



ADM Soccer Club

ADM Soccer Club Coaching Reference Guide

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Contents

Coach’s Goal.....	3
Child Reference Information.....	3
Childhood Key Factors (ages 4-9).....	3
Puberty Key Factors (ages 10-14)	4
Adolescence Key Factors (ages 15-23).....	4
Practice Recommendations	5
Coach’s Recommendations.....	5
Example U10 Practice Plan for a Season.....	6
Practice Components.....	6
Example Practices	7
Dribbling practice session	7
Introducing Passing Practice Session	8
Coaching Resources	9
USSF Youth Development Model.....	9
Rules of the Game.....	9
US Soccer Best Practices	9
US Youth Soccer Coaches Resources:	9
US Youth Soccer YouTube Channel:.....	9
Iowa Soccer Coaching Resources:.....	9
Kentucky Youth Soccer Association	9
Appendix A: Sample Welcome Email	10
Appendix B: Age group, game length, and soccer ball sizing.....	12



Coach's Goal

A successful season is a season, during which, all the players had fun, everyone's basic soccer skills improved, and their life skills grew.

Child Reference Information

This is good background information to keep in mind while coaching.

Childhood Key Factors (ages 4-9)

- Children of the same age may differ a good deal in motor skill development. A child's motor skills develop in a particular sequence: first they learn to crawl, then walk, and then run, jump and hop, in that order. There is a developmental sequence in learning a single technique, too. As players practice a particular technique, such as dribbling, they use their bodies more effectively each time and reach a higher level of development in that technique.
- Children progress through motor development sequences at their own rate. Players of the same age may be at different development levels because of differences in motor ability and in the amount of time they have practiced the technique. The important thing is that each player shows continued progress.
- Children of the same age will differ in physiological development (bone growth and muscular strength). Those who for their age excel in soccer are often more advanced physiologically than others their own age.
- Children, although loaded with energy, must be given rest periods.
- Compared to other periods in a child's life, these ages are the slow years in physical growth, making it the best time to learn new techniques.
- Children have not learned to accept mistakes – their own or others.
- Children lack the ability to make quick decisions.
- Children are in need of understanding and encouragement.
- Children like to play with others but side-by-side rather than together – “Me first...” rather than “Let's both do this...” It's a difficult time to teach tactics. Indeed the focus should be on teaching ball skills within game-like activities.
- Children have not yet learned the skills of compromise and team play. Expect frequent argument. Do not interfere with their arguments, as it is a part of their learning process.
- Children should not be expected to play a team game the way adults would.
- The rules should be bent to fit their physical and mental maturity. Fewer players result in more touches of the ball. Equipment suitable to their age and size results in better play.
- Team games call for social and mental skills that they are just starting to develop.
- Adult reactions to their efforts are often mistaken and become a blow to their self-confidence.
- Provide equal opportunity and playing time for all participants.



Puberty Key Factors (ages 10-14)

- All children are individuals and should be treated as such.
- Our society fosters cooperation and competition. Soccer activities can promote these behaviors.
- Provide the opportunity for each child to participate in challenging, meaningful and varied activities planned to enhance each one's perceptual motor development and total psychomotor development to his or her fullest capability.
- Children should be able to choose their own activities as much as possible for responsible decision making.
- Developmental goals will be met by any of the activities the children may choose.
- Learning often involves work.
- The coach and the parents must structure the child's environment to enhance the development of fitness.
- The home environment plays an important role in the learning process (cultural patterns). • Promote cooperation and fair play; enhance self-worth.
- Discuss the difference between winning and success, losing and failure (one does not necessarily equate to the other).
- Conduct training sessions and plan activities that are fun and challenging but also emphasize the importance of skill acquisition within that framework.
- Apply reinforcement and corrective feedback as necessary.
- Facilitate a positive learning environment both at training sessions and matches.
- Educate/develop the whole child/player.
- Demonstrate technical and tactical skills and how they can be adapted to further the enjoyment of other sports.
- Encourage participation in general recreation activities and complementary sports.

Adolescence Key Factors (ages 15-23)

- Establish and refine training that increases the players' understanding of the correct use of space, width, depth, mobility and other principles of team play.
- Each player should be given the opportunity to develop to his/her fullest potential (physically, mentally, socially, emotionally and intellectually) while working at his/her own rate and present challenges at every level of ability.
- The player development scheme should include a program of psychomotor development that is varied enough to meet the needs and interests of the individual, which introduces skills that allow for carry-over activities in later life.
- The player development scheme should incorporate a variety of teaching and learning styles to allow for maximum participation of each individual.
- The player development scheme should be sensitive to the ethnic flavor and socioeconomic status of the player population that allows players as members of a free society to express themselves openly in an enriched environment.



