

# Central Valley Soccer Club

## Coaches Handbook

Presented by: The Club

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# I. The Game of Soccer

What is soccer?

Soccer is a competitive free flowing game where the objective is to score goals and at the same time stop your opponent from scoring goals. Soccer is a game where the players, not the coach, must make decisions on the field during the course of play.

## 4 Components of a soccer player:

1. **Technical** – Skills – Dribbling, Passing and Receiving, Shooting, and Heading
2. **Tactical** – Smarts – Decision making – Individual, Group, and Team Tactics.
3. **Physiological** – Speed, Strength, and Endurance.
4. **Psychological** – Motivation, Emotion, Enjoyment.

**“THE PLAYER MUST BE THE MAIN FOCUS OF ALL DECISIONS MADE WITH RESPECT TO TRAINING AND GAMES”**

# II. Role of the Coach

The COACHES ROLE is the following:

1. Act as a facilitator:
  - Set up conditions and environment for learning
  - Create an enjoyable atmosphere for training
  - Conduct training in the spirit of enjoyment and learning
  - Gear activities toward achieving success
2. Be a POSITIVE ROLE model:
  - Demonstrate respect for Team Members, Opponents, Referees, Parents, and Spectators
  - Show respect and responsibility to the game itself
  - Be Enthusiastic
  - Provide players with POSITIVE feedback
  - Avoid criticism of players.
  - Show interest in the players as individuals.
  - Realize Players participate in soccer for different reasons

### III. PRACTICE NEEDS:

1. Coach:
  - Session Plan (Written Down)
  - Cones
  - Practice Vests
  - Whistle
  - Watch
  - Cell Phone
  - Assistant Coach(s)
  
2. Player:
  - Ball
  - Shin Guards
  - Drink (Water, Gatorade, Etc.)

### IV. PRACTICE TIPS:

- Try to use Games and not Drills
- Everyone should stay active and participate – **AVOID LONG LINES**
- **MAXIMIZE** touches on ball
- Teach proper technique and emphasize games that practice technique
- Run games by keeping time and score
- Praise hustle, improvement, and a good attitude
- Games must be easy and have quick set-up
- Avoid running “laps” around the field
- Emphasize (1) theme per practice

**PRACTICE PHILOSOPHY – “Keep it simple, Keep them active, Keep it FUN, and Keep touches on the ball”**

## V. TRAINING SESSION GUIDELINES:

General Description for Soccer Practice:

The practice should be divided into several sections. Each section has a goal, has a time length and is part of a progression of events to accomplish a Goal, the theme of the practice.

### **ORGANIZATION** – 4 Main Components

1. **Warm-Up** – Includes individual ball work, footwork, dribbling, moves, juggling, tag games, relay races, etc.
2. **Technique Topic** – Main topic of the session
3. **Game Like Activities** – Variations of small-sided play emphasizing the topic of the day.
4. **Free Play** – Scrimmage

### **GUIDELINES:**

1. Individual work to Team work
2. Low work rate to High work rate
3. Low pressure to High pressure
4. Least fun to Most fun

### **SCRIMMAGE:**

The scrimmage at the end of practice should be the player's time to play. Try and limit the times that you stop the game. Different kinds of games can be played while they scrimmage with an emphasis on the topic of the day. Make teams even and don't limit players to certain positions. **Don't be concerned with who wins BUT more on player development.**

## VI. TECHNIQUE TOPICS:

**WARM-UP** – is designed to get the players ready for practice. It should involve a lot of movement with and without a soccer ball. Some stretching might be necessary depending on the age you are coaching. The warm-up should finish with some type of game.

### **WARM-UP ACTIVITIES:**

Dribbling in Grid – use different surfaces and moves

Passing with Partner

Fast Footwork (Tick Tocks – back and forth between inside of feet, Toe Taps – bottom of feet touches on stationary ball – can progress to rotating around ball as get better)

Juggling (at older ages)

Relay Races

Freeze Tag

Sharks & Minnows

Tail Dribbling Game - All players tuck a pennie into the back of their shorts to give themselves a *tail*. All players *dribble* their *soccer* ball while trying to pluck the *tails* of the other players.

