

ROLLINS SOCCER

COACHING MANUAL



STEPS IN TEACHING EACH SKILLS TOPIC

- 1 - Introduce the topic. Explain briefly the purpose of the exercise and its importance in game situations.
- 2 - Either demonstrate yourself or pick out members of the group to do so . Run through each step methodically emphasizing coaching points. Paint a picture then get the players involved quickly.
- 3 - Set up your grid or cones before demonstration - use water breaks to organize.
- 4 - Stand away from the players - don't become an obstruction. Do not be afraid to repeat demonstration if players aren't succeeding.
- 5 - Concentrate on the topic at hand you can't solve all the problems in one session
- 6 - Encourage and motivate
- 7 - Good organization and discipline creates an atmosphere of security - the group should know what the coach expects and see that he is well prepared.

DAILY ROUTINE

9.00 REGISTRATION/ROLL CALL

9.05 WARM UP
2 GROUPS

9.30 TECHNICAL SESSION

9.30 10.15 - SIMPLE - NO PRESSURE

10.20 -11.00 - MORE COMPLEX - RESTRICT TIME AND SPACE

11.05 - 11.25 - COMPLEX GO TO TWO GOALS

11.25 LUNCH

12.00 ACTIVITIES
VIDEOS
WORLD CUP INDOOR SOCCER
SWIMMING

2.00 TACTICAL SESSION
3 v 3
Try to tell one thing to each player
Small games

3.15 SCRIMMAGE

3.45 WARM DOWN

4.00 GOODBYE

TECHNICAL SESSION

Build up the progression of difficulty.

Go from a very basic stage top ultimately the game situation

increase the difficulty of space time and defenders

show success, play 8 v 4 or even 10 v 2

if success cannot be achieved go back to the most basic of steps

end on a 15 minute small sided scrimmage with restrictions

attaining to the topic ie: 2 goals for a header or a volley

TACTICAL SESSION

This is the time to play games with them but with a purpose.

ie: soccer softball, world cup, etc

This is the worst time for the attention span.

Change the game often - award points - we will give out 2 cokes per group per day - be creative.

SCRIMMAGE

Coaches should try and play in scrimmages.

make sure each team has a country for its name

make celebrating after scoring mandatory

remember at 3.30 everybody is tired the campers will react to your energy and enthusiasm.

SPECIAL EVENTS

MONDAY - PASSING - BALLS - INDIVIDUAL ATTACKING

TUESDAY - DRIBBLING - TEE SHIRTS PHOTOS - INDIVIDUAL DEFENSIVE

WEDNESDAY - SHOOTING - SPIRIT DAY - FANCY DRESS TEAM ATTACKING

THURSDAY - HEADING / VOLLEYING - ICE LOLLYS TEAM DEFENDING
CAMPER OF THE WEEK NOMINATIONS

FRIDAY - RECAP - SCRIMMAGE FOR PARENTS - EVALUATIONS

PASSING AND CONTROL

COACHING POINTS

- 1 - POSITION YOUR BODY IN LINE WITH THE BALL
- 2 - SELECT THE PART OF THE BODY YOU WISH TO RECEIVE THE BALL
EARLY
- 3 - RELAX AND CUSHION THE BALL TO A COMFORTABLE DISTANCE
- 4 - QUALITY OF FIRST TOUCH
- 5 - ANKLE LOCKED
- 6 - WEIGHT OF PASS
- 7 - MAKE THE PASS EASY TO CONTROL
- 8 - AFTER PASSING IMMEDIATELY MOVE AND SUPPORT
- 9 - CHEST OVER THE BALL
- 10 - HEAD SHOULD BE UP TO OBSERVE TEAM MATES

RECEIVING THE BALL ON THE GROUND

Coaching Points:

1. Receive ball across body on furthest foot.
2. Look at next target as ball is being passed to you.
3. Receive ball with toe pointed up.
4. Do not stop - prepare ball towards next target.
5. Keep hips open.
6. Control made easier by positioning body.
7. Control made easier by positioning of body.
8. Players can "buy" time by gesturing towards ball and letting it run.
9. When in possession, be composed.
10. First touch to:
 - a. Relieve pressure - angle of touch
 - b. Attack defender who is laid off - angle
 - c. Set up pass or shot - distance of touch
 - d. Keep possession - distance of touch

1. In Fours - A + B stand 20 yards away from C + D.
A plays a ball to C who receives the ball and plays a one - two with D.
C passes to B who plays a one two with A and passes to D who plays a one two with C and so on.
2. In threes. A stands 20 yds away from C with B in the middle.
B receives ball from A and turns and plays ball to C. C plays ball back to B who turns and plays the ball to A.
3. Same as 2 but make the servers throw the ball.
4. 5 v 1 in a 30 x 30 grid.

