



## **Coaching Manual**

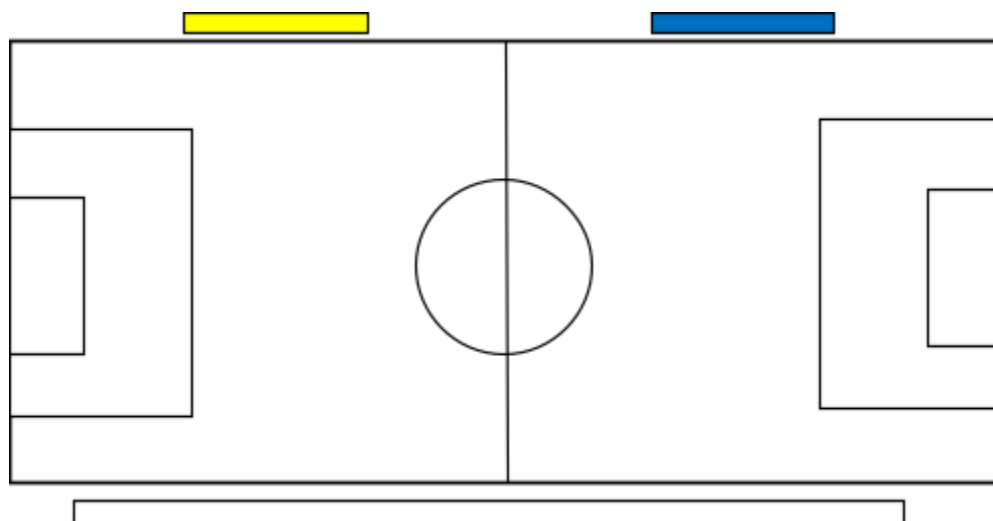
**[washingtonlocalsoccer.org](http://washingtonlocalsoccer.org)**

<b>Page 2</b>	<b>Coaching Guidelines and Expectations</b>
<b>Pages 3-4</b>	<b>Sample Practice and Guidelines for Ages 3-6</b>
<b>Pages 5-6</b>	<b>Sample Practice and Guidelines for Ages 7-9</b>
<b>Pages 7-8</b>	<b>Sample Practice and Guidelines for Ages 10-12</b>
<b>Page 9</b>	<b>General Information for all Coaches</b>
<b>Pages 10-14</b>	<b>Various Training Games for all Age Levels</b>
<b>Page 15</b>	<b>Washington Local Soccer Club Goal Safety Policy</b>

## COACHING GUIDELINES AND EXPECTATIONS

*Thank you for donating your time to Washington Local Soccer and to the youth of our community. This is a volunteer program and would not exist without you and your generosity.*

- Please make sure that your players are appropriately dressed for the game and are ready to play on time. (Shirts should be tucked in, shin guards on, no earrings, etc.)
- Your team should arrive at least 30 minutes before game time to allow for warm up and a referee check in.
- If a referee is not available for your game each coach (or a team representative) will referee one half of the game so make sure you are aware of the rules. Carry a whistle with you at all times just in case.
- The team, coach and assistant coach should sit on one side of the field and spectators on the other side (see diagram below). Please make this clear at your first practice or team meeting.
- Do your best to do the majority of your coaching at practices. Let the kids play and learn from their mistakes on game day. Adjustments can be made at the next practice.
- Respect the referees and their decisions. Remember you are setting the example for your players and parents alike.
- Organize your practices in advance on paper. This will allow less time for unruly players and more time for soccer instruction. Educate yourselves by viewing soccer videos or books. There are tons of resources on YouTube as well as at USSoccer.com.
- No smoking or alcoholic beverages are permitted on the sideline or in the park.
- Make your team rules clear to your players and parents at the first practice.
- All players should be given the chance to play equally.
- Practice foot skills - this is one of the most important elements in soccer.



