



Scituate Soccer Club – Coaches Handbook



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Please feel free to contact me if you have any questions about practices, game formations, team tactics/systems of play.



UK ELITE TEAM PRACTICE SCHEDULE WITH ADAM CORLETT

	Week 1 (4/3 & 4/5)		Week 2 (4/10 & 4/12)		Week 3 (4/17 & 4/19)		Week 4 (4/24 & 4/26)		Week 5 (5/1 & 5/3)		Week 6 (5/8 & 5/10)		Week 7 (5/15 & 5/17)		Week 8 (5/22 & 5/24)	
	5.30pm	6.30pm	5.30pm	6.30pm	5.30pm	6.30pm	5.30pm	6.30pm	5.30pm	6.45pm	5.30pm	6.45pm	5.30pm	6.45pm	5.30pm	6.45pm
Tuesday	5/6 B	3/4 B	3/4 G	5/6 G	5/6 B	3/4 B	3/4 G	5/6 G	5/6 B	3/4 B	3/4 G	5/6 G	5/6 B	3/4 B	3/4 G	5/6 G
Thursday	7/8 B	GK	7/8 G	GK	7/8 B	GK	7/8 G	GK	7/8 B	GK	7/8 G	GK	7/8 B	GK	7/8 G	GK

- Teams will practice with their age group to maximise numbers and create better quality, more competitive practices
- Boys and girls teams will alternate weeks so that each group gets 4 sessions with me in the season
- Coaches can schedule their own practices in weeks their team is not scheduled to practice with me
- Goalkeeper sessions will be co-ed and offered weekly

Five Elements of Training Activity

- **Organized:** Is the activity organized in the right way?
- **Game-like:** Is the activity game related?
- **Repetition:** Is there repetition, when looking at the overall goal of the training session?
- **Challenging:** Are the players being challenged? Is there a right balance between being successful and unsuccessful?
- **Coaching:** Is there proper coaching, based on the age and level of the players?

Training Practice Guidelines

➤ **Organization - Set up the field according to the training session plan.**

Start with the final “play phase”, then add “Practices:” then first “play phase” inside of that. Think about how to transition from one phase to the next as quickly and efficiently as possible. Ask players to help, where appropriate.

➤ **Players arriving**

Welcome every player individually. High Five or handshake. When players arrive at different times, get them involved in first play phase right away (1v1, 2v1, 2v2, etc.) If team is already together, organize first play phase as a group. If single player arrives early, involve him/her in setting up or spend time together with the ball (build relationships)

➤ **Starting the exercise**

Once all players have arrived, bring them together to officially start the training session (even if they’ve been playing until now) Think about your position and that of your players (sun/wind in your face, not theirs; use a circle/half circle where everyone is in the first row, etc.) Collective welcome, brief explanation (30 seconds) of the first play exercise: PEP: “picture”, “explain”, “play” Demonstrate while explaining. Play!

Training Practice Guidelines (cont.)

➤ **Observation**

Using the “five elements” questions on the training session plan, observe the first four (organized, game-like, repetition, challenging) Adapt as necessary (clarify rules/expectations, adjust size of space, adjust numbers of players, balance teams, other)

➤ **Guided Questions 1**

Apply the fifth element (coaching) using guided questions and key words

Bring players in (all together from various fields or address each field individually)

No answer required: this first step is only to focus their attention, “Think about the following as you play” (add guided question)

➤ **Play - Continued observation**

Guided question and key word reminders plus praise when players show the desired behavior

➤ **Guided questions 2**

Bring players in (all together from various fields or address each field individually)

