

Cumberland United Soccer Club

Senior Youth Soccer Booklet

Pavel Cancura



Cumberland Senior Youth Soccer



Dear Cumberland Youth Coach!

First of all, I'd like to welcome you to the CUSC coaching staff for the coming season.

As coaches of Senior Youth soccer, our aim is to develop our teenagers into well rounded athletes, players and people. Playing technical, smart and attacking oriented soccer is what our club strives to teach, and at the senior youth level we have to opportunity to start seeing this type of soccer come to life before our eyes. These older players are becoming more comfortable on the ball as individuals and are increasingly more capable of learning how to play as a team. These are the ages in which players start to become specialized not only in which sport they play but even in which positions they play, and perhaps even how they play those positions.

This manual and the things discussed and worked on in the classroom/gym at our coaching clinics, are designed to help the parent/coach who may or may not have experience coaching or playing soccer to put together solid practice plans and run a successful season.

Specifically, the primary objectives are to:

- Prepare coaches working with players aged 13 – 18 years old, by expanding their knowledge and understanding of the technical/tactical demands of coaching soccer.
- Provide coaches with concrete and practical applications of the basic theories behind developing 'senior' soccer players.
- Providing actual practice outlines to both guide coaches through training sessions, and give them the confidence to build their own practice plans to suit their team and coaching style.

I'm excited for this chance to share with you my passion for a game that I fell in love when I was even younger than the players you'll be coaching this year. These are some of the best and most important developmental years for these young players, and with the right guidance they can really take off. I hope that as a team of coaches, we can inspire our senior youth players this year so that they continue to play for years to come and hopefully one day sit in our places as the soccer coaches of future generations!

I wish you all the best for a great season of fun and development!

Sincerely,
Pavel Cancura
Club head Coach



Cumberland Senior Youth Soccer



Simple Soccer Philosophy

- Training vs. Playing:
 - An over-emphasis is placed in early years on playing games vs practicing.
 - In a game, the top players touch the ball for roughly 5 minutes.
 - At practice our kids can spend a full 90 minutes touching a ball.
 - Rule of 10,000 - Almost everyone who achieves excellence spends something like 10,000 hours practicing in their run-up to stardom. That goes for violinists as well as computer programmers. The "natural" talent who glides easily to the top is a myth. - *Malcolm Gladwell*
 - Owen Hargreaves – Canadian born star midfielder for Manchester United and England. Growing up in Calgary he surpassed virtually all Canadian players by placing a strict focus on training with his coach as opposed to playing.
- SKILLS are fun!
 - Learning new skills and developing into better players is what makes soccer fun over time.
 - Development fuels a love and passion for the game.
- People vs. players:
 - Soccer is a great tool we can use to teach fundamental life skills.
 - Above all our focus is to engage and empower young bodies and minds, and to use soccer as a method for developing great people first, and great players second.
 - Ethical play is what's inspiring about soccer – showing grace and compassion in the heat of 'battle'.
 - Athletes are leaders whether they accept it or not, and we coaches must teach them to harness the power of that leadership.
- **Development vs. Winning!**



Cumberland Senior Youth Soccer



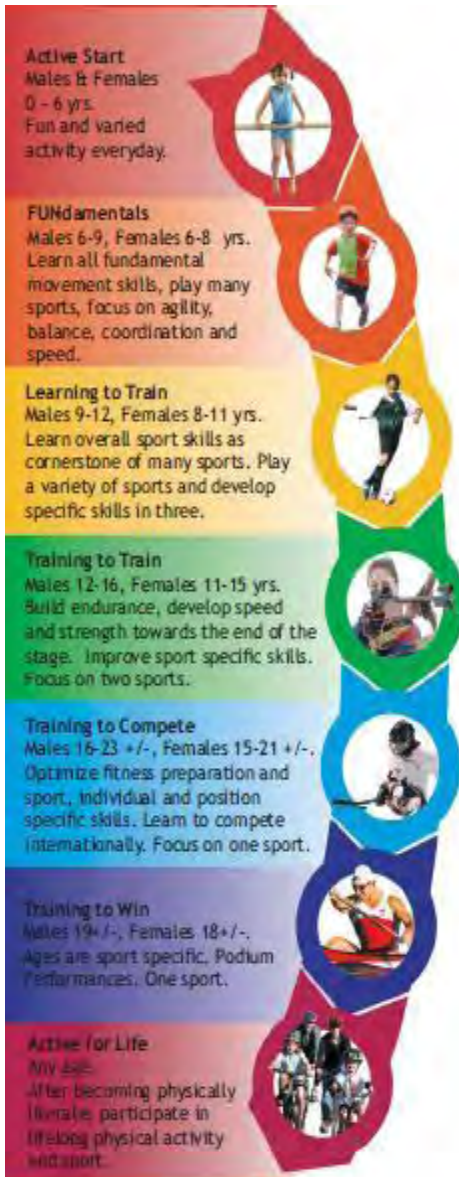
Inspiration from the Pros!

'I recently had the opportunity to watch our U17 and U20 National Teams train and play against each other over a two-week period. It was interesting, especially in light of my observations over the past few seasons of a number of teenage games and training sessions, both in high school and club settings.

Technically, for most teenage players the most glaring needs concern the abilities to make crisp, smooth passes with pace that do not bounce or skip, and to receive balls cleanly, especially when running at speed directly towards the passer, most often when "checking" for balls. Even with the U17 and U20 National Team players, over half the time their first touch popped balls up to their waist or two or three feet away from them in an unplanned direction.'

-Gary R. Allen
US Youth Soccer National Staff

Cumberland Senior Youth Soccer



Training to Train (11-16)

At this stage, elite soccer groups may express interest in recruiting talented youth players. Care must be taken to recognize and protect the long-term interests of each player. Risks and issues can be avoided by ensuring that the **development model remains "player-centered."**

The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.

Physical training emphasizes flexibility, disciplined warm-up and cool down, agility, aerobic and anaerobic endurance, strength, balance, and core strength and stability. Players are also introduced to nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, and the importance of rest and recovery. Coaches may be required to design personalized training programs in order to respect the growth spurt.

Technical instruction introduces advanced techniques to those players who are capable, and the skills are presented within a more complex environment with position-specific emphasis. Tactical training emphasizes team work, including developing tasks per unit (defense, midfield, and forward units) and positional awareness through small-sided games and large-sided competitive matches.

Mental training introduces a pre-competition routine, mental preparation, goal setting, and coping with winning and losing.

Game formats should progress from 8v8 to 11v11 as players grow through this stage (game transitions to 11v11 at U13 age), and the season moves toward year-round play that includes appropriate rest and recovery periods. Offsides are introduced at the beginning of this stage.

There must be an appropriate ratio of training, competition, and rest throughout the year. Periodized planning is critical to ensuring players healthy and performing to their potential. The training to competition ratio should be between 5 to 10 for every game. National competitions held for regional all-star teams at U14 and **U16. Soccer is now the player's primary sport, but** complimentary sports are encouraged which support movement and athleticism suitable to soccer (e.g. basketball, track & field). (Taken from the LTPD)



Cumberland Senior Youth Soccer



Learning to Train (8-12):

Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by “doing.” Players move from being self-centered to self-critical, and they have a high arousal level during basic skills training. This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

This stage is an optimal window for trainability of speed, flexibility and skills, and physical training should focus on developing these qualities. Technical training focuses on building a greater repertoire of soccer related movements within the context of basic soccer games. Tactical training is designed to develop field awareness and encourage decision making. Players should be taught simple combinations, marking, and running into space. Mental aspects of training are intended to develop each player’s intrinsic motivation through fun and enjoyment that foster a desire to play.

All players play equal time and try all team positions, including goalkeeping, and the training to competition ratio should be 2 to 3 training sessions for every game. Other sports continue to play a role, both for variety and cross-training, but the balance now begins to shift firmly in favor of soccer. (from LTPD)

For a Full PDF version of the entire Long Term Player Development Program, please visit:

http://www.canadasoccer.com/wellness/Wellness_CoupeDuMonde.asp

Other Specifics to Senior Soccer:

Topics:

Players are now more capable of reasoning through the game and its concepts. Practices can have over-riding themes that are stressed and worked on for an entire session. Eventually they can be applied to a scrimmage, and reinforced in the next game.

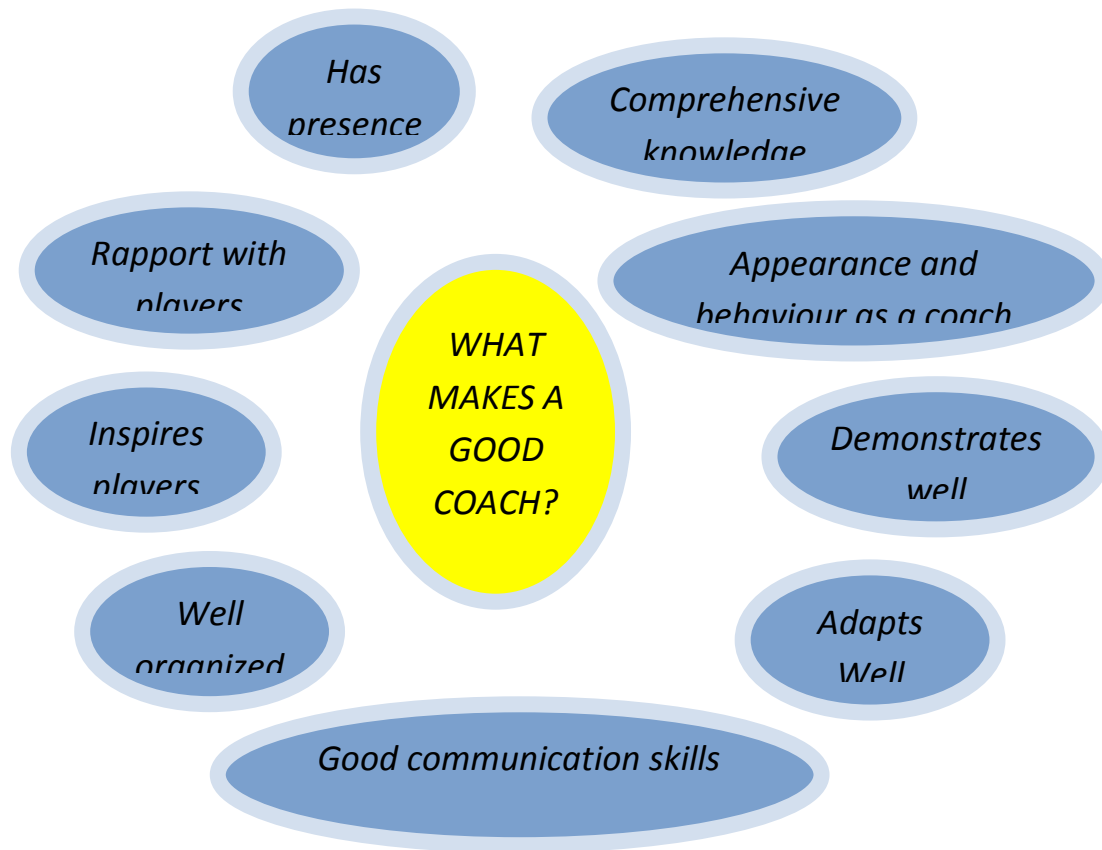


Cumberland Senior Youth Soccer

WHAT IS COACHING?

