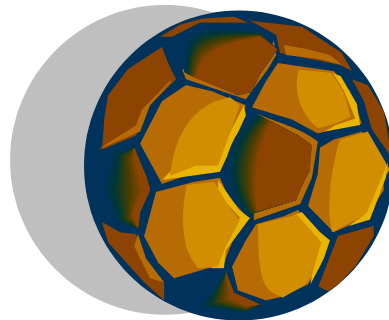
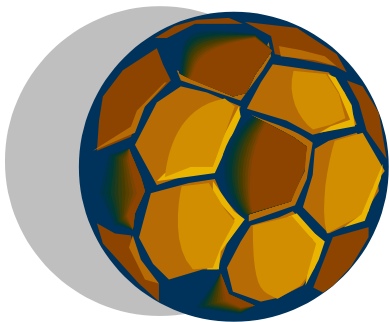
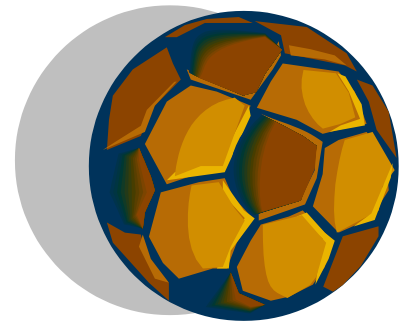
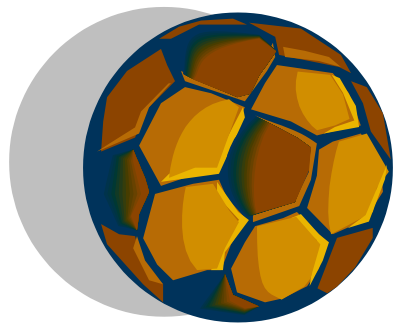


Coaching Manual

1ST/2ND GRADE



WEEK 1

Warm-Up (5 Minutes)

- Players dribble in space – that is, run with the ball keeping it within playing distance (one player per ball).
- Players dribble and turn on coach’s signal.

Fitness Component (5 Minutes)

GENERAL FITNESS Key Idea: General Fitness - Gather players into a group. “In soccer, running makes our hearts beat faster, and kicking helps strengthen our leg muscles so we can kick the ball farther. Spread out into your own space. Everyone run in place and I will pass the ball to some of you. If you get the ball, pass it back to me and keep running!” Continue for about 30 seconds. “Playing soccer improves our physical conditioning or fitness. We get better at running and kicking the ball, and can keep going longer before we get too tired. How can I keep from getting too tired when I’m running?” (Pacing themselves) “How about kicking?” (Practicing at home.) “It’s also important to take a rest when you need one and to drink water during practice and at home. We’ll talk more about the different areas of fitness in our fitness circles throughout the season.”

Skills/Drills (15 Minutes) RESTARTING / STARTING THE GAME

Goal: Through playing a game, players will review (or learn a new) game rules, including start and restart, throw-ins, and corner kicks. Specific procedures are used to start a game of soccer and to restart it following the ball going out of bounds. The start is done as a center kick-off; restarts of the game, which occur after the ball goes out of bounds, can be a goal kick, a corner kick, or a throw-in, depending on the situation.

Center Kickoff: Soccer games begin with one team kicking the ball from the center spot. (The team is often chosen by a coin toss.) The opposing team’s players are not allowed within the center circle during the kickoff, and the kicked ball must roll forward at least one complete rotation before another player may touch it. These same procedures are followed after a goal is scored. In this situation, the team that was scored against restarts the game by kicking off from the center spot, and the team that scored stands outside of the center circle in its half of the field.

Goal Kick: When an attacking team kicks the ball out of bounds beyond the goal line, as in a missed shot, the opposing team is awarded a free kick, called a goal kick. This kick is made by the defending team and must be made inside the goal box on the side of the goal on which the ball went out of play. The players on the team that kicked the ball out of bounds must

WEEK 1 CONT'D

stay outside the penalty area until the ball clears the area.

