

1st Week Team Startup Checklist

#	Task	Instructions	Note
1	Roster Pickup	Coach Orientation Meeting / Uniform Pickup	
2	Post Card Player Notifications	We will be sending out Player Notification Card with Team Contact Name, Phone # and Email Address. Team Contact is Coach or Team Parent.	
3	Team Uniform Package Pickup	Uniform Distribution will also have	
4	Equipment Pickup	Coach Orientation Meeting	
5	Review Player Forms	You will need to review all player forms from uniform pickup. Review special notes for each player (if noted) and review with parent.	
6	ShutterFly Web Site Setup	AYSO will send notification to lead coach for Shutterfly web site setup. Player Information is auto-created.	
7	Meeting with Parents	Hold a Team Meeting with Uniform Distribution. Use "AYSO Kid Zone Pledge Sheet" for good sportsmanship and positive coaching.	
8	Fill out All Lineup Cards	In your team packet, go ahead and fill out all of the lineup cards now with uniform # and name.	

Events

Chicago Fire Games (Saturday Games at 7:30pm)

09/13 at home 7:30pm vs. Toronto FC

09/20 at home 7:30pm vs. D.C United

10/24 at home 7:30pm vs. Houston

Region 183 from gets a special discount thru the Chicago Fire. Please contact Coach Admin or Events Coordinator to get special web link.

Depending on # of tickets sold by region. Chicago Fire has group incentives for game activities.

Loyola Univ. Soccer Game Night Sept 5th Friday Games (@ Loyola Soccer Park)

- Women's Game 5:00pm
- Men's Game 7:30pm
- Event Details contact Susan Burke – susanburke@sbcglobal.net (Division/Event Coordinator)
- AYSO Day - AYSO Uniforms to be worn.
- Ball Kids (certain ages ie. U10). Halftime games for kids ; staring lineup walk-out, etc.

Area "Soccer" Fest - October 5th 2014

When ?

October 5th 2014 – 12:00pm – 5:00pm

What is Area Fest ?

- Area Fest is like our "soccer fest" but on a much larger scale.
- AYSO Regions such as Skokie, Highland Park, Deerfield, Glenview, Peterson Park
-

Who plays in Area Fest ?

- U10 Teams U12 Teams and U14 Teams*
- All teams will play 3 25-minute games.

Where is Area Fest ?

Area Fest is held at multiple locations thru the Chicago and North Suburban Area.

For example,

All U10 Teams will play in Glenview/

All U12 Girls will play in Deerfield and U12 Boys will play at Peterson Park

Peterson Park AYSO 183 to host U12 B Area Fest

We need your help as volunteers to help with the U12 B Area Fest. We will be setting up 4 -5 (U10-like Fields) where games will be played in short-sided format (ie. 6 v 6).

Why?

- Adds variety to the playing different teams in AYSO.
- You get to see the larger community of AYSO in the Chicago area.
- All players are excited to play in Area Fest and it's lots of fun!

How ?

U10 and U12 Division Coordinators

If your team wants to play in Area Fest, please inform your Division Coordinator and Coach Admin.

The Area Fest Scheduler needs to have final team assignments to schedule by 9/17.

Uniform Review

#	Task	Instructions	Note
1	Review Uniform Roster	Each player has an assigned specific uniform size.	
2	Player Form Uniform Size	At the top of the Player Form, the parent indicated the size of the uniform (Circled YS, YM, AS, AL, etc.) Hint: Smaller Sizes (lower numbers) then progresses to Larger sizes (high numbers). Number start from #2 thru end of roster.	
3	Uniform Number Assignment	Write down on Uniform Roster uniform number assigned to player. Make a copy (backup) for your lineup cards. Player Evaluation Email Josh Ermentrout (josh.ermentrout@gmail.com) the roster uniform list. Player First Name and Last Name with Uniform Number.	
3	Uniform Bag	Use a plastic bag for each player uniform. Label the bag with Player Name.	