### Sample Practice Session For 3-6 Year Olds (U-5 and U-7 Divisions)

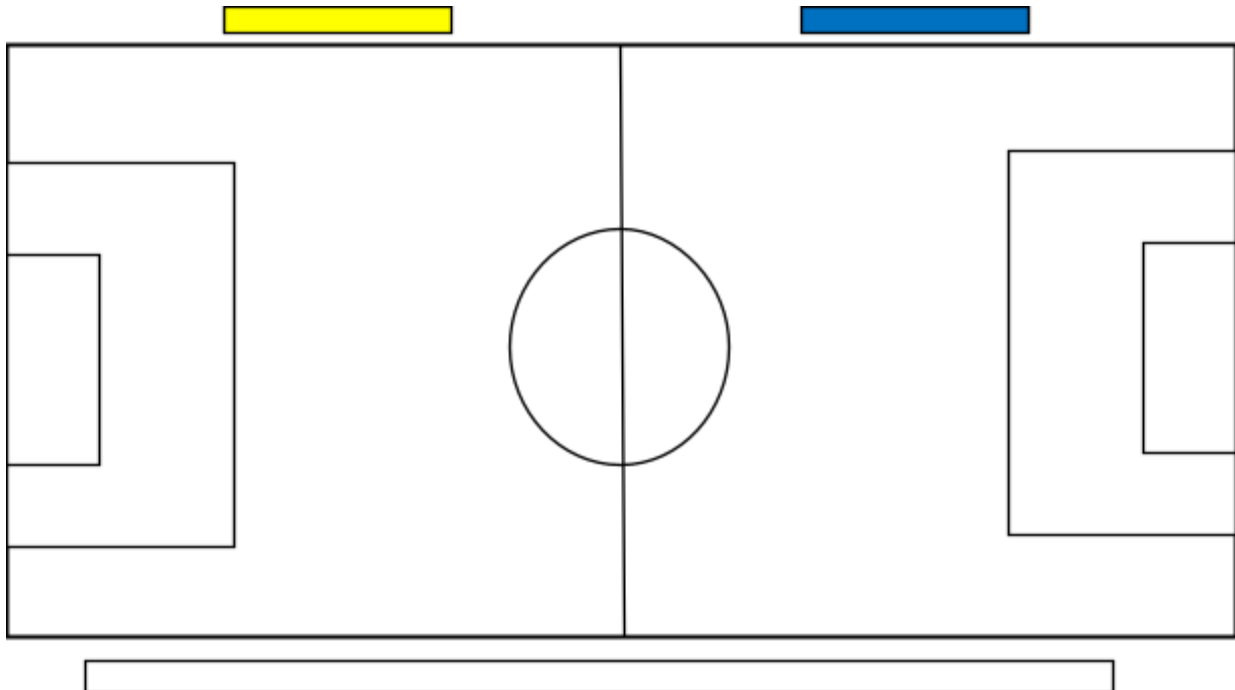
- 5:45 - Coach arrives early to set up field for practice.
- 6:00- Practice begins with a warm-up with a ball and stretching.
- 6:10- Foot skills Dribbling Session
- 6:20- Water Break
- 6:22- Dribbling Game #1
- 6:32- Water Break
- 6:35- Dribbling Game # 2
- 6:50- Water Break
- 6:52- Cool Down Activity
- 6:55- Review of the day's session, answer questions and remind players of next practice or game.
- 7:00- Dismiss players to their parents or car pool ride. Make sure all players are picked up before leaving the field.

### Soccer Concepts To Learn at the 3-6 Year Old Age Level

- Players should be taught that all parts of the body are used to play soccer-feet, thighs, chest, and head. Use of the hands at this level for goalkeepers and throw-ins does not need to be taught.
- Players should be taught to use both feet equally when controlling the soccer ball.
- Soccer players at this age may be afraid of being hit by the soccer ball. Teach them that the ball will not hurt them. Use the appropriate size ball for this age-size #3-and make sure that it is inflated properly. Do not over inflate. It is okay to use a slightly under inflated ball when you begin teaching soccer skills to young players.
- Soccer tactics are usually not taught until the age of 12. At the beginners level they should know the basic ideas to play a soccer game. Young players should be taught how and when to do a proper kick off. They should learn the difference between a goal kick and a corner kick and how to take them. At this age kick-ins are used instead of throw-ins, so the players need to know how and when to do this as well. Players also need to know what to do on free kicks. At this age all free kicks are indirect kicks.
- Teach players very simple versions of the rules. No tripping, pushing, kicking at opponents, hitting, using the hands, and no trash talking or bad language. Always stress good sportsmanship. If the players are in doubt about something, all they have to remember is to stop play when they hear the referee's whistle.

