensive Pressure Play #1  Play #2	Center Kicks to Forward Forward #1 sends long pass to Corner Forward #2 takes off to Corner Fwd #2 kicks ball back to CMF	Long, hard kick Forward #2 must release when Center makes initial contact Move ball quickly
4	Throw-ins	Throw to open Attacker or open space Defending : marking goalside	3 team drill:Thrower, Defender, Attacker Add Throw-in to Keep Away games	Make quick decisions Must have good technique Take advantage of no Offsides
5	Corner Kicks	Kick : put in the box in the air Attackers : ready position, run on to the ball	Players attempt kicks from either corner with 1, 2 or 3 strikers Alternate kickers and strikers	Kickers must get under the ball Strikers must be ready to receive Proper spacing/body shape in the box
6	Goal Kicks	Fullbacks and MF's combine to create space Kicker must deliver ball in space MF's make curling runs to lose Def	Walk thru positioning Add Goal Kicks progressions to Scrimmages	FB's and MF's get wide ;heels on chalk Play safely if unable to clear Strikers



# U12 Tactical Training Plan : Example



## U12 Team : Tactical Training Plan

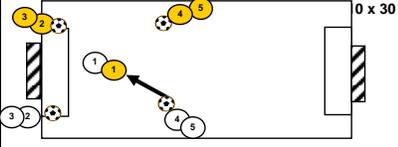
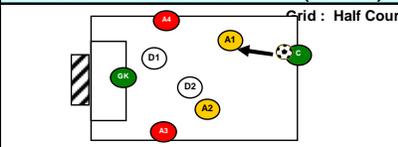


**Date :** 2/2/2010  
**Equipment :** Ball, Cones  
**Next Game :** Feb 6th 10am

**Goals :** 1) Fitness  
 2) Know Thy Position  
 3) Marking

**Coaching Team :** J.Manning, R.Richter, D.Covell  
**Parents :** Register On Line  
**WarmUp :** Isaiah, Mark  
**Team Theme :** Cover Your Buddy

**Technical Theme :** 2v2 Defending

Fundamental : Warm Up (15 mins)	Organization	Coaching Points
<b>Arrival :</b> Pass and Close <b>Dynamic and Static Stretching</b> - FIFA 11+ - Z-drills for Def Footwork <b>Dribbling and Ball Control</b> - 1/2 gym grid - Perform move upon command	<ol style="list-style-type: none"> <li><b>Isaiah, Mark</b> to lead              - FIFA 11 grid              - Z-Drills, Coach Mike Running</li> <li>Dribble, Turn within Half Court              - Ins Cut, Outs Cut, Scissors              - Finish with Shot on goal</li> </ol> <b>Objective :</b> Prepare muscles and mind for Training	<ol style="list-style-type: none"> <li>Organize quickly , listen to Leaders              Proper running, karioke technique              Run on balls of feet, not heels</li> <li>Improve quickness of the moves              Positive first touch ; take to a better place</li> <li>Proper technique for Cuts : flexible ankles              Start Slowly, then add speed and quickness</li> </ol>
<b>Restricted Space (15 mins)</b> 	<b>Marking (2 Grids)</b> <ol style="list-style-type: none"> <li>Review proper Marking technique and position</li> <li>1v1 Marking exercise</li> <li>Attackers move around, attempt to lose Defender</li> <li>Ea corner serves Attacker; plyr 2nd in line shags</li> <li>Attacker gets 2-3 touches then shoot</li> <li>Switch roles after 4 balls</li> </ol> <b>Objective :</b> Allow 0 shots on goal	<ol style="list-style-type: none"> <li>Stay goal side at all times</li> <li>Proper body shape and balance</li> <li>Close, deny the turn</li> <li>Anticipate pass and intercept</li> <li>Dictate direction, patience</li> <li>Block the shot</li> </ol>
<b>One Goal With Counter (15 mins)</b> 	<b>2v2 Defending : Frnt, Back, Lft, Rt (pg 25)</b> <ol style="list-style-type: none"> <li>1st Ball : GK serves A1</li> <li>2nd Ball :GK serves A1, A1 passes to A3 for cross</li> <li>3rd Ball:GK serves A1, A1 passes to A4 for cross</li> <li>4th Ball : Coach serves A1 with back to net</li> </ol> <b>Objective :</b> No Goals	<ol style="list-style-type: none"> <li>1st Def : Close, Pressure, Deny Turn, Dictate</li> <li>2nd Def : Proper angle, dist, close enuf to shut down the Attacker if he beats D1</li> <li>Aggressive marking</li> <li>2nd Defender must mark and then go ball if D1 is beaten ; see the Ball and their Mark</li> <li>Deny thru Pass;Communicate :<b>"Ball &amp; Cover"</b></li> </ol>
<b>Game : 2 Goals (15 mins)</b> 	<b>2v2v2 Continuous (pg 30)</b> <ol style="list-style-type: none"> <li>Coach serves to Red Team</li> <li>Red Team attacks one goal</li> <li>If Red scores, receive frm Coach, attack other goal</li> <li>If Defense tackles, they receive frm Coach and attack</li> <li>Must shoot within 5-10 seconds</li> </ol> <b>Objective :</b> Encourage combination play ; 1st to 5 goals	<ol style="list-style-type: none"> <li>Combine for good scoring opportunities</li> <li>Communicate : Ball and Cover</li> <li>Transition quickly</li> </ol> <p>5 <b>Red :</b> RW, BR                      <b>Red :</b> Jared, IA          6 <b>Blue :</b> AR, Jake                  <b>Blue :</b> ZL, JK  <b>Green :</b> JM, AP                      <b>Green :</b> TH, MH</p>
<b>Cool Down (5 mins)</b> Group Volleying	<ol style="list-style-type: none"> <li>All Players in a Circle</li> <li>Coach tosses ball ; volley with any body part</li> </ol> <b>Objective :</b> 6 in a row	<ol style="list-style-type: none"> <li>Present, relax the surface</li> <li>Stay alert, focus</li> </ol>