Practice / Training Session Policy

We have field permit for Peterson Park North Fields from 4pm – 7pm on Tuesdays and Thursdays during the season. Hollywood Park is generally open during the week. We don't have permit but we work with the Hollywood Park Manager regarding use of the field.

Recommendation:

- **U08 – Practice once a week. U10 and above – Practice twice a week.**

General Policies:

- Field Space is an Issue. Please share the field space with teams. Do not use all space for one team.
- Division Coordinators to help manage field space and coordinate times with teams.
- Teams practice together. Why? Improved performance training / more games, more players.
- Shared approach; leads to player development, coach mentoring, and fun for all.

Peterson Park North Field is on Peterson Ave / Central Park Side of Peterson Park.

Peterson Park South Field is used by other sports organizations. We don't have permit for that location.

Player Evaluations

One of the Six Core Philosophies of AYSO is Balanced Teams. Our most important tool for balancing teams each season is through player evaluations by their own coaches. To that end, division coordinators will gather your evaluations in the Spring either through e-mail or in person in the final weeks of the season.

We need responses from 100% of coaches. Your evaluations will help balance out the teams next year.

We use a **three-point scale** with 1 being most skilled and 3 being least skilled. Below is an example rubric that would work with U10 and under players. Adjust as needed for U12 and above.

- 1. Very able player.** Can dribble and either pass or shoot with accuracy or with strength. Moves quickly and aggressively on offense and defense. Makes a big difference when in the game.

- 2. Solid player.** Gets into the action, can dribble okay but the ball gets away sometimes. Has scored a couple of goals or come close. Isn't afraid to get into the action and challenge a very good opponent who is dribbling, but might kick the ball widely out of bounds or in the wrong direction sometimes.

- 3. Still learning.** Not eager to get into the action. During a game might kick the ball as soon as it comes near instead of trying to dribble or pass. Sometimes doesn't pay attention and ball might roll by. Is unable to defend against very good players.

#	Task	Instructions	Note
	April – May 15 2015	Email the evaluation to: <ul style="list-style-type: none"> • Division Coordinator • Player Data Manager 	
	May 31 2015	Final Player Evaluations Data will be used for Team Formation with Balanced Teams Approach (June – July)	

Fall / Spring Season Evaluations

Division Coordinators will reach out to you once or twice a month to collect feedback. This is a collective effort by all coaches, to ensure that we are following the AYSO Vision and Mission statements for our children.

Each Division will independently perform a review and provide feedback with the Division Coordinator. The Division Coordinator will then represent the Division at the DC Meetings / Board Meeting and provide summary with the Coach Admin Staff / and or Board.

Examples: Balanced Scheduling or Recruitment for Volunteers (Coaches, Referees, Team Parents)

Player / Team Evaluation Form for Balancing Teams

Uniform #	Name	Score (1, 2, or 3)	Notes

Example of Player Technical Evaluation (skill)

Player Evaluation

Player:

Technique	Motor Movement	Static Skill	Dynamic Skill	Game Use
Inside Foot Pass	G OK NI	G OK NI	G OK NI	G OK NI
Instep Kick	G OK NI	G OK NI	G OK NI	G OK NI
Ball Control				
Sole of Foot	G OK NI	G OK NI	G OK NI	G OK NI
Inside of Foot	G OK NI	G OK NI	G OK NI	G OK NI
Thigh	G OK NI	G OK NI	G OK NI	G OK NI
Other	G OK NI	G OK NI	G OK NI	G OK NI
Throw-In	G OK NI	G OK NI	G OK NI	G OK NI
Dribbling				
Balance	G OK NI	G OK NI	G OK NI	G OK NI
Head-Up	G OK NI	G OK NI	G OK NI	G OK NI
Change Directions	G OK NI	G OK NI	G OK NI	G OK NI
Goalkeeping				
Hand Position	G OK NI	G OK NI	G OK NI	G OK NI
Body Position	G OK NI	G OK NI	G OK NI	G OK NI
Punting/Throwing	G OK NI	G OK NI	G OK NI	G OK NI
Playing Position	G OK NI	G OK NI	G OK NI	G OK NI

G= good

OK = average

NI = needs improvement

Also see the new U10 and U12 Coach Manuals for another example of Player Evaluation Form.

