

Vision Soccer Academy

U13's – U19's Coach and Parent Quick Reference Guide

1. Quick Facts for the U13 and Up soccer player

- a. Characteristics of the player
 - i. Adolescence
 1. Height and weight changing
 2. Recognizing the results of their actions (e.g. good/bas pass)
 3. Social acceptance hits its peak
 - a. Peer pressure
 4. Self-criticism begins
 - a. Very hard on themselves
 5. Team identity formed (e.g. uniforms and team name are important)

2. Training Sessions – Homework

- a. The player's needs
 - i. Warm-up, individual activities, small-group activities, large-group activities and cool-down
 1. This is the primary structure of practice
 - ii. Technical and tactical practices
 1. To work on tactics, the player needs proper technical ability
 - a. Early exposure to foot skills at U8, U9 and U10
 2. Communication
 - a. Players asking for the ball when attacking. Or directing a teammate while defending
 3. Combination play
 - a. Wall pass (1-2), overlap, take-over, double pass, and (1-3) – third man running
 4. Competitive Nature
 5. Players need continuous, consistent positive encouragement

3. Goalkeepers

- a. Receiving – low, Medium and high balls
- b. Feet – field players being able to play back to the goalie and the goalie being able to play out of pressure situations
- c. Distribution - throwing, punting, drop-kicks and goal kicks
- d. Diving – low, medium and high (power dive)

4. (U13's - U19's) – SAMPLE PRACTICE SESSION OUTLINE

- 6:00 – 6:10pm Warm-up Activity and Stretching (10 min)
- 6:10 – 6:12pm Quick demonstration of main topic (2 min)
- 6:12 – 6:25pm 1st Activity (related to main topic) (13 min)
- 6:25 – 6:27pm Water Break (2 min)
- 6:27 – 6:42pm 2nd Activity (related to main topic) (15 min)
- 6:42 – 6:55pm 3rd Activity (related to main topic) (13 min)
- 6:55 – 6:58pm Water Break (2 min)
- 6:58 – 7:16pm Scrimmage #1 (with conditions) (18 min)
- 7:16 – 7:17pm Re-organize the teams (1 min)
- 7:17 – 7:27pm Scrimmage #2 (Free play – no coaching) (10 min)
- 7:27 – 7:30pm Cool down and Stretching (Practice Review) (3 min)

5. Principles of Youth Coaching

- a. Developmentally Appropriate
 - i. How will the topic be received
- b. Clear – Concise – Correct Information
 - i. Make it clear and brief
- c. Simple to Complex
 - i. Coach by starting small and progressing
- d. Safe and appropriate training area
 - i. Survey the practice and game area before play
- e. Decision Making
 - i. Does the activity allow for decision making by the player?
- f. Implications for the game
 - i. Is the activity game-related?

Attacking vs. Defending

The opposite listed below are to help players and coaches recognize what is happening from both sides of the ball.

(When we have possession)

(When they have the ball)

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| VISION UP – good players go to their “soccer homework” before they receive the ball. They look, plan and act ahead of the next play. | VISION DOWN – Vision down on the ball means “lights out” on the game. They cannot see the surrounding play, so cannot make good decisions |
| FIRST TOUCH CONTROL – Good players need instant, first touch control to create space, to access their next move. | WORST TOUCH CONTROL – Poor control is self-inflicted pressure and helps the defense to buy time to threaten the ball. |
| FLOW PASSING – Accurate, simple and quick passing is the fastest way to create scoring chances and unlock defenses. | SLOW PASSING – Allows the defense time to close down the move. Often sets up interceptions. |
| MAKING ANGLES – Creating passing angles and constant passing options makes attacking play flow. | KILLING ANGLES – No passing angles or teammates to pass to, often means “turnover time” |
| SPREAD SPACE – By spreading out, both in length and width, creates large holes of space to penetrate. This movement “stretches” defenses out to be exposed. | KEEP SPACE – By making the field smaller and narrower, their attacks have less time and space to operate in. |
| SHOOT EARLY – When a scoring opportunity is created (Take it!!!) Shoot low, on target and goals will come. | SHOOT LATE – To delay or to elect not to take scoring chance is a soccer crime – Chances never come back! |

6. Injury Prevention

- a. Proper use of equipment (shin guards) with socks pulled over the shin guards
- b. Check field for problem areas (rocks, holes and glass)
- c. Field-appropriate footwear (soccer cleats)
- d. Adequate water supply and breaks
- e. Avoid training during peak heat hours
- f. Follow-up call to parents if a serious injury occurs
- g. Full rehabilitation of initial injury before returning to play
- h. Utilize R.I.C.E. when appropriate
 - i. Rest – remove athlete from contest
 - ii. Ice – apply ice to the injured area
 - iii. Compression – apply compression bandage
 - iv. Elevation – elevate the injured body part about the heart

7. Game Day

- a. Arrive 30-45 minutes prior to starting time so players can get a feel for the atmosphere
- b. Clarify rules with referee prior to the start of the game
- c. Survey the field
 - i. Are there any safety issues? Look for rocks, holes and glass on the field
- d. Player Positions
 - i. Players’ comfort level with certain positions starts to establish
 - ii. Goalies usually established
- e. Preach practice topics (“we worked on this last week”)
- f. Discuss game performance with team (positives, what you liked and what we need to work on next)

8. Review of Game Day Rules

- a. **The Ball** – size 5
- b. **Number of Players** – 11 vs. 11 (this includes a goalie). Each team shall have no more than eleven players on the field. Each roster will not exceed eighteen players.
- c. Penalty kicks are allowed – 12 yards away from the goal
- d. Restarts – can be indirect or direct kicks
- e. Opponent must be ten yards away from the ball for goal kicks, corner kicks, direct and indirect kicks
- f. Slide tackles are allowed
- g. A goal can be scored from a kickoff
- h. Certified Center and Assistant Referee (AR) should be used.

9. Coaches / Equipment

- a. A basic first aid kit
 - i. You should always carry the players medical information and contact information
- b. Age-appropriate balls (Size 5)
- c. Cones and practice vests
- d. Well thought-out plan for each practice
- e. Stop watch (be sure to monitor playing time)

10. Resources

- a. The Club
 - i. Director of Recreational – Ginger Parson-McGill (515)419-9836 or gingermvpm@gmail.com
 - ii. Director of Coaching – Chris McGill (515)419-5112 or chrisbcm@yahoo.com
 - iii. Club Website – www.visionsocceracademy.com
- b. Iowa Soccer Association – www.iowasoccer.org
- c. US Youth Soccer – www.usyouthsoccer.org
- d. Two excellent books that can be found at Barnes and Noble
 - i. The Baffled Parent’s Guide to Great Soccer Drills by Fleck and Quinn
 - ii. The Baffled Soccer Parent’s Guide to Coaching Youth Soccer by Bobby Clark
- e. Some great soccer websites:
 - i. <http://www.strongsoccer.com/Kingdrills/clipspractice.htm>
 - ii. <http://www.eteamz.com/soccer/pills/jpill.htm>
 - iii. <http://www.ucs.mun.ca/~dgraham/manual/>