

2010 coaching manual



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INTRODUCTION

IMPORTANCE OF A WARMUP & COOL DOWN

Over the last ten years exercise physiologists have played an ever increasing part in sport, in particular, soccer. One area that has been examined in considerable detail is the warm up before the game and the warm down after the game.

WARM UP

Scientifically, the warm up has become very important to the player, the team and the coach as it helps in many different ways. Some of the ways this may help are:

- Decrease the risk of injury.
- Helps the player increase his/her agility, skill, power and performance.
- Allows players to mentally prepare and focus on the game and situation in hand.

Warming up today is taken very seriously and it is suggested that the routine should begin in the junior game. At the junior level, players as young as nine or ten should undertake a warm up. Players at this young age are still susceptible to injury such as over stretching for balls or twisting and falling awkwardly. It is therefore necessary for all coaches to have a plan as to how players begin their training, work on the main theme of their practice and end their training sessions.

Training sessions vary and how coaches run their practice can vary greatly. However, a general rule of thumb for a coach is to try and link the main theme for the training session with their warm up. For example, if your topic for the evening is dribbling, the warm up should incorporate both dribbling moves and other skills which will also be used in the training session. A proven factor is that when players warm up correctly and prepare properly, they give themselves the most chance of performing to the best of their ability for the duration of the game.

Warming up for a game or a training session should involve various elements that should be included:

- Running at a temp of 40 C or higher
- Increase blood flow and oxygen to muscles
- Increase the speed of nerve impulses - making you faster
- Increase range of motion at joints - reducing the risks of tearing muscles and ligaments

A second aspect where the warm up can help the player if performed correctly is mentally focusing. If the player feels he or she is fully prepared and has less chance of injury, they will be able to focus more on their job of giving everything to their own performance and the team effort. This then is a positive effect as the player does not need to concentrate on breathing or stopping to and catch their breath; thus, fully focusing on the job.

In concluding the warm up, it should consist of the following:

- A gentle jog to circulate blood and oxygen supply to the muscles
- Stretching to increase the range of motion and joints
- Sports specific exercises for game later

When performing these exercises, it is essential that all muscles are warmed up and ready for soccer specific performance. By preparing soccer pre-game warm up exercises, you prepare the muscles, heart rate and breathing to the same levels that will be used in the game, so you can easily accommodate to the variables that the match brings.

COOL DOWN

After playing a physical game, it has been proven that for a player to boost performance and prevent injury a cool down must be performed. The cool down can last anything between ten to thirty minutes and consists of gentle jogging and light stretching.

When cooling down the goals for each individual are:

- Gradually lower heart rate
- Circulation of blood and oxygen to muscles restoring them to pre exercise condition
- Remove waste products such as lactic acid from the muscles
- Reduce the risk of muscle soreness

In conclusion, the cool down helps the body recover from the rigors of a training session and/or game. The cool down helps to prepare the body for the training/games in the days and weeks ahead. It must also be stated that a cool down will only be as effective as your recovery periods. Sleep and rest are also important part of your training. Warming up, cooling down and resting will help the athlete/individual reach their peak performance, which is the goal of every head coach.

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SECTION I

**VIDEOS - EXERCISES AIMED AT
AGES 4 TO 8 YRS**



Bridge Tag



Purpose:

Fun warm up for players before soccer exercises.

Organization:

In a 20x20 Grid, two red players stand alone on the side (monsters), ready to tag players waiting in the grid (yellow players). When a player is tagged, they go down on all fours and make a bridge. To become free a yellow player in the grid must crawl under the bridge for the player to become free again. Play for 90 seconds.

For the monsters to win all the players must be tagged and in a bridge position. For the yellow players in the grid to win, one player must be still standing and not in a bridge.

Chain Tag



Purpose:

Fun warm up for players before soccer exercises.

Organization:

In a 20x20 grid, establish two teams of two in scrimmage vests. All other players spread out inside the grid. On coaches command, the teams in scrimmage vests run around the grid and try to tag the neutral players in white. The team who tags the most players wins the game.

Note: All players must stay in the 20x20 grid.

Five Steps to the Clouds



Purpose:

Warm up dribbling activities.

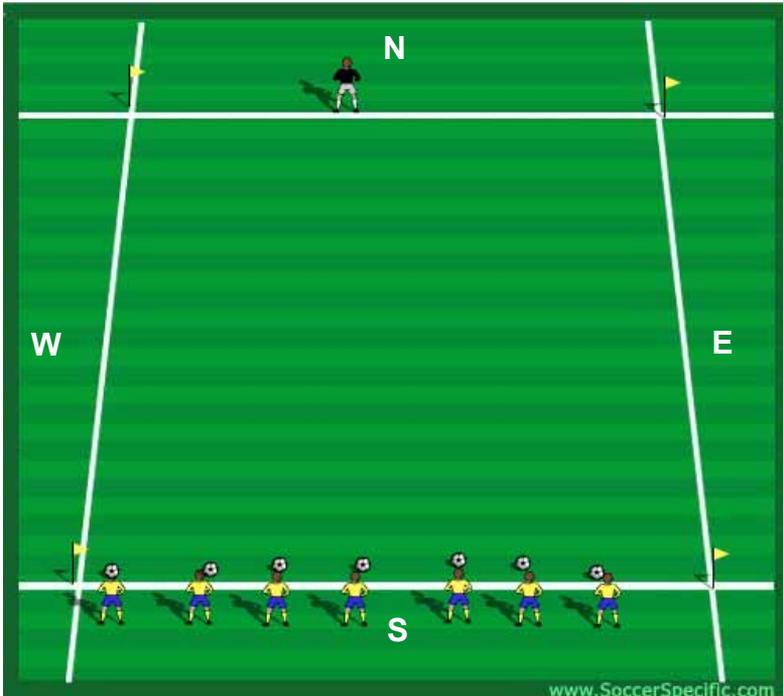
Organization:

In a 20x20 grid (4 cones), each player has a soccer ball to perform activities that the coach calls.

Coaching Points:

- (#1) On the run: Dribble around the grid, change of pace and change of direction, left foot only, right foot only etc...
- (#2) Sole of the shoe: On command player stops the ball. Encourage player to use both feet to stop the ball. Direct players to drag the ball back and change direction.
- (#3) Bend the knee: On command player stops the ball and places knee on ball.
- (#4) Head to ball: On command player stops the ball and places head on the ball. Coach then asks player to dribble ball with their head, stomach, back, bottom etc...
- (#5) Staying Alive: Toe taps on the ball (players need happy feet) singing and dancing "Staying Alive".

Dribbling Games Red Light Green Light



Purpose:

Starting and stopping the ball and improve vision.

Organization:

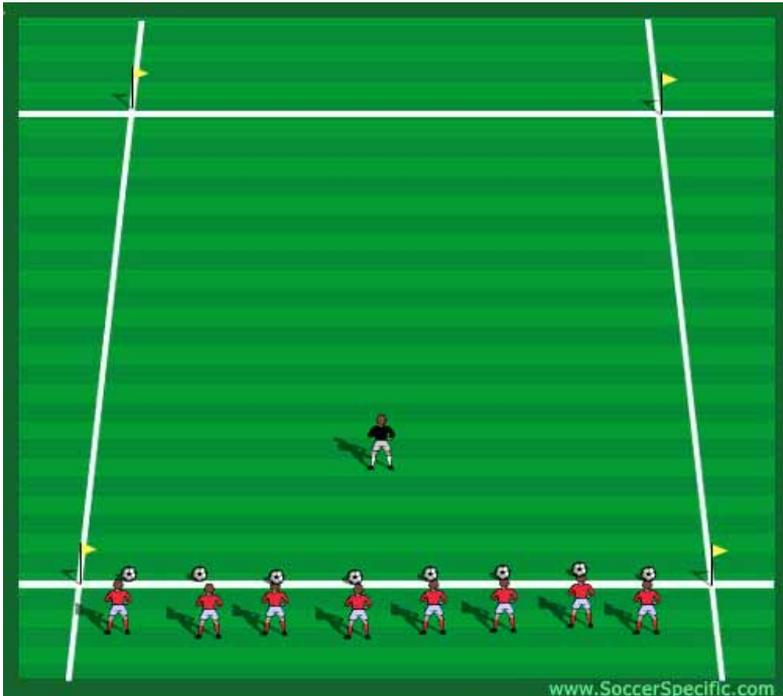
Players line up at the one side of the 20x20 grid. The coach stands on opposite side with a red and green cone. When coach holds the green cone in the air, players dribble forward. When coach holds the red cone up in the air, players need to stop ball immediately.

If the coach turns around and player is still moving when the red cone is in the air he/she must go back to the beginning and start again. Coach continues to change from red and green cone to confuse players. The first player to make it to the coach wins the game.

Coaching Points:

- Keep the ball close.
- Keep head up.
- Use all different parts of the foot to dribble with (laces, sole, inside and outside).

Dribbling Games Whats the Time Mr. Wolf



Purpose:

Opposed dribbling featuring turns and a change of pace.

Organization:

Each player has a soccer ball. Players ask Mr. Wolf “What time is it, Mr. Wolf?” Mr. Wolf says “8 o’clock” players take eight steps forward, if the wolf says “4 o’clock” the players take four steps forward. When Mr. Wolf calls “Dinner time” players need to get back before being tagged. If player is tagged they will become a Mr. Wolf.