Same questions as #5

This time players share their answers

Interact with players about the “why” of the desired behavior

➤ **Play - Continued observation**

Guided question and key word reminders plus praise when players show the skill



7v7 Systems of Play

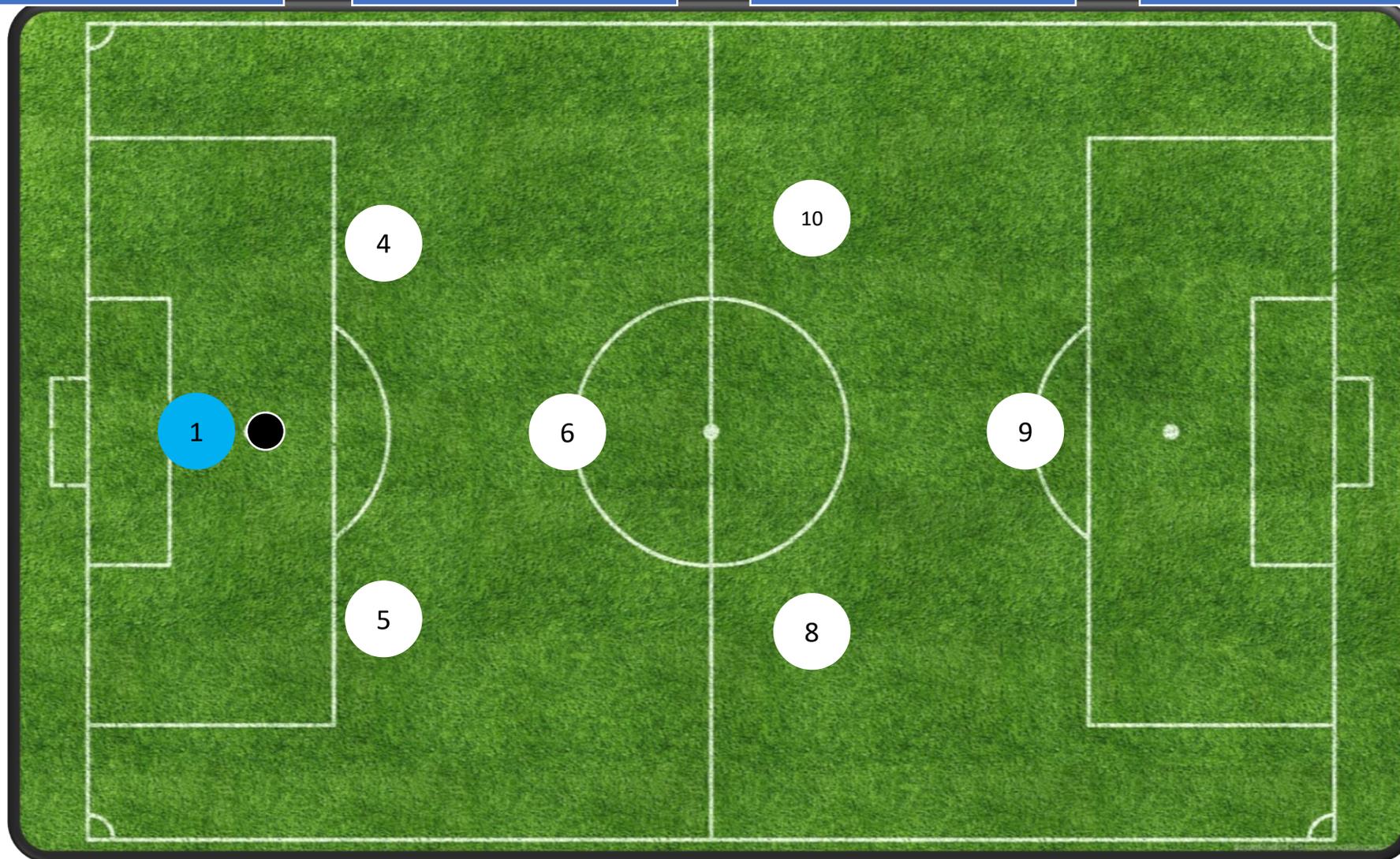
1-2-1-2-1

Play on 4 attacking lines

Diamond shape when bringing the ball out from the back

Midfield 6/8/10 same as point down system at 9v9 and 11v11