### Things to Remember:

- Your soccer players are children and should be treated as such. They are not mini-adults.
- Young soccer players at this age relate well in small groups of 1, 2 or 3. Anything bigger and they become confused and uninterested.
- The concentration level at this age is short. As a coach you need to change pace and activity frequently.
- Make learning soccer fun. Kids love games. Incorporate as many games into your practices as possible. Skill learning through games is so much better than standing around and "drilling" the young soccer player. Try to use games where each player has a ball as much as possible.
- Practice sessions should be held 1-2 times a week with 1 game a week. The duration of each practice should be between 45 – 60 minutes, no longer!
- SOCCER IS FUN!!!



### Sample Practice Session For 7-9 Year Olds (U-9 Division)

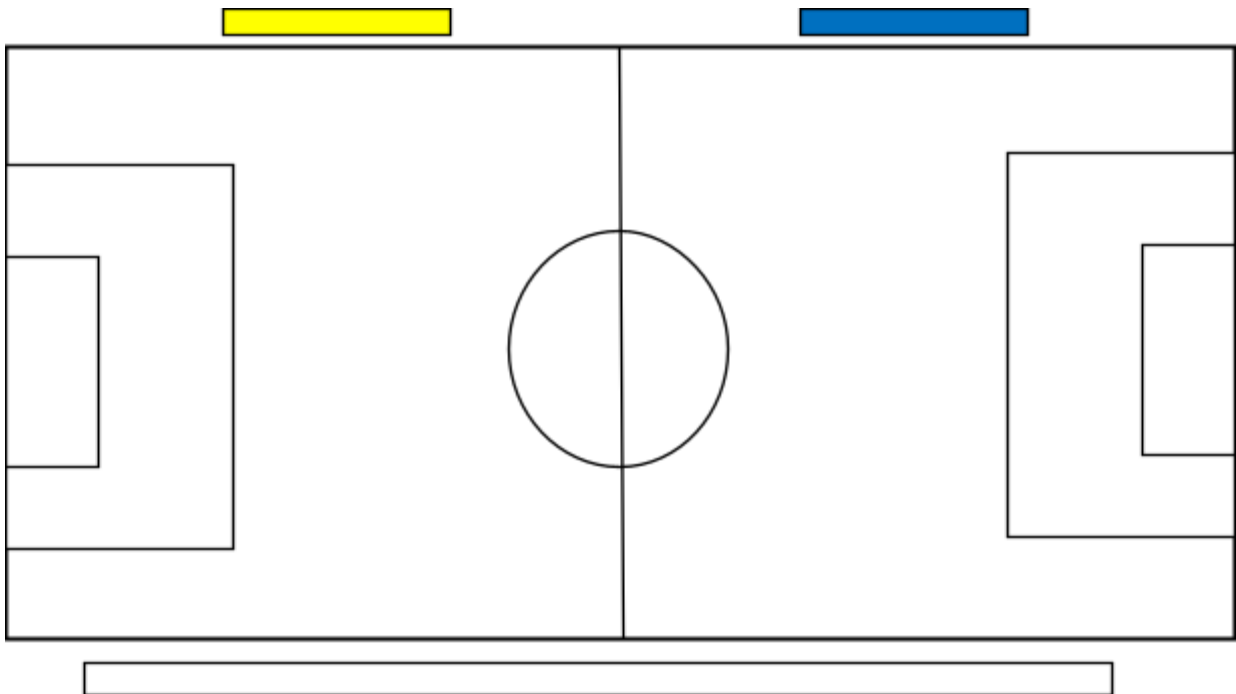
- 5:45- Coach arrives early to set up field for practice.
- 6:00- Practice begins with a warm up with a ball and stretching.
- 6:10- Foot Skills / Dribbling Session.
- 6:25- Water Break
- 6:28- Passing / Receiving Session-Small Groups.
- 6:40- Water Break
- 6:42- Shooting Session- Small Groups with Multiple Goals
- 6:52- Water Break
- 6:54- Game: 4v4, 5v5, 6v6 depending on your numbers for that day's practice.
- 7:10- Cool Down
- 7:12- Review of session and answer any questions; remind players of next practice or game.
- 7:20- Dismiss players to parents or car pool ride. Make sure all players have a ride before you leave the field.

