



SENIOR DIVISION SUMMARY

On many of the session plans found in this volume, you will find the phrase “apply 4:1 coaching”. This refers to a coaching style that ensures at least four (4) positive comments are made to the team and/or player to every one (1) instructional comment. This is as critical at 18 years of age as it is at eight years of age. No matter how advanced we feel our players might be or how tactically proficient they are, there is no substitute for being positive and making players feel good about themselves. Coaches must facilitate an environment that encourages players to want to play the game.

Consistent with the coaching of our youngest players, is the fact that our senior players must play. One of the greatest differences when moving into the senior division is the numbers that are used in the exercises. 9v9 games are often played and 11v11 games are used for many training sessions. And though the numbers are larger, the theme of “playing” remains paramount in all we do as coaches.

The sessions in this volume are set up to teach advanced tactics (up a goal/down a goal/defending shape/beating the off sides trap/playing out of the back/etc.) without losing sight of the importance of technique. Rush coaches must be able to execute these sessions effectively through playing a normal game without much distortion. Exercises, games, and sessions should command great work ethic, intensity and competition. Again, coaches must help facilitate as well as demand these training characteristics whilst still applying 4:1 coaching.

The sessions for the senior division are longer in duration than that of the younger divisions. The older the player, the more physical fitness is going to play a key role in the game. In many of our documents we state that the game is the best teacher. This remains true for the senior division and it holds true for the fitness element. The best fitness comes through playing the game. No matter the aspect of the game, we must find ways to teach and improve through playing. This will help maintain the desire of our players to want to train. Players who consistently want to come to training and are driven to compete will achieve great things. Where we want our players to be self-motivated to succeed, the coach’s ability to motivate players will always be a critical element in coaching.

The senior division represents the final stages of youth soccer and we are preparing people/players for life beyond Rush. Remember that by the time our players graduate from our youth program (senior division) they must have had the opportunities to play multiple positions and multiple systems. Most sessions are organized working out of a three-back system which feeds into the Rush’s system of 3-5-2. Coaches must be willing and able to adapt any session to whichever system best suits their team. The sessions laid out in this volume are not all encompassing, but provide the foundation of tactical elements consistent with



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what is necessary to be the best in the country.

Enjoy your coaching. If you're not having fun, then how will your players? Good luck and work hard.