Coaching is about developing people."

Engage, Connect, Clarify, Imagine, Give freedom, Action, Presence, Liberated, Energised.





Cumberland Senior Youth Soccer

COMMUNICATION

“It is estimated that about 83% of all learning occurs through showing people what to do.

- 11% through hearing.

- 6% through other senses”.

(Harrison and Blakemore)

Better to see it once than hear it a hundred times.

Communication

	<u>Told</u>	<u>Told/Shown</u>	<u>Told/Shown/Done</u>
Recall after 3 weeks	70%	72%	85%
Recall after 3 months	10%	32%	65%



Cumberland Senior Youth Soccer



ROLE OF THE COACH

Coaches have a much more valuable role to play than just being good soccer instructors who can demonstrate proper technique to new players. Coaches are role models to their players and each coach must understand his/her responsibility as a teacher, leader and counselor.

TEACHER

- Simple teaching points to help players learn.
- Encourage skill development through games / activities.
- Encourage activity both at practice as well as at home to inspire an active lifestyle.

LEADER

- Set goals that are challenging and realistic to the ability level of each player in the program.
- Motivate players by encouraging them to achieve their best and always being positive.
- Promote fair play and encourage being a good sport.
- Treat each player fairly and do not show favoritism.
- Inspire each player to be the best he/she can be.

COUNSELOR

- Listen to players concerns, and be supportive.
- Make each training session a positive and fun place to be.



Cumberland Senior Youth Soccer

TEACHING STYLES

Depending on the situation, several different teaching styles can be applied. The following 3 styles are perhaps the most common ways of effectively educating players to retain what is taught in the training session. Often these are used in succession.

COMMAND STYLE

(Show and Tell)

1. Stop at the correct coaching moment
2. Coach demonstrates correction to problem
3. Player rehearses correction to problem
4. Resume Play

QUESTION AND ANSWER

(Players tell you)

1. Stop at the correct coaching moment
2. Ask the players a question relevant to that moment
3. Coach demonstrates correction to problem
4. Player rehearses correction to problem
5. Resume play

GUIDED DISCOVERY

(Athlete shows you and the group)

1. Stop at the correct coaching moment
2. Ask player a question relevant to that moment (What would you do differently in this situation?) (Use follow up questions if needed)
3. Ask player to show you correction to the problem
4. Resume play

Whatever the method used in teaching a player, in a practice setting it should be administered with patience, but quickly enough to not reduce the practice to a snail's pace.

During each training session, our coaches will guide (facilitate) the players - through effective age appropriate demonstration, explanation and questioning - to discovery. A good coach tries not always to tell a player what to do; rather, he/she leads the player to discover how to play.



Cumberland Senior Youth Soccer



Practical Component:

Your main duties will be split between two types of scenarios – practices, and games. What follows is information on how to best organize these two situations.

Practices - BE ORGANIZED! And BE FLEXIBLE!

Preparation:

- **Prepare your session** - Before coming to practice, take the time to plan out what you will do. The more you plan the more confident you'll be, and the more you'll be able to focus on coaching and on adapting the practice as needed. If you're disorganized, the players will sense that and will respond (or fail to respond) to your practice accordingly.
- **Arrive On Time!** If practice starts at 6pm, and you arrive at 6:02pm, then you'll spend your first few minutes frantically setting up, improvising and stalling before practice. Arrive early, and setup as much of your session as possible before the practice starts. That way, you'll have the kids' attention right from the start, and they'll feel like they are a part of something important and organized. Arriving at practice when things have been set-up and prepared in advance makes players feel a part of something important, organized, and meaningful no matter what the age or level of players you are coaching.
- **Look the Part:** If you show up looking like a coach who knows what he/she is doing, the kids will see you that way, and they'll be far more prepared to listen to what you tell them. Alternately, if you come dressed looking like you've never played, never intend to play, and you wish you didn't have to be here, then the kids will sense that and respond accordingly. Do yourself a favor, and come dressed ready to coach, play and participate fully.
- **Greet the players:** *Shake each players hand or high five each one as they arrive.*
- **Briefing:** Very quickly outline what the session will look like and what you will be working on with the players.

During the practice: Covered in next section

Post Practice:

- **Clean up:** Have the entire team help clean up equipment. If everyone helps, it takes less than a minute.
- **Review:** Talk about the points that were learned, and ask the players what they learned. Remind them of the next team event during this time as well.
- **Shake hands again before leaving.**



Cumberland Senior Youth Soccer



The Practice Plan

Dozens of drills and some sample practice plans are included in the last section of this manual. As you prepare any practice plan, keep in mind that a typical practice plan for a mini team will include certain elements:

Juggling: give the players at least 5 minutes of time each practice to juggle in various ways. **(see appendix A on page 31)**

Warm-up Period: This should be a combination of progressively faster and more involved exercises that prepare the players mentally and physically for the rest of the practice. A warm-up can last anywhere from 15-30 minutes depending on the situation. It is also a good idea to include a technical component to the warm-up, or to build up to a technical component towards the end of the warm-up. Thus players will not only be preparing their bodies physically, but are preparing technically for the rest of the practice.

Individual Technical and Speed work: As outlined in the LTPD, mini youth soccer players are at an age when they are highly responsive to speed and flexibility training, as well as technical training. For this reason it is good to include a speed and agility component in your practices. This portion of the training should be very short (5-8 minutes max), and focused on short, explosive speed and agility exercises. Some strength and conditioning can also be included for older teams. If done in the right spirit, conditioning will not only benefit the player and team's performance during games, but will also serve to build team spirit and establish a good work ethic in the players.

Functional Drill(s): Following a proper warm-up, the functional and/or instructional component of the practice might involve one or two drills that emphasize a certain skill or tactical component. It is often good to keep this portion of the practice moving smoothly and progressively from a simple concept to a more complicated idea. As mentioned earlier however, there is no need at the mini level to be overly focused on a remote tactical concept for an entire session. Keep the messages simple, applicable, and dynamic, and you'll get the best response.

Scrimmage: A scrimmage is a great way to end the practice and allow the kids to apply what they have learned. It can be treated as both a reward for their hard work, as well as a tool to drive home key coaching points from the session. It is often useful to add restrictions to the first part of the scrimmage which force players to apply the concepts they've worked on. Eventually these restrictions are removed in the hopes that the concepts are retained and applied even in the now open scrimmage scenario. Some common restrictions to help enforce concepts include:

- Adding a gate on each sideline through which the ball must travel before a team can score. This forces them to play the ball wide first, before being able to attack the goal.
- Assigning a number of passes that must be made before a goal can be scored (ie: 5 passes before you can score)
- Adding a rule A player must take someone on 1v1 before scoring.
- Players are matched up against a player on the other team . If the player you're defending scores, you must do a coach determined activity as a punishment.
- All players must be across half before the team can score.



Cumberland Senior Youth Soccer



Game Component

Pre-Game:

- Players must arrive 20-30 minutes before the game starts, and be ready to play at that time.
- Prepare your line-up before arriving, and have a rough idea of when you will be subbing players in and out.
- Warm-up: Primarily technical with a short possession or game component 5 minutes before kick off.
- Have players line up their water bottles and bags neatly
- Have a 1st aid kit ready
- Coach's shake hands with each other and with the referee before the game.

During the game:

- Make sure you and your assistant have watches, and that you start your watch at the opening whistle.
- Have the subs paying attention and watching the game
- Have your assistant coach if possible, call the subs and track shifts, which will allow you to coach the team and watch.
- Give some direction on the field, but make sure to give individual feedback when players come off the field.

Half Time:

- Be positive
- Give constructive feed back to a few positions
- Ask for the players' opinions
- Motivating: Give them a solution to the problem if things are going wrong.

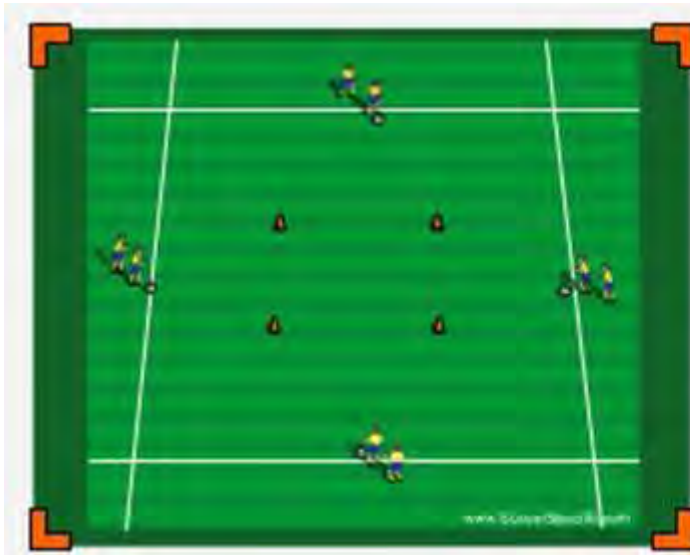
Post Game:

- Shake hands with the opposing team, coaches and referees
- Bring the kids in one last time (no parents)
 - Give positive feed back
 - Constructive things to work on
 - Listen to the players' opinions
 - Remind them of the next team function
 - Shake hands before leaving.

Sample Practice Plans:

Session 1: U12 boys and U13 girls indoor session 2011:

Warm-up/Technical: Dribbling and mainly passing and receiving exercises. This will be fairly hard work. If we get 15 players or more, we will make 2 groups, if we get less, we will do it one.



ACTIVITY #1

Set up: 10x10 yard square using cones, with 4 lines positioned 10 yards away from the middle of each sideline.

Instructions: Players perform various dribbling and passing exercises through the square to warm-up:

- dribble through with a change of pace in the square
- various moves into or out of the square
- pass as soon as you hit the second line of the square
- lead the player coming towards you by playing the ball into space for him and turning to run onto his pass
- Throw the ball straight up at the first line, and then sprint to settle your partner's ball.

