



COACHING MANUAL

Welcome Coaches & Assistants

Thank you for volunteering your time to take part in the development of Soccer & Our Club!

Uniform Handout Guidelines

You will have 2 team lists in your package. You will be handing one back to us with the player's shirt numbers on it and one you will keep for yourself. You will also have the Parent /Player Manuals & Team Schedules. Each player must receive one of each.

Please fill in the shirt numbers beside each player and note who did not show up. (do this on both sheets)

Handout:

There is more than one size of uniform (shirt/ shorts/socks) in your package. Line up the shirt sizes with the corresponding shorts & sock sizes in separate piles.



Please Give out Uniforms by size not numbers!



Have the kids line up by height – smallest to biggest and **hand out the uniforms by size** giving them each a shirt, shorts, socks. Record the Shirt # beside the players name on both your lists.



When handing out the balls – instruct the players to **immediately write their names and numbers on the ball** in permanent marker. Tell them **they must bring this ball to every game!!**



Don't forget to give them each a Parent/Player Manual & Team Schedule!



Coaching Manual Summer Soccer 1011

Introduction

Time is being allocated to allow teams to have a short practice before each game. Each team will be working on the same skills or set play each week.

Coaches are volunteers and come with a wide range of experience in soccer and/or working with children. It is important that all players are taught the basic soccer skills and rules of the game.

Number of Players on the Field

Mini Games 7 + a goalkeeper. The minimum to start is 5 players (including the goalkeeper). Because time has been allotted for pre-game practices, there will be no grace time. In divisions where standings are kept, if teams do not have enough players at the kickoff time, they will forfeit the points. If one team does not have enough players, they lose by default and the score recorded as 1-0. If both teams do not have enough players, then both teams default & no points awarded.

Rain & Heat Policy

Games are not cancelled due to rain unless it has been raining hard all day or the rain is so heavy that the fields are unplayable.

- 1 It may be raining an hour before the game but not at game time.
- 2 It may be raining in one area of the city and sunny at the field.

Any decision to cancel the game due to weather or field conditions is made at the field at game time. We have had requests from parents and coaches to use the website to communicate field closures. The problem is that staff are at the fields setting up for the games and do not have access to the internet. Most parents and coaches are on their way home from work and it would be impossible to reach everyone.

Lightning & Thunderstorms

Games will be delayed or called off if there is lightening or thunderstorms & all children and adults **must leave the field immediately**. Cancelled games will not be rescheduled.

Heat & Smog Alerts

The last few years there have been many heat alerts and concerns about heat related issues. These alerts usually come out in the afternoon and by game time the air is cooler.

Heat and smog also affect people differently.

- 1 Some parents and coaches want the games cancelled

2 Other parents and coaches want the games played

If any parent feels that weather or road conditions are unsafe for **their** child then they should keep their child at home. Remember, it's just a game and not worth risking your child's health and safety.

Game Day - Early Arrivals

Ideally, the coach should arrive before the players. However, in the real world coaches are volunteers who come to the game after working all day and many players arrive at the field before the coach is ready to begin. This is an opportunity for players to work on individual skills, keep-ups (juggling) and fancy moves.

Keep-ups

Keep-ups will help a player to relax with the ball, gain confidence and gain ball control.

Beginners: start with one bounce in between-use thighs & feet

Intermediate: no bounces in between – use any part of the body except the hands or arms

Advanced: once players can do over 25 keep-ups with no bounce they can try “tricks”

Coaches should set goals for the players which are attainable.

Start with 3, then 5, 8, 10, 15, 25, 50, 100

Hints on keep-ups:

Don't panic & keep control of the ball

If you are losing control of the ball let it fall and start over. Stretching out or kicking wild in order to add one more to your score will prevent you from advancing to the next level.

The key is to remain calm and maintain control.

Soccer Moves

Parents and coaches should encourage players to practice learn new moves. Please visit our website at www.register4soccer.ca for skills and drills that players can learn and practice both at home and on the field before the coach arrives.

Practice Begins

The referees, assistant coaches and parents arriving early can help with the warm-ups so that the coach can focus on getting organized for the game and practice.

Warm-up – led by a team captain, assistant or parent

The players should do one or 2 laps of the field (or across the field) and back followed by light stretching.

All players should be on the field, dressed, warmed up and ready to practice on time. Please check your schedule for the official start time.

Each week the teams should do 5-10 minutes of dribbling followed by the skill of the week.