## Game Day Procedures

1. Communicate prior to Match the shirt color, meeting time for pre-game, weather advisories, diet, sleep and hydration expectations.
2. Prepare Game Day Plan.
3. Arrive 30-45 minutes prior to start of the Match
4. Check Field for any safety related issues
5. Check for proper anchoring of Goals
6. Organize warm-ups :
  - Begin with light Dribbling and Passing
  - Dynamic stretching
  - Two groups :
    - A. Wall Pass drill with Shot on Goal and
    - B. Small group keep away/dynamic passing
7. Rosters and Referee Fees

### **Home Team :**

Fill out Game Day Report  
Include Official Roster (2 copies)  
Include Referees Fee  
Hand Game Report to Referees prior to Match

### **Visiting Team :**

Hand in Referees Fees  
Include Official Roster (2 copies)

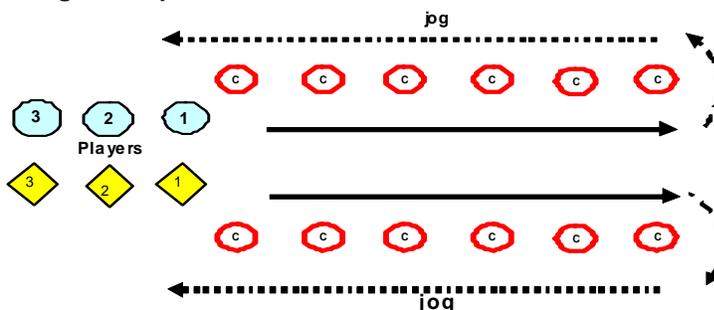
8. Pre-match check-in : Player Cards need to be given to Center Referee.
9. Ensure all Spectators are on opposite side of the field from Players Bench
10. If Ocean State is Home Team , must provide Addidas Game Ball
11. Post Match : sign Game Day Report and retrieve Player Cards from Referee.
12. Post Match : ensure all Players have their gear and the area is clear of any trash or debris