### Soccer Concepts To Learn At The 7-9 Year Old Age Level

- Review all aspects of what was taught at the 3 - 6 year old age level. There is always a chance that your player's first introduction to soccer is at an older age level. Therefore, you must start out with the basics, before moving on to more complex ideas.
- Continue to work on foot skills. Start advancing to more challenging techniques than what is taught at the younger age level. Foot skills should be practiced at every session.
- Skill work can be a bit more advanced as well at this age level. However, it still should be fun. Incorporating games with skill development is still the best way to go when teaching soccer at this age.
- Introduce throw-in and goalkeeping skills if league rules allow for this at this age level.
- Review rules with players. Remind them that the referee is in charge of the game and they should play until they hear a whistle or are given a direction from the referee.
- At the end of the season, players at this age level should be able to pass a ball accurately with both feet for 10 yards. They should be able to use both feet when dribbling. They should be able to use their chest and thighs when receiving a ball. They should have a general concept of how to head a soccer ball, take throw-ins, goal kicks, corner kicks, and kick-offs.
- Players should be used in all positions regardless of size, strength, or athletic ability.
- Don't "lock" a player into anyone position at this early of an age. On the other hand, don't force a player to play a position if they are afraid-i.e. goalkeeper.

### Things to Remember:

- Practice sessions should be held 1-2 times a week with 1 game a week. The duration of practice should range between 60 - 75 minutes.
- Keep practices moving. Avoid lines and "drilling". Make sure that you have a ball for each player. Continue to use soccer games to teach soccer skills and techniques.
- SOCCER IS FUN!!!



### Sample Practice Session For 10-14 Year Olds (U-11 and U-14)

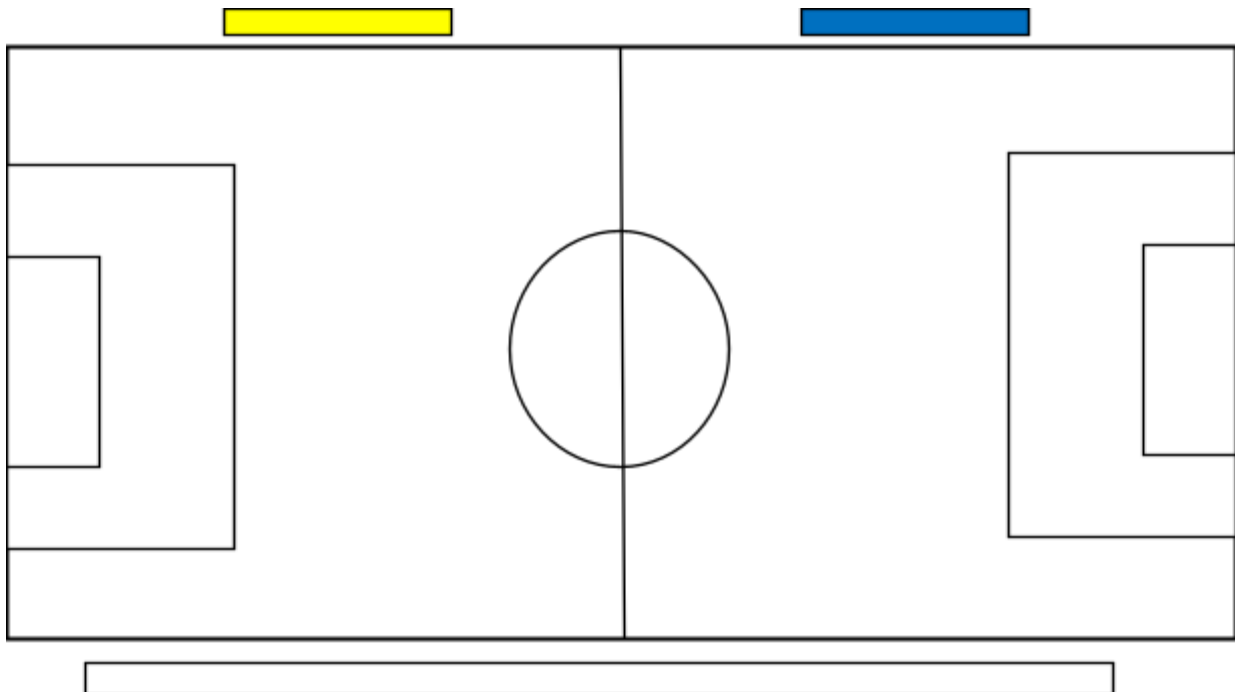
- 5:45- Coach arrives early to set up the field for practice.
- 6:00- Practice begins with a warm up using a ball and stretching.
- 6:15- Foot skills / Dribbling Session.
- 6:30- Water Break.
- 6:32- Introduce Combination play-Wall Pass. Use small groups.
- 6:47- Water Break
- 6:50- Take combination play to goal 2 v 1 with a GK.
- 7:00- Game. First 10 minutes they get a point for each successful wall pass as well as for any goals scored. Last 10 minutes are to be played with no restrictions.
- 7:20- Cool Down and Stretching.
- 7:25- Review of the day's session, answer any questions, and remind players of upcoming practices or game.
- 7:30- Dismiss players to parents or car pool ride. Make sure all players have rides before you leave the field.