As success occurs reduce touches increase defenders.
5. 8 v 4 in a 50 x 50 grid - As success occurs reduce touches
6. 4 v 4 + 4. 3 teams whoever loses possession becomes the defenders
7. 6 v 2 to goal - Offside count - three passes before a shot
8. 4 v 4 to Goal 40 x 40 two goals and switch - four passes before shooting

Younger groups.

1. in pairs 15 yards apart.

Place two cones two yards apart between the players. ball must be played between cones for a point. Increase/Decrease width as success failure occurs.

2. In fours. place a large cone 20 yards away. Two stand by one cone two stand by the other. Award points for every time ball hits cone. Increase distance with success

3. In pairs 30 yards apart.

Put a 10 yard grid between the players. The player must pass the ball over the grid.

4. In twos in 40 x 40 grid players pass and move. Ball can't stop or go out of the area.

5. 20 x 20 field with small goals.

Teams of twos. Each has a number, Coach calls out the numbers and they play a 2 v 2 game.

6. Two teams. One player in each team stands by a cone 10 yards away.

Each player must pass the ball to this player and run around the player back to the line.

When everybody has passed the ball and run around the team has finished.

Rotate all the players so that each one is the point player

7. 6 v 2 to goal - no offside - three passes before a shot

8. 4 v 4 in 25 x 25 to goals. one goal switch teams.

DRIBBLING AND BALL CONTROL

COACHING POINTS

- 1- MAINTAIN GOOD BALANCE
- 2- BALL SHOULD BE KEPT WITHIN COMFORTABLE PLAYING DISTANCE
- 3- KEEP HEAD UP
- 4- CHANGE DIRECTION AND SPEED
- 5- LOOK FOR SPACE BEHIND DEFENDER
- 6- USE MOVEMENT OF UPPERBODY
- 7- BE QUICK OF THE MARK
- 8- BE ON YOUR TOES
- 9- ATTEMPT TO DISGUISE INTENTIONS
- 10- BE QUICK TO GET AWAY AFTER DEFENDER IS BEATEN

1. In three's - 2 cones 10 yds apart one dribbles to the other cone where his team mate takes the ball and

dribbles. Put it in a competition four groups. Change up how many times each player has to dribble the ball

2. In a 10 x 10 grid in pairs one player starts with the ball in a corner and tries to get to another corner whilst the defender starts in the center of the grid
3. Four players in the four corners of a 15 yard square. Each player attacks the center of the square turns and returns to the original spot.
4. Same as before except that they go to the next cone in a clockwise direction. Must turn with alternating feet.
5. In 10 x 10 grid 3 players with a ball each must dribble one side to the other with a defender in the middle
6. 2 v 2 in a 20 x 10 grid one player on each team is gk - always 2 v 1
7. Half of the players behind the goal. The other half 25 yards away from the goal. Defender chips the ball to an attacker who then has to dribble past the defender to score. Keep score make it a team game.

8. Same as before but an extra attacker can join in. As soon as the attacker joins in so an extra defender can help out.

9. 3 v 3 in a 30 x 20 to 2 big goals - must beat a player before passing or must have four touches.

Younger Players:

1. Set series of cones one yard apart over a 40 x 40 grid. The players have to dribble around the area trying to go through as many gaps as possible.
2. In two's one with the ball the other player has to follow the player with the ball all over the 40 x 40 grid.
3. Put all the players in a 20 x 10 grid. Remove one player who has to enter the grid and tackle all of the players. Reduce the size of the grid as success occurs.
4. Have all the players dribble the ball 20 yards towards you. Raise your arm and designate a certain number. The players should call out the number.
5. In three's - 2 cones 10 yds apart one dribbles to the other cone where his team mate takes the ball and dribbles. Put it in a competition four groups. Change up how many times each player has to dribble the ball
6. Have the players divided in two behind the goals. Number each one and have them play one v one to the small goals.

7. In three groups have five cones in a row which each team has to go round twice. Make each turn different:
Left foot only:right foot only Etc.

8. 2 v 2 to goals 20 x 20 grid - put restrictions on second defender - make him a goalkeeper or make him hop. Have only 2 games going on. Let the other players rest.

SHOOTING

1. AGGRESSIVE ATTITUDE.
2. HORIZONTAL BODY MOVEMENT THROUGH BALL.
3. STAY DOWN ON BALL WITH STEADY HEAD.
4. STRIKE THROUGH CENTER OF BALL.
5. LANDING ON SHOOTING FOOT.
6. STRIKE BALL BEFORE ADVANCING KEEPER SETS FEET.
7. ACCURACY BEFORE POWER.
8. KEEP ANKLE EXTENDED AND FIRM.
9. SHOOT TO THE FAR POST
10. DO NOT LEAN BACK AFTER STRIKING BALL.

