

Massac Youth Soccer PreK - K Grades (u6) Coaching Outline

Fitness: Introduce the idea of how to warm-up and movement education. Balance, walking, running, how to start and stop, jumping, hopping, skipping, changing direction, bending, twisting and reaching.

Technique: Dribbling (stop and start) and shooting. Teach kids to explore using various parts of their feet to dribble. Try to focus on pinky toe dribbling at an early age by slightly turning the foot, not the entire body, to touch the ball with the pinky toe. As they get older we want to build speed and we can't dribble fast waddling down the field with the inside part of our feet...penguins are not fast.

Tactics: The concept of boundary lines, at which goal to shoot. Ball is not out of bounds until entire ball is across the line. Use the entire field.

This age is all about the player and the ball. Don't get caught up in trying to teach them elaborate team concepts. Let them have fun exploring new things they can do with the ball. Let them start trying to juggle.

For videos, practice activities, and practice lesson plans go to:

<http://www.illinoisyouthsoccer.org/coaches-home/coaches-corner>

Then look in the Related Links box and click on "Recreational Activities & Videos". For additional ideas of specific topics, explore the "Training Sessions" and "Activities" links in this same box.

Massac Youth Soccer
1st -2nd Grades (u8) Coaching Outline

KEY SKILLS:

Dribbling

- Use the whole foot – inside, outside, sole and laces, of BOTH feet
- Small steps, close control
- Head up
- Change speed and direction (when you change directions, you should change speeds)

Passing

- Inside of the foot, ankle locked, making contact at the base of the ankle
- Strike the middle of the ball – don't slide your foot under the bottom, or the ball will pop up into the air
- Follow through high and toward your target
- Keep passes ON THE GROUND; keep body over the ball, not leaning back.

Shooting

- Strike the ball with the laces of your shoes
- Body over the ball, not leaning back
- Drive it LOW – don't worry about getting the ball airborne. The most difficult shots to stop are low shots, and nobody has ever missed the goal by shooting too low!

Receiving

- Inside AND outside of the foot
- Soft – player needs to cushion the ball when it is coming at them hard

TEACHING POINTS:

Dribbling – discourage “big” touches where the player is simply kicking the ball away and running after it, then kicking it again. Encourage “small” touches where the ball stays nearby, almost underneath them as they run. “No yo-yos”, where the ball is far, then near, far, then near. Keep it close. Dribble with pinky toe for speed.

Passing – the standing, or “plant” foot is important. It should be beside the ball and pointing toward the target player.

Shooting – head over the ball, foot pointing downward so they hit it with their laces. This is important, and they'll want to hit it with the side of the foot or the instep. Make them hit it with laces, toe pointing down.

Receiving – players must become soft, or “give” with whatever body part is receiving the ball so that it stays near them.

Movement – Teach players to make triangles and diamonds on the field.

Terminology – Use position names (forward/striker, mid-fielder, fullback) instead of terms offense & defense. Everyone on the field is part of the offense and everyone is part of defense.

Suggested Formations for 5 players on field (5v5) – 1-2-1 (1 fullback; 2 midfielder; 1 forward/striker) or a 2-2 (2 fullbacks; 2 forward/strikers)

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Massac Youth Soccer
3rd – 4th Grades (u10) Coaching Outline
(Build upon the U8 Skills)

KEY SKILLS:

Running with the Ball

- Different from dribbling – players run with the ball in the open field, need fewer touches, but still need to maintain close control
- Touch the ball with the OUTSIDE of the foot (pinky toe) when running with the ball, not the inside.
- Head up

Moves (Remember: if you change directions, you need to change speeds)

- Inside cut - change direction by cutting the ball with the inside of a foot
- Outside cut – change direction by cutting the ball with the outside of a foot
- Pull Back – change direction by stepping on the ball and dragging it back to you and dribble in other direction.
- Step-over – while dribbling with the ball in front of you, fake an inside cut by passing your foot just IN FRONT of the ball and bringing it back around beside the ball and then touch the ball with outside part of that same foot to explode away from the defender.
- Scissors – while dribbling with the ball in front of you, fake an outside cut by passing one foot just IN FRONT of the ball and bringing it back around behind. Then make an outside cut with the opposite foot to explode away from the defender.

Finishing

- Power vs accuracy – learn to recognize when you need each one (see below).
- Focus on finishing a moving ball with a first-time strike. Time is scarce in front of the goal!