Coaching Points: Fun and hard working technical warm-up that tests everything from dribbling to passing and receiving to settling the ball out of the air.

Exercise 1: Passing to crossing combos - This will be a functional exercise to work on various types of runs and passing combinations in 4s. It may also be done in 3s depending on the numbers we get.



ACTIVITY #2

Set up: 4 stakes to mark off defenders and starting position for 2 mids and 2 strikers. 2 identical setups are created side by side (red is one, yellow is the other)

Instructions: Various combinations are done to work on timing of runs, accuracy of passes, angles, and crossing/finishing.

Variations will include:

- D - B - A - C (who crosses)
- A - C - B - D (who crosses)
- A - B - D - C (who crosses)
- A - B - D (who crosses)

Coaching Points: Timing of runs, and accurate passes are most important here. Focus will be on arriving to cross and finish at full speed. 3 players will attack the box, one near post, one far post, and one top of 18. 2 or 1 touch finishes will be permitted.

Exercise 2: Crossing and Finishing game

We will build from 2 player runs to 3 player runs both with and without opposition



ACTIVITY #3

Set up: a field that is a little shorter than twice the 18 yard box, and as wide as the 18 yard box. 2 full sized goals. 2 teams split 2x2 by each post.

Instructions: The first pair of attackers passes the ball out wide to their wide player, who takes a touch down the wing. The two attackers make runs to the near and far post to finish a serve from the defender.

Progressions:

Service on the ground, first time finish

Service in the air

One attacker stays to defend the next pair

3 attackers are sent so there is now a trailing option

3 v 1

3 v 2

Coaching Points: Ensure the proper shape, timing and speed of the runs. Work on near and far post first, and then add the trailing run. Between the 3 players and even 2, no ball should get through.

Scrimmage with wide neutrals:

Same type of scrimmage as last week, but we will now be a little sharper on watching appropriate runs out of the back. With the girls we will still work on getting the ball wide sooner and supporting properly, and start to consider the attacking runs as well.



ACTIVITY #3

Set up: Full Field scrimmage across the width.

Instructions: Players must get the ball wide before being allowed to score.

Coaching Points: Emphasis is on swinging the ball across from side to side, looking to make the field as large as possible. First time finishes are worth 2 points to encourage the crossing and finishing done in the previous drill.

Session 2: U14 Girls – transition to attack

Warm-up: Y dribbling and passing – will start with dribbling, and then progress to passing progressions.

ACTIVITY #1

Set up: Setup a Y shape using cones. ANYwhere from 10-20 yards in distance depending on age and number of players.

Instructions: Player 1 passes to 2 who opens up and passes to 3 who controls and dribbles back to the start. Each player follows his pass to the next station. As soon as the ball gets to 3, player 4 starts and completes the same pattern towards the opposite side.

Variations:

- First player throws the ball in like a throw in, and various techniques are used to open up.
- players 2 and 5 receive the ball on the opposite side from where they will go, forcing them to turn across their body.
- a one two is performed at each cone
- ball is layed off by 2 or 5, and the next player is found with a long ball.

Coaching Points: This is a warm-up drill but should stress the technical intricacies of the various moves involved.

Exercise 1: Finishing on two goals.

We will add an element of sprinting through colored gates after each shot according to a coach's command (this will force them to react even beyond just their shot)

ACTIVITY #3

Set up: two goals facing each-other, roughly 35 yards apart. 2 teams with each team split beside the posts as shown above.

Instructions: various individual finishing patterns are done.

Variations include:

- A passes to B who takes on the flag and shoots (pass can eventually be in the air)
- A passes to B who dribbles past the flag, fakes and turns to shoot back at the original goal
- A passes to B who returns the ball to A for a finish
- A passes to B who returns the ball to A who turns and finishes
- A passes the ball to B and defends B 1v1
- all players line up at A. First player sprints to flag with the ball and finishes, and immediately runs across to defend the first player from the opposing team.

Coaching Points: Speed of execution is stressed at older levels. Quality and strength of the pass is emphasized, as well as the quality of the first touch, timing of the moves, and urgency of the finish.

Exercise 2: 2v2 to 3v3 flying changes.

We introduced this in the first week of training when we were more focused on defending, but today we'll focus on fast transitions to attack, and also on smart transitions to defend:

Specifically watch for players to think about attacking when they defend, and defending even when they're attacking (should I shoot with from the corner flag with no angle, and then have to chase an attacker who has a big advantage? If I catch an attacking player isolated with his back to goal, I should pounce with 100% conviction, because I recognize that this defensive effort will likely result in a good look at goal. Etc)



ACTIVITY #2

Set up: 20 x 10 yard playing area with a goal on each end. Two teams are made with a minimum of 4 players on each team and a max of 6.

Instructions: the first two players of each team play 2v2 in the grid. When the Red team shoots and either scores or misses the target, the next two yellow players who are waiting behind their own goal immediately attack at full speed at the same 2 red players who just shot. The original defenders leave the grid and regroup behind their own goal again. Every time a shot goes past the endline, two new attackers come in.

Coaching Points: Watch the defensive shape of the defending pair. One is always pressing, one is always covering. Emphasize the quick transitions on attack, to maximize the attacking advantage and create 2 v 1's. Also emphasize the defensive transition and applying early pressure on the first attacker to slow the pair down.

Scrimmage component: Scrimmage in halves - focus again will be on transition, but now in a team dynamic.



ACTIVITY #4

Set up: playing field, split in half, with two equal teams.

Instructions: Regular scrimmage is played with the following restrictions:

- defending team must be inside of their own half when a goal is scored, or else it counts for 2
- attacking team must be inside of the attacking half when a goal is scored, or else it doesn't count.

Coaching Points: The drill should lead to more distinct transitions from attack to defense, and should create opportunities for counter attacks and quick breaks.

With the pressure cover emphasis of the other two stations, let's make sure that the same principle is applied through this scrimmage - high pressure can still be a tactic, trying to eliminate the other team's ability to counter attack.

Session 3: U15 Girls Session

1. Warm-up: Interception practice

ACTIVITY #1

Set up: 3 players with 1 ball. A and B are about 10 yards apart, with C beginning the drill with a jog around a third cone which is 20-30 yards away from A and B.

Instructions: Players work on timing defensive runs to intercept various types of passes. While A and B pass back and forth steadily, C will time his/her run to intercept a pass from A to B. Players rotate so that C becomes A, A becomes B and B becomes C and tries to intercept.

Variations:

- A and B pass back and forth with 2 touches
- A and B pass back and forth with 1 touch
- A throws to B who checks forward to thigh and volley back
- A throws to B to volley back directly
- A throws to B to chest and volley back
- A throws to B to jump and head back
- A passes to B, who now tries to block C from winning the ball using his/her body to shield.

Coaching Points: Work on timing. Players should watch the play, and decide when to change their pace so they are not waiting

2. Y dribbling to passing to shooting patterns

ACTIVITY #2

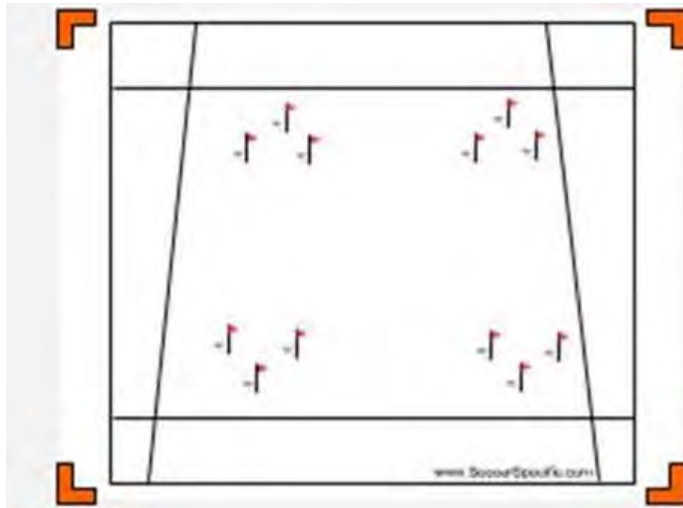
Set up: a large Y shape is setup with at least 10 yards between each cone. 2 players are at each cone with excess players at the bottom of the Y with a ball each

Instructions: Several Progressions are done, ending with a shot on goal.

- 1- A to B who turns and plays C, who turns and finishes (everyone follows pass)
- 2- A to B who turns and plays C, laid off for B to finish (everyone follows pass except for shooter who becomes C)
- 3 - A to B back to A to C
- 4 - all of the previous progressions with some of the passes played in the air
- 5 - A starts the play with a throw in instead of an easy pass.

Coaching Points: Proper passing and solid touches through the progressions. Proper finishing technique at end. Force players to attack the shot at full speed instead of waiting for the perfect bounce.

3. 4 triangle possession across the width



ACTIVITY #2

Set up: 3 triangles (8x8) in a grid, two equal teams.

Instructions: Teams play possession, and score by dribbling the ball through one of the opposing team's triangles (you can't score twice in a row on the same triangle).

Progressions:

- score by passing through the triangle or dribbling through it
- score by dribbling through any of the 4 triangles

Coaching Points: Focus during this session is on dribbling and attacking at speed, so encourage kids to attack and take players on to break through the triangle. Make the triangles big enough so that a single defender or even two do not completely discourage an attacker from going at that triangle. For stronger groups, consider attacking all 4 triangles so that it becomes even more appealing to dribble at players and score goals.

4. Scrimmage with wide channels



ACTIVITY #3

Set up: Full Field scrimmage across the width.

Instructions: Players must get the ball wide before being allowed to score.

Coaching Points: Emphasis is on swinging the ball across from side to side, looking to make the field as large as possible. First time finishes are worth 2 points to encourage the crossing and finishing done in the previous drill.

Session 4: U12 Boys – Defensive Shape (staying connected)

Exercise 1: this basically applies the pressure cover idea in a group of 3 or 4 players, so a nice review and progression from last week when we did defending in pairs.



ACTIVITY #1

Set up: 4 teams split into 3 zones with a goal behind the two end teams. Adjust the size of the field according to the quality of the players. For U12s, I would make the field probably 20-25 yards wide and about 10-15 yards for each zone.

Instructions: The two outside teams make passes amongst each other, and score points by making passes through the defending group in the middle. The middle group works as a unit to prevent through passes. If the middle group wins the ball, they immediately attack that team and try to score. If they're able to get a shot off, they switch spots with the team that lost the ball. When the ball is won by the team in the middle, all boundaries are off, and the field may be stretched as wide as necessary (this is encouraged to practice spreading out as soon as the ball is won).

Coaching Points: Focus on shifting and pressuring/covering as a unit for the middle team.

