

Salt Lake County Parks and Recreation

Coaching Youth Soccer



Salt Lake County Coaching Youth Soccer

Salt Lake County Parks and Recreation
201 South State Street
Salt Lake City, Utah



Name: **Space Raiders (continued)**

Coaching Points: Make this into a competitive group activity by dividing players into small groups and comparing how many balls each group can steal in 60 seconds. Emphasize correct defensive footwork, position, and tackling techniques.

Name: **Crab Soccer**

Purpose: To improve dribbling skills

Organization: Mark out an area approximately 5 by 5 yards and designate two players to assume the "crab" position. Make sure that each of the remaining players has a ball. Players dribble the ball in the restricted area while the crabs try to kick as many balls as possible out of the square. Once a player's ball is kicked out, he or she becomes a crab. The last player with a ball is the winner.

Coaching Points: Tell dribblers to keep the ball close to their feet and to work on changing directions and changing speeds frequently. They should dribble the ball with the foot furthest away from the nearest crab.



Welcome to Coaching

Coaching young people is an exciting way to be involved in sports. Coaching youth sports can be fun and energetic, however, it is not easy. Some coaches become overwhelmed by the responsibility involved in helping athletes through their early sports experiences. Coaching youngsters requires more than bringing the ball to the court and letting the team play. It involves preparation by the coach to develop players physically and mentally to compete effectively, fairly, and safely in their sport.. In addition, a coach becomes a positive role model for these young athletes.

This pamphlet will help you meet the challenges and experience the many rewards of coaching young athletes. You will learn how to meet your responsibilities as a coach, communicate with your athletes and parents, provide a safe environment, and to use a highly effective method—"the game approach" to teach tactics, skills, and apply strategies for coaching on game day.

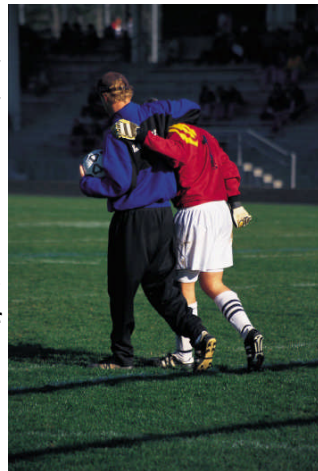
Welcome to Coaching!



Stepping into Coaching

If you are like most youth league coaches, you have probably been recruited from the ranks of concerned parents, sports enthusiasts or community volunteers. Like many rookie and veteran coaches, you probably have had little formal instruction on how to coach. But when the call went out for coaches to assist with your participants youth sports program, you answered. There could be many reasons why you answered, but the main reason is you like children and enjoy being involved.

Your initial coaching assignments may be difficult. Like many volunteers you may not know everything there is to know about the sport that you volunteered for, or how to begin working with children. Don't worry, you have valuable resources at your disposal. The **recreation program coordinator** assigned to your sport has a wealth of knowledge and along with this booklet, can provide you with all of the tools necessary to have a successful season as a youth sports coach.



You are now entering a world of great enjoyment and fulfillment as you see your athletes grow and learn. You will also grow as your athletes success become your success. You will enjoy the victories, as well as feel the disappointment in defeats. You will have to help your athletes learn to win and lose graciously. You will have to remind your athletes, parents and yourself that "in the end, it's only a game!"

Name: **Containment**

Purpose: To work on containment, tackling, and dribbling techniques

Organization: Use cones to mark off an area approximately 10 by 5 yards. Divide players into two teams, attackers and defenders. Players go one-on-one, the attacker trying to dribble the ball past or around the defender and over the end line. Defenders attempt to contain attackers, that is, to stay goalside of attackers and force them to lose the ball by making a mistake. Play always starts with both players on their lines at ends of the playing area.

Coaching Points: Tell defenders to tackle for the ball only when they are fairly sure to win the ball. Otherwise, they should "contain" the attackers, forcing them to one side of the other, and out of the middle. Tell attackers to keep the ball close to their feet and frequently change speed and direction.

Name: **Mark-up Player-to-Player**

Purpose: To work on principles of defense, specifically marking and covering.