Passing

- On the ground – insist on this! It's much easier for your teammate to control a ball on the ground. (Also, focus on the "weight of the pass", not too hard of a pass and not too soft, developing touch.
- On the move – more emphasis on passing a moving ball rather than a stationary one.

TEACHING POINTS:

Running with the Ball – Stress using the OUTSIDE of the foot when running with the ball. Think about trying to run fast while dribbling with the insides...toes pointed outward...waddling like a penguin. Penguins are not fast! Note the distance of the ball from the body. Keep the ball at a close and consistent distance and challenge players to increase their pace and change directions while running with the ball.

Finishing – Aim low and in the corners. Aim for the far post when shooting from angles. Distinguish between finishing, from closer in where accuracy is more important than power, and shooting, from farther out where they need more power and shoot more with laces. Nobody gets to shoot or finish a stationary ball in a game. Design your practice games to teach shooting off the dribble or from a pass as well as from stationary balls.

Movement – Continue forming triangles & diamonds. Stress moving as a unit up & down the field. Support from the back.

Terminology – Far Post / Near Post; Striker/Forward, Mid-Fielder, Fullback.

Suggested Formations for 7v7 – 2-3-1 (2 FBs; 3 Midfielder; 1 Forwards)

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Massac Youth Soccer
5th – 6th Grades (u12) Coaching Outline (Keep building on U10 Skills)

KEY SKILLS:

Control

- 1-touch and 2-touch passing – look up BEFORE the ball arrives so you know where to go with it...teach players to “take a picture” of their surroundings.
- Settle with foot, thigh and chest – bring the ball out of the air and get it down on the ground quickly. Get soft and give with the ball as it arrives.
- Receive and turn away from pressure in one move – settling, then turning, then beginning to dribble takes too long at this level. Do it all in one motion.

Playing Without the Ball (continue creating triangles & diamond formations)

- Movement – if you are stationary until the ball arrives and brings you to life, you are easy to mark. Make yourself difficult to mark, and be open more often, by moving without the ball. Look for spaces between and behind defenders and make your runs there. Begin using overlapping runs.
- Diagonal runs – if you run straight up the field, your teammate can only see your backside. It is very difficult to play an accurate ball to your feet when you turn your back to your teammate and run away. Make diagonal runs across the field so that your teammates can see your front and can play the ball to your feet or into the path of your run. You’ll complete many more passes.

Passing

- In all directions – possession games WITHOUT goals will help players learn that forward, sideways and backwards are all great directions to pass if they help you maintain possession. Always encourage passing in all directions; never tell them that they must go forward all the time. Be PATIENT with the ball and wait for openings. Don’t force the ball forward into well defended or tightly packed spaces. Drop the ball backwards to players coming up in support. Switch the field from one side to the other in order to attack.
- Think possession – Keep the Ball!!

Talk

- To the player with the ball – make teammates better by giving them information about what to do (“man on”, “drop the ball”) or where you are (“help back”, “overlapping”)
- To other players if you have the ball – let your teammates know if you need help in a particular direction, if you need them to make a particular run.

TEACHING POINTS:

Speed of Play – now you are building on the fundamentals contained in the early stages of the Development Progression. Speed of Play is key to developing good soccer players, because soccer is a game of time and space. If we have time and space, we can all look very good. Only the better players can perform at high levels with less time and space. Now it is time to challenge your players to do the same things they have learned in recent years, only faster and under more pressure.

Possession – now that your players have the skills to control the ball individually and to share it with each other, your critical teaching mission is to help them learn to maintain possession and not give the ball away cheaply to the other team. Young players force the ball forward into pressure and lose it. Now your players need you to stress the importance of patience and keeping the ball.

Terminology – 18 Line

Suggested Formations for 9v9 – 3-3-2

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JUGGLING GOALS BY AGE GROUP

<u>Skill Levels</u>	<u>Juggle Goal Per Age Group</u>
Novice - 3 Juggles	Under-8 - 15 Juggles
Beginner - 5 Juggles	Under-9 - 20 Juggles
Intermediate - 10 Juggles	Under-10 - 25 Juggles
Advanced - 25 Juggles	Under-11 - 35 Juggles
Elite - 50 Juggles	Under-12 - 50 Juggles
Premier - 100 Juggles	Under-13 - 75 Juggles
Academy - 150 Juggles	Under-14 - 100 Juggles
	High School – 150 Juggles