# FIFA 11+ Warmups

		Activity	Reps	Comment
<b>Running</b>	1	<b>Straight Ahead</b>	2	Jog. Keep hip, knee, foot aligned
	2	<b>Hip Out</b>	2	Jog to 1st cone, rotate leg/hip out
	3	<b>Hip In</b>	2	Jog to 1st cone, rotate leg/hip in
	4	<b>Circle Partner</b>	2	Jog to 1st cone, shuffle, circle partner
	5	<b>Shoulder Contact</b>	2	Jog to 1st cone, shuffle, jump, shoulder contact
	6	<b>Quick Fwds &amp; Bckwds</b>	2	Sprint to 2nd cone, back peddle to 1st, repeat
<b>Strength Plyometrics Balance</b>	7	<b>Bench</b>		
	7.1	Static	3	Support w/forearms, lift, str line head to ft, 20 secs
	7.2	Alternate Legs	3	Lift each leg, hold for 2 secs, lift other leg ; 60 secs
	7.3	One Leg Left and Hold	3	Lift each leg, hold for 30 secs
	8	<b>Sideways Bench</b>		
	8.1	Static	3	Support w/forearm, bottom leg bent 90 deg; 30 secs
	8.2	Raise and Lower Hip	3	Raise and lower hips to ground ; 30 secs ea side
	8.3	Leg Lift	3	Raise & lower upper leg continuous; 30 sec ea side
	9	<b>Ham strings</b>		
	9.1	Beginner	3 to 5	Kneel, knees hip wide, partner pinning ankles
	9.2	Intermediate	7 to 10	Lean forward slowly, keeping straight body
	9.3	Advanced	12 to 15	When no longer able to hold, fall to pushup position
	10	<b>Single Leg Stance</b>		
	10.1	Hold the Ball	2	Stand on 1 leg, knee bent, hold for 30 secs
	10.2	Throw Ball w/Partner	2	Stand 3 yards away, switch legs after 30 secs
	10.3	Test Your Partner	2	Stand on 1 leg, arms length, one hand on shoulder
	11	<b>Squats</b>		
	11.1	With Toe Raise	2	Feet hip-width, hands on hips, lower then raise to toes
	11.2	Walking Lunges	2	10 lunges on each leg
	11.3	One Leg Squats w/Partner	2	Stand on 1 leg, hold partner, bend knee then raise
	12	<b>Jumping</b>		
12.1	Vertical Jumps	2	Feet hip width, bend to 90 deg, jump str up; 30 secs	
12.2	Lateral Jumps	2	Stand on 1 leg, jump laterally to the other; 30 secs	
12.3	Box Jumps	2	Jump back, forward, side, diagonal ; 30 secs	
<b>Running</b>	13	<b>Across Pitch / Sprint-Jog</b>	2	Run 40m at 80%, then jog
	14	<b>Bounding</b>	2	6-8 bounding steps with high knee; swing opp arm
	15	<b>Plant and Cut</b>	2	Jog 4-5 steps, plant/cut, sprint 6-7 steps, repeat

### Running Set Up :



### Setup :

- 2 lines of 6 cones spaced 5 yds apart
- Two players start at same time
- After last cone, jog back along outside





## Game Day Warmups

### Preparation :

1. Arrive 30-45 minutes prior to start of the Match.
2. Your bag should be packed with the following gear : Extra socks, cleats, all 3 Game shirts, rain gear, sweatshirt, sweatpants, hair bands, sleeve ties, 2 water bottles.
3. Once you arrive at the field, begin concentrating on preparing for the Game.

### Goal of Warm-Ups :

1. Prepare muscles for quick movement and uneven surfaces.
2. Get the team mentally focused by approaching warm up with organization and little conversations.
3. Simple, direct commands helps prep for the communication on the field.

### Warm-Up Activities : Dribble, Passing and Shooting :

1. FIFA 11+ Dynamic Warmup : Initial Running section only.
2. Captains organize Passing Warmups :
  - Pass by Numbers Game : count off 1 to 6 and pass in sequence while constantly moving
3. Keep Away : two groups with either 1 or 2 players in the middle defending.
4. Form two lines. Two Coaches help with single one touch shooting drill. Player retrieves ball after shot . Practice juggling while waiting.

### Static Stretching (may be done after Dynamic Stretching) :

1. Ankles : roll ankle to right and left for a 10 count each way. 5 count point and flex.  
Knees higher than naval to activate the AB"s.
2. Calves, Hamstrings, Adductors, Groin :
  - Crossover foot to forward fold : 10 count each side
  - Straddle forward fold with side rotation for upper body
3. Quads :
  - One leg balance with bent knee, heel by outer hip
4. Active Stretch 1 :
  - Jumping Jacks
  - Squat thrust
  - Standing oblique
  - Abdominal bicycle on grass
5. Active Stretch 2 : (Always include; it precisely warms major muscles for dynamic play)
  - Walking lunges around outside of the balls – no short cuts !!

### Keeper Warmups :

1. Rolling ball side to side
2. High balls : left and right
3. Bouncing ball side to side
4. Goal Kicks and Punts



# U12 Game Plan Template : Example

This form can be used to plan starting lineups, substitutions, keep score and make notes on both team and individual performance.