Opportunities to dominate in midfield with 3 players playing on different lines





9v9 Systems of Play

1-2-3-2-1

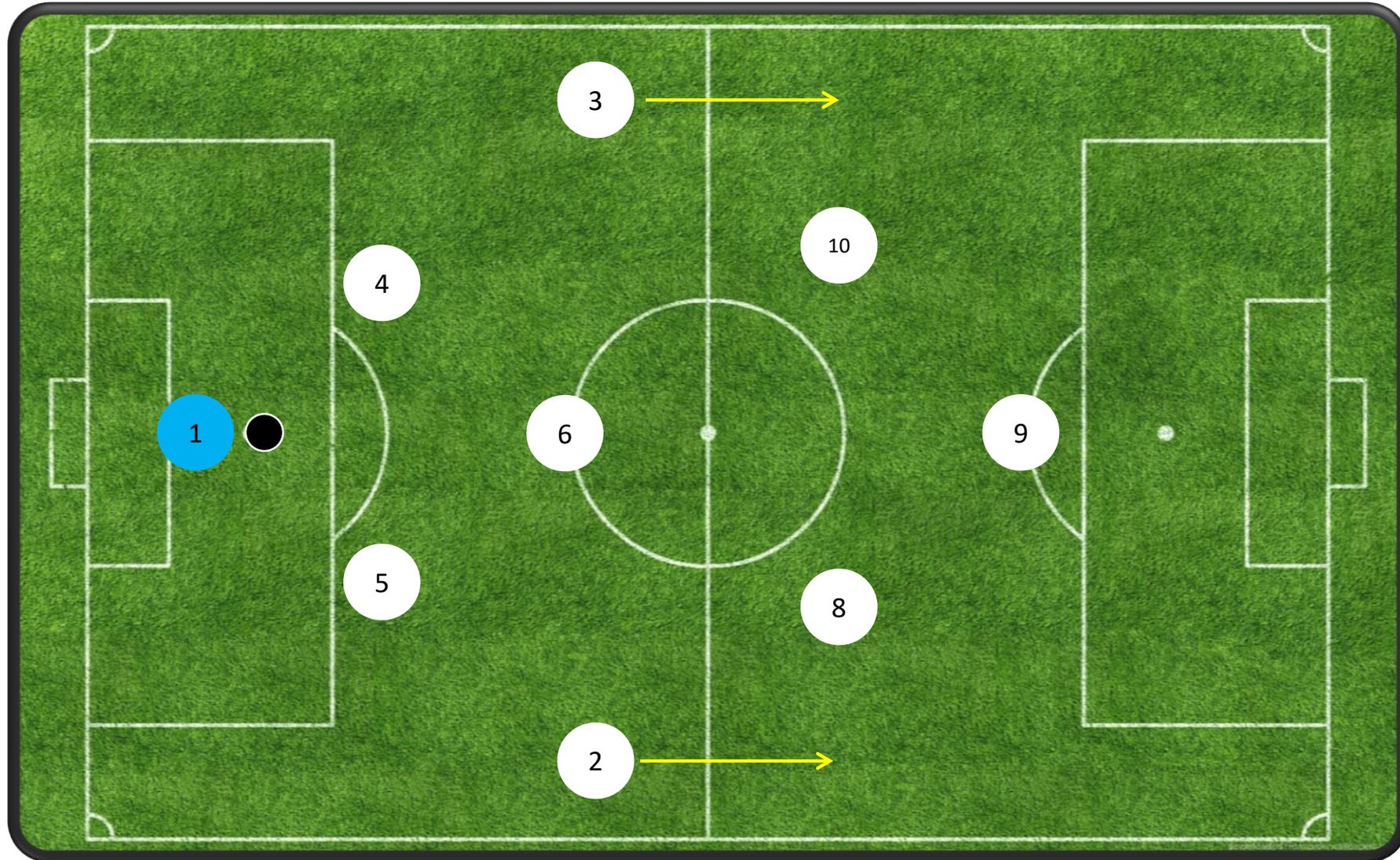
Play on 4 attacking lines

Shape when bringing the ball out from the back relates to 11v11

Full backs develop mindset of joining into attacking lines

Midfield 6/8/10 same as point down system in 7v7 and 11v11