### Soccer Concepts To Learn At The 10-14 Year Old Age Level

- Review all skills that were taught at younger age levels. You may have some players at this age level that are just getting started with soccer. You have to start with the basics before you can advance to the more complex ideas.
- Continue to work on foot skills. Introduce different techniques or harder moves to keep your players interested in doing foot skills.
- Skill work should be more advanced. However, continue to make it fun. Don't "drill" a team to death. You will not find any soccer games where players are standing in straight lines waiting their turn. Keep players moving as much as possible.
- Review rules with the players. If your division (U-14) is playing the offside rule, make sure your players have an idea what it is before they play their first game.
- Introduce combination play to your players. This includes wall passes, overlap runs, and takeovers. Do one combo at a time. There are plenty of variations and situations in which to use these moves. Don't try to teach them all in one session.

### Things to Remember:

- Continue to use all players in all of the positions. Don't limit a player to a position based upon their size or ability. Experiment with your talent because you never know what you will find. Pele, the greatest recognized goal scorer in the history of soccer started out as a goalkeeper!
- At the end of the season, players at this age level should be able to pass the ball accurately with the outside of both feet for 10 yards, pass accurately with the instep of both feet for 20 yards, know how to perform a wall pass, shoot on goal from 10-12 yards out, and have a general idea of how to do a throw in, goal kick, corner kick, and head a soccer ball. They should also have some general concepts of how to play the goalkeeper position.
- Practice sessions should be held no more than twice a week, with 1 game a week. These sessions should last between 75 - 90 minutes.
- Keep practices moving as much as possible. Don't tell your players how to do something, but show them instead. Remember, a picture is worth a thousand words. Also, when in game situations don't yell at players to do something if you have not taught them how to do it. As an example, if you tell your team to move up in order to get the other team offside and your team has no idea what getting them offside means because they haven't practiced it, don't be surprised when they don't know what you are talking about.





## GENERAL INFORMATION FOR ALL COACHES

- We play in the rain, cold, wind, snow etc. (dress appropriately) The WLSC jersey must be worn on the outside of sweatshirts and clearly visible. Thunder and lightning is the only reason we would have a delay or cancellation of games. In the event of bad weather, teams are to show up at the field. Cancellations will be determined on-site unless you are notified otherwise.
- Uniforms will be available on game day, the first Saturday of the season. Pick them up at the concession stand. If we happen to have them ready before then, coaches will be contacted for pick-up information.
- Players should bring their own ball to practice. Shin guards are mandatory at all times.
- Coaches should pick up a ball from the concession stand before your first game. You will keep that ball for the season and return it after your final game.
- Make up a first aid kit. Band-aids, baggies for ice or a cold pack or two, tape (for earrings).
- Each team will receive money to go towards whatever end of the season celebration you choose. Summer will contact each coach for a final roster count once the season has begun.
- Learn the rules. A complete copy can be found on our Rules page of the website.
- Field Prep- The first game of the day sets up. The final game of the day tears down.
- A parent/player meeting at the first practice is suggested. Explain the spectator and player rules that are in this manual, plus your own if you wish. You can give them your expectations regarding practice attendance, behavior consequences, practice schedule, etc.
- Prepare your practice on paper, down to the minute. This will keep things running smoothly.
- Most coaches practice for one hour, 2-3 times a week.
- Keep it simple. Have a goal in mind for each practice. Introduce one skill at a time.
- If you are running before practice, have each player run with a ball to work on foot skills.
- Educate yourself. Again, YouTube and USSoccer are great resources. There are many others on the Internet as well.
- Please give all parents your phone number and email address so they may contact you.
- Those who use Shoreland for practice, please return the goals to the fence lines after practice. Do not leave them sitting in the middle of the field. This interferes with cutting grass and field maintenance. We encourage you to hold team practices at locations other than Shoreland and Erme fields – those fields fill up quickly on most weeknights.
- Most of all HAVE FUN!
- If you need help just ask. We have good volunteers who have a lot of experience with operating a youth soccer league. You can find our emails on the [Contact](#) Page of our website.