Exercise 2: Again, similar to the exercise above, but involves shifting across the field while applying the same principles



ACTIVITY #2

Set up: 3 teams of 3 or 4 players depending on numbers. 3 strands of 10 yard rope.

Instructions: red team is the attacking team and will initially just keep the ball until we tell them to pass it. Yellow team is holding the rope and works on shifting and pressuring as a unit, while the green team shadows them without the rope. We'll work for 2 minutes each and then move on, hopefully by the end playing without a rope and moving the ball fairly quickly (ie: 3 touch or so).

Coaching Points:

Exercise 3 – scrimmage portion: 6v6 shadow play with players stuck wide at first.



ACTIVITY #3

Set up: 6v6 across the width. two goals wide for the defending team to score on.

Instructions: Attacking team (in yellow) must keep a player inside of each wide channel at all times. The defending team can move freely, and will be coached to stay compact as a unit. We will experiment with various scoring options for the attacking team, including dribbling or controlling the ball inside of the six yard box, or scoring from inside of the six yard box.

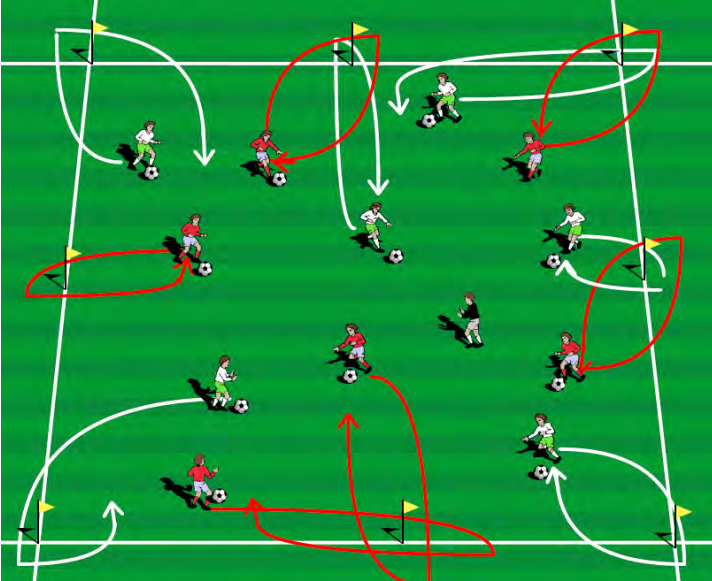
Coaching Points:

Cumberland Senior Youth Soccer

Drills and Exercises for use in practice:

Warming Up

Dribbling



Set up: 15 x 15 grid. Each player has a ball.

Instructions: Players dribble around the square with instructions from the coach on what to do:

1. Touch every step
2. Right only/ left only
3. Inside of the feet, outside of the feet
4. Inside/outside of same foot
5. Soles only
6. Combine everything

Other commands to use would be:

1. Freeze
2. Turn (players turn and go opposite direction)
3. Explode! (players must touch a cone and come back).
4. GO! (players sprint for 5 yards)
5. Scissor! Step Over! Switch! (players switch balls)

Coaching Points: Always be vocal and positive, and don't let a single activity go on for too long.

Y-Passing Pattern



Set up: Y shape with 10 yard gaps between the cones. 2 players at each cone. A 5-10 yard gate in the middle.

Instructions: Player 1 passes the ball into player 2 who takes a positive touch back toward player 1. Player 2 then performs one of the turns around the gate, and passes the ball to player 3 who dribbles back to station 1. All players follow their passes to rotate. Once Player 2 has performed his turn, the next ball can start and with the same pattern being performed in the opposite direction.

Coaching Points:

Technical Progression in Circle

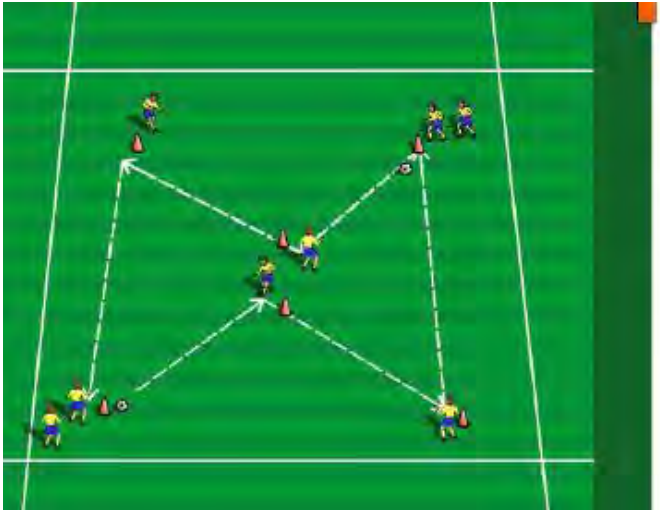


Set up: a circle is made with 7 players on the outsides with a ball and 7 on the inside with no ball.

Instructions: technical progression is performed where players run around the grid and look to perform the various skills with the players on the outside serving. Work for 1 minute intervals before switching. progression: passes (1-2), passes (1-2, ball starts with the players on the inside), volleys inside of the foot, two touches in air with feet, chest volley, thigh volley, headers, two headers, turn and turn back to pass, turn with chest and pass back.

Coaching Points: Perform the check and quality at speed, then you can rest for a few steps. In other words, show a change of pace when you want the ball and when you're performing the skill.

W-M Passing Patterns



Set up: same as the first drill with two patterns setup back to back.

Instructions: Ball travels in the direction shown above, with each player following his or her pass. You can still work on various receiving techniques, but have now added a long pass into the mix so that more accuracy and a better touch are required.

Coaching Points: To speed up the drill and add a conditioning component, stronger teams can attempt to cut this drill down to 1 touch passes. Plenty of communication is required.

Santos Technical Progression



Set up: Players in pairs, working together. Various technical progressions are done to warm-up.

Instructions: A - player working starts at a cone, player serving in the middle. Worker jogs across to a cone, spins and does a technique to return the ball. Then he works across to the other cone to repeat.

B - two balls, passing at the same time with 2 touches. Switch call sees players have to switch quickly and resume.

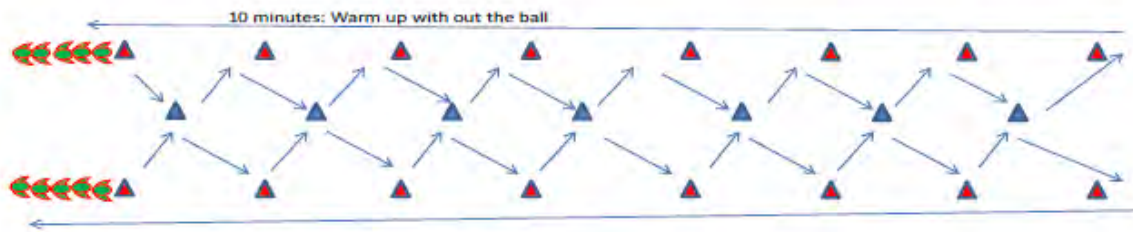
C - Worker runs to touch the ball in teh servers hands, before back pedalling and performing a skill (ie: heading, chest volley, etc). Skills: passes, volleys, two touch volleys, thigh volley, chest volley, headers, turns, chips to hands, double touch pass, fake shot and open up.

Coaching Points: This is a warm-up. Ask the players to focus on every touch, watch the ball into their foot to ensure they are performing everything with quality.



Cumberland Senior Youth Soccer

Dynamic Warm-up and Stretching – soccer specific



1. **PUSH PASS:** Take three quick steps to the right while opening up your body to mimic an inside of the foot pass with the inside of the right foot (keep your toes up, follow through, tighten you abdominal muscles)
2. **NO LOOK PASS:** Shuffle two to the right and swing your left leg across your body to mimic a no look inside of the foot pass, repeat to the left
3. **OUTSIDE OF THE FOOT PASS:** Take three quick steps to the right and mimic an outside of the right foot pass (right foot diagonally down to the ground with your pinkie toe closest to the ground, follow through from your knee and keep your abdominals tight)
4. **PUNT:** Take three quick steps to the right and mimic a punt (Raise your knee until your thigh is perpendicular and then extend your leg, while pointing your toe straight ahead of you. Tighten your abdominals. Slowly lower back down).
5. **HEEL PASS:** Moving backwards, take three quick steps to the right kick back with your right leg, mimicking a heel pass (toe up, follow through backwards and tighten your abdominal muscles)
6. **OPENING UP INSIDE OF THE FOOT VOLLEY:** Take three quick steps to the right while opening up your body to mimic an inside of the foot volley with the inside of the right foot (keep your toes up, follow through and snap from your right hip, tighten you abdominal muscles). Repeat to the left
7. **ACROSS THE BODY INSIDE OF THE FOOT VOLLEY:** Shuffle two to the right and swing your left leg across your body to mimic an across the body inside of the foot volley, repeat to the left
8. **OUTSIDE OF THE FOOT VOLLEY:** Take three quick steps to the right and mimic an outside of the right foot volley (bring knee up to 90 degrees, keep right foot diagonally down to the ground with your pinkie toe closest to the ground, follow through from your knee and keep your abdominals tight)
9. **SIDE VOLLEY:** Take three quick steps to the right and mimic a side volley by swinging your right leg so that it's parallel with the ground. (Balance on your left leg and lean back towards the left while swinging your right leg. Foot should be pointed straight out so that is seems like a natural extension of the leg with your big toe closest to the ground. Keep your abdominal muscles tight)
10. **STORK:** Step forward with your left leg, and with your knee straight, touch your toe with your left hand while raising your right leg behind you. Your back leg ends up parallel to the ground.

Warm-up Games:

5 Zone Hand Ball to Soccer



Set up: 5 squares 10x10 are arranged in a pattern as outlined in the picture. two equal teams

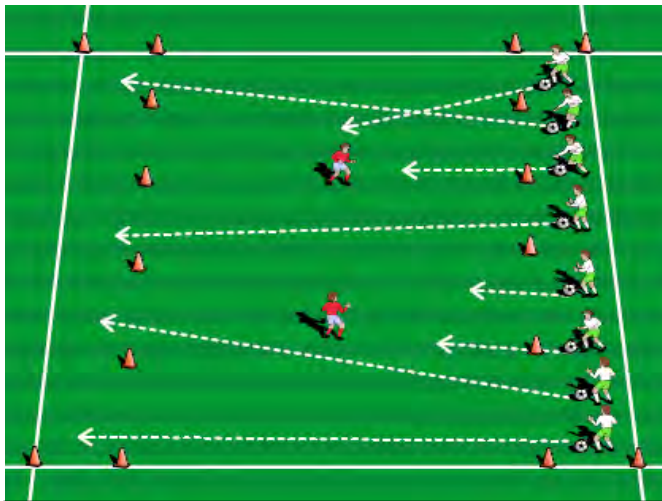
Instructions: Variation 1: Players pass the ball around with their hands. If the ball is dropped, possession is lost. To score a point, the ball must be put down in one of the squares, and picked up by another player.