Pre-Season Practice Day

15 minutes Introduce the warm-up routine & set expectations with parents and players

15 minutes Dribbling in a confined area – this drill will be done every week

15 minutes Goalkeeping – most players will play goal at some time during the year

Hand out the uniforms and schedules at the end of the practice.

Game Days – Warm-up, dribbling in a confined area & skill of the week

All teams will work on the same skill or set play each week. Coaches are expected to follow the scheduled practice for the skill of the week.

Game Week 1 Running with the ball & turning

Game Week 2 Throw-ins

Game Week 3 Receiving & Passing (2 touches on the ground)

Game Week 4 Kicking with the instep (shoe laces)

Game Week 5 Goal Kicks

Game Week 6 Corner Kicks

Game Week 7 Volleying

Game Week 8 Defending - jockeying

Game Week 9 Receiving bouncing balls

Game Week 10 Crossing

Game Week 11 Give and Go

Game Week 12 Coaches' choice

Mini Early Games

5:55 warm ups

6:00 dribbling in confined area
& skill of the week

6:20 1st shift

6:27 2nd shift

6:34 3rd shift

6:41 five min. half time break

6:46 4th shift

6:53 5th shift

7:00 6th shift

7:07 game ends, shake hands

Mini Late Games

7:10 warm ups

7:15 dribbling in confined area
& skill of the week

7:35 1st shift

7:42 2nd shift

7:49 3rd shift

7:56 5 min. half time break

8:01 4th shift

8:08 5th shift

8:15 6th shift

8:22 game ends, shake hands

Sunday Games

5 min. warm ups

20 min dribbling
& skill of the week

7 min. 1st shift

7 min. 2nd shift

7 min. 3rd shift

5 min. half time break

7 min. 4th shift

7 min. 5th shift

7 min. 6th shift

games ends, shake hands

All coaches and all players must line up and shake hands with the other team at the end of every game.

Substitutions must be made at the end of each shift. This should take no longer than 30 seconds. All players on the bench must play the next shift.

Central West Soccer – Pre-Season Practice Day

20 minutes Introduce the warm-up routine & set expectations with parents and players

Key points to review with the parents and players:

- 1 Players who arrive early should practice juggling or individual moves.
- 2 Players are expected to be on the field, dressed and finished their warm ups when the coach is ready to begin.
- 3 If the coach for any reason comes late or does not show up, the parents must step up and help.
- 4 The referees will also be there to assist with the warm-ups.
- 5 All coaches should have at least one parent as an assistant coach or manager, who will take over the team if the coach is sick, on holidays, has to work late etc.
- 6 **No one should be behind the net during the game.** This intimidates players on the opposing team and interferes with the game by distracting the goalkeeper, who should be watching the ball. All coaching should be done from the sidelines.
- 7 Coaches may be permitted on the field for 5 & 6 year olds and for the first 3 games for 7 & 8 year olds. Coaches should not be in the penalty area at any time, except to help on goal kicks.

Dribbling – 20 minutes

This drill incorporates many of the fundamentals of soccer: Ball control, heads up play, moving changing directions, changing pace

Mark out an area on the field. All players must stay in the area and dribble the ball.

The coach then gives instructions that the players must follow: Stop, turn, change directions, left foot only, right foot only etc.

The coach should move around and use hand signals to force the players to look up as they dribble.

For 5 - 8 year olds one coach or assistant should use a whistle the first couple of weeks. Have the players dribble inside the area and when they hear the whistle blow they stop, put their foot on the ball and look at the “referee” (the person with the whistle) to find out what they do next.

Examples:

If the coach holds up one finger, everyone must sit on the ball

If the coach holds up two fingers, everyone must stop and do bells

If the coach holds up three fingers, everyone must fall down and get back up quickly

The coach should be constantly moving so the players have to keep looking up to see the coach.

Central West Soccer – Pre-Season Practice Day continued

Goalkeeping

All players should be introduced to the fundamentals of goalkeeping.

In Mini games players should take turns playing goal. This introduces all players to goal keeping and also helps players appreciate the players who do volunteer to play goal.