Corner Kick: If a team kicks the ball beyond its own goal line, the other team is awarded a corner kick from a corner arc. During the kick, defensive players must be at least 10 yards from the player kicking the ball. The kicker's teammates may position themselves anywhere they choose.

Throw-In: When the ball is kicked out of bounds along the touchline, the game is restarted with a throw-in. The team that last touched the ball loses possession, and the other team gets to throw in the ball. The player putting the ball back into play must use both hands to throw the ball and keep both feet on the ground. The throwing motion should begin from behind the head and be a continuous forward thrust until the ball is released in front of the head. The throw-in should be put into play quickly, thrown to the feet of a player who is not being marked.

Game/Play (15 Minutes)

ATTACKING THE GOAL

Goal: Players will learn that they have to attack a goal (cone) to score in soccer. Each team attacks a different goal.

Description: 1 v 1 – Each player tries to hit a cone using only his or her feet, not hands. (No need for any other rules right now!)

WEEK 2

Warm-Up (5 Minutes)

- Players get in pairs with one soccer ball per pair. Pass the ball to each other while moving around.

Fitness Component (5 Minutes)

FLEXIBILITY Key Idea: Flexibility Bring a rubber band and show it to the children. “This rubber band is like our muscles. Can you tell me why?” Listen for children’s responses (stretches when pulled, goes back to original shape, etc.) Demonstrate how the rubber band stretches. “Your muscles work the same way as this rubber band. When your body comes back, your muscles go back to their original shape. Everyone reach down to the ground with your arms slowly and then bring your arms back up.” Have children repeat three times. “Your leg muscles need to stretch because we use them the most in soccer. It makes them more flexible. When muscles are flexible, it keeps them from getting hurt and makes the muscles feel good.”

Skills/Drills

GOAL KEEPING Skill Practice 1 (10 minutes):

1. Introduce, demonstrate, and explain how to gather the ball.
2. Practice gathering the ball.

Description: Players in pairs practice appropriate gathering techniques, feeding each other at low, medium, and high levels, and at different speeds.

Gathering Ground Balls: From the ready position, goalies should stop shots on the ground through these techniques:

- Quickly shuffle sideways to a position between the ball and the goal.
- Keep your legs straight, with your feet a few inches apart, and bend forward at the waist as the ball arrives.
- Reach your arms down with your palms forward and slightly cupped.
- Allow the ball to roll up onto your wrists and forearms.
- Return to an upright position, clutching the ball tightly to your chest.

Gathering Air Balls: For a ball that arrives between a goalkeeper’s ankles and waist, the proper gathering technique is as follows: As the ball arrives, bend forward at the waist.

WEEK 2 CONT'D

- Extend arms down with palms facing forward.
- Receive the ball on the wrists and forearms, and secure it against your chest.
- For waist-height balls, jump backward a few inches to absorb its impact. For a ball that arrives chest—or head-high, goalkeepers should use this gathering technique:
 - As the ball arrives, position your hands in the diamond position, with fingers spread and thumbs almost touching.
 - Extend your arms, slightly flexed at the elbows, toward the ball.
 - Catch the ball with your fingertips.
 - Withdraw your arms to cushion the impact and secure the ball to your chest.

For a ball that is lofted high in the air, the gathering technique is as follows:

- Move toward the ball and use a one-legged takeoff to generate maximum upward momentum.
- Bend the front leg for protection.
- Extend your arms overhead and try to catch the ball at the highest point possible.
- Secure the ball to your chest before you land.

Coach's Point: Go over goalkeeping rules:

- Goalkeepers may use their hands within the goal area to stop opponents' shots.
- Goalkeepers may use their hands to field a ball that has been headed or kicked to them deliberately by a teammate, but they may not use their hands to field a ball that has been kicked intentionally to them by a teammate.
- Goalkeepers may not pick up a throw-in from a teammate.
- Goalkeepers must release the ball within 5 seconds now, and they may not touch the ball again before another player touches it outside of the penalty area.