Coaching Points:

- Keep ball close.
- Keep a low centre of gravity-enabling quick turns.
- Communication-listen to calls so you know where to be and be ready to act.
- Keep nose in front of the ball so you know where Mr. Wolf is and you can get away.

Pirates



Purpose:

Opposed dribbling, visual awareness.

Organization:

Players need to dribble past the pirate, pick one piece of treasure up and bring it back to the ship. If a pirate tags the player on the way to getting a piece of treasure, they will return to the start line and begin again. Set a time limit to gain all the treasure.

Progression:

- Add Pirates to make it more difficult.
- Challenge Players to beat their time to collect all the treasure.

Coaching Points:

- Use inside and outside of foot for creating space and to unbalance and beat the pirate.
- Keep head up to see where the treasure and the pirate are located.
- Work on change of pace when you are close to the pirate try to unbalance him and explode into the space behind.

Dribbling Games Fast Food



Purpose:

Working on both a change of speed and direction.

Organization:

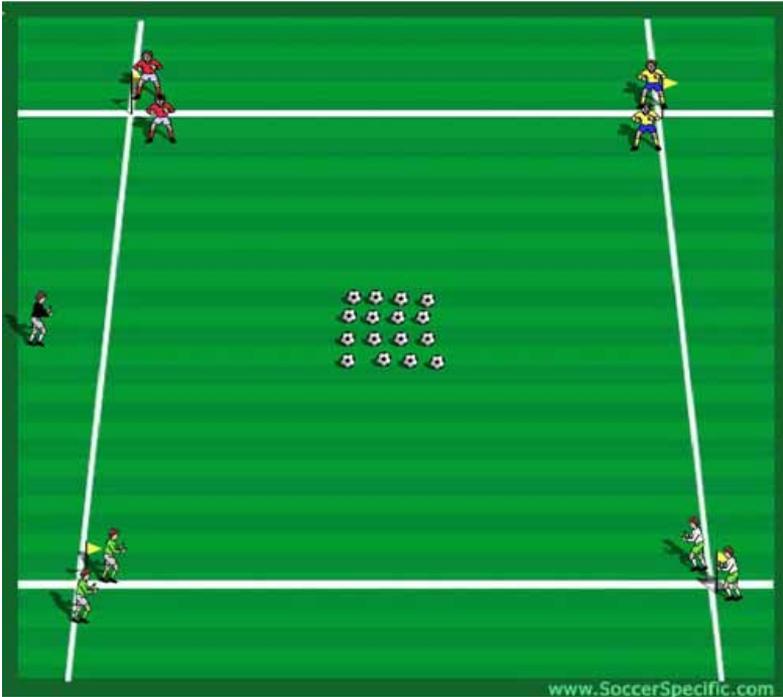
Players dribble the ball in the middle of the area listening to the coaches' call such as left foot dribbling only, outside of the foot only. After testing the player's skills in the middle of the field the coach will call a restaurant name and the players will have to get there as quickly as possible. The last player to make it to the restaurant will be asked to perform a forfeit such as 5 Irish pushups.

For example: #1 will be Mcdonalds, #2 Wendys, #3 Burger King, #4 Dairy Queen.

Coaching Points:

- Keep the ball close to the body.
- Use different parts of the foot to change direction and stop the ball.
- When you hear the restaurant being called look to change speed and direction quickly.

Robin Hood



Purpose:

Dribbling and turning at speed.

Organization:

When the coach gives the signal to “GO” the game begins. Players run to the middle of the grid, take a soccer ball with their feet and dribble the ball back to their partner. The second player (their partner) then runs out and takes another ball and brings it back. The process continues until all the balls are gone. Players are then allowed to steal balls from other teams around the outside one at a time and bring ball back to their partner. Coach allows this to continue for 60-90 seconds, then sends all players back to their starting positions to count how many soccer balls they have.

Coaching Points:

- Keep the ball close.
- Head up, look for space and open soccer balls.

Hospital Tag



Purpose:

Opposed Dribbling.

Organization:

Red players dribble around the grid. The yellow monsters run around the grid tagging the players with a soccer ball. The first time a red player is tagged they hold their arm and keep dribbling. The second time the same player is tagged they hold their arm and leg and keep dribbling. The third time they are tagged they go down on one knee holding their leg and arm calling for a paramedic. One of the two white paramedics in the corner come running out, link arms with the red player on the floor and take them back to the coned area (THE ER ROOM). Where the injured player performs 5 toe taps on the ball and returns to the game.

Coaching Points:

- Keep ball close.
- Keep head up, to see where the yellow monsters are and find the space.

Stuck in the Mud



Purpose:

Opposed dribbling.

Organization:

All players except for the two in the scrimmage vests have a soccer ball. Players dribble around the grid and try to avoid the players in the scrimmage vests. The players without the ball (defenders) try to tag the players with the ball. Players in the scrimmage vests (defenders) can only hope to start (passive defending). If players with balls are tagged, they must hold the ball above their heads and call “stuck in the mud, stuck in the mud, stuck in the mud”. To become free another player must dribble the ball and pass the ball through the person’s leg so they can place the ball down and return to the game. After one minute the defenders are allowed to run. How long does it take to tag all the defenders?

Coaching Points:

- Keep the ball close.
- Keep your nose in front of the ball, to avoid defenders and look for the open space.
- Technique: Use turns and fakes when 1v1 to avoid being tagged by defenders.

Who Let the Dogs Out



Purpose:

Opposed Dribbling.

Organization:

Each player has a ball and attempts to dribble from one side of the grid, past the bulldog and to the other side. Before you get to the other side the players who are dribbling must touch the ball at least six times. If the player is touched or his/her ball is touched on the way to the other side they become a bulldog (the bulldog must go down on hands and knees).

Coaching Points:

- Try to use both inside and outside of foot to take you into the space and past the bull dog.
- Keep your head up to find the space and bulldogs.
- Work on change of pace keep the ball close in tight spaces then explode in the open space when past the bull dogs.

Bump the Ball



Purpose:

To improve dribbling and shielding.

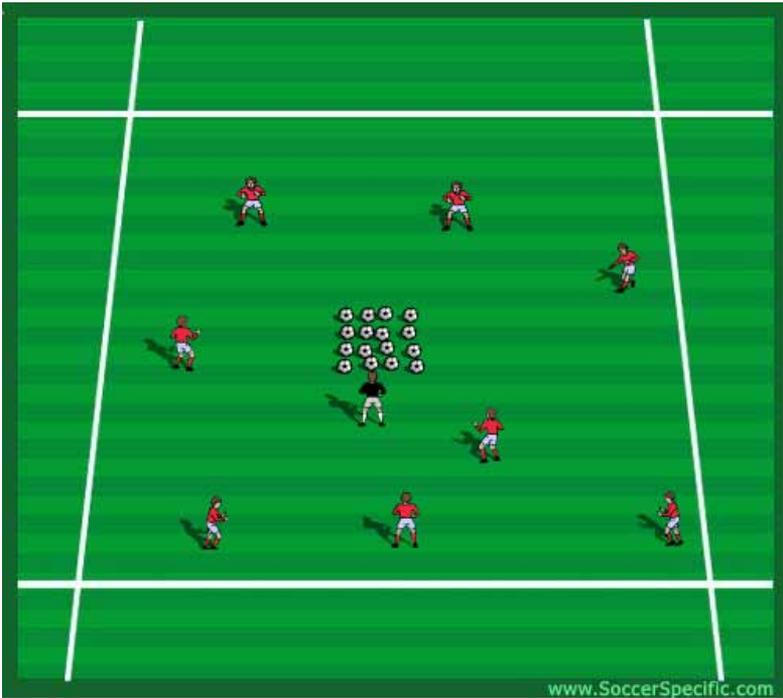
Organization:

Players partner up into two's. One player picks up a soccer ball and holds it in their hands. The second player places the ball at their feet. On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid. The player behind in red throws their ball and attempts to hit their partner's ball. Every time they hit their partner's ball, they gain 1pt. Players dribble for 60 seconds and then swap roles. The player who scores the most points wins.

Coaching Points:

- Keep the ball close.
- Be sideways on and knees bent for a low centre of gravity, to turn and move into space.
- Be sideways on so you can see, hear and feel your opponent.
- As partner is throwing the ball, turn and dribble into space.

Space Invaders



Purpose:

Introduction to passing and the timing of the pass.

Organization:

On Coaches command of “GO” players run around the grid trying to avoid being hit by a soccer ball that is aimed at you by the coach.