## Various Training Games for All Ages

### **RECEIVING**

Receiving is the term applied to collecting a ball and getting it under your control. In the "old days" it was called trapping the ball. Now we use receiving to give a better description of the action. No matter what body part is used, the head, chest, thigh, or foot, certain principles apply.

#### *COACHING POINTS*

- Players must get in line of the flight of the ball. They have to move their feet in order to get their body in good position.
- Players must decide which part of the body to use. Too often players hit balls away from themselves and their team because they use the head instead of the chest. Players have to decide which is the best body part to use in order to receive and control the ball.
- Players must make the body part soft. They should relax and give with the ball not tense up and just have the ball deflect off of them.
- Coaches should have players bend their knees and relax. There is no need to panic or be afraid of the ball.
- Players should try to direct the ball in a certain direction. We always want to get the ball down to the ground as quickly as possible. Sometimes we need to have the ball directed right or left instead of straight down because the opponent is there waiting for the player to make a mistake so they can take the ball away.

### **RECEIVING GAMES**

#### *TOSS AND RECEIVE*

In a defined area, each player has a ball in their hands. On a signal, the players toss the ball in the air and receive the ball with a certain part of the body as directed by the coach. Use all parts of the body-foot (instep), thigh, chest, and head (if age appropriate). Use both feet and both thighs. Vary the sequences.

VARIATION: Toss the ball in the air, do a quick activity (sit down, stand up) and control the ball. Toss the ball for a partner to receive.

#### *GLASS CITY SQUARE*

In a designated area, have half the players on the outside with a ball and half on the inside without a ball. Inside players check (move to) toward an outside player who passes them the ball. The player on the inside receives the ball and plays it back to the same player on the outside who gave them the ball. After a few minutes have the inside and outside players change places. Continue this activity by having players toss the ball in the air and the receiver has to receive the ball with the feet, thigh, and chest.

VARIATION: Use throw-ins for services. Inside players return the ball to a different outside player.

## PASSING AND SHOOTING GAMES

Passing and shooting are merely different ways to strike the ball. For accuracy, the inside of the foot push pass is used. For power, the instep drive is used. For bending and deception, the outside of the foot can be used. For the activities listed below, the coach will want the player to make the best decision when choosing a surface in which to strike the ball.

### *CRAZY CONES*

Set up a circle about 20 yards across. Set up cones randomly in the area. Each player needs a ball. On the signal, the players try to pass to a cone and knock it down. The player who knocks over the most cones wins the game. Players do not have to use their own ball. After passing, get the closest ball and try again.

VARIATIONS: Split the group into teams and have a competition. Ask the players to use a specific foot surface. Ask the player to use different feet.

### *TARGET BALL*

After dividing the team in half, put each group ten yards apart in a line facing each other. A neutral ball is in the middle of the two lines. Each team tries to knock the ball over the opponent's line by passing/shooting their ball against the neutral ball.

VARIATIONS: Vary the team's distance from the ball. Use a bigger or smaller neutral ball. Have more than one neutral ball.

### *RELAY RACES*

Any type of relay race can be used and any type of pass can be used. The relay race format adds excitement and fun to the learning technique. Be creative.

### *CONE GATE*

Divide the team into two lines and have them face each other at 10-12 yards apart. There should be no more than three players in each line. Between the two lines, place two cones about three yards apart as a "gate". After a player passes the ball, follow the pass and go to the end of the opposite line. See how many passes through the gate the players can make.