### **DRIBBLING MOVES – TURNS**

1. **INSIDE CHOP** – Use inside of foot to turn ball so it changes its direction of movement 180 degrees. Take ball away with a second touch with outside of opposite foot.
2. **OUTSIDE CHOP** – Use outside of foot to hook the ball so it changes its direction of movement 180 degrees. Take ball away with a second touch with outside of same foot.
3. **STOP TURN** – While running with the ball step on the ball to stop its movement and allow your momentum to carry you past the ball. After stepping on the ball, turn so you can land and take ball with outside or inside of foot closest to the ball.
4. **SOLE OF FOOT TURN** – Roll ball with the sole of the right foot under hip. After rolling the ball, clear out right hip by stepping inside the line of the ball and take away with the inside of left foot (or inside/outside of right foot). Keep ball in view the whole time during turn.
5. **STEPOVER TURN** – Step over the ball as to pass, shoot, or cross. Land on the foot that stepped over, pivot, and turn back in the direction you just came from. Take ball away with outside of same foot.
6. **BEHIND CHOP** – (Cruyff Turn) Use inside of foot to turn ball behind other foot so it changes direction of movement 180 degrees. Take ball away with a second touch with outside of opposite foot.

### **FAKES:**

1. **SHOULDER FAKE** – Step behind the ball to one side dropping the shoulder on that side and take ball away to the other side with outside of outer foot.
2. **STEP OVER SCISSORS** – Approach ball and swing foot around the front of ball (from inside of leg to outside) and take ball away with outside of other foot. Can do multiple scissors, etc.
3. **OUTSIDE FAKE** – Swing at the ball as if to kick it, but swing around the outside and front of the ball and place foot on the ground on the inside of the ball. Quickly take ball away with outside of same foot.

**DRIBBLING ACTIVITIES:**

Red Light, Green Light  
Cone Dribbling  
Line Soccer Game  
1 v 1 – Various ways  
Crab Soccer  
Sharks and Minnows  
Knockout

**PASSING** – Short and Long Range Passing illustrating techniques for inside foot pass, outside foot pass, chipping, and instep drive

**PASSING ACTIVITIES:**

Keep Away Game(s) – 3 v 1, 2 v 1, 3v2, etc. (with 4 cones)  
Soccer Golf  
Line Soccer  
Gate Passing Game

**RECEIVING** – Technique for receiving balls on the ground and in the air, using various surfaces. Incorporate turning with the ball.

**SHOOTING** – Techniques for side of foot pass, instep drive, bending balls, volleys and half volleys.

**SHOOTING ACTIVITIES:**

Line Shooting Race  
2 Team Shooting Race  
Line Soccer  
Numbers up to Goal  
4 Goal Game

**CROSSING** – Techniques for lofted, driven, and bending balls to near and far post runs.

**HEADING** – Technique for heading, difference in offensive and defensive heading.

## **VII. TACTICAL TOPICS:**

**DEFENDING** – Pressure, Cover, Balance, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> defender

**COMBINATION PLAY** – Wall Pass, Overlap, Takeover, Double Pass, 3<sup>rd</sup> man running

**POSSESSION** – Individual and Group possession in numbers up, even and numbers down situations. **NOTE:** Ball can go backwards to keep possession

**SUPPORT** – Individual and Group support play, moving without the ball.

**PENETRATION** – Individual and Group penetration, play balls behind defense, splitting defenses.

**TEAM DEFENDING** – Man vs. Zone

**TEAM ATTACKING** – Playing wide, spreading the Field

## **VIII. ADDITIONAL RESOURCES/WEBSITES:**

Websites:

<http://www.soccerpluscamps.com/skills/>

<http://www.ussoccer.com/Coaches/Coaching-Education/Coaching-Home.aspx>

<http://www.elitesoccerconditioning.com/YouthSoccer/YouthSoccer.htm>

[http://www.usyouthsoccer.org/coaches/CoachConnect\\_LessonPlans/](http://www.usyouthsoccer.org/coaches/CoachConnect_LessonPlans/)

<http://www.pawest-soccer.org/coaches/coachresources.htm>

<http://www.soccer-for-parents.com/free-youth-soccer-drills.html>

<http://www.socceractivities.com/?gclid=COSXkKiVwZ8CFRRN5QodwWLOzw>