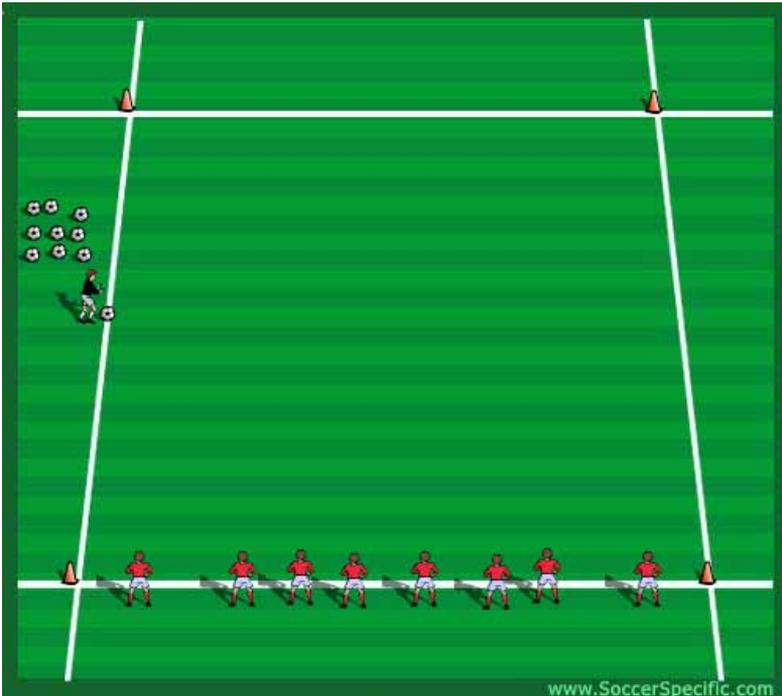
The ball must remain on the floor and hit the player under the knee.

When the player is hit, they go and get a soccer ball and help the coach until all players are hit.

Coaching Points:

- Keep your head up so you can see the players you need to hit.
- Pass the ball in front of the player.
- Pass the ball with the inside of foot for accuracy.

Austin Powers



Purpose:

An introduction to passing and timing of the pass.

Organization:

Coach begins on the side with the balls. Players have to run through the middle without being hit by soccer balls. Ball must stay below knee height. If a player is hit they become a “mini me” with the coach.

Coaching Points:

- Keep your head up so you can see who you are trying to hit.
- Pass the ball in front of your target.
- Pass the ball with the inside of your foot for accuracy.

SECTION II

***RULES FROM A COACHING
PERSPECTIVE***



Recommended Format of Rules from a Coaching Perspective

Ages	Instructional 4 - 5 yrs	Passers 6 - 7 yrs	Wings 8 - 9 yrs	Strikers 10 - 11 yrs	Kickers 12 - 13 yrs	Minors 14 -15 yrs	Seniors 16 - 18 yrs
Players on Field	3 v 3	7 v 7	7 v 7	8 v 8	11 v 11	11 v 11	11 v 11
Game Length	(4) 8 min Quarters	(4) 10 min Quarters	(4) 12 min Quarters	(4) 15 min Quarters	(4) 15 min Quarters	(4) 20 min Quarters	(4) 20 min Quarters
Goal Size	4' x 6'	6.5' x 12'	6.5' x 18.5'	7' x 21' or 8' x 24'	8' x 24'	8' x 24'	8' x 24'
Ball Size	3	3	4	4	5	5	5
Goalkeeper	No	No	Yes	Yes	Yes	Yes	Yes
Referees	0	2	2	2 or 3	2 or 3	2 or 3	2 or 3
Offside	No	Yes	Yes	Yes	Yes	Yes	Yes
Goal Kicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Corner Kicks	No	Yes	Yes	Yes	Yes	Yes	Yes
Throw Ins	No	Yes	Yes	Yes	Yes	Yes	Yes
Penalties	No	Yes	Yes	Yes	Yes	Yes	Yes
Free Kicks	Only Indirect	Only Indirect	Direct & Indirect	Direct & Indirect	Direct & Indirect	Direct & Indirect	Direct & Indirect
Substitutions	Yes, Anytime	Referee Approval	Referee Approval	Referee Approval	Referee Approval	Referee Approval	Referee Approval
Recommended # of Practices per week	1	1	2	2	2 - 3	3	3

SECTION III
MINI BROCHURE



Mini Soccer 4-6yrs Fast Foot Work



Organization:

Players dribble in grid using all surfaces of foot. Ball must stay in grid. Do not bump into other players. Coach calls freeze and player must stop the ball. Player must attempt to be in space from other players. No walking/gentle jog/gentle touches on ball.

Progression:

- Divide players into two groups.
- One group stands as statues, one group play as dribblers.
- Statues stand with feet apart, dribblers need to dribble up to them and pass ball through their feet.

Mini Soccer Superheros 2009 Brochure Two



Organization:

Each player dribbles around the grid using all surfaces of the foot. Two superheros run around grid and try to stand directly in front of dribblers (cannot touch balls) Superheros now take balls away from players who themselves then become monsters. (cannot go after the same player) Monsters now kick balls out of the grid to eliminate players.

Mini Brochure Dribbling 7-10 yrs



Organization:

Four players attempt to score by dribbling through any of the five gates. Two defenders try to steal the ball and pass to any of the perimeter players. Change players after defenders retrieve the ball twice.

Progression:

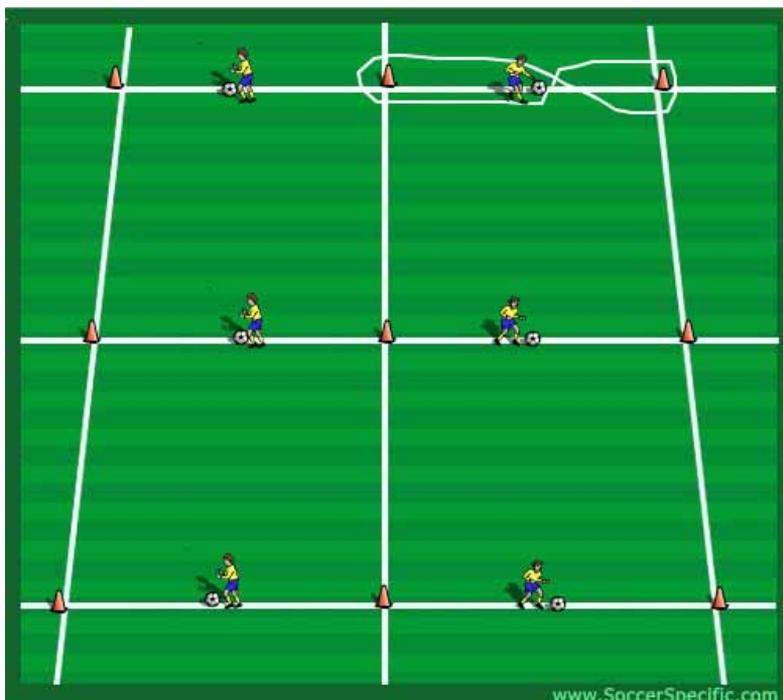
- Add one attacker and one defender making a 5v3.
- Attacking team's goal only counts if after dribbling through a goal, you successfully make a pass to a teammate.

SECTION IV

GRID WORK
8 - 12 yrs



Grid Work



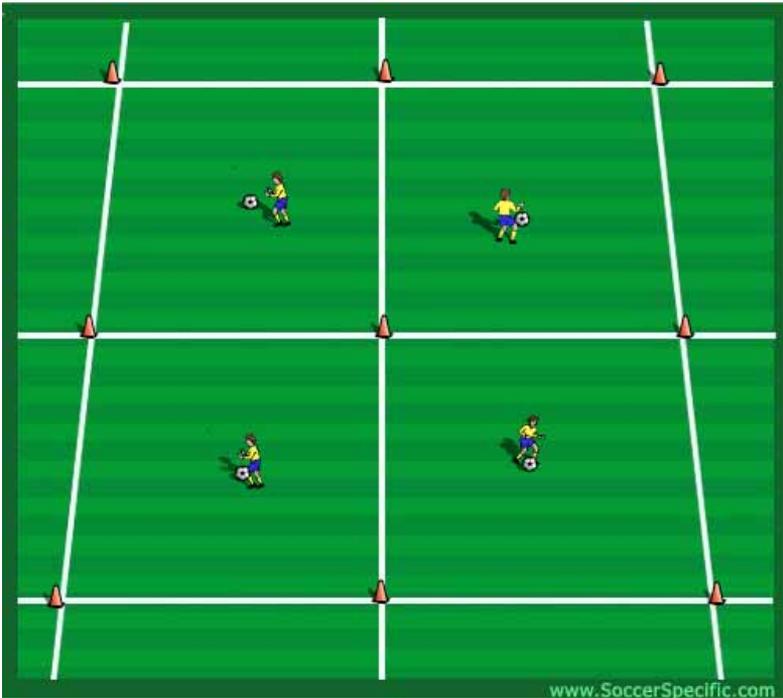
Organization:

Players dribble in a figure of eight around their two cones that they have been assigned by the coach.

Coaching Points:

- Keep the ball close.
- Forces players to use both feet.
- If coach wants to highlight player using right foot only, dribbling in a figure eight, will force the player to use his outside of foot at one cone and the inside of the foot at the other cone.