Practice Recommendations

We try to follow the US Soccer Federation's framework. This is only a guideline and may depend on your team and your schedule.

Recommended Training Sessions to Match Ratio			
Age Group	Frequency	Duration	Ratio
U-6	1 day per week	45 minutes	1:1*
U-8	1 day per week	45 to 60 minutes	1:1
U-10	2 days per week	60 to 75 minutes	2:1
U-12	2 to 3 days per week	75 minutes	2 or 3:1
U-14	3 days per week	75 to 90 minutes	3:1
U-16	3 days per week	90 minutes	3 or 4:1
U-18+	4 to 5 days per week	90 to 120 minutes	4 or 5:1

**Or 0:1 – The idea here is for the U-6 players to show up on game day for their hour, which includes 20 to 30 minutes of appropriate activities and then a 3v3 match. This is the approach in which the players are not assigned to teams, but all children in the age group meet at the same time and place to be trained and have a game.*

Coach's Recommendations

1. Email/contact the parents to introduce the coach(es) as soon as you get your roster – See Appendix A for an example. In the email, it's recommended to cover these items:
 - a. Goal of the year.....to have fun
 - b. Items the players will need
 - c. Roster
2. Have a parents meeting before or after the first practice.
3. Plan practices up front if you can.
4. Have an extra ball, cones, and pinnies for practices.



Example U10 Practice Plan for a Season

On this site, they have an example practice schedule for a 10 week season (http://www.ensoccer.com/coach_central/u10_practice_plans_by_week/).

You could use what they have listed for practice sessions **OR** choose different practice sessions from a list such as what they have at the Kentucky (http://www.kysoccer.net/coaches/lesson_plans/) or Iowa websites (http://www.iowasoccer.org/lesson_plans_and_manuals/).

1. Ball Manipulation
2. Running With the Ball
3. Dribbling to an Opponent
4. Passing for Possession
5. Passing for Penetration
6. Passing for Build Up
7. Defending and Tracking
8. Group Defending
9. Creating Scoring Opportunities
10. Finishing Scoring Opportunities

Practice Components

Practices typically have 4 components. One key to the practices is to try to setup the cones, etc, before the kids get there and then limit the amount of movement of the cones after that.

1. Warm up Activity– This doesn't mean stretching for the kids, but some type of activity that will help them get familiar with the overall practice goal. See the Warm Up activity in the dribbling example below.
2. Small-sided activity: Add in some competition, such as the 1x1 activity listed in the example.
3. Expanded activity: Limiting changing the cones, etc, add in other players to the activity. For example, move from 1x1 to 2x1, 3x1, 4x2, etc.
4. Game-like activity: Use the full team within the activity, scrimmage, or scrimmage another team. Call out when the kids use something they learned in the practice for praise, etc.



Example Practices

Here are two examples for practice sessions. Please see the resource section for example practice sessions, which will hopefully make setting up the practices easier.

Dribbling practice session

https://usys-assets.ae-admin.com/assets/948/15/Fun_Dribbling_Activites.pdf

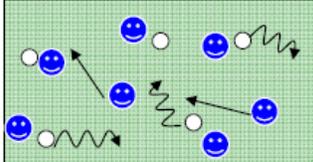
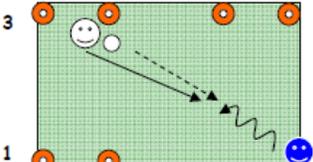
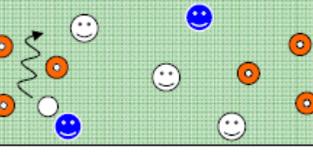
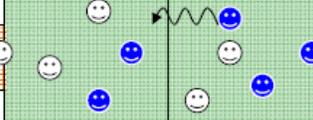