1. Place two cones one yard inside each of the posts. Have the players do:
A one two and shoot.
Turn and shoot.
Play a through ball and shoot first time.
Play a ball square and shoot.

If you can use two goals that's the best option. Don't use goalies yet. Make sure they use both feet.

2. Have half the players shooting from 18 yards out on the corner of the box. Have the other half following in for rebounds from the opposite side of the box. give the players a target. If they meet the target give the goalkeeper a punishment. If they don't make the team do something.
Remember to switch sides, so as to use both feet. Rebounds must be first touch only.

3. Have the players split into two teams. The coach with the ball, the players go in twos to goal. Have the players with their back to goal; in push up position; sit up position.
Important in recognizing ability to regain balance and

compo

4. Have two teams lined up 35 yards away from goal. One team on one edge of the area, the other team lined up by the other side. Coach is in the middle of the teams. Coach plays ball to one player who has to control and shoot. The other player has to run and defend

5. Have two goals quite close to each other. One team shoots in one goal the other team in the other goal. Have a goalkeeper in the goal for the opposite team. From 18 yards out one player passes and the receiving player has two touches to turn and shoot. Progress to one touch - shooting on turn. Keep score - Make sure that the shots are at least 15 yards out.

6. Three teams - 4 V 4
In area of 25 x 25
Full size goals and Goalkeepers
Coach serves balls into the area
Rotate goalies - 4 v 4 inc gk"s
Goalies can't score

7. 6 v 6
40 x 40
4 v 2 in one half of the area
4 v 2 in the other half of the area
All players must stay in their half of the area
Four attackers against 2 defenders
Limit the touches as game progresses

YOUNGER PLAYERS

1. In two groups, one group each with a ball rolls the ball forward and shoots. Wait until ball is retrieved before other group shoots. After three shots place cones in the in the corners of the goal one yard away from the post
2. First player is 5 yards away from Penalty area. Others line up behind the player with their ball. Player runs toward the penalty area. On entering, the player rolls the ball forward, does a forward roll, and when on his/her feet, shoots the ball.
3. Two teams line up on the corner of the Penalty box. Ball is placed on the penalty spot. When the coach gives the signal, One player from each team sprint to the ball and try to score. The winner gets one point. Develop to competition level.
4. Split the group into two groups Set up two goals relatively close to each other. Have the team s play a one - two and shoot from 20 yards. have a

player designated as a goalie face the shots from the opposing team. Keep score rotate goalies.

5. 3 v 1 in attacking third. Defender begins on first touch

No offside

Limit touches or time

Progression: add a defender, bring in offside rule

6. 3 v 3

30 x 20 full size goals

defenders mark tight

start with goalkeeper who becomes an attacker 3 v 2

Reduce touches

7. 6 v 6 Goals very close together. Coach starts with the ball, on each possession.

Heading Points

- * Head the ball on the forehead.
- * Head down for attacking.
- * Keep the eyes open
- * Up for Defending.
- * To the chest for possession.
- * Feet must be positioned so that one foot meets the ball the other foot is back behind the body.
- * Elbows must be raised for balance.
- * Use the whole body.
- * Heading for attacking - head down in the corners
- * Heading for defending - distance and height

Younger Players

1. Have the players five yards apart - one throws the other heads the ball back to the players chest. Do ten times and change.
2. Then have each player practice heading to the players feet (ten) times
3. Same but above players head
4. Groups of three, triangular format heading the ball to the player who did not serve it . (A serves to B heads to C etc.) Emphasis - Step in the direction you wish to head the ball
5. In groups of three one server/one player stationary/one heading. Player serves the ball to defender who is standing behind stationary player. Defender has to head the ball back over the stationary player back to the server. Each player has ten attempts
6. Make 2 five yard goals 5-10 yards apart (depending on ability) player has to score through the cones which the server is defending: best out of ten

Older Players:

1. 2 players 8 yards apart - One player throws the ball to his partner who heads it back to the thrower's feet. The thrower has two touches to control and pass back. The player heading becomes the thrower. Alternate heading to the chest, head or feet.
2. Have three players 4 yards apart from one another. The center player throws to one player who has to head to the third player. If the ball is dropped the person who did it goes in the middle.
3. In pairs, 5 yards apart. Have two goals 6 yards apart. The server becomes the Goalkeeper. Keep score.
4. In threes, have the server three yards away. He throws the ball over the nearest player and the third player who is directly behind him heads it back to the server. Rotate.
5. Split the group into the groups. The group on the front post are the servers. The back post - GK's. On the Penalty spot the headers. The server throws to the penalty spot, The Gk runs from the post to the center of the goal, and the heading player tries to score. Rotate.
6. Split the group into 2 teams. In the big goal have one team defending and one attacking. Attacking team lines up outside goal area, defending team by the post. Coach throws ball about 8 yards out - one attacker runs in and tries to head and score - the defender runs into the goal and becomes a gk. Keep score - each team goes twice

VOLLEY SHOOTING

- * Contact with full instep.
- * Ankle is firm.
- * Strike the middle or top half of the ball.
- * The higher (earlier) the ball is hit, the more the player will have to lean backwards and sideways.
- * Accuracy before power.
- * Contact with instep.
- * Keep ankle extended and firm.
- * Hit the middle of the ball.
- * Keep head down and still.
- * Hit over the top of the ball.

1. In pairs two yards apart. Server throws the ball to either foot on the volley. Go across the field and switch
2. As in shooting exercises players line up and shoot in an empty net except the players throw up the ball in the air and strike on the volley.
3. Player stands in front of server, server throws the ball in front of the shooter who volleys ball first time at goal. Progress to service from side.
4. One man in the middle of square, four on the corners with balls. Four serve to the middle man in turn for a side foot volley.
5. Game - Small (30 x 20) field, 4 v 4. Servers on each post serve in volleys for players on the field. Rotate as required.
6. As in the heading: Three stations, one server one goalkeeper, one volleyer. Rotate.
7. Two groups: One serves and becomes the goalkeeper, the other group takes the volleys. Keep score.

Theme: Attacking Play (Individual)

Play 3 X 3 in a 30 x 20 grid. (either have six resting or have 2 games going on at one time.

Just concentrate on the individual attacking skills of each player. Within the hour try and say at least one thing to one every player.

Principles:

1. Attack front of opponent.
2. Run at opponent and keep ball moving.
3. Keep 2-3 yards between ball and defender.
4. Look at defender's feet and space behind him when in close.
5. Get shot in as soon as space is made.
6. Make sure the first touch is a good one.
7. Be decisive.
8. Don't be afraid to fail - take chances.
9. Shoot low to the far post.
10. Always follow up for rebounds.

Theme: DEFENDING

Principles: First Defender

1. Goal side and in line with near post.
2. Near enough to threaten ball (1-2 yards).
3. close him down--better too near than too far.
4. Feet at angle and staggered-- one foot forward to "show" attacker in one direction.
5. Legs bent at hip and knees with feet approximately shoulder width apart. Center of gravity is low, and body comfortable--ready to spring.
6. Don't dive in. Edge close enough to cause opponent to either protect the ball or you can tackle.
7. Slide feet--don't cross them.
8. Delay dribbler till 2nd defender can come into play.
9. No diving - 2nd defender give direction when he is in position.
10. Delay transition to attack.

WEDNESDAY

TACTICAL ATTACKING

Theme: Attacking Play (team)

1. Players must be mobile
2. Width is vital
3. Close support and combination play must be effective
4. Passing and running of the ball has to be penetrative.
5. make the transition from defense to attack as soon as possible.
6. Crosses must be made while facing end line and at full speed.
7. Play ball forward at an angle in toward goal.
8. Make slight curved run to get hips at a right angle to the goal line.
9. Attack end line and cross (eliminates offside)
10. Front and back posts runs.

Theme: Team Defending

Principles:

First Defender - Delay

Second Defender - Cover

1. Pressure - Prevent the opposition going forward
2. Position - The defender must be positioned in such a way as he doesn't get beaten by the dribble or an easy pass is made.
3. Patience - Do not over commit
4. Steer the play to areas with the most defenders.
5. Deny access across field (Escape route)
6. Curve recovery run.
7. Show down the outside.
8. Close ball first & set up to win it.
9. Covering defender must talk and organize.
10. Emphasis on closing ball and cover.