VARIATIONS: Vary the width of the gate. Vary the distance between the two lines. Use two touch, one touch. Vary the surface of the foot used. Stress using both feet.

### *PAC MAN*

One player-"Pac Man"- has a soccer ball in a confined area. The remainder of the team tries to stay away from the "Pac Man" who tries to hit the player's ball with their ball. If the ball is hit, go outside the area and perform a task as given by the coach, and rejoin the game.

VARIATIONS: Increase the number of "Pac Men". Vary the task to do when the ball is hit out.

### *MONKEY IN THE MIDDLE*

One or two players are in the middle of a confined space. Outside players try to pass to each other. Inside players try to intercept the pass. One point is given for each pass and one point is given for each interception.

VARIATIONS: Players that win the ball in the middle switch places with the player that lost the ball. Change the size and shape of the space used. Vary the numbers inside and outside.

### **DRIBBLING GAMES**

When playing dribbling games, as coaches we have to remember to stress proper technique over winning the game. The games should be fun as well as instructional.

#### *FOLLOW THE LEADER*

In small groups of four or five, the players follow the leader while dribbling. For the younger aged players, the coach may have to be the leader. Encourage the players to be creative.

#### *RED LIGHT GREEN LIGHT*

Have the players in a straight line with a ball. Designate a finish line across the field. The coach shouts red light to stop or green light to go. Players that do not immediately stop (coach's decision) goes back even with the last person.

COACHING POINTS: Players must keep the ball close or accelerate after it if they push it further away. Keep the head up as much as possible.

VARIATIONS: Stop the ball with various body parts. Use a red shirt and a green shirt for the commands. This forces players to dribble with their heads up.

#### *BODY PART DRIBBLING*

While dribbling in a confined space, stop the ball with various body parts, as indicated by coach.

COACHING POINTS: Keep the ball close, soft touches. Keep your head up between touches.

VARIATIONS: If the players do not understand right and left, just use elbow, knee, foot, etc. Change the size of the area-make the space smaller. Divide the players into smaller groups and see which group can have all players stop the ball with the appropriate body part first.

#### *DRIBBLE TAG*

In a confined area, all players have a ball and are dribbling. The designated "IT" player does not have a ball. The "IT" player tries to tag all of the other players while they are dribbling. If tagged, they are "frozen" until the game is over. If they dribble outside of the area, they are also frozen. Play several times and change the "IT" player. For bigger groups, add a second or third "IT" player depending upon the group's size.

### *CROWS AND CRANES*

Set up a grid 30 x 30 yards. Divide the grid into three 10 x 10 sections. One team is designated as the Crows and the other is the Cranes. They are both dribbling in the middle grid. The coach will call out one team's name. That team has to dribble to the designated end line while being chased by the other team (without balls). The score is the number of players caught/tagged.

VARIATIONS: Vary the size of the grid. Place a defender in each end in front of safety zone.

COACHING POINTS: Use speed dribble technique. Angle the dribble in front of the pursuing defender to cut off their path.

### *SHARKS AND MINNOWS*

Players line up on a line with soccer balls. A player in the middle of the defined area is the "SHARK". On the coach's signal, the players try to dribble across the area to the opposite end line. If the player is caught, the too become a shark. Play until everyone has been caught.

### *KNOCKOUT*

Each player dribbles around in a confined area (20 x 20) and tries to knock other player's balls out of the area without losing possession of their own ball. Players can return to the game after completing an assigned task by the coach. If players can retrieve their own ball before it leaves the area, they keep playing.

VARIATIONS: Play in teams. Change the task to get back in the game.

COACHING POINTS: All players must keep their heads up to see if they are being chased or who they could knock out. Shield the ball by placing your body between the ball and the opponent. Try to have your shoulder, hips and side to the opponent.

### *CRAB SOCCER*

Set up a rectangular grid that is size appropriate for the age group. Divide the group in half. Half are crabs and half are dribblers. Dribblers attempt to move from one end of the grid to the other without being caught by the crabs. Crabs try to knock the dribbler's balls out of the grid. When the ball is knocked out, the dribbler becomes a crab. The last dribbler is the winner.

COACHING POINTS: In tight spaces, dribblers should keep the ball close to their body. When space is available, push the ball into the space and get to it quickly.