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Fun Dribbling Activities

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two players start in the area without a ball * Everyone else has a ball and is dribbling around * The players that don't have a ball must try to win a ball from a dribbler * If they win a ball, the person that lost the ball must then go and retrieve a ball from another person. * If the dribbler goes out of the area with the ball due to pressure from the defender they switch roles 	<ul style="list-style-type: none"> * Keep the ball moving * Be positive in facing the defender up
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Players work in 1 v 1's in a 12 yard x 12 yard area * Three goals are set up in three corners of the grid * Defender stands in one corner and the attacker stands opposite * Defender plays the ball to the attacking play * The attacking player can score one point by dribbling in a side goal or 3 points for beating and going past the defender * Switch roles after each turn 	<ul style="list-style-type: none"> * Positive First Touch * Attacker the defender to the side * Bend knees * Disguise your movement * Accelerate to the side and behind
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Set up group in to two equal teams * Place two or three triangular goals around the grid * Teams score goals by dribbling successfully through the triangle without losing possession * Teams can pass the ball through the triangle but it does not count as a goal * Once the team has dribbled through one triangle they must attempt to move through a different one before returning to the triangle they just dribbled through. 	<ul style="list-style-type: none"> * Team Shape, space and awareness * Acceleration into space * Don't force the play
<p>MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 5 V 5 including GK's * Normal Soccer Rules * Let the players play, but encourage players to take players on when in 1 v 1 situations. 	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ⤿ = Dribble ● = Marker Disc 😊 = Players → = Run ⋯→ = Pass ⊠ = Goal
<p>COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

Website: www.kysoccer.net Telephone: 859-268-1254 ext 14 Email: adrianparrish@kysoccer.net

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Introducing Passing Practice Session

<https://usys-assets.ae-admin.com/assets/948/15/Introducing%20Passing%20U7-U8.pdf>



Kentucky Youth Soccer Association
Coach Education Lesson Plan



Topic = Introducing Passing U7-U8

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Select two players to be the taggers * Every other player has a soccer ball and dribbles around * If the dribbler gets tagged, they pick the ball up, open up their legs and remain still. * To be unfrozen another player that has not been tagged must pass their ball through the frozen players legs and collect it on the other side. 	<ul style="list-style-type: none"> * Head up while dribbling * Keep the ball under close control * Weight of pass through the legs <p><u>Guided Discovery Question</u> Which part of your foot can you use to make a controlled pass?</p>
	<ul style="list-style-type: none"> * Players work in pairs, with a ball each * One player leads on a dribble, with the other following slightly behind * When the player at the back shouts pull, the lead player passes the ball out in front . * The following player then passes their ball and attempts to hit the lead players ball. * Switch roles after three attempts. * Players can compete against each other and other pairs 	<ul style="list-style-type: none"> * Dribbling with the head up * Weight of pass * Ankle locked * Watch the moving ball, then put head down over the ball as the pass is being executed
	<ul style="list-style-type: none"> * Two teams of four * The coach plays in two soccer balls * Teams score a point by dribbling the ball over one of the sidelines * Teams score a point each time they dribble a ball over but they score two if the received a pass from a team mate and shout out their name as they dribble over. * The opponents can stop the other team from dribbling over 	<ul style="list-style-type: none"> * Recognition when to dribble and when to pass * Field Awareness <p><u>Guided Discovery Question</u> When can we dribble the ball and when should we look to pass?</p>
	<ul style="list-style-type: none"> * Play 4 v 4 with four goals * Let the players play * Keep encouraging a diamond shape and passing * Let them play 	
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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ADM Soccer Club

Coaching Resources

USSF Youth Development Model

http://www.usyouthsoccer.org/assets/1/3/US_Youth_Soccer_Player_Development_Model.pdf

Rules of the Game

<http://www.usyouthsoccer.org/coaches/PolicyonPlayersandPlayingRules/>

**** Nice Read for Your Age Group ****

US Soccer Best Practices

https://usys-assets.ae-admin.com/assets/948/15/US_Soccer_Best_Practices1.PDF

US Youth Soccer Coaches Resources:

<http://www.usyouthsoccer.org/coaches/>

US Youth Soccer YouTube Channel:

<https://www.youtube.com/USYouthSoccer#g/c/805D77038B88D895>

Iowa Soccer Coaching Resources:

<http://www.iowasoccer.org/coaches/>

**** GREAT RESOURCE ****

Kentucky Youth Soccer Association – Permission obtained to use resources for the club by Adrian Parrish(adrianparrish@kysoccer.net)

http://www.kysoccer.net/coaches/lesson_plans/



Appendix A: Sample Welcome Email

This was for a U10 girls team that Chad Kuhse coached.

Hello Parents,

Hope you are enjoying your spring. The spring soccer season is right around the corner and Coach {X} and I are excited for the season to start. Our goal is for the girls to learn about soccer, improve their skills, and have lots of fun. There are a few key dates to put on your calendars related to the soccer club.