Organization: Use the penalty area for this drill. Players compete four versus four or five versus five. The attackers attempt to score a goal while the defenders each take an attacker and work on "marking up" player to player. The coach stands outside the penalty area with a pool of balls and feeds balls to the attacking team. After one team attacks for 5 or 10 minutes, players change roles, and defenders become the attackers and try to score. Goalkeeper is optional.

Coaching Points: Stress the need to mark-up the attacking team one-on-one. The player with the ball should be marked as well as his teammates without the ball. Attackers are encouraged to pass and move to space in order to elude defenders to set up for a shot on goal.

Name: **Space Raiders**

Purpose: To improve dribbling, marking, and tackling skills

Organization: Choose two players to be "raiders". All other players are to dribble a ball inside the grid. Raiders do not have a ball and they try to steal the players' balls without fouling. Players who lose balls become additional raiders and must help steal others' balls. The game ends when all players have lost their balls.

Defensive Drills:

Name: **Defensive One-on-One**

Purpose: To practice marking and tackling.

Organization: Have players pair up. Designate one player to dribble for 30 yards and another to try to take the ball away. Players switch roles after the dribbler crosses the 30-yard mark.

Coaching Points: Begin with tackling from the front, and progress to tackling from the side. Watch that players tackle the ball rather than the person. Also, do not allow players to tackle from behind. Encourage offensive players to work on dribbling technique.

Name: **Go-For-It**

Purpose: To develop proper tackling and dribbling technique..

Organization: Use cones to mark off an area of 20 by 20 yards and create small goals—cones 4 feet apart—at opposite ends. Divide players into two teams and have each team count off consecutively “one,” “two,” “three,” and so on. Have teams line up at opposite ends of field, on both sides of their goal. The coach stands to the side of the playing area with a pool of balls and calls out the number of the first two players, who go one-on-one, each trying to score on his or her own goal. Each pair of players is given five balls to score on their own goal. Coaches can also call two or three numbers at a time.

Coaching Points: Coaches should emphasize correct dribbling and tackling techniques as well as the need to shoot at the first opportunity.

**Your Responsibilities as a Coach**

As a Salt Lake County youth sports coach you will be called upon to do the following:

- Provide a safe physical environment.
- Communicate in a positive way. You will need to communicate with your players, parents, referees, and program administrators.
- Teach the tactics and skills related to your sport.
- Teach the rules of the game.
- Direct players in competition. Remember that the focus is not on winning at all costs, but in coaching your players to compete well, do their best, and strive to win within the rules.
- Help your players become fit and value fitness for a lifetime. We want your players to learn to become fit on their own and understand the value of fitness and learn to enjoy training. Make practices fun not miserable.
- Help young people develop character. Character development includes learning, caring, honesty, respect and responsibility. You should teach these values to your players by demonstrating and encouraging behaviors that express these values at all times.
- Organize practices. Your practices should be organized and thought out in advance, not 5 minutes before your practice.
- Pass out pertinent information. This includes game schedules, photo shoot information, etc.
- Show up to games and practices. Everyone has “something that comes up” that makes it so you can’t attend a game or practice. Take the responsibility to call another parent to help out.



Coaching Your Child

Unlike your role as a parent, as coach you are responsible not only to yourself and your child, but to all of the players on the team, their parents/guardians and Salt Lake County Parks and Recreation. Your behavior will be different from your behavior at home, and your son or daughter may not understand why.

Take the following steps to avoid problems in coaching your child:

- Ask your child if he/she wants you to coach the team.
- Explain why you wish to be involved.
- Discuss with your child how your interactions will change while you are coaching.
- Limit your coaching behavior to when you coach. When you get home from a game or practice don't stay in "coach mode" when talking with your child.
- Avoid "parenting" during a practices or games. Treat all players the same including your child.
- Reaffirm your love to your child.
- Do not show favoritism.



Name: Whistle Dribble (Dribbling)

Purpose: To practice changing direction quickly.

Organization: Use a whistle and point in the direction players are to dribble or use commands such as *stop, forward, right* and *left*.

Coaching Points: Keep players guessing by varying your commands. Have players focus on keeping the ball close to their feet.

Name: Fake Out (Dribbling)

Purpose: To improve dribbling skills.