1. Explain the special rules for the goalkeepers – they can pick the ball up in the penalty area but not outside the penalty area (or a free kick to the other team – for full field games this will be an indirect free kick)
2. Make it clear that the goalkeeper is the last line of defense and everyone on the team is equally responsible if a goal gets scored.
3. Make sure the goalkeepers know what to do after they make a save.
 - a. The goalkeeper should throw or roll the ball to an open player. (preferably near the sidelines). If this is not an option then they can kick the ball out of their hand using a drop kick or punt kick.
 - b. Once the goalkeeper puts the ball down on the ground, they cannot pick it up again (they can kick it) and anyone on the other team can run in and kick it in the net.
 - c. If the goalkeeper walks or falls with the ball into the net and the whole ball is over the line, then it is a goal for the other team
 - c. The whole of the ball has to be over the line to be a goal. It is only the opinion of the referee that counts, not the opinion of the goalkeeper, the coach, the players, the parents, spectators or anyone else.
 - d. If a player passes back to the goalkeeper the keeper cannot pick it up. In the younger age groups the referees have been instructed to use their own judgment in how they apply the rules. They will not enforce this rule at the younger divisions.

The above rules are guidelines but do not supersede the ref's calls during the game.

Let all players practice kicking and throwing the ball.

Making saves:

1. Demonstrate to the players how to make a save.
2. Have players practice rolling and throwing the ball and making saves with a partner.
3. After making the save, protect the ball

Coaching points:

- Eyes on the ball
- Ready position
- Move to the ball – body behind the ball
- Hand position so the ball does not slip through your hands “w” formation

During the game the keeper should be focused on the game and move with the flow of the game, always watching the ball and ready to make a save.

Central West Soccer **Skill of the Week – Game Week 1**

Running with the ball and turning

Players line up on the sideline with a ball

Players run with the ball to the other side, turn and come back.

There is only one rule – the player cannot allow the ball to go over the opposite sideline.

Coaching Points:

- Show the players how to turn with the ball & have them practice a few times.
- Remind players that this is not a race & to keep control of the ball

Start by having the players walk with the ball several steps, turn and walk back.

Next have the players run slowly with the ball, turn and run back.

Then have players run faster

Central West Soccer **Skill of the Week– Game Week 2**

Throw Ins

Players line up on the sideline with a ball.

Both feet must be on or behind the line.

Stand with your toes pointing to where you want to throw the ball.

Throw the ball with both hands, from behind your head in one motion.

Part of both feet must remain on the ground at all times.

Have the players throw the ball one at a time. If they do a foul throw, have them do it again.

First have the players throw the ball towards the goal – aim for the crossbar then have the players throw the ball “up the line”

Coaching Points:

- Keep it simple – don't turn over the ball to the other team because of a foul throw
- Remember to get back on the field and involved in the play
- Remind players that as in most aspects of the game, they have more than one option and the player should decide for themselves which option is best at that time.

Central West Soccer Skill of the Week– Game Week 3
Receiving & Passing (2 touch on the ground)

Players make 2 lines facing each other about 5 yards apart

x x x x x x x

x x x x x x x

Players pass the ball back and forth to each other.

Two-touch passing – first touch controls the ball, second touch passes the ball back

After a few minutes, increase the distance between the lines for longer, harder passes.

Coaching points:

- be on your toes ready to move to the ball & use both feet
- keep your eyes on the ball
- use the inside of your foot (for accuracy and control)
- kick the ball in the middle to keep it on the ground
- help your partner by giving a good firm pass (not too hard, not too soft)
- pass the ball to the left or right so that you partner must move to the ball (don't reach)

Central West Soccer Skill of the Week– Game Week 4
Kicking with the instep for power & distance

Players make 2 lines facing each other about 5 yards apart

x x x x x x x

x x x x x x x

Players pass the ball back and forth to each other using their laces

Two-touch passing – first touch controls the ball, the second touch passes the ball

After a few minutes the players can spread out anywhere on the field & increase their distance. They may now kick the ball as it is still rolling – one touch

Coaching points:

- move to the ball
- keep your eyes on the ball when kicking
- kick the ball in the middle to keep it on the ground, or below the bottom to lift it
- follow through

Central West Soccer Skill of the Week– Game Week 5

Goal Kicks

When the other team kicks the ball out over your end line, your team gets a goal kick

The ball may be kicked from anywhere inside the 6 yard box

First option is to kick to a player on your team who is open and near the sidelines

Second option - if you see no open players, aim for the corner flag or sidelines

Coaching points:

- Make eye contact with the player you are kicking
- Keep your eye on the ball when kicking
- Players on the field should be moving into open spaces towards the sidelines
- Be ready to receive the ball and move it up the field

Central West Soccer Skill of the Week– Game Week 6

Corner Kicks

When the other team kicks the ball out over their end line, your team gets a corner kick

Have 3 or 4 players outside the goal box trying to score (near post, centre, far post)

The remaining players take turns taking corner kicks from either side of the field

Rotate players so everyone has a turn

Add defenders – their job is to get the ball out of the area as soon as possible

Coaching points:

- Work as a team
- Take shots!