Grid Work 2

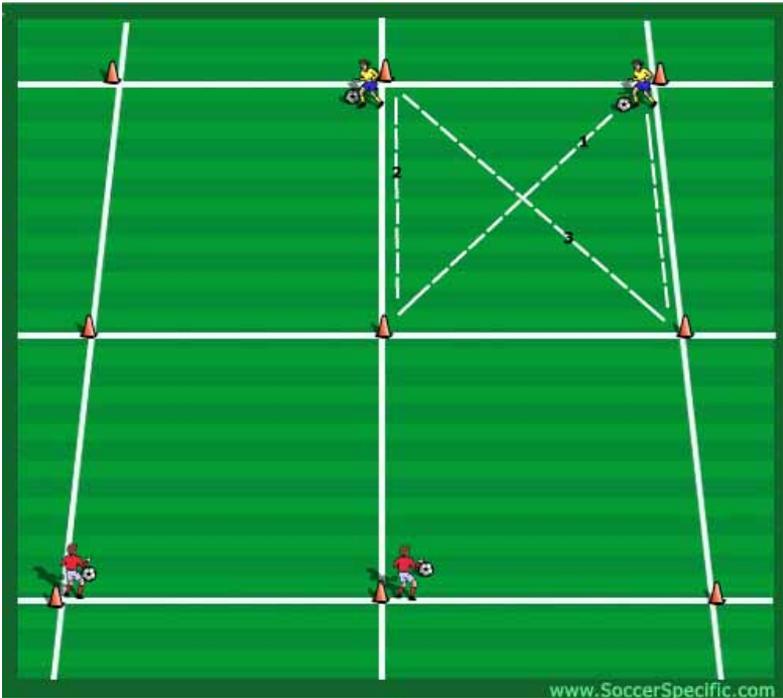


Purpose:

Players work on skills such as:

- Tick tock- pushing ball side to side with inside of feet.
- Push ball forward with sole of shoes.
- Pull ball back and stop going backwards with sole of shoes.
- Various turns can be taught.

Grid Work 3



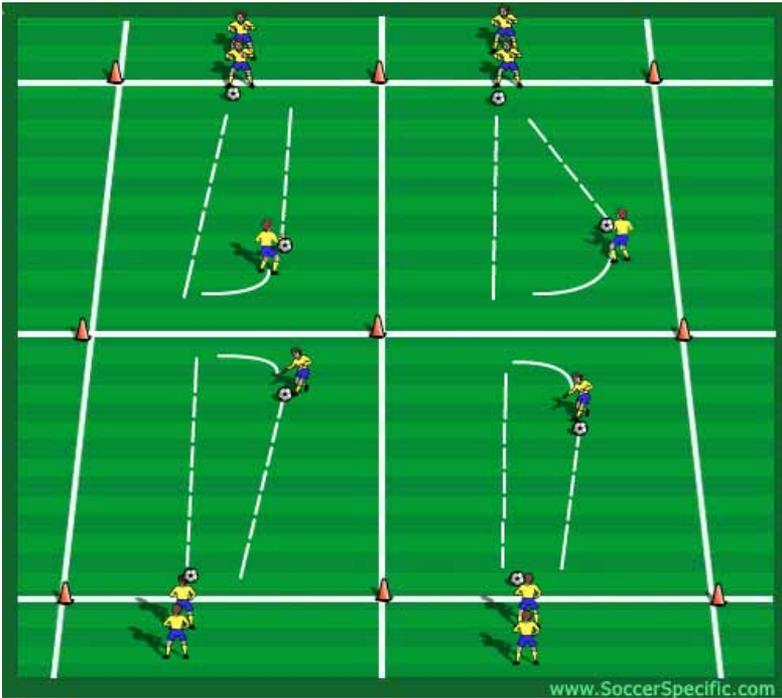
Organization:

Player works on opposed turns, using the cones as target players. Player must dribble, diagonal, straight, diagonal, and straight. This forces players to use both right and left foot.

Coaching Points:

- Slow into turn.
- Turn the hips.
- Bend the knees.
- Ball out of feet.
- Explode into space.

Grid Work 4



Purpose:

Turning

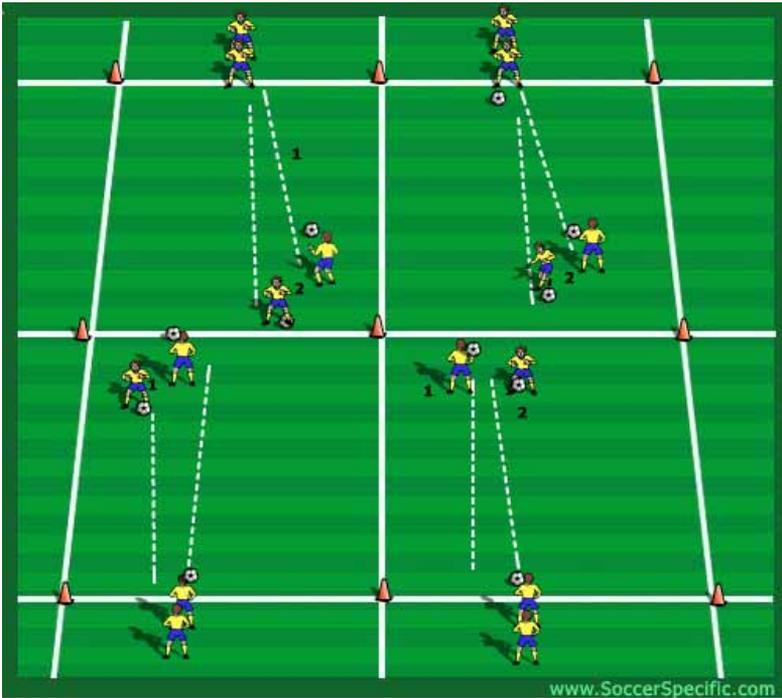
Organization:

Players dribble to the middle of the grid, before they reach each other the players must turn and get back to their partners as fast as they can.

Coaching Points:

- Slow into turn.
- Turn the hips.
- Bend the knees.
- Ball out of feet.
- Explode into the space.

Grid Work 5



Purpose:

Dribbling Race (4v4)

Organization:

First player in each team dribbles close to the middle and then stops the ball. Players then leave their ball and take the persons ball opposite to them and dribbles through all the way to the other side. This process continues until all players are back to where they started from. Winning team is the first team back with the balls under control.

Coaching Points:

- Communication.
- Keep ball close.
- Keep head up so you know when to stop the ball.
- Explode into the space when you swap balls.

Grid Work 6 1v1



Organization:

Yellow passes to red. Yellow becomes defender. Red becomes attacker
To score a point attacker must dribble ball under control over the opposite end line. Defender must win ball from attacker and dribble ball under control over opposite line. Play for 4 minutes and then have attackers and defenders change.

Coaching Points:

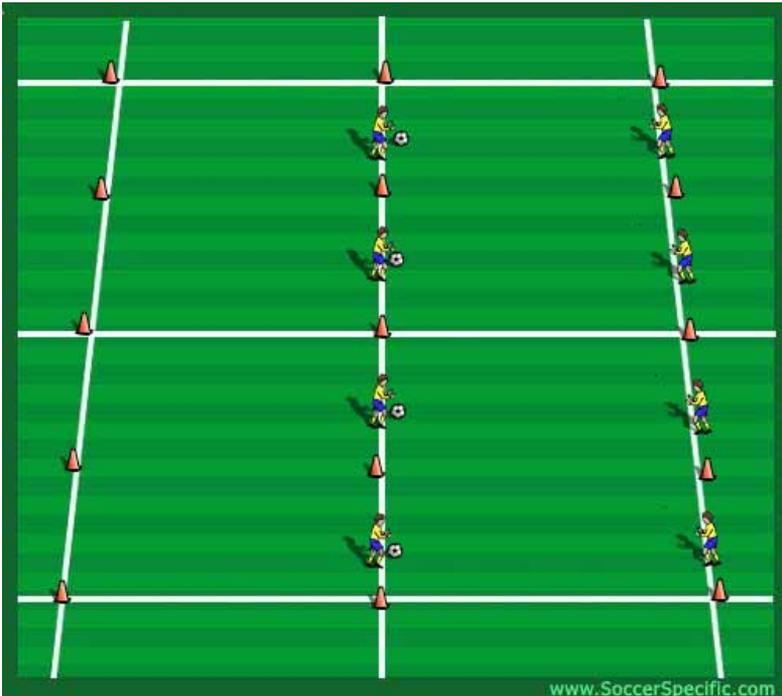
Defending

- Close ball down quickly. Sideways on.
- Be patient.
- Try to make player go slowly, push player backwards and make them play predictable.
- Try to push player onto weaker foot.

Attacking

- Play at speed.
- Use moves to unbalance defender.
- Explode into space and cut off recovery run.

Grid Work 7



Organization:

Passing in two's, players are asked to pass back and forth with their partner.

Progression:

- How many passes can you make in 45 seconds?
- Ask players to move laterally touch a cone on the side before receiving the next pass.

Coaching Points:

- Happy feet and communication.
- Move body in line with the ball as the ball is travelling to you.
- First touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner.

Grid Work 8



Organization:

Passing in two's, players are asked to pass the ball to their partner. The partner then stops the ball and runs back.

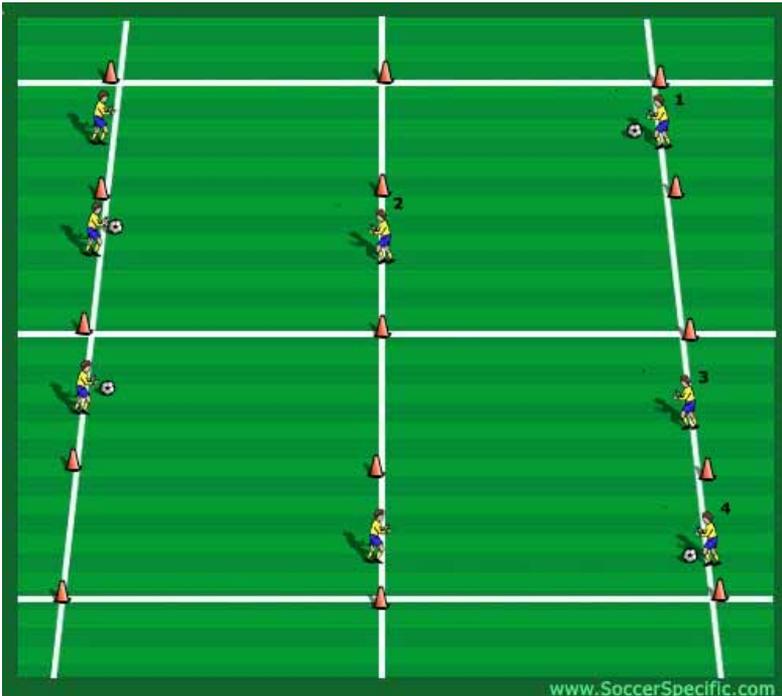
Progression:

- Can you play one touch only?