Organization: Pair up players and have them face on another. Give one player in each pair a ball, and have the partners of those players assume a defensive position. Tell the ball handlers to fake with head, shoulders, hips, or feet and try to dribble past the player marking them..

Coaching Points: Advise offensive players to watch their opponents and look for a chance to take advantage. Also stress the importance of keeping the ball close to the feet. Defenders should be instructed to keep their eyes on the ball and not to get off balance because of a fake.



Name:	Circle Passing
Purpose:	To emphasize accurate passing.
Organization:	Players from a circle and pass to each other. Players can pass to any team member in the circle except to the players on either side of them.
Coaching Points:	Passes should be crisp and accurate. Make players aware of passes that are inaccurate, too soft, or too hard. Use this drill only during the initial stages of learning, then move on to its variations to provide more of a challenge to players' skills.
Variations:	<i>Pressure Passing.</i> One player is in the middle of the circle and tries to intercept passes. <i>Pass Around.</i> A player in the middle of the circle passes around the circle to each player.

Name:	Roll and Shoot
Purpose:	To practice goalkeeping and shooting on goal.
Organization:	Line up three players on each side of the penalty area. Have another player on each side alternately roll or toss balls to the first player in line for shots on goals. Also station a player on each side of the goal to retrieve balls. Players should wait to pass the ball to shooters until the goalie re-establishes position. Have players rotate through all of the positions.
Coaching Points:	Have players concentrate on shooting accurately by squaring up to the goal and following through on their kicks.

Name:	Pass and Trap (Trapping Drill)
Purpose:	To practice various types of trapping.
Organization:	Have players pair up and toss or pass the ball to each other. The receiving player should trap the ball using a specified trap: foot, thigh, or chest.
Coaching Points:	Highlight moving to the ball; reaching out with the foot, leg, or chest to meet the ball; cushioning the ball; and keeping the close to the feet.

Five Tools of an Effective Coach

C—Comprehension

O—Outlook

A—Affection

C—Character

H—Humor



Comprehension—You must understand the basic elements of the sport you coach. Know the rules, tactics and skills required.

Outlook—You must look at your perspective and goals as a coach. The most common objectives are to have fun, help players develop their physical, mental and social skills, while playing within the bounds of the rules.

Affection—This is another vital tool that you will want to have in your coaching kit: A genuine concern for the young people you coach. In order to use this tool you will need:

- to get to know each player on the team.
- to treat each player as an individual.
- to treat players as you would like to be treated.
- to teach new and difficult skills.
- to show enthusiasm.
- to keep upbeat and be positive.
- to be in control of your emotions.

Character—Having good character means modeling appropriate behaviors for sports and life. You are role model and the athletes, parents, spectators will model your behavior. What you say and what you do must match.

Humor—Have the ability to laugh. Make practices fun. Keep all of the players involved. Smile and enjoy yourself. Remember games are supposed to be fun.

Teaching Sports Skills

Use the following guide to introduce, demonstrate, explain and practice a new sport skill or tactic.

1. Introduce the skill
 - a. Get the players attention
 - b. Name the skill
 - c. Explain the importance of the skill
2. Demonstrate the skill
 - a. Use correct form
 - b. Demonstrate the skill several times.
 - c. Slow down the actions so players can see every movement
 - d. Perform the skill at different angles
 - e. Demonstrate the skills with both right and left
3. Explain the skill
 - a. Show them a correct performance
 - b. Breakdown the skill
 - c. Have the players perform each component of the skill
 - d. After performing the skill re-explain the skill
 - e. Practice the skill
4. Attend to players practicing the skill
 - a. Praise the efforts of the athletes
 - b. Give simple precise feedback
 - c. Make sure they understand the feedback given
 - d. Have them re-practice the skill.

Name:	Through the Cones
Purpose:	To work on accurate and correct passing technique.
Organization:	Divide players into two equal teams. Use cones to set off an area approximately 40 by 30 yards. Place goals at opposite ends (cones should be about 4 feet apart). Teams compete as in regular soccer, and a point is scored only when one player successfully passes to a teammate through one of the goals at either end of the field.
Coaching Points:	Emphasize passing with either the side of the foot or the instep. Toe-passes should not count for points. Also stress the need for the players on each team to support their teammates when he or she has the ball

Name:	Long Pass
Purpose:	To work on correct technique for making long passes in the air.
Organization:	Divide players into two equal teams. Use cones to mark off an area approximately 40 by 30 yards and to create a restricted zone in the middle of the playing area about 20 yards long. Players work on making long passes to each other in the air, over the restricted zone. Defenders can be added to have players work on passing under pressure.
Coaching Points:	Make sure that players kick the ball correctly, with the instep. The nonkicking foot should be placed slightly behind the ball while the kicking foot should strike the ball below center to make it rise.