Skill Practice 2 (15 minutes):

1. Introduce, demonstrate, and explain how to roll the ball.
2. Practice rolling the ball.
3. Introduce, demonstrate, and explain how to overarm throw the ball.
4. Practice throwing the ball.
5. Introduce, demonstrate, and explain how to punt the ball.
6. Practice punting the ball.

WEEK 2 CONT'D

Description: Players pair up and practice the three skills.

Collapsing on the Ball: Goalkeepers will at times have to collapse on a ball to secure it in tight quarters. As they secure the ball, they should collapse on their side, bringing the ball in and their top leg up in a fetal position. Instruct your goalies not to lie on their back, but to stay on their side.

Distributing the Ball: Goalies have three choices in distributing the ball to a teammate after making a save: rolling it, throwing it, or kicking it. The goalie must release the ball within five seconds.

Rolling the ball: Rolling the ball is good for distances of 10 to 15 yards or less. The motion is similar to that used when bowling. Goalies should cup the ball in the palm of their hand, step toward their target with the opposite foot, and release with a bowling-type motion. They should release the ball at ground level so it doesn't bounce.

Throwing the ball: To get greater distance, goalies can throw the ball, using an overhand motion similar to throwing a baseball, or a straight-arm overhand or three-quarter motion, similar to throwing a javelin. Goalies should hold the ball in the palm of their hand, step toward the target, and use a three-quarter or overhand throwing motion.

Kicking the ball: While kicking is less accurate than throwing, it can send the ball quickly into the opponent's end of the field. Goalies can use a full volley punt by holding the ball in the palm of the hand opposite their kicking foot, extending their arm so the ball is at waist level. They should step forward with the non-kicking foot, release the ball, and kick it with the in-step, keeping their shoulders and hips square to the target. A dropkick is similar to a full volley punt, but the ball is dropped and is kicked immediately after it contacts the ground. The flight of a dropkicked ball is generally lower than that of a full volley punt, making it a better choice on a blustery day.

Game/Play (15 Minutes)

SPACING / POSITIONS

Goal: Players will learn to spread out down the field so they can receive a pass.

Description: 4 v 4 – Review the rules, including starts and restarts, fouls, no use of hands, throw-ins, corner kicks (direct only), and goal kicks. Encourage players to spread out.

Coach: What is the fastest way to get the ball down the field (pass or dribble)?

Players: Pass.

Coach: For Katie to pass down the field, where does Matthew need to go so she can pass to him?

Players: Down the field.

WEEK 3

Warm-Up (5 Minutes)

- Players get in pairs with one soccer ball per pair. Pass the ball hand to hand, throwing so that the hands must move to catch the ball.

Skills/Drills (15 Minutes) PROVIDING SUPPORT “GETTING OPEN”

1. Introduce, demonstrate, and explain how to provide support with the ball.
2. Practice providing support for teammates.

Description: Play 2 v 1 games in 10- x 10-yard areas marked by cones. Players should focus on providing good angles of support against cold, warm, and hot defenses as necessary. The goal is to get six passes. Players should learn that the supporting player should move “off the ball” so the passer always has a teammate to pass to.

Coach’s Point : The goal is for the two players to make six passes without losing the ball. The defender must go to the ball or the games will not work. Rotate the defender every few minutes.

Providing Support: Essential to any soccer team’s success is how players support their teammates on the field. Teaching them the triangle concept is one way you can reinforce the need to spread out, provide support, and give the dribbler more options. The triangle concept is simply that players should try to maintain a triangle formation on the field, with the dribbler usually at the apex of the triangle. The triangle formation is used in sports such as hockey and basketball, ones in which a fluid, dynamic interplay is required.

By maintaining a triangle, players will be able to spread out the defense and at the same time provide the player with the ball with more options. To teach young players proper triangle positioning, use the easiest possible explanation. One method is to position players along the outer edges by swinging both arms from behind the back around to the front until they are just visible.

In general, two or three teammates should provide support at one time; more will draw too many defenders and clog the attack. General guidelines for distance from the ball while providing support is 3 to 5 yards in close quarters and 8 to 10 yards if defenders are not challenging for possession.