1) Soccer field clean up is {DATE}. Please volunteer if you can as it helps the club to provide great facilities for your kids' season.

2) The {spring/fall} scrimmage night is {DATE}. Game times are TBD.

3) The first game is expected to be on {DATE} which is not too far away. We have not received game schedules yet but will forward as soon as they are available.

We are planning to start practices the week of {DATE}. We will practice 2 days a week, every {Tuesday and Friday}. Start time of practices will be 5:30 and will last for one hour.

For parents that are new soccer your {daughter/son}, here's an equipment list.

Required:

1. shin guards, such as this https://www.amazon.com/Vizari-Malaga-Guard-Black-Medium/dp/B006IXHAKQ/ref=sr_1_4?ie=UTF8&qid=1470317340&sr=8-4&keywords=shin+guards
2. soccer socks, such as this https://www.amazon.com/adidas-Youth-Field-Soccer-X-Small/dp/B001GAP2N8/ref=sr_1_1?ie=UTF8&qid=1470322612&sr=8-1&keywords=soccer+socks+youth
3. size 4 soccer ball ball, such as this https://www.amazon.com/adidas-Performance-Starlancer-Soccer-Metallic/dp/B0105YKXP2/ref=sr_1_2?ie=UTF8&qid=1470322776&sr=8-2&keywords=size+4+soccer+ball
4. water bottle for all practices and games
5. ADM Soccer Club jerseys (2 shirts, 1 red and 1 black). If you do not have these jerseys you can purchase at Soccer Masters in Urbandale. <http://www.soccermaster.com/Soccermaster-DesMoines-IA/>
6. black shorts

Optional:

1. Soccer cleats help with traction, but are not required. Please see the ADM soccer shoe swap location to see if there may be a pair that will fit your child if you want.

Our full team roster is listed below



ADM Soccer Club

{Player x}

{Player x}

In case we have to cancel practice we will send email and text messages to everyone as soon as we make a decision on practice cancellations. Please send your mobile number to {Coach} and myself we inform everyone as quickly as possible in case of a cancellation. We recommend you sign up for field status. We will get direct emails/texts out ASAP, but the actual alerts from the club may come to you faster. Here are three places you can look for Field Status's.

1. Website: <http://www.admsoccer.net/>
2. Twitter: @ADMSoccerClub
3. Facebook: www.facebook.com/admsoccerclub

We look forward to a great {spring/fall}. Hopefully the weather is as cooperative as it has been the past couple of weeks. Thanks for your support!

-Chad Kuhse and {coach}



Appendix B: Age group, game length, and soccer ball sizing

Link: <http://www.usyouthsoccer.org/coaches/PolicyonPlayersandPlayingRules/>

Section 1. (a) Except as provided by US Youth Soccer and its State Associations, the length of games, overtime periods, ball size, ball circumference, and ball weight for each age group is as follows:

Age Group	Game Length	Overtime Periods	Size	Circumference	Weight	Number of Players
Under-19	Two 45' halves	Two 15' halves	#5	27-28 in.	14-16 ozs.	
Under-18	Two 45' halves	Two 15' halves	#5	27-28 in.	14-16 ozs.	
Under-17	Two 45' halves	Two 15' halves	#5	27-28 in.	14-16 ozs.	
Under-16	Two 40' halves	Two 15' halves	#5	27-28 in.	14-16 ozs.	
Under-15	Two 40' halves	Two 15' halves	#5	27-28 in.	14-16 ozs.	
Under-14	Two 35' halves	Two 10' halves	#5	27-28 in.	14-16 ozs.	
Under-13	Two 35' halves	Two 10' halves	#5	27-28 in.	14-16 ozs.	
Under-12	Two 30' halves	Two 10' halves	#4	25-26 in.	11-13 ozs.	No more than 11, 8 strongly recommended
Under-11	Two 30' halves	Two 10' halves	#4	25-26 in.	11-13 ozs.	No more than 11, 8 strongly recommended
Under-10	Two 25' halves	NONE	#4	25-26 in.	11-13 ozs.	No more than 7, 6 strongly recommended
Under-8	4 -12' quarters	NONE	#3	23-24 in.	11-12 ozs.	No more than 5, 4 strongly recommended
Under-6	4 – 6' quarters	NONE	#3	23-24 in.	11-12 ozs.	No more than 4, 3 strongly recommended

(b) In tournament play, if the game is still tied after overtime periods, FIFA "Kicks from the Penalty Mark" rules apply to determine the winner.