Name:	Pass and Move
Purpose:	To teach players to pass to players who are open and to move to an open area after passing.
Organization:	Divide the team into groups of four. Assign three players to pass the ball inside a grid with one defender trying to Intercept.
Coaching Points:	Have offensive players work on getting open rather than standing after passing the ball. Offensive players should attempt to maintain a triangle formation. Initially, tell defensive players to try to force passes and to move toward the passer to reduce the passing angle. After offensive players have learned to pass effectively, encourage more aggressive defensive play. Defenders can then try to anticipate and perhaps intercept the ball from the offense

Soccer Drills

Offensive Drills:

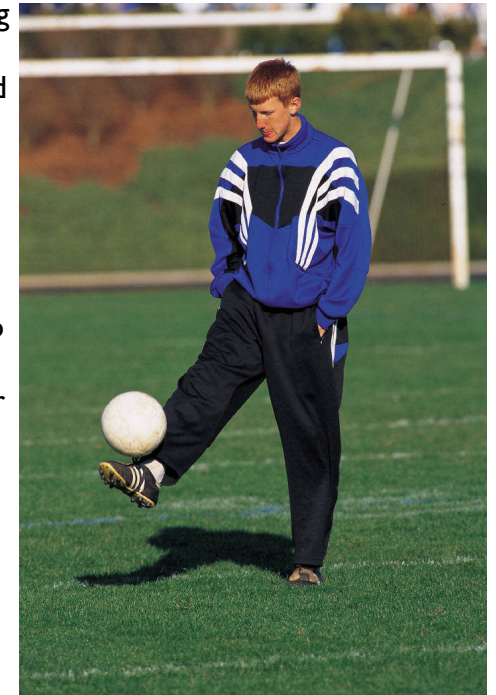
Name:	Take a Walk
Purpose:	To learn accurate passing
Organization:	Have players pair up and pass the ball to each other. Players walk along the field, passing the ball back and forth before gradually progressing to passing while jogging and running.
Coaching Points:	Emphasize making quick passes and using proper receiving techniques. Also stress to players to players that they should pass the ball far enough ahead of a teammate moving forward.
Variations:	<i>Pass Ahead.</i> Partners pass ahead, leading players with the ball (see Figure a). <i>Pass Through Cones or Legs.</i> Partners pass through cones to each other or through each other's legs. <i>Pass and Shoot.</i> Partners pass the ball to penalty arc and shoot at goal.

Name:	Wiggle Dribble (Dribbling)
Purpose:	To teach players to look up while dribbling.
Organization:	Make sure each player has a ball. Have players gather inside a grid area and dribble, trying not to touch the other players or their balls. At first, make the grid area large enough so player have plenty of room to dribble. As players become more skilled, decrease the size of the grid area.
Coaching Points:	Tell players to keep an eye on what's going on around them, even if they lose control of the ball at times.



Please know that it is normal to get frustrated at times when teaching youth skills. Part of successful coaching is controlling this frustration. Instead of getting upset, use these six guidelines for shaping skills:

1. Think small initially. Remember that it may be easy for you to understand a complex set of instructions, but for youth things need to be simpler.
2. Break skills into small steps. Try to break down the skill into the smallest tasks.
3. Develop one component of a skill at a time.. Have athletes master these smaller tasks before mastering the skill.
4. Athletes become more proficient at a skill when positive reinforcement is used.
5. When athletes are trying to master a new skill—relax your standards and reward them, praise effort and correct performance.
6. Well learned skills degenerate over time. Go back to the basics to restore proficiency. Repetition, especially for younger athletes, is important. Repeat the old, develop the new skill levels.



Practices...What to do?