Coaching Points:

- Happy feet and communication.
- Move body in line with the ball as the ball is travelling to you.
- First touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner.

Grid Work 9



Purpose:

Passing in two's, long passes and short passes.

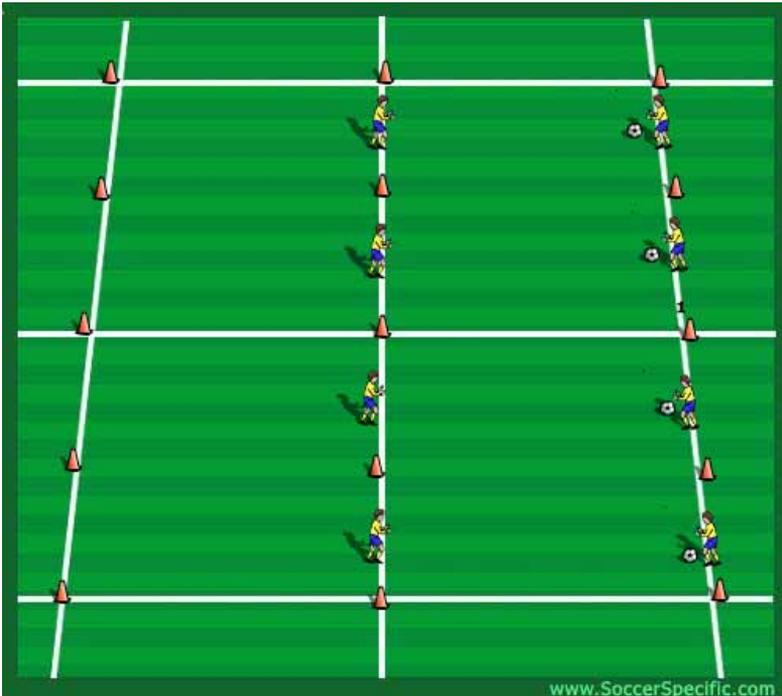
Organization:

Player begins as in position 1 and passes long to his/her partner. The player then runs into position 2 to receive a short pass from his/her partner. The process then happens again but in reverse with the opposite player making a long and short pass (see positions 3 and 4).

Coaching Points:

- Happy Feet, communication.
- Move body in line with the ball, as the ball is travelling to you.
- First touch out of your feet, non-kicking foot by the ball, ankle locked, body over the ball and push through with the ball all the way to your partner.

Grid Work 10



Purpose:

Passing in two's.

Organization:

Players in line one have a soccer ball, while player in line two are ready to receive the ball. After playing the ball all players in line one, move to the right. Players in line two stay in their same position. The process continues with players in line one receiving the ball and then moving to the right. This process continues until the coach calls CHANGE, when this happens players in line one pass and now move to their left. Play for 90 seconds and then switch with line two.

Progression:

Work on volleys, thighs, chest, head and throw-in's.

Coaching Points:

- Happy Feet, communication.
- Move body in line with the ball, as the ball is travelling to you.
- First touch out of your feet, non kicking foot by the ball, ankle locked body over the ball and push through with the ball all the way to your partner.

SECTION V
SMALL SIDED SOCCER
10 yrs and Up



Hornets Game



Organization:

Grid is 20x20 area divided into four 10x10 squares and is aimed at developing passing, supporting awareness and improving close control. The objective for the team in possession is to make three passes in a square before passing to a supporting player in another square. The defending team is positioned in the middle with one player allowed to go and win the ball. If he/she wins the ball the defending teams swap with the team who lost possession. Defending team always stays in the middle and change with each other when ball is played into another square. Once three passes are made and a ball is played into another square his teammate's immediately move to support him/her in the square.

Progression:

- Can you play two touches or one touch only?

Coaching Points:

- Awareness and decision making, as well as accuracy of pass.
- Take good angles of support, making it difficult for defenders.
- Improves close control.

Defending

- Run quickly to the ball (close space).
- Take a sideways on position narrowing passing angles.

3v3 Plus Two Neutrals



Organization:

This game is a directional passing game with the objective to dribble the ball over the end line under control to score a point.

Progression:

- Players limited to two touches only.
- Floaters limited to one touch only.

Coaching Points:

- Encourage players to play quickly.
- Encourage players moving off the ball, to take up good supporting positions.
- Ensure quality of pass.
- Be aware of options available.
- Good communication.
- Good decision making.

4v2 Small Sided Possession with Direction



Organization:

The exercise is played in a grid 20 x 10 with two equal sections. Play begins with one group of four keeping possession from two defenders on the other team. When possession is lost defenders pass the ball back to their two teammates, and join them in the opposite grid to keep possession. Two players who were attackers then go into other grid and become defenders and try to win the ball back for their team. This continues for a set amount of time.

Coaching Points:

- Team in possession spread out and make use all of the space.
- Players should look to exploit the gaps that are created.
- Helps improve players receiving skills, first touch and tight control.
- Creates opportunities for players to be creative and experiment with skills.
- Keep head up so players can exploit maximum options.

Small Sided Possession Game with Direction



Organization:

Two teams of six compete. Inside the grid a 3v3 game is played, with the six other players placed diagonally across from each other. The players around the outside help their team keep possession. To score a goal the ball must be passed between the corner posts under control to a teammate.

Progression:

- Players on the outside move in field to support the player on the ball and keep possession.
- Ask players to play two and three touch only.

Coaching Points:

- Awareness and decision making.
- Good communication between team.
- Movement to create options for player on the ball.
- Decision making, for example when is it right to dribble, pass.

Possession and Transition



Organization:

The exercise is played in a 30x30 area with four goals. Teams are split into three teams of four. Two teams join together and play 8v4. The eight players (red and yellow) keep the ball, the defending team (white team) try to win the ball back, once they have won the ball, they try to score in any of the four goals. Each team of four plays as defenders for a three minute period. The team who scores the most goals wins.

Coaching Points:

- Create Space.
- Quick passing focusing on speed and accuracy of pass.
- Good control.
- Decision making (who is in best position to receive a pass).
- Transition quickly if you lose the ball (win the ball back as quickly as you can).

Possession Transition and Switching Play 8v6



Organization:

Red team can score in either goal. Yellow team need to keep possession and dribble through either gate to score. Play for 8 minutes and then switch roles. Ask players to spread out and create space to switch play.

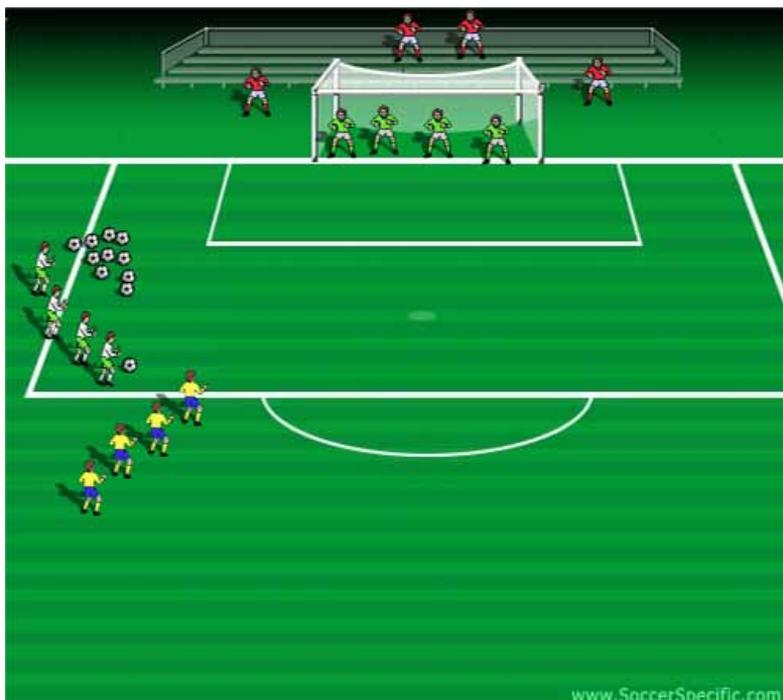
Coaching Points:

- Create space.
- Accuracy of long and short passes.
- Be aware of surroundings and different options available.
- Decision making: Can you play forward penetrative passes, helping to split defenses?

SECTION VI
GOALSCORING ACTIVITIES



Goal Scoring Exercise Part 1



Organization:

Teams are split into four teams of four. The red team collects balls and passes them back to the white team. The green team is the goalkeepers and tries not to let any goals in. The white team is the passing team. The yellow team is the shooting team. The white team should aim to pass the ball to the middle of the area in front of the penalty spot with little pace on the ball. The yellow team run from an angle in turn and shoots at the goal. Play for two minutes and count how many goals are scored. Team rotate until every team has been in every position. Winning team is the team who scores the most goals.