Variation 2: Passes are made with volleys to the hands. Players can now attack the others to win the ball.

Variation 3: Ball is played with feet only on the ground. To score, players must stop the ball in a square, and it must be taken over by another player.

Coaching Points: Encourage intensity, hard work and fun, as this is a warm-up. This is also a good drill to coach decision making, and the use of support. If one area is congested, players should look to switch the play to somewhere else. When players are allowed to tackle each other, it is also important to make passes early and quickly.

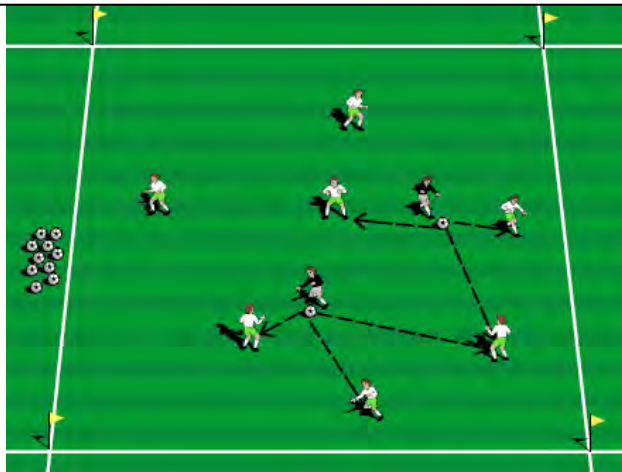
British Bulldog (Crossing the Ocean)



Set up: Make a grid with a 5 yard end zone on each side. One or two players without a ball begin in the middle of the field (these are the bulldogs). The other players spread out across one end zone with a ball each.

Instructions: Players try to "cross the ocean" without having their ball stolen by one of the bull dogs in the middle. If a player's ball is stolen or kicked out of the grid, he/she becomes a bull dog. Eventually there will only be one player left. This player is the winner and can start as the bull dog next time if he/she wants.

Pac Man



Set up: 20x20 grid. Two players start with a ball and are the ghosts. All other players are Pac-man. The remaining balls are outside of the grid (you can have a single location or multiple locations for the balls).

Instructions: The ghosts run around the grid with their ball trying to hit the other players below the waist (pac-man). When a pac-man gets hit below the waist, he/she must run to retrieve a ball outside of the grid, perform a predetermined soccer skill (ie: toe tap, pendulum, turn) and then return to the grid as a ghost. The game ends when only one pac-man remains.

Diamond Technical Progression

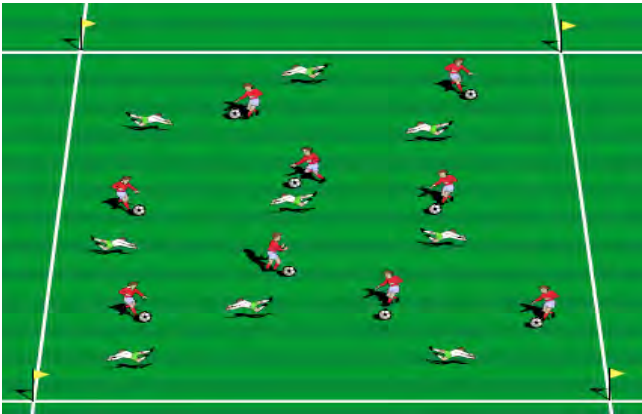


Set up: diamond shape with flags on two corners. A ball at each server's feet.

Instructions: Working players loop around the flag in either direction to get alternating one two's from the servers. Get to volleys, chest volleys, turning with the ball (inside of foot, outside of foot, with the chest, with the head, etc). Eventually you can have them play a pass and then switch flags and go to the other side to make it different.

Coaching Points: Sharp runs, sharp touches, hard work and concentration.

Keepers



Set up: Make a grid using cones or stakes (15x15 to 20x20).

Instructions: Two 'keepers' start in on their knees with no balls. The other players are on their feet with a ball each. On go, the keepers try to steal the balls from the players using their hands or feet. When a player's ball is stolen, the players immediately switch roles.

Follow the Leader



Set up: Make a simple grid using cones. Place various obstacles all throughout the grid at random. Be creative with your obstacles.

Instructions: Players partner up. One player leads and the other mimics everything that player is doing. Two coaches demonstrate the drill. Be very creative in your demo to give players ideas – focus on agility, mobility, ball control, change of direction, creativity, etc. On "SWITCH" players switch roles and the other player is now leading.

Variation 1: Players have no ball

Variation 2: Players have a ball at their feet.

DRIBBLING

Dribbling is one of the most exciting parts of a soccer game, and is essential for all players. Dribbling can be a fun and creative activity and gives players the opportunity to show their skills in a practical and effective manner.

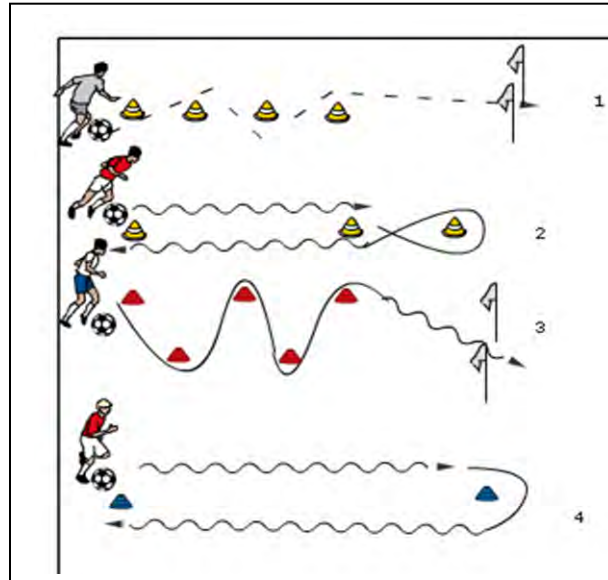
Senior youth players should be getting comfortable with the basics of dribbling, so drills should focus on both pushing the speed of execution, as well as combining dribbling with other skills or decision making challenges.

DRIBBLING GAMES

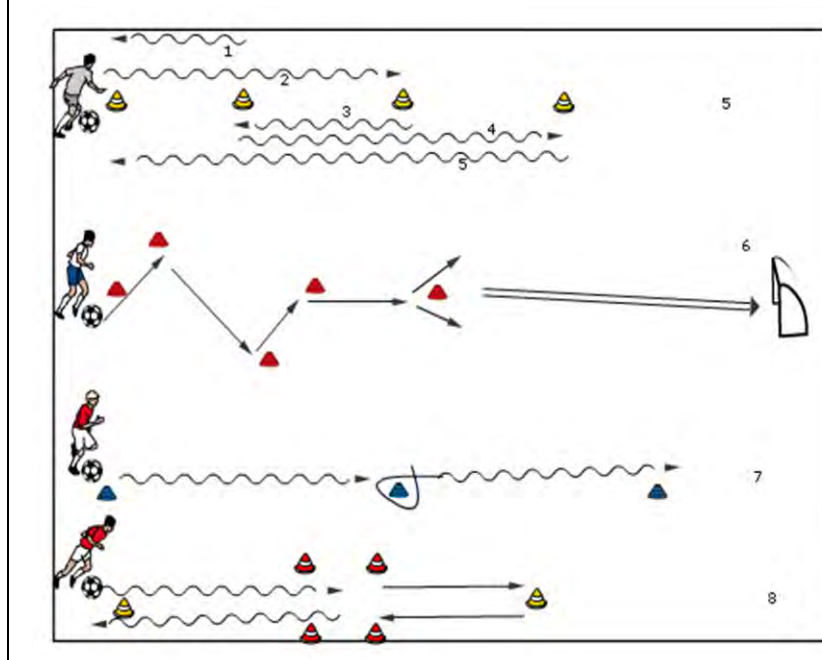
- Always make sure the players work on both feet
- Keep lines small (3 players/line), so that players don't get bored standing in the line and are able to get more touches on the ball

Dribbling Patterns

1. Weave in and out of the cones with various parts of the foot by keeping the ball tight to your feet. Then quickly accelerate through the gate by getting the ball out of your feet
 - o Inside only
 - o Inside / outside
 - o Both feet
 - o Right
 - o left
 - o Sole of the foot
2. Dribble the ball to the cone with speed, but under control. The player then cuts the ball around the cone with the inside or outside of the foot and then dribbles back to the start
3. The player zig-zags through the cones while keeping the ball close to his/her body and then quickly accelerates through the gate. Use the outside or inside of the foot to cut around the cones
4. Dribble with speed to the cone and quickly turn with the inside or outside of the foot and run back with the ball. Keep the ball out of your feet to get more speed.



5. Dribble to cone 1 and turn back with the sole of the foot back to the beginning. Dribble to cone 2 and turn, but only dribble back to cone 1. Repeat all the way to the end
6. Zig zag between the cones, until you get to the cone in front of you. Take a touch to the left or right (imitating touch the ball passed your opponent and shoot on goal.
7. Dribble to the cone and do a full circle around the cone with the outside or inside of your foot and continue dribbling to the next cone into a shot on goal
8. Dribble to the middle box and leave your ball with the sole of your foot. Run to the yellow cone and back to the middle box to collect your ball on the run to dribble it back to the beginning.