Lineup Card

You can find a copy by going to [AYSO Web Site / Coach Resources](#)



OFFICIAL LINEUP CARD

REGION _____ AGE GROUP _____ TEAM # _____ DATE _____

TEAM NAME _____ OPPOSING TEAM _____

COACH'S NAME _____ ASST. COACH'S NAME _____

All team players must be listed in order by Jersey #. If absent, indicate reason.

No.	PRINT PLAYERS NAME	Goals Scored	"Qtrs." Not Played			
			1	2	3	4

Age Group	Each Half, not to exceed	Duration of the Game, not to exceed	Ball Size
U-19	45 Minutes	90 Minutes	Size 5
U-16	40 Minutes	80 Minutes	
U-14	35 Minutes	70 Minutes	
U-12	30 Minutes	60 Minutes	Size 4
U-10	25 Minutes	50 Minutes	
U-8	20 Minutes	40 Minutes	Size 3
U-6	20 Minutes (10 min recommended)	40 Minutes (20 min recommended)	

Reorder #CS004-7

REV 4/04

Lineup Card Instructions

We use lineup cards to keep track of all players playing the game. This is used to help manage your players playing equal time in the game. We follow the "Everyone Plays" Philosophy.

- Fill out Lineup Card (ahead of time)
- Fill out your own Lineup Sheet with Clipboard
- Track your players – playing by position (attacker or defender, and/or goal keeper)
- Week to Week Balance the play by position.
- Record Attendance
- Balance play for equal time for entire season.

See [AYSO Coach 183 Blog for Lineup Examples Spreadsheet.](#)

5 v 5						
		1st	2nd	3rd	4th	
Player	1	1		1	1	3
Player	2	1	1	1	1	4
Player	3	1	1	1		3
Player	4	1	1	1	1	4
Player	5	1	1		1	3
Player	6		1	1	1	3
Total		5	5	5	5	

5 v 5						
		1st	2nd	3rd	4th	
Player	1	1		1	1	3
Player	2	1		1	1	3
Player	3	1	1	1		3
Player	4	1	1		1	3
Player	5	1	1		1	3
Player	6		1	1	1	3
Player	7		1	1		2
Total		5	5	5	5	

5 v 5						
		1st	2nd	3rd	4th	
Player	1	1		1		2
Player	2	1		1		2
Player	3	1		1		2
Player	4	1	1		1	3
Player	5	1	1		1	3
Player	6		1		1	2
Player	7		1	1	1	3
Player	8		1	1	1	3
Total		5	5	5	5	

Season Coaching Moments

Positive Coaching – Coaching Moments

- Stay and Say positive at all times. Pre-game, In-game Post-game comments and off field behavior to be positive at all times.
- Very important for our youth players to build up self-confidence, important to self-worth, enjoyment of the game with teammates, family and friends.

Player Development

- Players play to the best of their abilities.
- Focus on individual improvements and collectively shape the team together.
- Continuous improvements to your coaching development along side with player development.

Balanced Teams and Balanced Play

- All coaches in entire Division to work together.
- Game adjustments to bring a positive experience for all players, parents, teams, etc.
- Challenge players on possession; increase touches on the ball before pass, etc.

Everyone Plays

- Ensure that everyone plays different positions throughout the entire season.
- Ensure that everyone plays 3 quarters of a game before a full game is played by anyone player.
- Ensure that player that missed week before to play in as starter in 1st quarter.