Coaching Points:

- Good weight of pass from the passing team to the shooting team.
- Shooting team approach ball from a slight angle.
- Round and compact over the ball.
- Stay down on ball with steady head.
- Strike through center of ball.
- Landing on shooting foot.
- Make an early decision where you aim to shoot.
- Be aggressive and positive believing you will score.

Goal Scoring Exercise Part 2



Purpose:

To score goals.

Organization-

In a 35x35 grid, players are split into two's and marked A and B and are only allowed to play against each other. The coach gives each pair a number for each goal. For example when the coach calls #1 the red team attack the goal marked #1. The black team would then attack goal marked #2 but this would be their #1. The white team would attack goal #3 but would be their #1. The yellow team would attack goal #4 but would be their #1. Each team therefore attacks a different goal when the coach calls a # between 1-4. The players play against each other in their two's and attack which ever goal the coaches call.

Coaching Points:

- Attack quickly and with purpose.
- Do not try to walk the ball in-if you create space or an opening look to take the shot early.
- Encourage players to use both feet when shooting.

Goal Scoring Exercise Part 3



Purpose:

Attacking and Defending 20x30 area.

Organization:

All players begin with ball at the side of the goal. The red player dribbles across the half line. When he/she crosses the half they are free to shoot on goal. As soon as the red player has taken a shot, the red player then becomes defender and the yellow player on the side attempts to dribble across the half way and get a shot on goal. As soon as the yellow attacker shoots he/she becomes defender and the red attacker on the side comes out and begins the process again. When the attacker has played offense and defense he/she goes back to their line. If the defender intercepts or wins ball they become the attacker. Game is played until a team reaches 10 goals. Players then change ends and play again.

Coaching Points:

- Be aggressive and run at player hard.
- As soon as the player is off balance take the shot and be positive.

Goal Scoring Exercise Part 4



Purpose:

Finishing in fours.

Organization:

In half size field, coach plays ball to player 1, 2, 3 or 4. The team then either dribbles or passes the ball to a teammate down the field aiming to score a goal. The game is played at the beginning with no defenders and the red team can just go to goal unopposed. After one minute the coach calls for one yellow defender to come out and defend 4v1. This continues every minute until all four defenders are out defending 4v4. After the four defenders have played together for one minute 4v4 the process reverses and you start taking defenders out every minute until all defenders are off the field once again. Every time a goal scored the reds get one point. Every time the defenders win the ball they must get the ball to the coach and will receive three points. Winning team, the team with the most points at the end of the game

Coaching Points:

- Communication between teammates.
- Have a positive attitude to scoring.
- Be creative in your attacking runs (diagonal and overlapping runs).

Goal Scoring Exercise Part 5



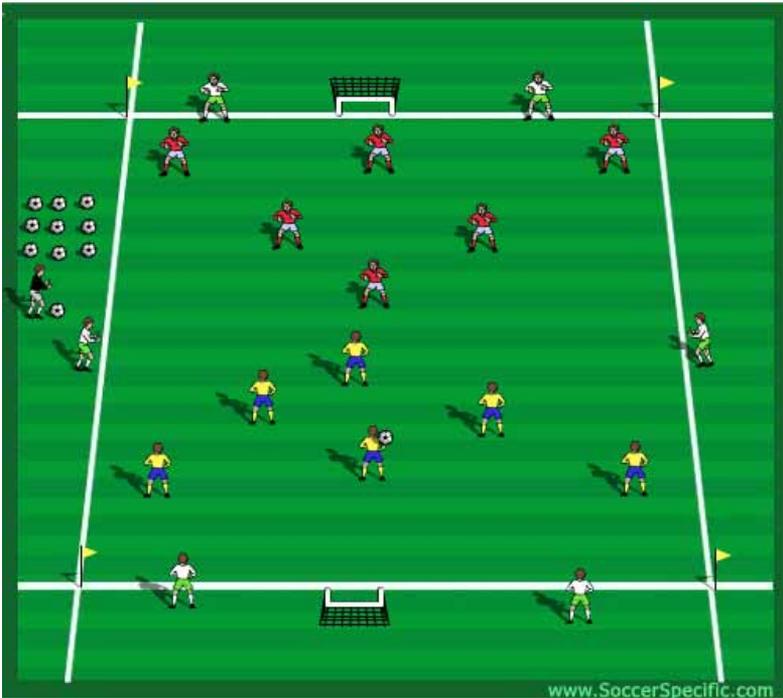
Organization:

In a 30x35 grid, players play 5v5v5 with no goalkeepers. Two teams play 5v5 with one team waiting to come on the field. The teams play a normal scrimmage but with no goalkeepers. When a team scores the losing team goes off the field and the team waiting comes on the field. The winning team always attack goal A and the team coming on always attack goal B. The team entering the field always starts with possession of the ball. First player back to the goal can use their hands to stop the ball but are not allowed to catch the ball. Play for a set period of time (10 minutes) winning team is the team who scores the most goals.

Coaching Points:

- Communication.
- Shoot early and often.
- Ask players to play as if the game is a scrimmage.

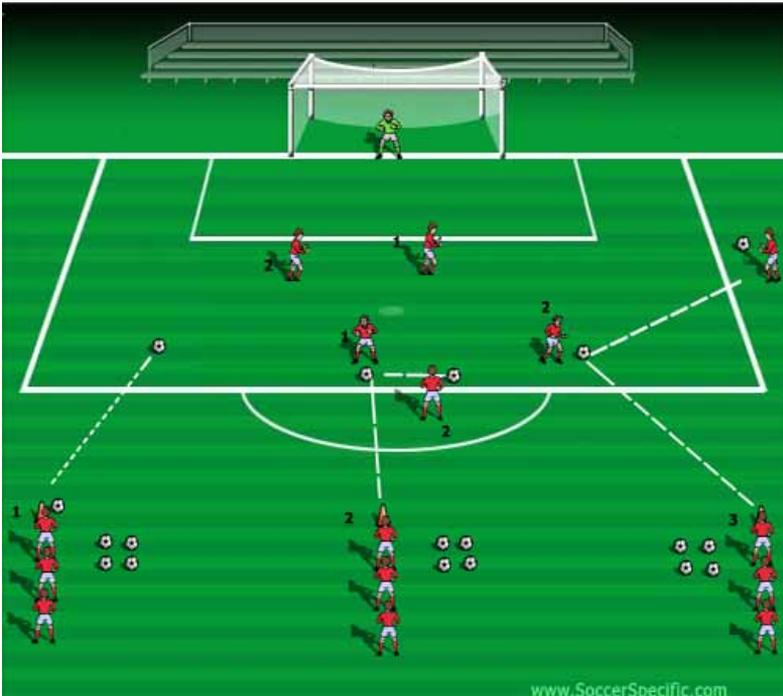
Goal Scoring Exercise Part 6



Organization:

Two teams play in a 20x20 area, with one team waiting to come on. When a goal is scored winning team stays on, losing team goes off. Ask players to have a positive attitude. Think shoot first pass second. Use outside players as target players around sides of field. The team passing the ball to neutral players must receive a return pass.

Shooting Exercise



Organization:

Player 1 dribbles inside the area and shoots at goal. Player 1 then takes up a position on the edge of the penalty area. Player 2 passes to player 1, gets a return pass then shoots at goal. Player 3 then passes to player 2 who takes up a supporting position after his/her shot, combines with player 3 and passes back to player 3 to cross the ball. Player 3 crosses the ball and players 1 & 2 try to get on the end of the cross and score.

Coaching Points:

- Be both positive and aggressive when taking the shot.
- Good accurate passing.
- Movement: diagonal runs between players 2 & 3.
- Good communication between players.

SECTION VII
A REFEREE'S PERSPECTIVE



WHAT YOU NEED TO KNOW AS A COACH

Ages 4 to 9 yrs

It takes a team effort by all participants – the coaches, the officials, the players and the spectators – to encourage and be supportive of “fair play.”

Spirit of the Game (COACH)

- Teach fair play
- Teach and practice good sportsmanship
- Discipline and control players and self - Dissent in any form (by anyone) is not acceptable

Spirit of the Law (REFEREE)

- Safety of the players
- Be fair/be consistent - be an impartial observer
- Use common sense

For further information go to www.saysoccer.org go to referee and click on “Never Ask a Referee.” Here you can submit questions and get answers to frequently asked questions.

WHAT YOU SHOULD KNOW AS A COACH - BASIC LAWS

Restarts

- **Ball in/out of play:** only when whole of ball leaves outer boundary of the field
- **Free kicks:** Direct/Indirect
- **Indirect kick signal:** referee's hand in the air
 - Place ball at the spot of the foul
 - Ball must be stationary
 - Ball in play- must move (touched with foot) (and out of Penalty Area into play)
 - Second touch by original kicker is not allowed
 - Defender must be 10 yards away from the ball
- **Direct kick:** referee does not make a signal and keeps hands by side
 - The ball can be struck direct at the goal and does not need to be touched by a second player
- **Kick off-** Direct type free kick
 - Ball must move in a forward direction (not backwards)
- **Goal kick-** Direct type free kick
 - Ball may be placed anywhere in the Goal Area
 - Ball must leave Penalty Area into play before a second player can touch the ball
- **Corner kick-** Direct type free kick
 - Ball must be placed in or on the corner arc
- **Penalty kick-** Direct free kick
 - Ball must move in a forward direction/all other players located behind the ball and outside both penalty box and arc
- **Throw-In:**
 - No goal can be scored from a throw-in
 - Taken at the spot where the ball left the field of play
 - Both feet must be on ground-on or outside the touch line
 - Throw taken from behind & over head using both hands
 - Ball in play once any portion of ball enters play & been released
 - Goalkeeper may not handle ball from a throw-in
- **Drop Ball-**
 - Ball put back in play by referee
 - Ball is in play as soon as it hits the ground
 - Any number of players or no players need to be present

WHAT YOU NEED TO KNOW AS A COACH

Ages 10 to 18 yrs

It takes a team effort by all participants – the coaches, the officials, the players and the spectators – to encourage and be supportive of “fair play.”