Sharks and Minnows

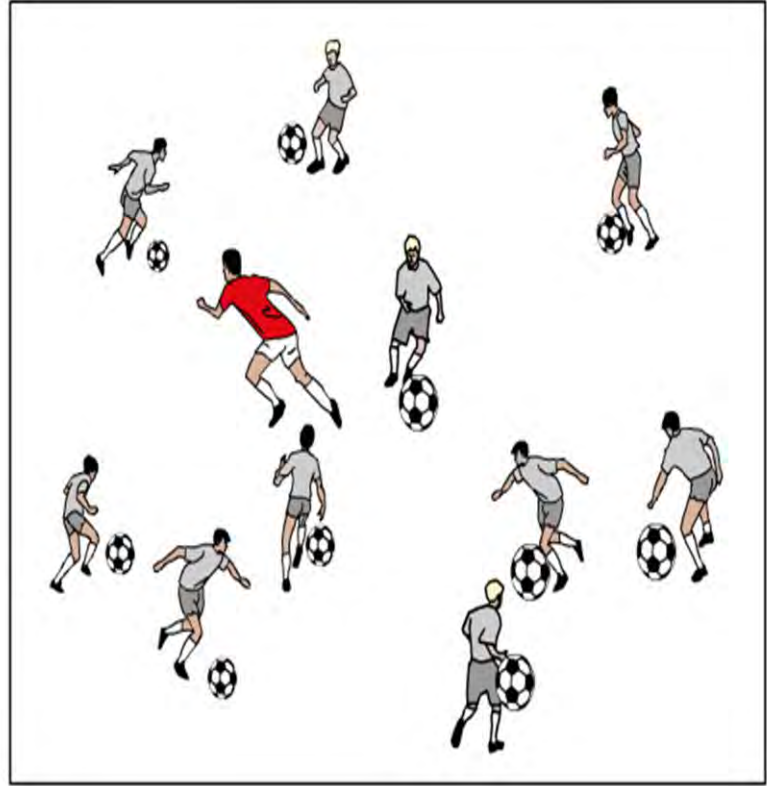
- mark out a grid (15 x 15)
- everyone has a ball except for 1 player (THE SHARK)
- the shark tries to kick the other players ball out of the grid
- once your ball leaves the grid you are out
- those individuals should be given a task (ex. 15 toes taps and then join in again)

Pirates

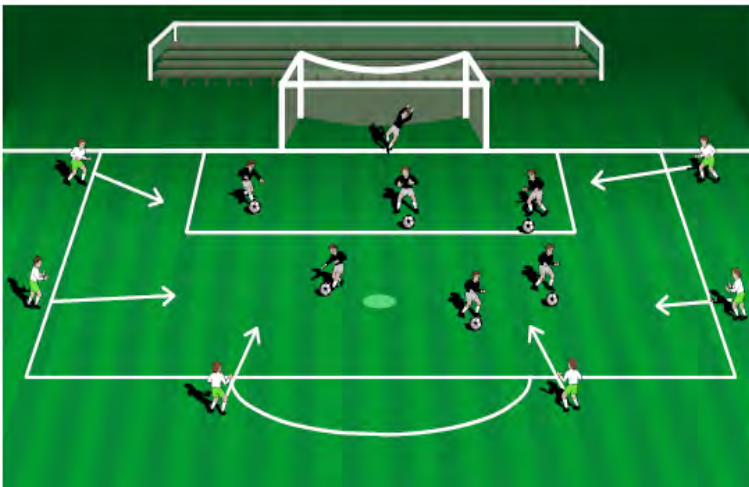
- Same game as above, but this time the shark (now PIRATE) tries to steal the ball from another player
- The player whose ball is stolen becomes the new pirate

Woodpecker

- Same game as above, but this time everyone has a ball
- Players are trying to keep control of their ball while



Team Keep Out



Set up: One team starts in a grid with a ball at each player's feet. The other team starts on the outside of the grid without a ball. one or two goals are placed on the end line.

Instructions: On "go" the team without the balls must run into the grid, try to steal all of the balls from the defending team and shoot them into the goal(s). Once a players' ball is stolen and scored or kicked out, he/she must help his/her team mates keep their ball out of the goal. Once all of the balls are gone, the teams switch roles.

Coaching Points: Encourage team-work for both teams, especially for the defending team. Be VOCAL and POSITIVE!

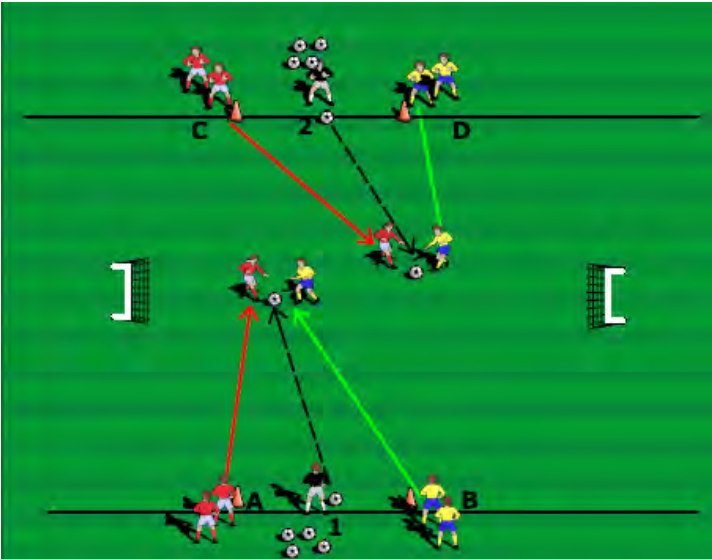
Cumberland Senior Youth Soccer

1 v 1 games

1v1 games are a great way to incorporate fitness into your training sessions as these exercises are very difficult (especially if the field is expanded, and numbers of players are reduced). 1v1 games are also a fantastic way to realistically practice individual technique and dribbling/defending.

Encourage creativity, the use of different moves, and the celebration of good goals by everyone!

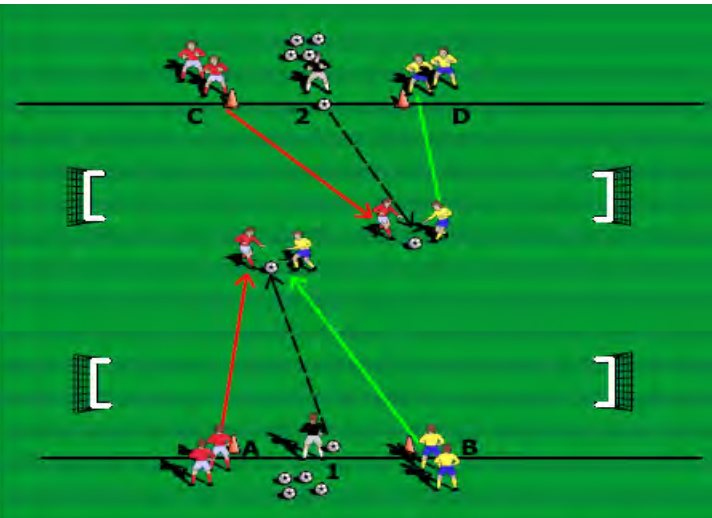
1v1 To Any Goal



Set up: 1 goal is placed on either end of the field, facing out. Players are asked to line up evenly on one of the sidelines. Balls are in between the two lines with the coach.

Instructions: coach 1 rolls out a ball, and one player from line A and one from line B play 1v1... they can score on either goal. If numbers are too high, a second coach (2) can roll out a ball for a player from line C to play against a player from line D. If possible, each coach can even roll a second ball out to create a 3rd and 4th game of 1v1 at once. This creates more traffic and forces players to show more awareness as they play. With the goals turned outwards, the kids will have to show more ball control to stop, turn and score on the goals that are faced away from them.

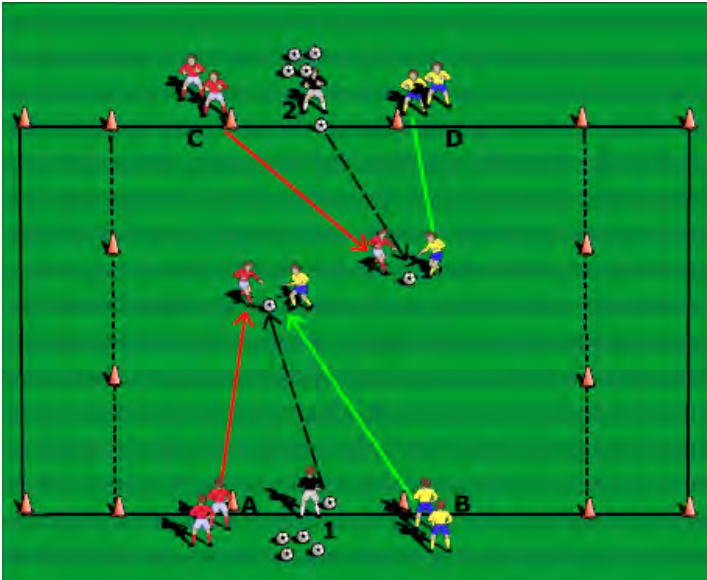
1v1 To Any Goal



Set up: 2 goals are placed on either end of the field (4 in total). Players are asked to line up evenly on one of the sidelines. Balls are in between the two lines with the coach.

Instructions: coach 1 rolls out a ball, and one player from line A and one from line B play 1v1. They can score on any goal. If numbers are too high, a second coach/parent (2) can roll out a ball for a player from line C to play against a player from line D. If possible, each coach can even roll a second ball out to create a 3rd and 4th game of 1v1 at once. Use varying starting positions (ie: sitting, lying down, summersault before going, etc)

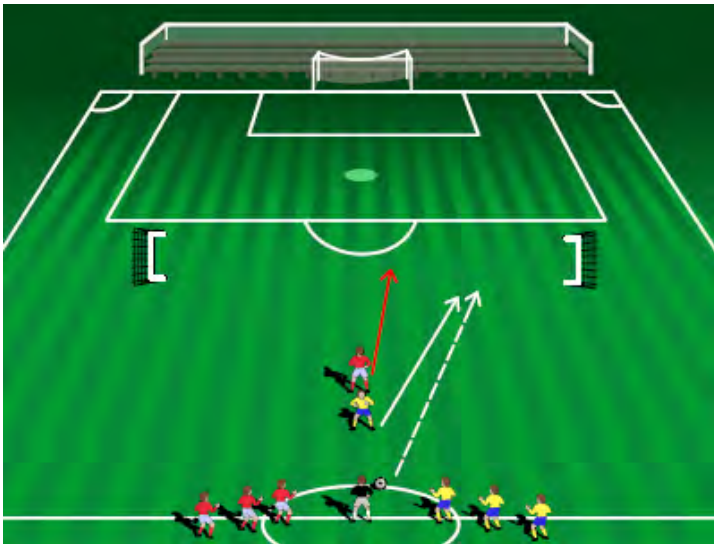
1v1 End Zones



Set up: A field that is roughly 15 yards wide and 30 yards long is built. An end zone 5 yards wide is created on each end of the field. Kids are asked to line up evenly at one of the 4 cones in the middle of each sideline. The balls are placed in between the two lines with the two coaches.

Instructions: coach 1 rolls out a ball, and one player from line A and one from line B play 1v1. A point is scored when a player dribbles into an end zone. At the same time, coach 2 rolls out a ball for a player from line C to play against a player from line D. If possible, each coach can even roll a second ball out to create a 3rd and 4th game of 1v1 at once.