Good Sportsmanship

- Remind all players to enjoy the game; help each other – all players (both teams).
- Players to share the experience; work together to improve skills as a group.
- Game Management – do not run up score. Keep within reason. No more than 3 goals.

Safety

- Concussion Forms Collection. See Staff Table for more copies.
- Turn in all signed concussion forms to Staff Table by 4/19
- **AYSO National Mandate. No Pets at fields. Please email your player families.**
- Soccer Shoes to be worn. No baseball shoes.
- No jewelry to be worn. No exceptions; No earrings, etc.

Positive Coaching Tools

- Use Positive Coaching Alliance Tools and Web Site
- Visit the Responsible Sports Web Site - Sign up For Emails
- Sign up for the AYSO Hey Coach Newsletter
- Use Positive Charting Techniques
- Always look for the positive and always provide good feedback to players.

Fall 2014-Spring 2015 Registration

Player Registration

All player registration is done thru EAYSO Web Site (<http://www.eayso.org>).

- Returning Volunteers E-Sign in EAYSO
- New Volunteers use EAYSO, Print Out Form and Validate with CVPA.

Returning Coach Registration Now and (March 2015 for Fall 2015-Spring 2016)

No need to create registration at EAYSO. We have a pre-printed Volunteer Registration form for you to sign. Go to the AYSO Staff Table on Game Days from 9am-12pm to resign the volunteer form. Please bring ID.

New Coach / New Volunteer Registration

All new volunteers are to create volunteer registration at EAYSO Web Site.

Preseason Planning for Fall 2015-Spring 2016

June –

- Registration Closes;
- Team Formation – Coach Assignments

July –

- Team Formation Completes
- Uniform Ordering
- Coach Certification Courses in July and

August

August –

- Player Notification / Team Assignments
- Coaches Notifications
- Coach Meeting (Mid August)
- Team Meetings / Practices

Additional Preseason Planning – July and August Planning

- U14 B/G Sunday Teams August Recruitment
- High School Coed / Girls Teams for Fall 2014
- High School Coed / Boys Teams for Spring 201

Coach Shirt and Badge Policy

The new Coach Shirts are to be worn on Saturday Game Days. The importance of wearing a coach shirt is so that we as AYSO Region 183 can identify who is a coach on the field.

- All registered and certified coaches are to wear coach shirt on game day.
- Wear Patch to identify your current certification.
- Players and Referee wear uniforms; Coaches must look the part to be a coach.

You must be a volunteer coach that has completed the following:

1. AYSO Volunteer Form (signed)
2. AYSO Safe Haven Certification
3. Coach Age-Specific Training Complete

NEW! AYSO Coach Manuals

AYSO has new coach manuals starting in 2013. The format is much improved, organized with state of the art tie-in with the Internet (QR Codes) for training sessions and skills review. U06 thru U12 Manuals have “example training plans” for you to use.

Coach Certification –Training

R183 Coach Admin Policy –

A coach will NOT be assigned a team unless coach has certification.

There are no excuses. All coaches must be trained at the level for which they are coaching. See AYSO National Policy. All coaches must complete AYSO Safe Haven Certification! This is required! All volunteers! Coach Admin will coordinate with Division Coordinators with regards to Coach Certification.

I recommend that you take at least an in-person coach certification course at Region 183 of the following U06, U08 or U10. There are no U12 online courses. AYSO mandates that U12 Certification and above are done in-person

U06 and U08 Coach

Please plan on completing U06 and U08 certifications.

U10 Coach

- U10 Coach Certification requires in-person training
- U10 **Online** Coach Certification **DOES NOT EQUAL** U10 Coach **Certification.**
- **In-Person Field Session Required.**

U12 Coach Certification – Intermediate (U14) and Advanced (U16/U19)

As our players age in to the teenage years, advanced training is very important. As you enter the U12 Divisions or higher, coach certification is very important. All coach certification is in-person and there is NO ONLINE.