Spirit of the Game (COACH)

- Avoid dissent - it is not acceptable in any form
- Teach players to learn to adapt to each individual referee
- Discipline players - anticipate individual problems
- Assume responsibility- player’s equipment and dress
- Long time enforcer of the rules

Spirit of the Law (REFEREE)

- Know the rules - be a neutral observer
- Develop consistency - sense of fair play
- Discipline players - can only punish after an act has been committed.
- Punish only and where necessary - do not be an intrusion on the game.
- Short term - enforcers of the law.

For further information go to www.saysoccer.org go to referee and click on “Never Ask a Referee.” Here you can submit questions and get answers to frequently asked questions.

WHAT YOU SHOULD KNOW AS A COACH - BASIC LAWS

- **Offside position:** the illegal location of a player
 - Ahead of ball and not in own half of field and closer to the oppoent's goal line than the last two opponents.
 - The position of the player, by itself is not an offense
- **Offside offense:** when played by a teammate
 - Interferes with play or interferes with an opponent or gains from advantage of illegal position
 - Not on a goal kick, corner kick, throw-in or drop ball

Major fouls

- **Ten major fouls - six fouls careless or reckless or using disproportionate force must be committed against an opponent**
 - Kicking or attempting to kick
 - Striking or attempting to strike
 - Tripping or attempting to trip
 - Pushing
 - Jumping at or charging an opponent
- **Three fouls that must be committed against an opponent**
 - Holding
 - Spitting at an opponent
 - Tackling - contact with player prior to ball
 - Handling ball - hand or arm deliberately contacts the ball

SECTION VIII
NUTRITION ARTICLE



NUTRITION FOR SOCCER

Characteristics of the Sport and Players

Soccer is a player's game which consists of two forty five minute halves, with a short interval between halves. The game of soccer is characterized as a high-intensity intermittent exercise that utilizes both the aerobic and anaerobic energy systems.

The individual soccer player tends to have qualities that include highly skilled feet, strong physique and is very fast and agile. Players can vary widely in body size and stature, however most tend to be well muscled with a low body fat level to maximize speed and agility.

Nutrition is a key ingredient in the preparation for the athlete to perform at the peak of his/her powers on game day. It is therefore to eat correctly and take care of your body during the day, week and the season. This in turn allows you the best opportunity to perform to your maximum potential.

Nutrition

As stated above nutrition plays a key part of athletic performance and over the last ten years soccer clubs and players have begun to study the effects of healthy eating and the benefits it brings to performance. The team sport of soccer has realized that to overlook this element of sporting performance can leave the team with a distinct disadvantage over their opponents. Doctors and scientific investigation have concluded that if you fail to provide your body with the correct nutrients to cover your basal metabolic rate to allow the energy required to keep your body functioning for growth and for exercise may lead to physiological and psychological consequences such as shortness of breath, little energy, general tiredness, muscle cramps, lack of concentration and even black outs.

As mentioned above nutrition is a key element in sports performance. The greater demands on your body, the higher the nutritional value must be. For a soccer place this takes place in the form of a three way process. The first part the athlete must take care of him or herself before the game, the second part during the game and the final part and very important part after the game. Glycogen in the muscles provide a large proportion of the energy demands required in both competition and training.

Before the game the athlete/soccer player needs to be aware that there is a direct association between performance and the amount of glycogen in the muscles.

NUTRITION FOR SOCCER (continued...)

Players who start games with low glycogen levels often find themselves struggling to cover large distances and cover distances in longer time periods. The players are unable to sprint and think as quick as they were at the beginning of the game, thus the players work rate in a game becoming seriously affected.

During the game it has been proved of the increased benefits of taking supplements such as carbo-hydrate sports drinks. By taking these sports drinks at intervals in the game allows muscle glycogen stores to be spared, enabling the player to work harder and run for longer distances and longer periods of time easier. The conclusion therefore was that by taking these carbohydrate drinks at half time scientists proved that players found it easier covering more ground in the second half than those who only drunk water.

At the end of the soccer game glycogen levels are depleted (some as high as 80%). Players can loose 1-5% of body weight through sweating which may result in impaired endurance performance. If insufficient post-exercise carbohydrate consumption takes place then the glycogen levels may not be restored. It is therefore very important to re-hydrate after exercise and performance and it has been proven that water alone is not enough to hydrate and replenish the glycogen stores in the muscle.

High carbohydrate sports drinks are believed more beneficial to replenish these stores. The reasons offered for this is that as these drinks contain essential nutrients for muscle performance? This is due to certain minerals called electrolytes are lost in sweat along with water. These minerals provide an important role assisting in muscle contractions and in many other functions in relationship to athletic performance. In past studies it has been

Shown that athletes that drink high carbohydrate sports drink which include essential electrolytes such as sodium and potassium can delay fatigue longer and are less likely to get muscle cramps than players who drink plain water after performance.

Soccer is a sport requiring high levels of endurance and the ability to sprint frequently often with little recovery. This demonstrates the necessity to provide the fuel to undertake this form of exercise. Particular attention needs to be paid to the specific nutritional needs of players and the strategies to fulfill these requirements. The monitoring of food and fluid intake as well as body weight is necessary for players at all levels to

NUTRITION FOR SOCCER (continued...)

ensure they are at the top of the game in both training and games. Below is an example of a healthy eating plan for a weekend competition

We will begin the weekends competition the evening prior to the first game of the tournament. Pre event nutrition can have a major impact on game day's performance. Player's diet should therefore be high in carbohydrates and low in fat. The target for this is 60-70% carbohydrates, 10-15% proteins. The reason this meal is so important is that it can have dramatic effect on performance the next day. Reasons given for this effect is that energy reserves are made up from the previous days meal, not as many people think from the breakfast or the meal on the day of the competition.

Prior to Game Day Foods

DRINKS	MEAL ITEMS	SNACKS
Water Fruit Juice Vegetable Juice Milk	Potatoes Lean Meat Spaghetti Tomato/Meat Sauce Rice (steam/boiled) Fish Salad Vegetables Bread Pizza	Fruit Pretzels Cheese & Crackers Popcorn Plain Biscuits

Foods to Avoid:

- Poor Carbohydrates -
Jam, Jelly, White Sugar, Marshmallows and Jelly Beans
- Fats -
Potato Chips, Nachos, Chocolate, Fried Foods, High Fat cold/cuts

NUTRITION FOR SOCCER (continued...)

Breakfast the Day of Competition

On competition day the breakfast can often be the pre-game meal. This offers very little to the athlete in terms of the energy production system however, if the wrong foods are consumed it can cause much damage to performance later in the day.

Game Day Breakfast Foods

DRINKS	MEAL ITEMS	SNACKS
Orange Juice Apple Juice Vegetable Juice Hot Chocolate Water Milk	Bagels Raisin Bran Toast Yogurt Pancakes Breads	Fruit Bars Bananas Raisins Fig Newton's Fruit

Foods to Avoid:

- Fats -
Bacon, sausage, Excess butter, Margarines
- Fried Foods -
Home fries, Hash browns, fried/scrambled eggs

NUTRITION FOR SOCCER (continued...)

Lunch the Day of Competition

For a tournament schedule, you can often play two games in a day; lunch therefore becomes a big factor on how you play in the afternoon's game. The meal will have very little effect on the energy production systems but can have an adverse effect if the wrong foods are consumed.

It has been suggested for the player to perform to their maximum potential, the player needs to enter the field of play with an empty stomach. The thought process for this is that when there is food in the stomach, the heart has to pump large volumes of blood to the stomach to aid digestion. This affects performance in that when the game begins the body goes to heart re-directs the blood to the working muscles, therefore preventing the digestive process. This can result in stomach cramps and gas, making the player feel uncomfortable on the field of play affecting the player both physically and psychologically.

Game Day Lunch Foods

DRINKS	MEAL ITEMS	SNACKS
Orange Juice Apple Juice Vegetable Juice Water Milk/Milkshake	Bread/Bagels Sandwich (meat) Fish Poultry Soup Vegetables	Fruit Cheese & Crackers Pretzels Small Chocolate Bar

Foods to Avoid:

- Fats -
Sausage, Hamburgers, Hot Dogs, etc., Excess Butter & Margarines
- Fried Foods -
French Fries, Home Fries, Hash Browns, etc.

NUTRITION FOR SOCCER (continued...)