## **GOALKEEPING**

Goalkeeping is an important aspect of soccer that is greatly under coached. Some coaches do not know how to train goalkeepers and sometimes there is not enough time in a practice session if you are coaching by yourself. At younger ages, it is hard to get players to play this position. A coach should never force a player to play this position if they are uncomfortable in front of goal.

## COACHING POINTS

- GK's need to get as much of their hands and their body behind the ball when making a save. GK's need to be up on their toes and not standing flat footed when they are preparing to make a save.
- GK's should secure the ball and bring it into their body, before throwing it or kicking it to a teammate.
- After making a save, a GK should move a few steps on a diagonal to get out of the way of on rushing opponents.
- GK's should take advantage of the rules and use their full time (6 seconds) to move to the top of the box before they throw it or kick it to a teammate.
- Coaches should not forget that their GK's can also use their feet. Sometimes they have to come out of the goal area and use their feet to play a ball before an opponent.
- GK's should never be blamed for a goal. Soccer is a team game. That ball got past a lot of players before the shot occurred. GK's will not save every shot, so don't expect them to.

## GOALKEEPING GAMES

### *TOSS UP*

GK throws the ball in the air and tries to catch the ball at its highest/earliest point. The coach should have the player yell "Keeper" so they get used to calling for the ball. After catching the ball, the GK should secure the ball to their chest with both hands.

### *ROLL AWAY*

GK rolls the ball out in front of them and moves to secure the ball. The GK should "scoop" the ball up with both hands and then move away on a diagonal. They should yell "Keeper" as they are taking off to get the ball.

### *KEEPER CATCH*

GK's pair up and throw balls to each other. The GK's have to make the proper catch and then throw the ball back to their partner. Keepers should vary the throws (high, low, bouncing).

### *KEEPER WARS*

GK's pair up, with each keeper defending a goal. They then throw the ball as hard as possible at the other goal and try to score past the keeper. The distance and size of the goals should be age appropriate. Older players (U14 and up) play this game 18 yards apart on full sized goals. If goals are not available, mark out a goal using cones/discs. Score a point for each goal and two points for each save.

VARIATION: GK's can serve the ball with their feet or punt it at the opposing goal.

### *KEEPER PUNT PASS AND KICK*

GK's line up opposite each other and try to punt the ball over the other keeper. Score a point for each ball that goes over the opponents head. Use age appropriate distances. If they need to be adjusted, do so accordingly. After punts, progress to throws and then kicks off of the ground.

## **Washington Local Soccer Club/Glass City Soccer Goal Safety Policy**

Revised: February 8, 2006

It is the intention of the Board of Directors of the Washington Local Soccer Club/Glass City Soccer that goal safety be a priority. Therefore, the following policy is adopted.

1. The Washington Local Soccer Club/Glass City Soccer will require for all programs and every activity:
  - a. The coaches for each game, Tom Barriger or Kathy Barriger will make a physical inspection of each goal prior to the game/activity to assure that goals are securely anchored in accordance with CPSC guidelines/manufacturer's guidelines.
  - b. The coaches for the last game of the day will make sure the goals are safely stored in accordance with CPSC guidelines/manufacturer's guidelines.
  - c. That all parents and guardians are told of the dangers of unsecured goals and the parents' responsibility to keep kids away from goals, and to secure goals if necessary.
  - d. The Washington Local Soccer Club/Glass City Soccer will conduct site surveys weekly.
2. To reach this end, all coaches will receive a copy of the CPSC guidelines, and clear instructions as to how to make goals safe and secure.
3. Coaches will remind their players, and discuss with the team's parents, the necessity of players and siblings not playing, climbing or moving the goals. It is deemed appropriate that players violating this rule may, at the coach's discretion, sit out a half game or entire game. Players consistently violating the rule can be subject to a disciplinary hearing of the Board.
4. For the non club/league owned fields and/or goals, it is important to remind the owners of the fields and/or goals of safety requirements. This is in addition to the checking of goals as listed above.
5. The President, Kathy Barriger will have random site surveys done to certify compliance with this policy.
6. The President, Kathy Barriger of the Board will certify to OYSAN no later than November 1st of each year that a policy is in place and enforced.

*Document Created February, 2012 by Cameron Kruzal*

*Document Updated August, 2016 by Cameron Kruzal*