YOUNGER GROUPS

- * YOU MUST KEEP CHANGING THE PACE AND ACTIVITY
- * GIVE PLENTY OF WATER BREAKS
- * IT MUST BE FUN
- * GO OVER BASIC FUNDAMENTALS OF EACH SKILL; BUT DO NOT GO ON TOO LONG
- * BE PATIENT
- * AVOID LINES IF AT ALL POSSIBLE
- * TRY AND GET ONE BALL TO ONE PLAYER AS MUCH AS POSSIBLE
- * PRACTICE GOALKEEPING
- * USE 3 V 3 AS MUCH AS POSSIBLE
- * USE THE FOLLOWING EXERCISES; IF ONE WORKS WELL DO NOT BE AFRAID TO USE IT AGAIN

MONDAY

1. In pairs 20 yards apart. Have 2 cones 2 yards apart in between the players. The players have to pass the ball through the cones. Widen or shorten the cones depending on success. Change to volleys and shooting.
2. Have all the players on the outside of a 20 yard circle . Place 6 cones in the middle of the circle. Have the players try to knock the cones down.
3. Have the players throw the ball "Over the Head" to the coach who lays the ball about 10 yards from two cones two yards apart. The player must pass the ball through the cones for a point. Divide the group into two teams, keep the score, increase/ decrease the width of the cones. Change sides so that the players use both feet.
4. The same as above except the coach bounces the ball to the player who must control it before passing through the cones. Reduce the amount of touches as success occurs.
5. In a 10 x 20 grid have 1 gk 2 defenders 3 attackers. Coach rolls the ball out to attackers. Defenders run from the goal as soon as the attacker has touched the ball. Rotate all the players to play all the positions.

TUESDAY

1. Have the players dribbling around in a 20 x 20 area. On the following commands the players must do the following:
STOP - put their foot on the ball
LEFT - Move to the left
RIGHT - Move to the right
TURN - Turn 180 degrees
GO - Run very quickly with the ball 5 yards
CHEST - Stop the ball with your chest
2. Have a 30 x 30 square with four 5 yard circles outside the four corners. Name the circles four different colors. Have the players dribble in the square. The coach calls a color and each player must run with the ball to the said circle.
3. Each player with a ball inside a 30 x 30 grid. Each player tries to knock the other players ball away yet tries to maintain possession of his own. Begin with two groups of six. Give each player two chances.
4. Same as above except have one player without the ball. If you have one big group of twelve have two or three players without the ball.

5. In a 40 x 40 grid place six one yard goals in the area. Split the group into pairs. One is the attacker. He has three minutes to score as many goals by dribbling the ball through the small with his partner as the defender. After each has gone, change partners.

6. 20 x 30 field 2 teams of six. Full size goals. Three players play on the field three play in goal. When coach calls change the ball can't be played until the outfield players become goalies and goalies become the players. If there is an infraction have a penalty kick on the halfway line with no goalies.

WEDNESDAY

1. Place two cones 5 yards apart. Half the group stand 15 yards from the goal but on the goal line (where the corner flag would be).. The other half stand on the penalty spot. The first player at the corner rolls the ball to the first player on the penalty spot who tries to score. (No GK). Add cones in the corners of the goal. Then change sides.
2. In pairs 20 yards apart. Have 2 cones 2 yards apart in between the players. The players have to pass/shoot the ball through the cones. Widen or shorten the cones depending on success. Change to volleys and shooting.
3. Place cones in the goal as goalkeepers. Have the players lined up in a variety of positions before they shoot. Press up - forward roll - sitting with their back to goal.
4. Split the group into four groups. Have a cone placed twenty yards away from each group. The first player has to dribble around the cone and back to the next man in the group. Make it into a competition. Change the distances. Have the players do a forward roll before dribbling.
5. In threes. Two players face each other. The third is in the middle with his legs straddled. The players must pass

the ball through the legs of the middle player. If one player misses he must swap places with the middle player.

6. Two teams. One team lined up by the goal post. The other team 10 yards away. Coach rolls the ball to the first attacking player who shoots first time. At the same time the defending player runs to the goal trying to save the ball. Both teams go twice from either side.

THURSDAY

1. Have the players in a circle on their knees. Make each player head the ball back to you. Then have the players stand. Once the players have a certain level of success go to HEAD/CATCH. When you say head they have to catch it and vice versa.
2. In pairs. Each stands in a goal four yards wide. One throws to their partner who tries to score with his head. After five attempts switch thrower. Change partners often.
3. Two groups in a line. Coach throws the ball to the first player three yards away who heads it back and runs around the cone placed 10 yards from the back of the line. Each team goes round twice. Time each team, penalize 5 seconds if the ball drops on the floor. This can be done for passing and volleying.
4. The players need to be in pairs 5 yards away from each other in two four yard goals. They need to throw the ball at their partner:
Along the ground; to their chest; above their head. Don't try to score.

5. Same as above except now the players can roll the ball to the sides. Start with the players on their knees. After the players are on their feet. Make it into a game.

6. Increase the distance between the players and the width of the cones. Now the players can use their feet to score a goal.

ROLLINS SOCCER

COACHING MANUAL