Pre-Game Snack Foods

DRINKS	MEAL ITEMS	SNACKS
Water Sports Drinks Orange Juice Fruit Juice	n/a	Fruit Bars Fruits Raisins Small Chocolate Bar

The Aims

- An empty stomach and gastrointestinal tract, but enough fuel for the muscles and enough food to prevent hunger.
- A settled stomach and a confident athlete.
- A well hydrated and a comfortable athlete.

Why?

- This enables the blood to go to the working muscles not the digestive organs
- Muscles rely primarily on fuel stored from meals eaten in the day/day before competition.
- Food eaten on game day fuels the brain and keeps muscles topped up when the competition is long or intermittent.
- This helps in keeping pre-competition nerves from upsetting the stomach.

NUTRITION FOR SOCCER (continued...)

Lead up to the game – Example of foods to ensure maximum participation

Three hours before the Game:

- Sandwich/meat, fish, or poultry
- Potato/Rice
- Cereal, fruit, yogurt, toast or fruit

Two hours before the Game:

- High carbohydrates, low fat, modern protein
- Cereal, banana, milk
- Plain muffin and fruit juice
- Toast with jam and milk

One hour before the Game:

- High carbohydrate, low fat, moderate protein
- Milk and a medium banana
- Plain muffin and fruit juice
- Toast with jam and milk
- Small bar of chocolate

These are just samples and ideas on how to improve performance during sporting competition. There are many ideas and it is through trial and error that you find out what works best for you. Good luck with your soccer. If you need further assistance please contact ***coaching@saysoccer.org***.

SECTION IX
COACHING SPECIAL NEEDS



Coaching the Soccer Player with Special Needs

– A guide to incorporate the child with Autism –

By Leslie Singstock, M.S. Ed.

President – Greater Sycamore Soccer Association

Soccer is a team sport available to a wide range of players. The diversity of players attempting the game at younger levels often makes coaching a challenge. It has been my experience that parents are willing to volunteer their free time to coach young players in recreational soccer. Generally new coaches are overwhelmed by the idea of managing eight to ten kids and consider the inclusion of a child with special needs as an additional burden. Many are fearful and request to be relieved of the additional duty of taking on a player who may require additional planning, supervision, and patience. The feedback from these coaches indicates that they are open to including the child with special needs but are fearful of not having the necessary education or skills to make the experience positive. It is my intention to provide some suggestions to alleviate that fear, and make the inclusion of a child with autism an opportunity for the coach, child, and teammates to benefit from an inclusive team environment.

In our SAY organization we have had increasing numbers of children with autism registering to participate in our program. The rate of diagnosis is on the rise. According to the federal Centers for Disease Control, as many as 1 out of every 166 children born today has autism. It is my intention to share my knowledge and provide some education and modifications to make your coaching experience more meaningful and positive for both you and the child.

The Autism Society of America (ASA) the primary parent advocate group associated with autism, defines autism as follows (ASA, 2000):

Autism is a complex developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects the functioning of the brain, autism.... Is four times more prevalent in boys than girls and knows no racial, ethnic, or social boundaries. Autism interferes with the normal development of the brain in the areas of social interaction and communication skills. Children and adults with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. The disorder makes it hard for them to communicate with others and relate to the outside world. They may exhibit repeated body movements (hand flapping, rocking), unusual responses to people or attachments to objects, and they may resist changes in routines.

Coaching the Soccer Player with Special Needs (continued...)

As you venture into this new coaching opportunity, incorporate some of the following modifications into your coaching repertoire. You may find at the younger levels that several of the modifications will be beneficial to all children.

Suggested Modifications to your Coaching Style

- Make sure you have the child's attention prior to instruction or demonstration. Know that children with autism can have a tough time processing language. That means that if you say something once, they probably won't take in your meaning and respond. You'll need to say the same thing several times, and use visuals to help break down the information
- Make the instruction clear and brief.
- Know that children with autism have a hard time imitating. That means that telling a child with autism to "watch me and do what I do" may not be effective. You may need to give him step-by-step instruction, providing physical and visual help as you go along. (See Sample Social Story below.)
- Make sure the instruction is relevant and developmentally appropriate.
- Be consistent. Autistic children do better with routines.
- Make consequences immediate, consistent, and clear.
- Use positive reinforcement when appropriate. Know that children with autism may not have the same level of strength or coordination as other children their age. Even if they don't do a terrific job of dribbling or passing, it's important to provide positive feedback and constructive support.
- Incorporate small sided games (3 v 3, 4 v 4) into your practice to optimize touches on the ball.
- Know that children with autism have a tough time reading body language. You may need to tell them how to tell that another child is ready for the ball or about to pass the ball to them
- Enlist the child's parent for advice. What works well at home? What may be a "trigger" to upset this child? Take the time to learn a little more.
- Be willing to change your approach – Be Flexible!

Coaching the Soccer Player with Special Needs (continued...)

What are Social Stories?

Social Stories are a tool for teaching social skills to children with autism and related disabilities. Social stories provide an individual with accurate information about those situations that he may find difficult or confusing. The situation is described in detail and focus is given to a few key points: the important social cues, the events and reactions the individual might expect to occur in the situation, the actions and reactions that might be expected of him, and why. The goal of the story is to increase the individual's understanding of, make him more comfortable in, and possibly suggest some appropriate responses for the situation in question.

Social Stories Soccer by Michele Gardner

The story...

Sometimes I play games to have fun.

One game children like to play is soccer.

Soccer can be fun!

When I play soccer I am on a team.

My team is a group of friends that kick the ball with me.

My team will play soccer at _____.

We will play soccer on _____.

In soccer all the kids run around a lot and try to kick a ball.

Sometimes they kick the ball to a friend.

Sometimes they kick the ball into a net.

The net is called the goal.

When I play soccer, I can run around and kick the ball with the kids.

When I play soccer I can not touch the ball with my hands.

This means I can not pick up the ball or throw it to my friends.

I will try to kick the ball with my feet.

In soccer I have to wear special clothes and special shoes.

Sometimes I wear a T-shirt that is a special color.

Everyone on my team wears that same color.

When I am playing soccer I should only kick the ball to someone who is wearing my color.

A coach is the person who is in charge of my soccer team.

I need to listen to my coach.

The coach tells my team what to do.

A coach is like a teacher.

My coaches name is _____.

Coaching the Soccer Player with Special Needs (continued...)

I will try to listen to my coach.

Everyone gets very excited when they play soccer.

People might be yelling or screaming.

I might hear a very loud whistle.

This whistle means we should to stop running and listen.

When I hear a whistle I will stop running and listen to my coach.

One of my friends might call my name.

If someone calls my name I should look at them.

I should listen to what they say to me.

I will try to listen to my friends.

When I am done playing soccer I might need to drink some water.

I will go home with my family when the game is over.

The social story above is an example of how clear and precise your directions and coaching presentation may need to be with an autistic child. Your willingness to make modifications and include a child in a team sport reaches beyond the soccer field. Research has shown that autistic children who engage in physical activity have an increase in attention span and a decrease in repetitive behaviors. Embrace this opportunity and value your role in providing a recreational outlet for a child who often struggles in our world.

*Social Story Copyright 2001-2004 by Jason M. Wallin, Oak Harbor, Washington, USA. All rights reserved.

SECTION X
GLOSSARY OF TURNS



GLOSSARY OF TURNS

Inside Turn

- Dribble with ball to a cone approx 10-15 yards away
- Slow down as you approach cone
- Wrap your foot (inside) around the furthest side of the ball
- Using a sharp cut get the ball out of your feet and in front of you
- Turn your body 180 degrees
- By getting the ball out in front of you, you do not have to take that extra touch that will slow you down
- Remember slow into the turn and then come out fast

Outside Turn

- Dribble with ball to a cone approx 10-15 yards away
- Slow down as you approach cone
- Wrap your foot (outside) around the furthest side of the ball
- Using a sharp cut get the ball out of your feet and in front of you
- Turn your body 180 degrees
- By getting the ball out in front of you, you do not have to take that extra touch that will slow you down
- Remember slow into the turn and then come out fast

Drag Back Turn

- Dribble with ball to a cone approx 10-15 yards away
- Slow down as you approach cone
- As you approach cone, the non kicking foot should be by the side of the ball
- Kicking foot, place sole on top of the ball
- With sole of foot drag ball 2 yards out of your foot in opposite direction
- Open your shoulders, allowing the ball to roll across in front of you
- Turn, keeping eyes on the ball at all times and accelerate away

GLOSSARY OF TURNS

Cruyff Turn

- Dribble with ball to a cone approx 10-15 yards away
- Slow down as you approach cone
- As you approach set up as you are going to strike the ball with your right foot
- Place non-kicking foot alongside the ball
- Instead of striking the ball with your right foot, pretend to strike it
- Then swing your right leg over and hook it around the far side of the ball
- Exaggerate arm swing when you are pretending to kick the ball
- Follow this by then flicking the ball through your legs with the inside of your right foot
- Spin out, keeping your body low, looking to create space and the penetrating pass

The Step Over

- Dribble with ball to a cone approx 10-15 yards away
- Slow down as you approach cone
- As you approach the cone swing your left foot over the ball to fake a kick to the right
- The fake needs to be convincing so that the defender thinks the move is to the right
- This can be achieved by exaggerating your body movement when faking the step over
- Plant foot a few inches beyond the right side of the ball
- Turn 180 degrees back to the left and using the right foot, push the ball forward
- Accelerate away from the defender gaining yourself space and time on the ball
- As in all turns go in slow and come out fast

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