1v1 back to goal



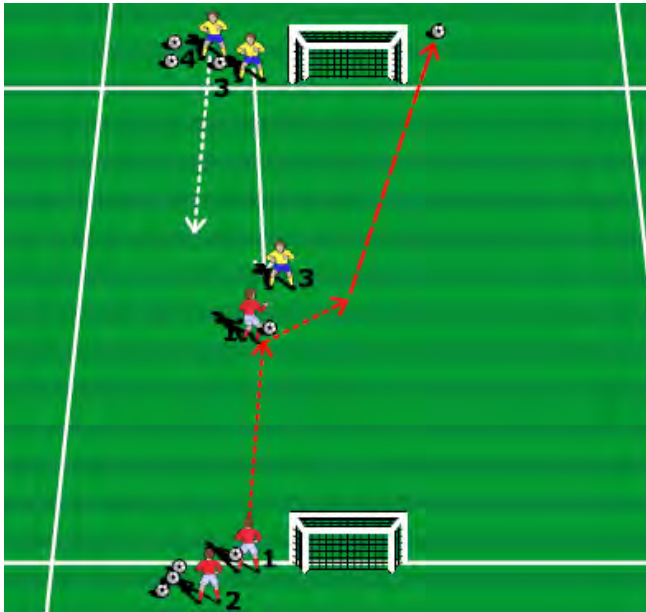
Set up: Two players stand back to back, one facing the coach and one facing the main goal. Another small goal is placed on each side-line.

Instructions: When the coach throws the ball out, the player facing the coach becomes the attacker, and the other player tries to defend. The attacker scores on the big goal. If the defender wins the ball, he/she must score on either goal on the sideline.

Variation 2: Both players stand facing the coach. The coach rolls the ball to the closest player who must now try to turn the defender and score.

Coaching Points: Encourage players to cheer on one another and celebrate goals. Keep the game moving and start a second game as soon as the first two have left (even if there are other games still going on).

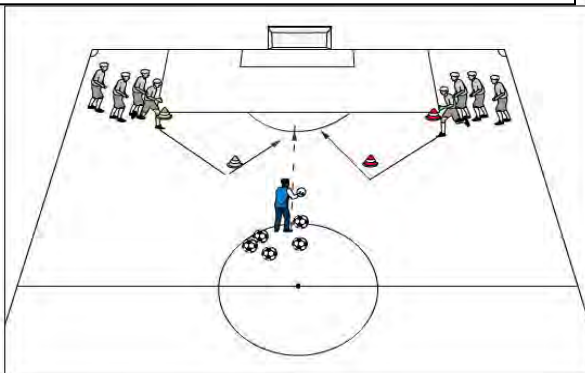
Flying Changes: 1v1, 2v2, or 3v3



Set up: A playing field of 15x10 yards with a small goal on either end. For added fitness this grid can be made much larger, so that players are working very hard to cover the distance, but are always in a game situation.

Instructions: Player 1 attacks player 3 in a 1v1 situation. If player 1 shoots and scores or misses (Ball goes over the endline), player 4 (the next player from yellow) attacks with a new ball, player 1 continues and is now defending. Player 3 exits and gets back in his line. Sidelines are out, player may dribble in. **Coaching Points:** Quick transitions! Stay aware if you're on the sideline so that you can surprise the defender and attack from a new angle.

1 v 1 AROUND THE GOAL



- 2 teams
- lined up at the edge of the 18 yard box
- when the coach throws the ball forward, the first two players in line run around the cone and try to get a shot on goal

Other 1v1 Options



Passing: Games and Drills

Combinations and Team Games:

Passing Pattern in 4 corners:



Set up: 2 squares, one within the other to form gates at each corner. A player in each corner with all excess players starting with the balls in one corner.

Instructions: Players simply pass the ball in a square pattern and follow their pass each time. The focus is on proper passing and moving techniques. Progressions:

1 - pass is received using the inside of the lead foot (ie: the right foot in the image above). The first touch should break the line that is formed by the gate, with the second touch being the pass

2 - outside of the lead foot receives.

3 - a give and go is played around each corner (first passer receives the ball back, and then sends it into the path of the second player who repeats with the process with the 3rd player.

Coaching Points: Players should always check away and come towards a pass. Passes are played with a purpose (to the inside foot). Passes are FIRM!

Progression 1:



Set up: A small square (8x8) is placed inside a bigger square (11x11). Corner 4 does not need a gate, but rather a cone or flag to represent a defender. This flag will be 12 yards away from the goal and in line with a goalpost. Balls go in corner #1. A player on corners 2, 3 and 4, with the rest lined up at corner 1.

Instructions: Player 1 passes to player 2 and follows his pass. Player 2 passes to player 3 and follows his pass. Player 3 passes to player 4 and follows his pass. Player 4 uses his first touch to turn, and his second touch to shoot. He then retrieves his ball and goes to the opposite grid at corner 1.

Coaching Points: Always check towards the ball, ask for the ball, take a solid first touch through their gate, and make a pass to the next players' inside foot. Make sure players are using both feet to shoot. Be creative with the turns!

Progression 2:



Same set up as above except the square is closer to the goal, and instead of passing into the 4th and last corner, the player at corner 3 simply opens up and shoots on goal.

TEAM GAMES

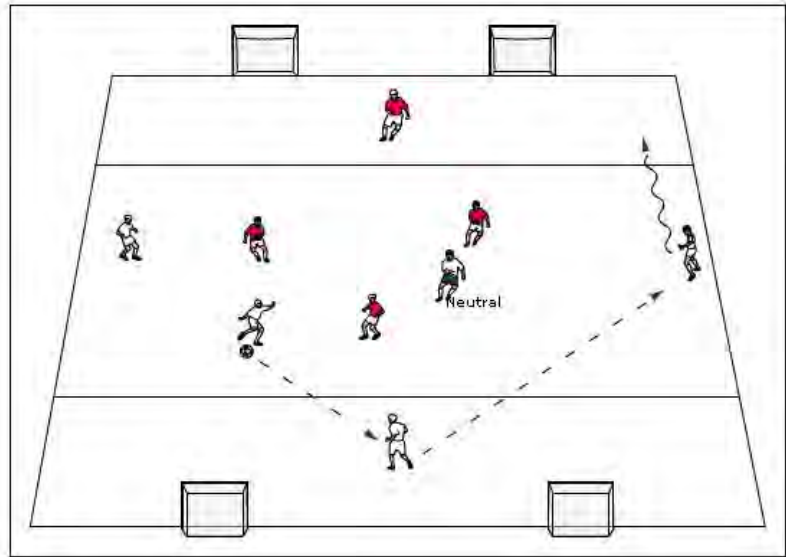
4 V 4 + neutral

4 v 4 + neutral

- Emphasis is on switching the play around the back of the field.
- The opposing team cannot come into the sweepers zone to steal the ball when it is being switched around the back.
- Once the ball has been switched around the back and the team has made 3 - 6 consecutive passes (depending on talent level), they can score by dribbling into the oppositions end zone and shooting on one of the pug nets. Any attacker can enter the end zone, but no defenders can track back except for the sweeper who is in that zone already.

Progression:

1. If you pass to your sweeper, the sweeper dribbles out of the end zone while the player who passed it goes into the end zone.



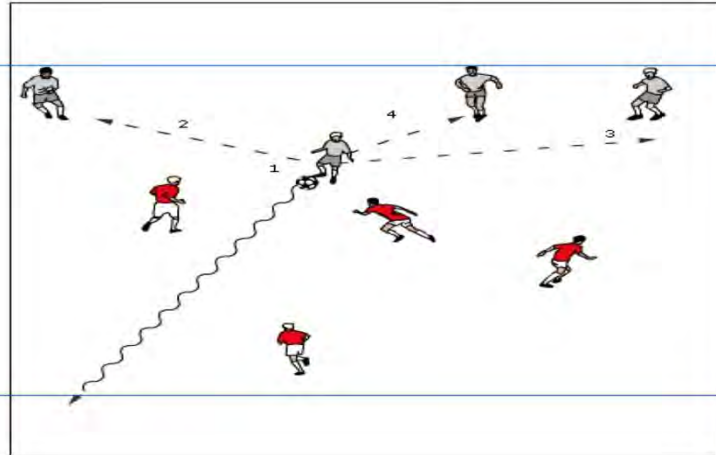
Yo-Yo

- The teams play 4 v 4 with goalkeepers
- The coach yells out two commandments: YO (keep possession) and YOYO (try to score)
- YO means keep possession of the ball by keeping it away from the opposition
- When the coach says YOYO, the teams should try to score as quickly as possible by attacking with speed



4 v4 dribbling game

- In order to score the player has to dribble into the end zone
- You can only pass the ball backwards and cannot pass it sideways or forwards
- Supporting players have to drop back to provide proper angles to receive the ball in order to dribble forwards

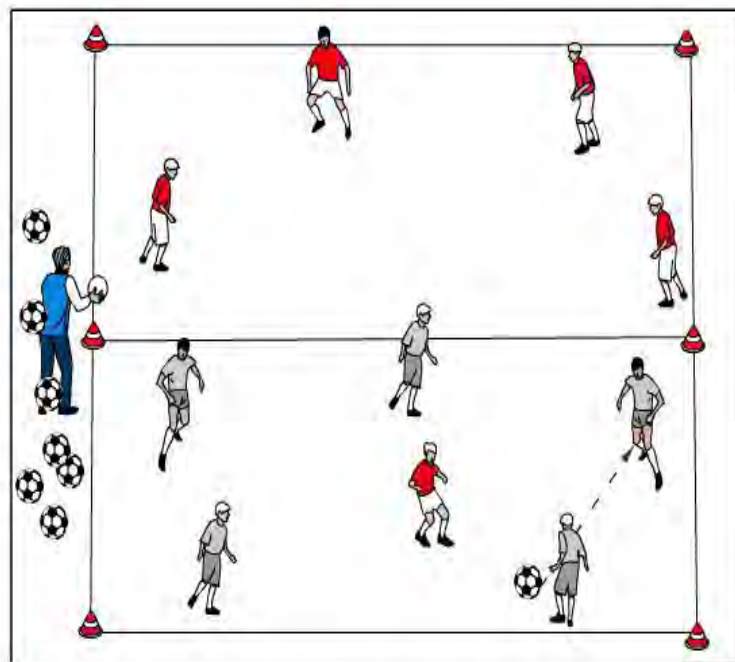


4 v 1 Keep Away

- Split your team in half and put half of the players in one box and the other half in the other box
- Players have to stay in their own box unless they are defending
- The coach passes a ball into one grid and the opposing team sends a defender to intercept the ball
- If the defender steals the ball, he/she tries to kick the ball out of the grid
- If the ball is kicked out by the defender the coach rolls another ball into the opposite grid
- If the defender cannot win the ball in 10 seconds, a second defender can join him/her.