Opportunities to dominate in midfield with 3 players playing on different lines

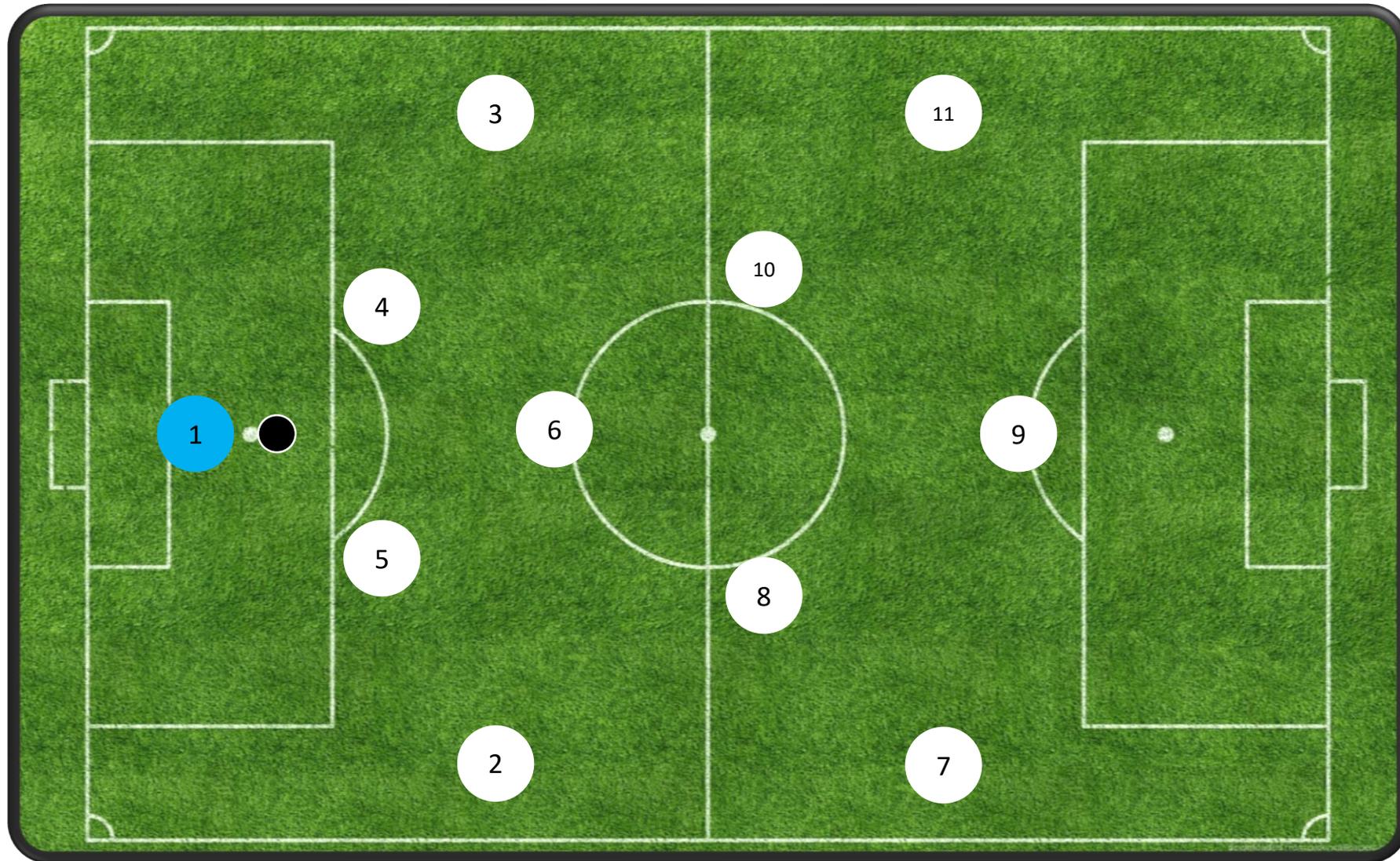




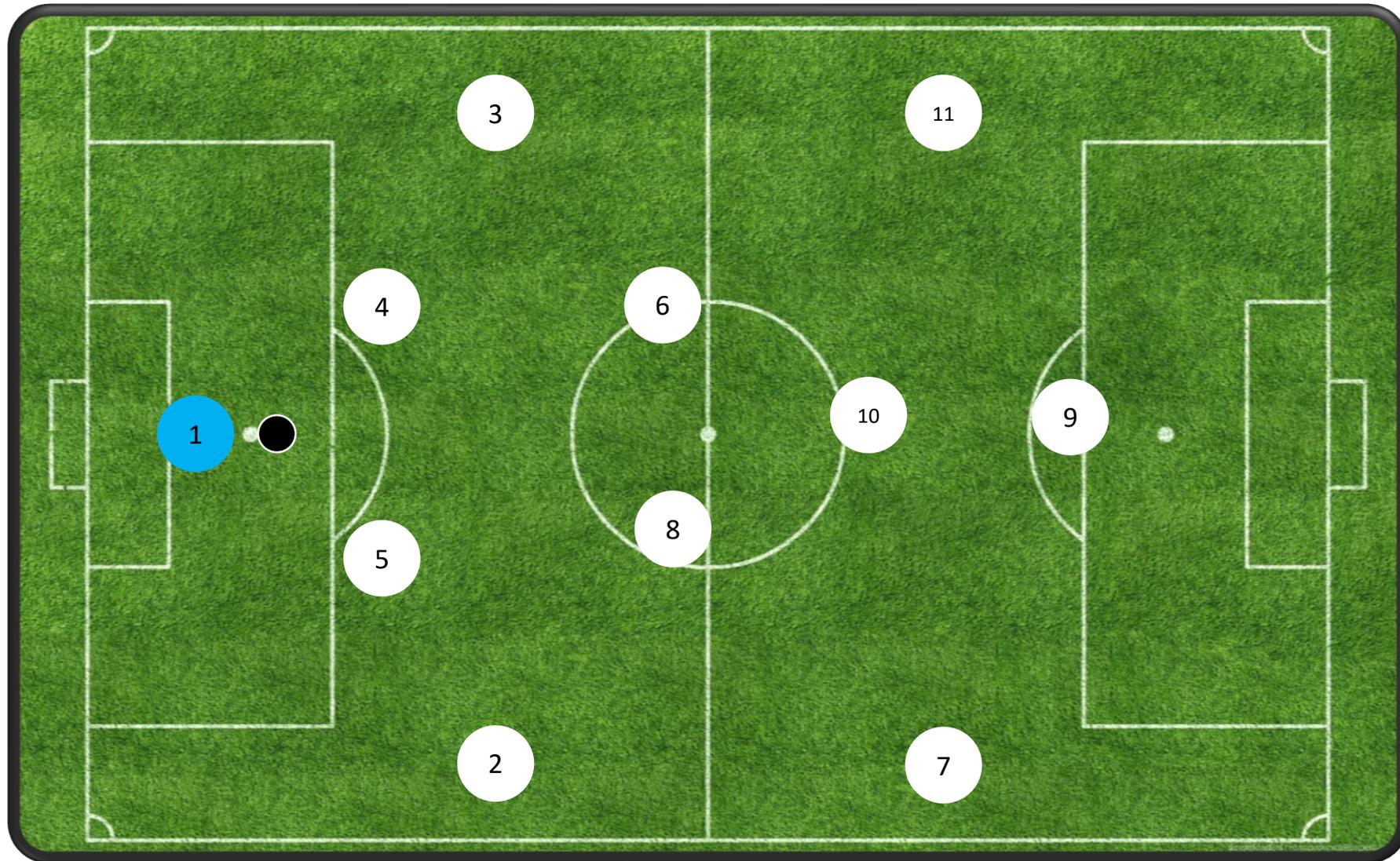
11v11 Systems of Play

1-4-3-3

1-4-3-3 (Point Down)



1-4-3-3 (Point Up)



Systems of Play

1-4-3-3

The goalkeeper, central defenders and the number 6 must provide depth to keep possession during build up play. Full backs are encouraged to get forward and support the attack, provide crosses and overloads in wide areas.

The holding midfield player (6) has a responsibility to change the point of attack, switch the play and keep a defensive position in front of the two central defenders. In possession numbers 8 & 10 are interchangeable by working off each other's positions. They have responsibility to come short to retain and build possession, position themselves between the lines and make forward runs past the central striker.