Use the following suggestions when planning and conducting a practice session

First Practice:

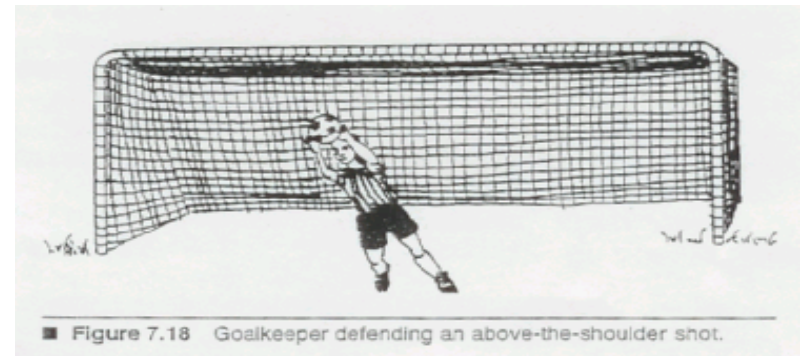
1. Introduce yourself.
2. Distribute practice and game schedule information.
3. Discuss team rules.
4. Explain your expectations.

Subsequent Practices:

1. Introduce yourself.
2. Distribute any pertinent information regarding the team that comes from the administration to the parents.
3. Review last weeks skill or tactic.
4. Introduce, demonstrate, explain, practice this weeks skill or tactic.
5. Remind of next game/practice time.



The outlet pass or kick should be accurate and of a speed that allows a teammate to handle it easily. However, the goalie must put enough speed on the ball and vary the delivery so opponents aren't able to anticipate and intercept the outlet.



Have goalies assume a position 1 or 2 yards in front of the goal. Remind them to watch the ball carefully and to maintain the ready position. Factors like field size and speed require indoor soccer goalies to play close to the net; outdoor goalies can be more involved in field play. Teach your goalkeepers to move about in front of the goal on an imaginary semicircle. When the ball is in the center part of the field, the goalies should be slightly further from the goal than when it is at an angle. In either case, the goalie should be positioned to decrease the shooting angle between the ball and the goal and remain between the two goal posts.

Goalies especially need to work on their lateral movement and quickness. They'll need this agility to recover quickly to defend against rebound shots and chip passes near the goal.

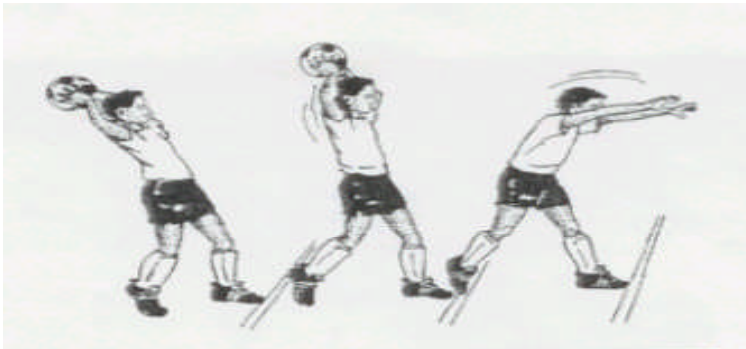
Goal Keeping:

Playing goalie is fun and challenging. The goalkeeper must be alert and watch the ball at all times. As the last line of defense to prevent a goal, the goalkeeper perhaps has the greatest individual defensive responsibility on the team. Remember that this responsibility also increases goalkeepers' chances for injury. Contact your league administrator to see what special equipment and safety instructions your goalies need to play safely.

The best way for goalies to stop a shot is to catch the ball. Goalies should use the basic "W" catch to catch balls shot shoulder height and higher (see Figure a on page 19). This position requires the fingers to be spread and the hands to come together in front of the head. If goalies cannot catch the ball, they should kick it or punch it away with a fist or leg. When catching the ball, the goalkeeper should pull it tightly to the body. Remember, goalies can use their hands only inside the penalty area. Within this zone, they are allowed four steps to throw or kick the ball to a teammate.

Throw-In:

When the ball is kicked out-of-bounds along the touchline, the game is restarted with a throw-in (see Figure a). 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 in play must use both hands to throw the ball forward. 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 an unmarked player, and passed in a manner that is easy to control.

