

Supplementary Training Program

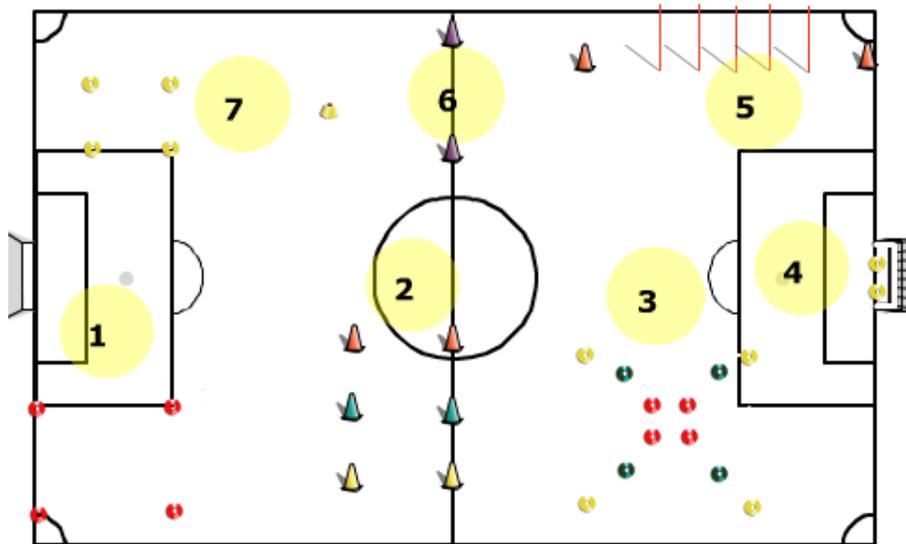
Upper St. Clair Group Training



Session Focus	Core Skills	Session Theme	Skills & Development
Location	Recreation Center, USC	Week Commencing	20 th May 2013
Coaching Staff	Matthew Pearson & Daniel Hannan		

Today's Training Focus: Soccer Skills Event

Our session today focuses on various core soccer skills. The players are organized in teams and compete in various disciplines to become Soccer Olympic Champions!



Players are split into groups and complete a circuit of the following exercises;

1) Keepy Up Challenge

One player starts by juggling the ball inside a 5x5 box. If the ball goes out the box and/or the player drops the ball, they are out. The next player steps in and begins to do the same.

Points: 1pt is awarded for each juggle completed.

2) Throw In Challenge

Players start on the sideline. Each player takes it in turn to throw the ball as far as they can using the throw-in technique. Players score by throwing beyond each line.

Points: 5pts for Yellow, 10pts for Blue, 15pts for Orange

3) Soccer Archery

Players take it in turns to pass the ball into the colored zones which are marked out by cones. Points are awarded where the ball stops.

Points: 5pts for yellow, 10pts for blue, 15pts for red

4) Shooting

Players start at the penalty spot. The aim is to shoot and score on goal.

Points: 5pts for scoring in the big goal, 10pts for scoring in the corners.

5) Slalom - 1pts for each completed slalom

6) Relay Race - 1pts for each completed relay

7) Chipping Challenge

Players have to chip the ball into the box

Points: 5pts for each successful chip

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Understanding

Does your team know what to do?

You can be as clever as you like with tactical planning and technical instructions, but players must be able to understand what you want them to do. I went to a demonstration a while ago at the UEFA Grassroots program which was ran by a couple of highly respected youth coaches to see examples of the different ways you can coach young players.

There were some really good coaching and session ideas that I was privileged to take away from the get together. However, one thing that was clear to me was that the players were having a hard time understanding exactly what was expected of them. Both sessions were player- and activity-centric.

However, because this was a meet-up designed for coaching knowledge, the players at times were clearly unsure of what they were doing and what was expected of them. In that respect, the experiment failed on all levels, bar one - namely in reminding me that one of the most important things you must do with players is ensure they are 'with you' at every step along the path of learning. It's the whole purpose of what we do, after all. If you notice that players are not doing what they are supposed to or are looking around to see how others perform the task, either they were not listening or you failed to get instructions across well enough.

Remember, players understand things in three different ways:

- Visually
- Verbally
- Physically

It is important that for each demonstration a coach must:

- Perform and show the technique that is being learnt, or recreate the scenario for tactical feedback (visual)
- Use explanations and key coaching points through the stages of the demonstration (verbal)
- Let the players perform the technique or replay the situation (physical)

This way, you can be sure your players know what they are doing. And it will ensure you make the most of every session you take.

Quote of the Week

"Knowledge of what is does not open the door directly to what it should be"

- Albert Einstein