5 hours for U12 Coach - training on Saturdays or Sundays

Intermediate / Advanced

18 Hours for Intermediate (U14 – U16) on weekends on Saturdays and Sundays

18 Hours for Advanced (U16 – U19) on weekends Friday, Saturday and Sunday

Any coach can get U12 Coach Certification.

If you are U08 and want U12, go get U12 coach certification. Acquiring more knowledge of the game thru certification process is important and will build up your experience as a coach in AYSO.

Please see the AYSO National Certification Requirements for Coach Chart in the Annual Update.

Area Road Show November 15 – 16, 2014

Skokie Hosted by AYSO Area 6D

What is the Area Road Show ?

The Area Road Show is an all training AYSO event. The Road Show is like a coach “supercamp” where all AYSO coaches can get certified at the next level.

Any Coach can get certifications

- U6, U08, U10, U12
- Intermediate / Advanced
- Referee Certifications (Basic, Intermediate / Advanced)
- Staff / Management Certifications

Coach Instructors needed for R183

We are always in need for a few more instructors for R183 and our Area D.

Our Region depends on Coach Instructors for all of our coaching certifications. In addition, all regions benefit by having coach instructors work together for multiple regions in the Area.

If you have U12 Coach Certification and you would like to become an instructor. You’ll need to complete 2 more courses, which are “Introduction to Instruction” and “Coach Instructor” Courses.

Requirements:

- U12 Coach Certification [5 hours]
- Introduction to Instruction [4 hours]
- Coach Instructor Course [8 hours]

Regional Benefits:

- Soccer Knowledge for all coaches greatly improves.
- Increased availability of courses for U6, U08, U10, U12
- More coaches to be certified
- Regional goal (PLATINIUM AWARD!)

Concussion Awareness and Training

AYSO National now has a national policy with regards to Concussion Awareness. Parents / Players must sign the AYSO Concussion Information Sheet.

What does this mean for us Coaches?

- 1) We need to be trained and be certified.
- 2) We will be holding on with the “signed” Concussion Forms in our Coach Packets
- 3) We need to educate others regarding Concussion Awareness

State of Illinois: We don't have specific laws yet regarding concussions with youth sports. However other states are passing legislation as to how youth sports organizations manage concussion policies, etc.

Coach Tasks

Checklist for Coaches to be completed by 9/15 (the sooner the better)

- 1) Go to AYSO Training Web Site <http://www.aysotraining.org>
- 2) Login with Last Name and AYSO ID
- 3) Looks for Courses Menu and Click on Concussion Awareness Course
- 4) 45-60 minute course. Print out Certification. Make copy and return to Tad Lin

Important Notes

- Use of **the AYSO/CDC Concussion Information Sheet** to inform all parents and players about the signs and symptoms of concussion and the associated risks. Find the Information Sheet at: <http://www.ayso.org/resources/safety.aspx>
- Encourage ALL coaches, referees, and Section, Area and Region Board Members to take the CDC's free online Concussion Awareness Training at: http://www.cdc.gov/concussion/HeadsUp/online_training.html or soon to be available at www.aysotraining.org. Volunteers who take the course on the CDC website should print a copy of the Certificate of Completion and forward it to the Safe Haven Department at the National Office where training records will be updated.
- **Any player** suspected by the coach, referee or parent **to have a concussion must be removed from further participation** for at least the remainder of the day, **and**
- **Parents should be encouraged to seek professional medical treatment for the player at the time of injury and secure medical clearance before allowing the player to return to play.** In all cases, AYSO will require the parent to sign a new Participation Release Form which includes a concussion waiver confirming that the player has been given the appropriate clearance to return to play.
- **Coaches must require a signed Participation Release Form** from the parent/guardian before a player having a concussion or suspected of having a concussion is allowed to return to play. Parents should always be encouraged to seek appropriate medical care and medical clearance. In designated states, the signed Medical Release is also mandatory before return to play.