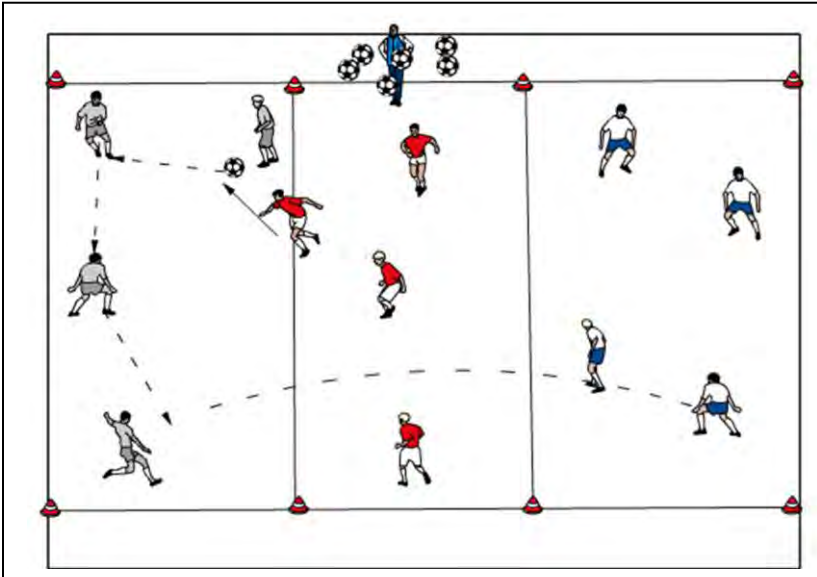
PROGRESSION

- In order to get the ball back to your grid, you have to pass or dribble the ball back.
- Once the attackers make 5 passes, another defender comes in to help steal the ball



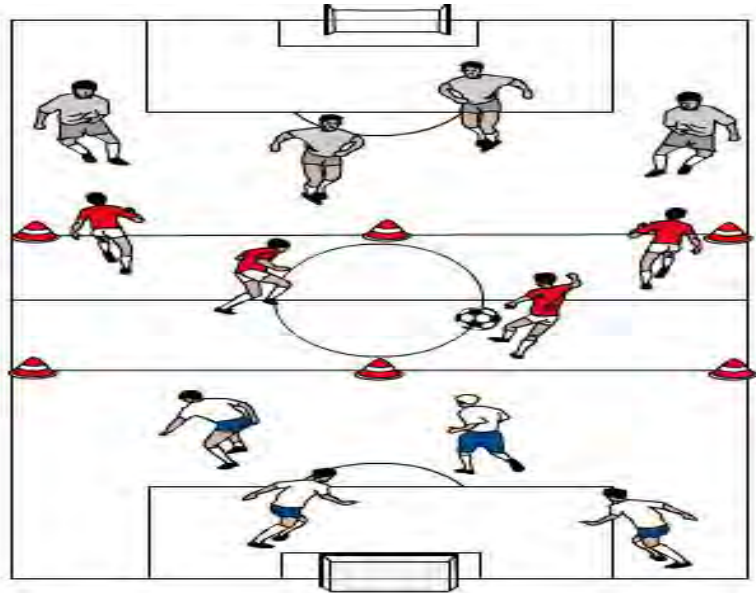
Soccer Tennis

- Three equal teams occupy the three different zones
- The team in the middle is the defending team
- The team in the end zones is either the possession team or the receiving team (depending on which team has the ball)
- The coach plays a ball into one of the end zone teams and they have to make 3 consecutive passes before attempting to get the ball into the other end zone. While they are attempting to make three passes, one of the defenders from the middle zone runs in and tries to kick the ball out of the end zone.
- If the attacking team are successful in playing the ball into the receiving team, they score a point. The receiving team will keep possession and attempt to make three passes while another defender runs in at this point.
- If the defending player steals the ball from the attacking team, the attacking team has to switch roles with the defending team. The ball is now played into the opposite end zone by the coach while one of the new defending players has to run into try to steal the ball.



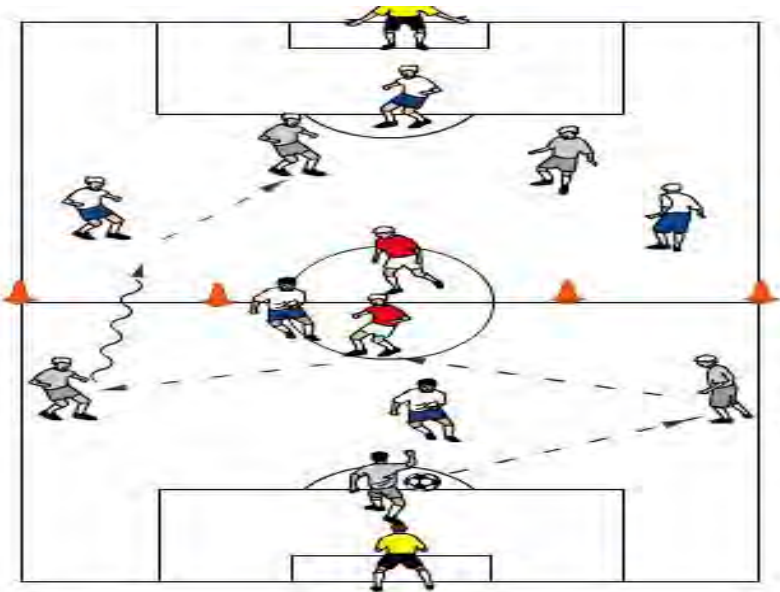
4 v 4 v 4 creating depth and support

- Split the team into 3 equal teams who occupy the three zones that are set up on the field
- The middle zone is the free zone where the opposing teams cannot enter
- The team in the middle starts with the ball and attempts to dribble into one of the attacking zones and score on the goal.
- If the attacking team scores, they retain position and go the opposite to goal and try to score as well
- If the defending team steals the ball, they have to attempt to dribble into the middle zone so that they can now attack the opposite way. The team that was in the middle now takes over from the team that was in the defensive zone.

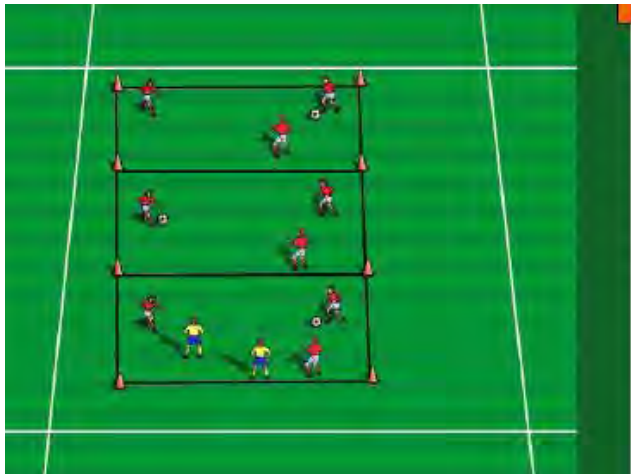


4 v 4 + 2 Creating Width

- Each team has 5 players
- Two neutral players who are always attacking
- In order to score the team in possession of the ball has to dribble through one of the two wide gates on the sideline
- This game encourages players to spread out and create width on the field. If the team can not dribble through one gate, they need to turn around, regroup and keep possession until an opening is created for them to attack one of the gates.



2v3 (or 4) Race



Set up: 3 grids that are 15 by 10 yards. 3 players in each grid playing the ball around using one touch passes.

Instructions: 2 defenders must go and win the ball from each group of 3. Once they win the ball from the first group they run to the next group and finally to the third group.

Variation: You can measure how long it takes for each pair to win all three balls thereby giving everyone incentive to do their best. Make the finish line back at the start so after winning the last ball they must still work hard to get back to the finish.

Coaching Points: Pressure and cover must be good from the defenders. The defending lasts long enough that they must be smart. Win the ball, then look and see where you should begin your pressure of the next grid.

Possession in 3 zones



Set up: 3 zones of different sizes

Instructions: players play regular possession but they do so in 3 different zones. The coach calls out which zones are being played. He may yell a single zone or any combination of two or all three. The coach can thus determine what types of passes are being made.

Coaching Points: look for players quickly transitioning to new zones, and making use of the full size of the allowed playing area. Defensively, ensure that the team is working together as a unit, especially when the playing area is large and it is difficult to win the ball.



Cumberland Senior Youth Soccer



Appendix A

These reflect average and max number of juggles done consecutively in a 60 second period.

Boys' Juggling Averages				2010				
Age/Level	U9L5	U10P	U11P	U12P2	U13L3	U14L5	U15L3	
Open Avg	15.6	9.25	39.94	21.85	31.93	46.6	37.49	
Feet Only Avg		9.25	17.5	13.38	17.8	22.63	29.81	
Weak Foot Avg	5.4	3.75	7	7.38	9.81	10.3	14.94	
Strong Foot Avg	12.2	8.25	13.43	13.62	30.75	34.1	34.81	
Headers Avg	4.8	4.08	15	6.46	7.87	10		

Boys' Juggling Maxes				2010				
Age/Level	U9L5	U10P	U11P	U12P2	U13L3	U14L5	U15L3	Men
Open Max	30	14	105	62	74	106	121	130
Feet Only Max		21	28	36	46	41	55	122
Weak Foot Max	9	6	10	16	18	23	31	106
Strong Foot Max	20	20	27	22	60	75	84	128
Headers Max	4	5	37	11	15	34		56

Girls' Juggling Averages				2010				
Age/Level	U9L5	U10P	U11P	U12L5	U12P2	U13L4	U17L3	GEEGEE
Open Avg	4.75	4.88	5.57	7.77	11.65	14.7	28.86	50.14
Feet Only Avg	3.42	3.63	3.86	5.15	5.18	6.8	19.67	45.63
Weak Foot Avg	3.08	3.312	5.57	3.38	5.41	8	10.17	21.33
Strong Foot Avg	3.92	3.31	5.86	4.38	9.47	12.6	33	53.5
Headers Avg	2.54	3.43	2.86	3.54	3.24	3.6	7.56	10.82

Girls' Juggling Maxes				2010				
Age/Level	U9L5	U10P	U11P	U12L5	U12P2	U13L4	U17L3	GEEGEE
Open Max	7	7	9	15	30	31	40	57
Feet Only Max	5	6	5	7	9	19	36	87
Weak Foot Max	4	7	8	5	8	17	19	44
Strong Foot Max	5	8	7	7	22	30	49	92
Headers Max	4	5	4	5	5	8	12	20



Cumberland Senior Youth Soccer