Move Continuously: Offensive players are easy to mark if they are inactive. Encourage your players to move continuously to an open area to receive passes. If teammates are not open, the dribbler should move the ball to an open area. This tactic will put pressure on the defense and probably cause one of the defensive players to leave his or her player, leaving one offensive player open for a pass. When a pass is made, the player to whom the pass was intended should come to meet the ball.

WEEK 3 CONT'D

Game/Play (15 Minutes)

PASSING Goal: Players will learn to pass in the game.

Description: 2 v 2 cones or small goals. Place the cones or goals about 20 yards apart.

Coach: How can you best play as a team?

Players: Pass the ball to each other.

WEEK 4

Warm-Up (5 Minutes)

Players play a 1 on 1 game, using a full goal. One player attacks the goal and tries to score while the goalkeeper dives to save the shot. Players trade off being goalkeeper. Attacking player can try to score by throwing or shooting.

Skills/Drills (15 Minutes) SHOOTING FROM A TARGET PLAYER

Skill Practice (10 minutes):

1. Introduce, demonstrate, and explain how to shoot from a target player feed.
2. Practice shooting from a target player feed.

Description: Players shoot from the target player feed. They pass to the target player, provide support for the return pass, and receive and shoot the return pass.

- Shooting : Every player likes to score goals, so your players will be highly motivated to learn proper shooting technique. Point out to them the similarities of shooting and passing; shots also come from the inside, top, and outside of the foot. Also mention some of these key differences between passing and shooting:
- Length—Shots often must travel a greater distance than passes because defenders work at keeping offensive players away from the goal.
- Speed—Shooters frequently kick the ball harder than passers do so the goalie can't react to stop the shot. Unlike the passer, the shooter doesn't need to be concerned whether a teammate can control the kick.
- Purpose—Shots are taken for one reason: to score a goal. However, players pass the ball for many different reasons, such as to get a better shot or to keep the ball away from the defense.

Players should use their instep for shooting either a stationary or rolling ball. The mechanics are as follows:

- Approach the ball from behind and at a slight angle.
- Take a long step (which acts to draw your kicking leg back) and plant your balance foot beside the ball with the knee of your balanced leg slightly flexed.
- Keep your head steady and focus on the ball.
- Extend your kicking foot; the knee of your kicking leg should be directly over the ball.
- Whip your leg straight and contact the center of the ball with your instep; keep your foot firm and pointed down as it strikes the ball.
- Keep your shoulders and hips square to the target.

WEEK 4 CONT'D

Instruct your players to shoot often. Nothing puts greater pressure on the defense than shots on goal. More accurate shooters should aim away from the goalie and toward corners of the goal; less accurate shooters can attempt to hit the corners also but might consider at times using the whole goal as the target.

Game/Play (15 Minutes) SPACING / POSITIONS

Goal: Players will learn to pass and support each other in the game.

Description: 4 v 4 – Each team tries to pass frequently.

WEEK 5

Warm-Up (5 Minutes)

- Get in pairs with one soccer ball and pass to one another.

Skills/Drills (10 Minutes) MAKING THE LONG PASS

1. Introduce, demonstrate, and explain how to make long passes.
2. Practice long passes.

Description: Players practice long passing in pairs.

Long Passes: Sometimes a game situation will call for a player to make a long pass to a teammate across the field. The best way to make a long pass is to loft the ball through the air using the top of the foot. This is the correct technique for lofting passes:

1. Plant the non-kicking foot slightly behind and to the side of the ball.
2. Point the toes of the kicking foot down, and kick the ball with the shoelace area. Kick under the ball.
3. Watch the kicking foot contact the bottom half of the ball and lift it off the ground.

Game/Play (15 Minutes) SPACING / MOVEMENT

Goal: Players will learn to spread out ahead of the ball.

Description: 4 v 4

Coach: If you don't have the ball, where can you go to help your team move toward the goal with the ball?

Players: Move forward.

Coach: Is it a good idea to leave a player forward?

Players: Yes.