Secondary Play Opportunities

Primary Play at AYSO Region 183 – is on Saturdays. We play on Saturdays and that is considered to be our “AYSO 183 Core Program”. We have “**secondary play opportunities**” which are offered to us (and) or we / you find the opportunity to play another AYSO team from another region.

Examples:

- AYSO 183 U14 Sunday Optional Play with Interregional Schedule
- AYSO Area Fest in November
- AYSO Friendly Game with another Region.
- AYSO Region / Interregional Shared Schedule
- AYSO 183 / AYSO 794 - U12 Schedule (Peterson Park and Morton Grove)
- AYSO 183 / AYSO 1206 – TBD (U10 and U12 Opportunities)
- AYSO Section 6 Games (U10, U12 and U14 – See Team Application)
- AYSO Tournaments (area based – See Team Application)
- AYSO National Tournament (every two years, player/team/coach selection, fund-raising)
- AYSO Extra (higher certifications, more volunteers, expectations)
-

Contact your Division Coordinator and Coach Administrator for more information.

Secondary Play at AYSO 183 Peterson Park

Sunday Fields U10 Fields – Peterson Park South Fields are open to use for training sessions and practices or scrimmages. There may be an official soccer game being played on one of the fields so game has the priority on the U10 Fields or U14 Fields

U14 Sundays – Secondary Play

U14 Sunday Game and U17 Sunday Games (12:00pm, 1:30pm and 3:00pm)

U14 Sunday Teams are drawn from U14 Core Program with first come first serve. Possible tryouts.

U14 Program (Future) Sunday transition which is dependent on Core Population.

AYSO 183 U14 and AYSO High School Program

	If player is on high school team at school....	Spring 2014	Fall 2014	Spring 2015	Jamboree	Notes
Girl	Yes	IHSA	AYSO	IHSA	Yes	Area D / F
Boy	Yes	AYSO	IHSA	AYSO	Yes	Area D / F
Girl Boy	No	AYSO	AYSO	AYSO	Yes	Area / National Regulations

Notes:

Coaching thru U06 thru U12 Players to become U14 Players and beyond. It’s very important that we as coaches keep players interested in the game. Positive coaching and “coaching moments” are very critical for players to keep playing the game.

AYSO Region 183

Team Secondary-Play Preliminary Form Application

This application form is a preliminary form / worksheet for your Saturday (core) Team to register for secondary / optional play.

All games are to be AYSO sanctioned games:

- AYSO Tournament Registration
- AYSO Area Fest
- AYSO Sunday Optional Play
- AYSO Friendly Games

This form is to be reviewed by the Division Coordinator / Coach Administrator-Staff and Regional Board. Approval of this form will come from Coach Administrator with Regional Board review.

Division	Name	Contact Information Email Address / Phone:	AYSO Safe Haven Certified Coach/Referee Certification
Team Number			
Head Coach			
Assistant Coach			
Referee			
Team Parent			
Team Parent			

- Only 2 AYSO Certified Coaches. All Tournaments require at least same level of certification as team assignment. AYSO Section / National Tournaments require one level higher certification.
- AYSO Certified Referee is required. Certification reviewed by Referee Administrator.
- Team Parent Volunteers are required. – Team Parents are official volunteers who have turned in volunteer form and are also AYSO Safe Haven Certified.

All participants to ensure the AYSO Six Philosophies are followed thru the season before and after this application is turned in.