**Tips for Planning Successful Practices:**

1. Devise a purpose for the practice (ex. dribbling, shooting, defense, etc.)
2. Research tactics and skills to teach and rules related to the tactics.
3. Each practice should include:
 - Warm-Up
 - Skill Practice
 - Game Situation
 - Cool Down and Wrap Up
4. Be organized.
5. Have your equipment prepared in advance.
6. Have your assistant coaches and any parent volunteers understand the purpose of the practice.
7. Make it fun.

Importance a Coach Plays in Youth Sports

Remember the importance a coach plays in the lives of youth are:

- You are the key to our programs success.
- You help to develop the skills of your athletes.
- You help to create good citizens.
- You help athletes develop social interaction skills.
- You help athletes to develop leadership and decision making skills.
- You develop an athletes self-esteem.
- You help youth to become successful.

Practice Plan

Date: _____ **Time:** _____

Equipment Needed:

Time Allotted

: _____

Warm Up: (Exercise & Why)

Time Allotted

: _____

Skill Practice: (Specific Skills, teaching plan, drills to be used, rules related to skills)

Time Allotted

: _____

Fair Play Discussion: (specific strategy to be used—player discussion)

Time Allotted

: _____

Game Situation Scrimmage: (what you want to be aware of, practice strengths and weaknesses)

Time Allotted

: _____

Cool Down and Wrap Up Practice: (Any issues to discuss as well as notes for next practice)

As they improve, have your players dribble against an opponent. Being marked by a defender will require them to vary speed, change direction, and shield the ball. Have them prepare for defensive pressure by practicing speeding up and slowing down as they dribble and by dribbling around towels or cones, as shown in Figure a.



(a) Dribbling practice.

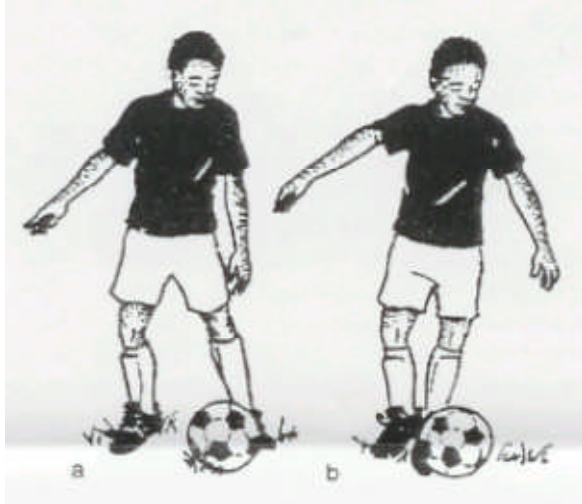
Here are the keys to dribbling you'll want to emphasize:

- Push the ball softly in the desired direction if dribbling in close proximity to defenders.
- Look up and watch for other players.
- Keep the ball close to the feet. If it is too far ahead, other players can steal it.
- Shield the ball from opponents.
- Run at a sapped at which the ball can be controlled.
- If speed dribbling, push the ball out several feet ahead and sprint to the ball

Dribbling:

Players must learn how to control the ball with their feet. Dribbling can be used to move the ball down the field for a pass or shot, to keep the ball from the opposing team, or to change directions.

Players need to be able to use both the insides and outsides of their feet to dribble. To dribble with the inside of the foot, players must turn the foot out and push the ball forward as they move (see Figure a). To dribble with the outside of the foot, players must turn the foot in and push the ball slightly forward or to the side (see Figure