## U12 Game Plan

Date : 4/18/2010  
1:00pm

Opponent : Tiverton  
Location : OSS 12

System of Play OSS : 1 - 2 - 3 - 2			<u>1st Half</u>			<u>2nd Half</u>			System of Play Opponent :				
			Captains : Andrew, Robert										
GOAL	<u>Fullbacks</u>		<u>Midfield</u>		<u>Forwards</u>		<u>Forwards</u>		<u>Midfield</u>		<u>Fullbacks</u>		GOAL
	Andrew		Tyler		Mark		Tyler		Jared		Jack		
	Jeff		Jake		Robbie		Isaiah		Brady		Andrew		
			Isaiah						Aidan				
	<u>Subs</u>		<u>Subs</u>		<u>Subs</u>		<u>Subs</u>		<u>Subs</u>		<u>Subs</u>		
Jack		Aidan		Brady		Jake		Mark		Jeff			
Absent : Zach			<u>Coaches</u>			<u>Coaches</u>							
			Dave			Robb							
			Mike										

Rebels Scoring	
#	Comment

<b>Halftime Score :</b>
Rebels :
Opponent :
<b>Final Score :</b>
Rebels :
Opponent :

Opponent Scoring	
#	Comment

Pre-Game 1) Smart Defense in Pen Box 2) 2-3 Touch then Pass  
3) Mark up on D 4) Have Fun, Play with Passion !!

Attacking _____	Andrew _____	Jeff _____
_____	Aidan _____	Mark _____
Passing _____	Brady _____	Robert _____
_____	JakeC _____	Jack _____
Defending _____	Isaiah _____	Tyler _____
_____	Jared _____	Zach _____
Shooting _____	_____	_____
_____	_____	_____
GoalKeeping _____	_____	_____
_____	_____	_____



# Player Evaluation Form (based on ZoomReports)

ZoomReports has the capability to email the evaluation directly to a Player. However, the evaluation direct from Zoom will contain 5-6 pages of information, perhaps too much for a U12 (and below) player to comprehend.

Here is a simplified version of an Evaluation Form, using the results from Zoom, that can be used to communicate and provide feedback to a U12 (and below) player :

<b>Ocean State Soccer Player Evaluation Form</b>			
<b>Player Name :</b>	Joe Smith _____	<b>Season/Period :</b>	Winter 2010 _____
<b>Team/Age Group :</b>	U12 Boys _____	<b>Coach :</b>	Jane Doe _____
<p><b><u>Ratings :</u></b></p> <p>1 = Needs Improvement</p> <p>2 = Satisfactory</p> <p>3 = Good</p> <p>4 = Excellent</p>		<p><b><u>Attendance :</u></b></p> <p style="text-align: center;">Training : <u>Good</u>                      Match : <u>Good</u></p> <p><b><u>General Observations :</u></b></p> <p>Joe's foot skills are showing signs of improvement. He does a good job of pressuring the opposing attackers in a 1v1 situation. Keep working on getting additional touches on the ball at home.</p>	
<p><b><u>Technical Rating</u></b></p> <p>Passing :     <u>2.2</u></p> <p>Dribbling :   <u>2.0</u></p> <p>Receiving :   <u>2.1</u></p> <p>Finishing :    <u>2.1</u></p>	<p><b><u>Psychological Rating</u></b></p> <p>Attitude :    <u>3.2</u></p> <p>Concentration : <u>2.5</u></p> <p>Effort :        <u>2.5</u></p>	<p><b><u>Recommendations :</u></b></p> <p>Focus on the following improvement areas :</p> <ol style="list-style-type: none"> <li>1. First Touch ; use inside of the foot 100% of the time.</li> <li>2. Defensive awareness and covering : see both ball and the man.</li> <li>3. Fitness : focus on improving your endurance.</li> </ol>	
<p><b><u>Tactical Rating</u></b></p> <p>Pressure :     <u>2.7</u></p> <p>Cover :        <u>2.0</u></p> <p>Balance :      <u>2.3</u></p> <p>Attack :       <u>2.3</u></p>	<p><b><u>Physical Rating</u></b></p> <p>Speed :        <u>2.5</u></p> <p>Fitness :       <u>2.0</u></p> <p>Quickness :   <u>2.0</u></p> <p>Agility :       <u>2.4</u></p>	<p><b>Coaches Signature :</b> _____ <b>Date :</b> _____</p>	