Central West Soccer Skill of the Week– Game Week 7

Volleying

Players make 2 lines facing each other about 5 yards apart

x x x x x x x

x x x x x x x

Player with the ball throws it to their partner.

They kick the ball back to their partner before the ball hits the ground.

After a few minutes, switch roles

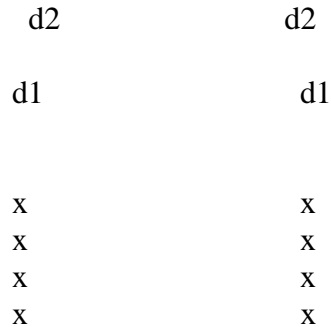
Coaching points:

- accuracy before power – don't make your partner chase the ball
- keep your eyes on the ball
- keep moving – be on your toes
- move so your body is behind the ball

Central West Soccer Skill of the Week– Game Week 8

Jockeying

Players make 2 lines in front of the net facing a defender d1



Player with the ball tries to go around the defender.

The defender closes down the space and jockeys, trying to force the player with the ball to the outside. Add a second defender d2. Their job is to go for the ball if the first defender gets beaten. Rotate players so that everyone has a turn defending.

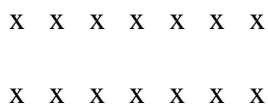
Coaching points:

- Stay on your toes & keep moving
- Stay low, knees bent (stick your butt out)
- Use your arms for balance
- Key your eyes on the ball
- Have patience, attack the ball only when player loses control

Central West Soccer Skill of the Week– Game Week 9

Receiving Bouncing Balls

Players make 2 lines facing each other about 5 yards apart



The player with the ball throws or bounces the ball to their partner

Their partner controls the ball using their chest or thighs, brings the ball down to their feet and passes the ball back to their partner

After a few minutes, trade roles

Coaching points:

- Move to the ball
- Body behind the ball
- Start with an open body position ready to receive the ball
- Relax and cushion the ball

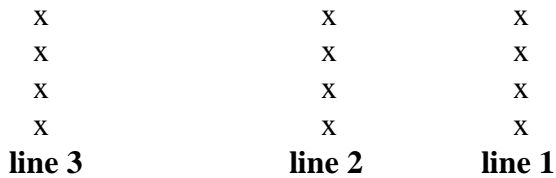
Central West Soccer Pre-Game Practice – Game Week 10

Crossing

Players make 3 lines at the halfway line – the player on the outside starts with the ball

Players in line 1 & line 2 work together to bring the ball up the field

Player from line 1 crosses the ball Player in line 3 tries to score. Players from lines 1 and 2 go in for rebounds.



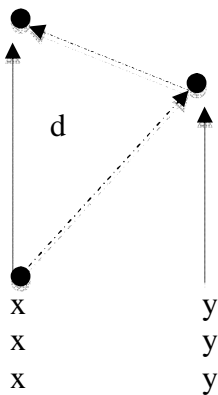
Coaching points:

- Aim for the near post or far post
- Crosses don't have to be high or far, the purpose is to get the ball in front of the net, near the edge of the penalty box

Central West Soccer Skill of the Week– Game Week 11

Give and Go

Players make 2 lines in front of the net facing a defender “d”



Player X dribbles towards the defender, passes the ball to player Y and then runs past the defender.

Player Y receives the ball and passes it behind the defender, back to player X.

Coaching points:

- Split the team into two groups and have an assistant work with one of the groups. This keeps everyone active and involved.

Central West Soccer Skill of the Week– Game Week 12

Coach's choice

EQUAL PLAYING TIME

- 1 All players are entitled to equal playing time, regardless of their talent, skills, experience or abilities. Fair play is more important than winning or losing. Each year we get complaints from parents that some kids are on the bench every other shift and others are playing almost the whole game.
- 2 It is not fair to your players if some play most of the game and others watch most of the game.
- 3 It is not fair to the other teams if they are playing fairly and you have your strongest players on the whole game.
- 4 If you find it too hard to keep track, then when in doubt pull off your top players as they have probably had more than their fair share of playing time over the year. Or get a parent to help you make the changes.
- 5 Remember - players join soccer for their enjoyment, to participate and to have fun!