- Balanced Teams, Everyone Plays, Positive Coaching,
- Open Registration, Good Sportsmanship, Player Development

Training Plan Sample Sheet

Topic: _____ Region: _____			Age: _____	Date: _____	
everyone plays	balanced teams	open registration	good sportsmanship	positive coaching	player development
<p>TECHNICAL WARM-UP</p>	<p>Organization/Rules</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p>		<p>Coaching Points</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>PSYCHOSOCIAL []</p> <p>PHYSICAL []</p> <p>TECHNICAL []</p> <p>TACTICAL []</p>		
<p>ACTIVITY I</p> <p>Individual & pair work</p> <p>Competition & teamwork</p> <p>2v2 and 3v3</p>	<p>Organization/Rules</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p>		<p>Coaching Points</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>PSYCHOSOCIAL []</p> <p>PHYSICAL []</p> <p>TECHNICAL []</p> <p>TACTICAL []</p>		
<p>ACTIVITY II</p> <p>Opposition (attack & defense)</p> <p>Directional play (w/ goals or targets)</p> <p>Expanded numbers (3v3 to 6v6)</p> <p>Most game aspects</p>	<p>Organization/Rules</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p>		<p>Coaching Points</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>PSYCHOSOCIAL []</p> <p>PHYSICAL []</p> <p>TECHNICAL []</p> <p>TACTICAL []</p>		
<p>SMALL-SIDED MATCH</p> <p>COOL DOWN / DEBRIEF</p>	<p>Organization/Rules</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p>		<p>Coaching Points</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>PSYCHOSOCIAL [x]</p> <p>PHYSICAL [x]</p> <p>TECHNICAL [x]</p> <p>TACTICAL [x]</p>		

CREATED BY
Alsop
AYSO Soccer Camps

TRAINING PLAN U-8 DRIBBLING

TECHNICAL WARM-UP

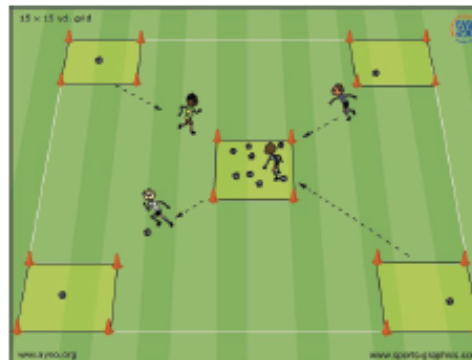


To see this activity in action visit <http://bit.ly/13Nm2lg>

ORGANIZATION/RULES

- 15x15 grid w/ square in each corner and a square in the center (w/ all balls).
- Divide team into each of 4 corners. Players/foxes try to steal eggs from nest. Players organize into 1st, 2nd, 3rd, etc., or 1 player per square (pending numbers).
- On whistle, 1 player from each team runs into middle nest and using a drag back turn takes an egg & dribbles under control to their corner, stopping the ball with sole of foot inside their nest.
- Winning team/player is one with most eggs in their own nest.
- > Foxes can steal from each other's nests.

Player leads stretching (v. light at this age, more habit forming and introduce proper form).



COACHING POINTS

- Use all major surfaces of both feet.
- Knees slightly bent and body leaning slightly over the ball for balance.
- Players should play with their head up.
- Keep ball close using soft touches.
- Players should attempt to touch the ball every other step (or so).
- Ball should never be more than a step or two away.

- PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

U-8 TRAINING PLANS | TRAINING PLAN U-8 DRIBBLING

ACTIVITY I

Individual & Pair Work
Competition & Teamwork
2v2 & 3v3



To see this activity in action visit <http://bit.ly/11FgRdR>

ORGANIZATION/RULES

- 20x20 grid. 1 ball per player.
- Numerous small cone gates are set up.
- Players dribble through grid changing pace and direction.
- On coach's command the players dribble through as many different gates as they can until the coach calls them to slow down. (5-10 second bursts of action).
- > Left foot, right foot.



COACHING POINTS

- Players should move ball w/ both feet and both inside and outside of each foot.
- Ball should be in front of the player a distance of one stride.
- On coach call, the player must get their head up to observe other players and vacant gates.
- As players speed up their stride lengthens & ball remains in front of them.
- Action is made using sole of the foot.
- Despite time pressure, ball should always be under control should attempt to touch ball every other step (or so). * Ball should never be more than a step or two away.

- PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

ACTIVITY II

Opposition (attack & defense)
Directional Play (w/goals or targets)
Expanded Num. (3v3 to 6v6)

Most Game Aspects



To see this activity in action visit <http://bit.ly/1W6qqPA>

ORGANIZATION/RULES

- 20x20 grid w/ 2 small goals. 2 teams. All players w/ ball.
- 1 team are taggers & stand outside grid; other team find a space within grid.
- On command, taggers try to tag all players inside grid (but keep control of their own ball). When a player is tagged they pick up ball and shout for help (can be freed by teammate if a ball is passed between their legs). Once freed, players can shoot for goal!
- Winning team are taggers who can freeze everyone quickest in set period.
- Each goal by freed dribblers adds on 5 seconds to tagging team time.
- Rotate inside players every 2-3 minutes.



COACHING POINTS

- Close control & ball familiarity.
- Head up as often to know where the defenders are & where goals are.
- Avoid and beat defenders with quick turns or skills.
- Keep body in between defender and ball to protect it (shield).
- Encourage players to try specific turns and skills for themselves (drag-back or scissors).

- PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

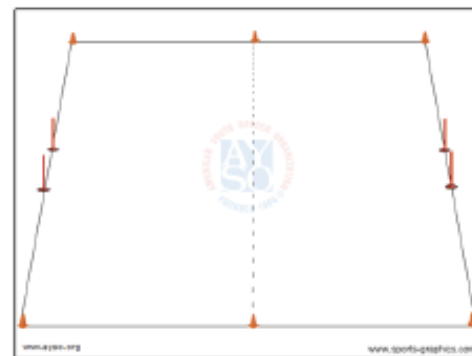
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Small-sided match with general rules.
- 2 balanced teams of 3 plus a floating player who plays for whatever team has the ball.
- To score, players must dribble the ball through goal and stop ball with foot.
- > Add additional goals on either sideline.

Player leads stretching (v. light at this age, more habit forming and introduce proper form), brief review on lesson and any announcements.



COACHING POINTS

- Emphasize quality dribbling technique but let them play.

- PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

The Psychology of Coaching

Working with Young Athletes

It is important as a coach that you subscribe to a philosophy that acknowledges the role of athletics in developing children as complete individuals. Remember that AYSO's vision is to provide soccer programs that enrich children's lives.

As coaches we need to recognize that each athlete is an individual with unique needs and that we treat them accordingly:

Understand that players want to enjoy attending practices and games. If they are not having fun and learning, they will lose interest and not want to return.

Organize your activities and games so that every athlete on your team has an opportunity to develop and maintain positive feelings of self-worth.

Provide positive encouragement to all players for both accomplishments and mistakes.

Play in this very young age group is meant to give a "taste" of the game, some experience in working together as a team, and, most of all, positive introduction to the sports experience.

One of the appealing things about soccer as a youth sport is that practically no skills at all are required to play the game at its simplest level. If a youngster can run and can kick a ball, he or she can play soccer and enjoy it.

If we understand and support player development as both athletes and individuals, the players will enjoy themselves more and want to continue playing. We must help them understand that the objective of any game is to win, but that the overall goal is to enjoy the game and strive to do their best!



- **Psychosocial** – Player’s ability to reason, learn and solve problems: Respect, Motivation, Confidence, Cooperation, Competitiveness and how these emotions and feelings’ impact player development.
- **Physical** – A player’s physical attributes: speed, agility, endurance, strength, power, etc.
- **Technical** – A player’s ability to master ball skills: ball control, shooting, passing, etc.
- **Tactical** – A player’s capacity to use their skill and ability within a game environment.

Tools for Positive Coaching

Assume they will learn

Accept player mistakes

Encourage them to take risks

Let them know mistakes are not only okay, but expected

Catch them being good...

Let them play!