(a) inside-of-foot dribble (b) outside-of-foot dribble

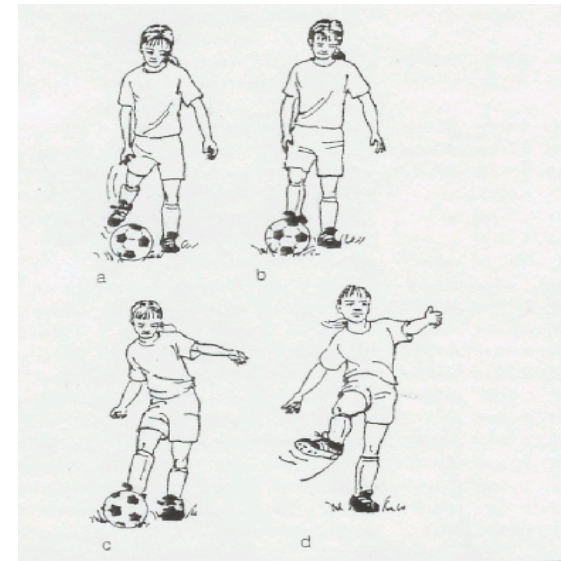
Dribbling may be difficult at first. Have players start by walking and dribbling. Once they can perform the skill correctly, they can speed up their dribbling pace. Insist that players try to look up as they dribble and not down at the ball. If they always look down, they are likely to have the ball stolen by an opponent and are not likely to see a teammate who is open to receive a pass. Encourage players to use either foot to dribble—they'll be more likely to protect the ball from opponents.

Skills and Tactics**Passing:**

Passing the ball among teammates is an offensive skill used to maintain possession and create scoring opportunities. Passes should be short and crisp; long are likely to be stolen by an opposing player. However, players should avoid using passes that are too hard and difficult to control.

Short passes are kicked with the inside of the foot. The correct technique for such passes has several stages:

1. Plant the nonkicking foot alongside and near the ball (see Figure a)
2. Square up the hips and shoulders to the teammate for whom the pass is intended.
3. Turn out the kicking foot (see Figure b)
4. Swing the kicking foot straight at the center of the ball (see Figure c)
5. Follow through by swinging the kicking leg well beyond the point of impact with the ball, in the direction of the teammate to whom the ball is being passed (see figure d)



Sequence of short passes: (a) Plant the nonkicking foot, (b) turn out the kicking foot © swing the foot at the center of the ball, and (d) follow through

Trapping:

Receiving and controlling passes is called trapping. A player can trap the ball with just about any part of the body. Here are some key components to trapping:

- Get in front of the ball
- Watch the ball
- Cushion the ball
- Keep the ball near the body

The following are more specific pointers you can give your players on trapping with the foot, thigh, and chest:

Foot Trap. To trap the ball on or near the ground with the foot, a player should stand in front of the ball and extend a leg and foot out to meet it. After the ball reaches the player's foot, he or she should pull the leg back to slow the ball and relax the foot when the ball makes contact. This technique is called *cushioning* the ball. If a player does not cushion the ball, it will bounce away from the foot, and the player will lose control. The inside-of-foot trap (see Figure a) provides the most surface area and is best for beginning players. Eventually, players should learn how to trap with the outside and top of both feet. Note that players performing this latter form of foot trap should also use the lower shin and front part of the ankle to cushion the ball.

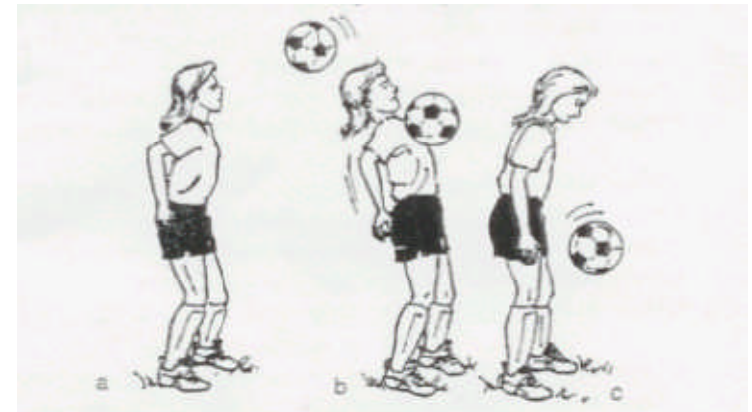


(a) Inside-of-foot trap



Thigh trap : (a) stop the ball with the thigh of the raised leg, (b) cushion the ball by dropping the knee slightly, and (c) keep the ball from bouncing away.

Chest Trap. A player can also use the chest to trap the ball. The player should stand in the ball's line of flight, with arms held up for balance and chest pushed out to meet the ball (see figures a and b). When the ball contacts the body, the player should pull the chest back to cushion the ball (see figure c).



Chest trap: (a and b) Stand in the ball's line of flight, with the arms held up and chest pushed out to meet the ball, and (c) pull the chest back to cushion the ball when it contacts the body.