This formation is flexible and has multiple attacking dimensions; positions 7 & 11 must be competent to play as a winger and as an inside forward on the opposite side of the pitch. They must provide central penetration, support for the central striker and cut inside for shooting opportunities.

Player Passing Lines & Roles and Responsibilities

Goalkeeper (1)

Attacking

- Quality distribution
- Angle off support during build up play

Transition Def

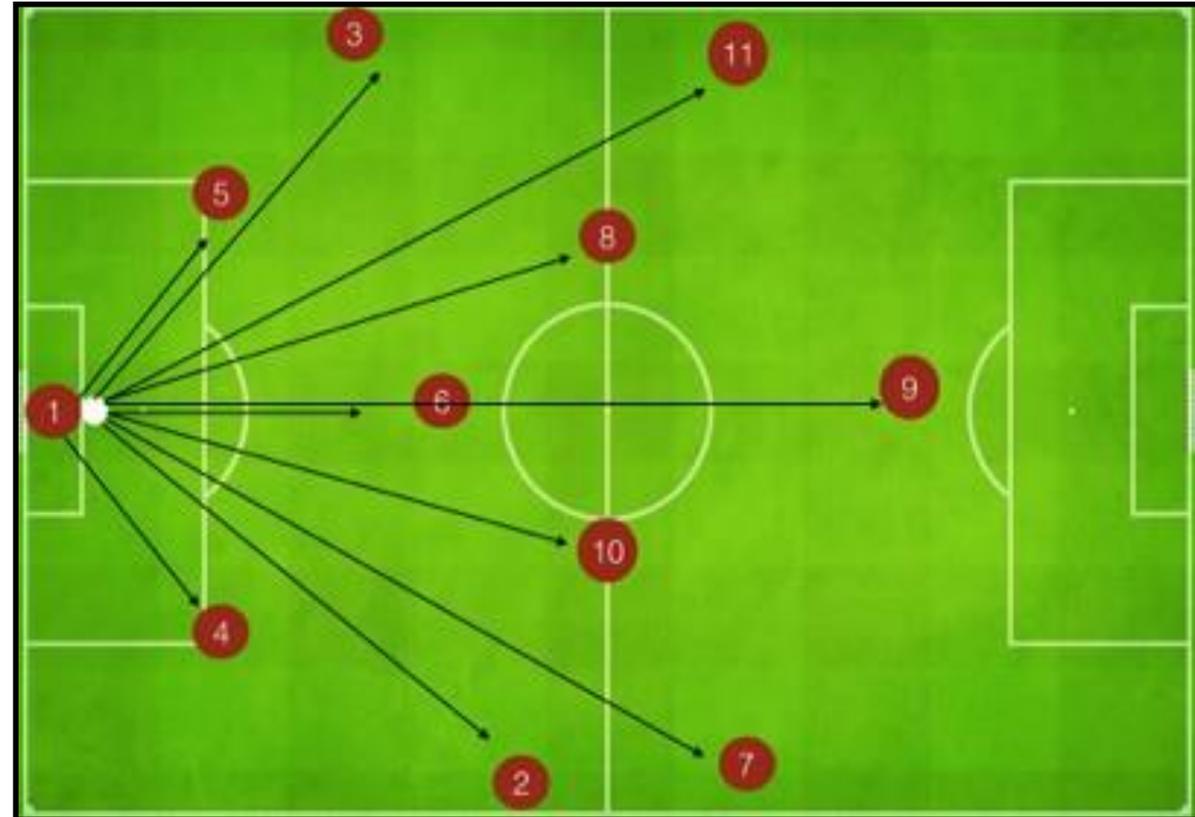
- Sweeper Keeper
- Organize to make the play predictable
- Communication with defensive unit

Defensive

- Starting position
- Command penalty area
- Organization of back four
- Organization at set plays
- Shot stopping
- Collecting crosses

Transition Att

- Quick direct distribution



Central Defenders (4 & 5)

Attacking

- Quality distribution
- Provide depth during build up play
- Range of passing
- Rotate the ball quickly across the field

Transition Def

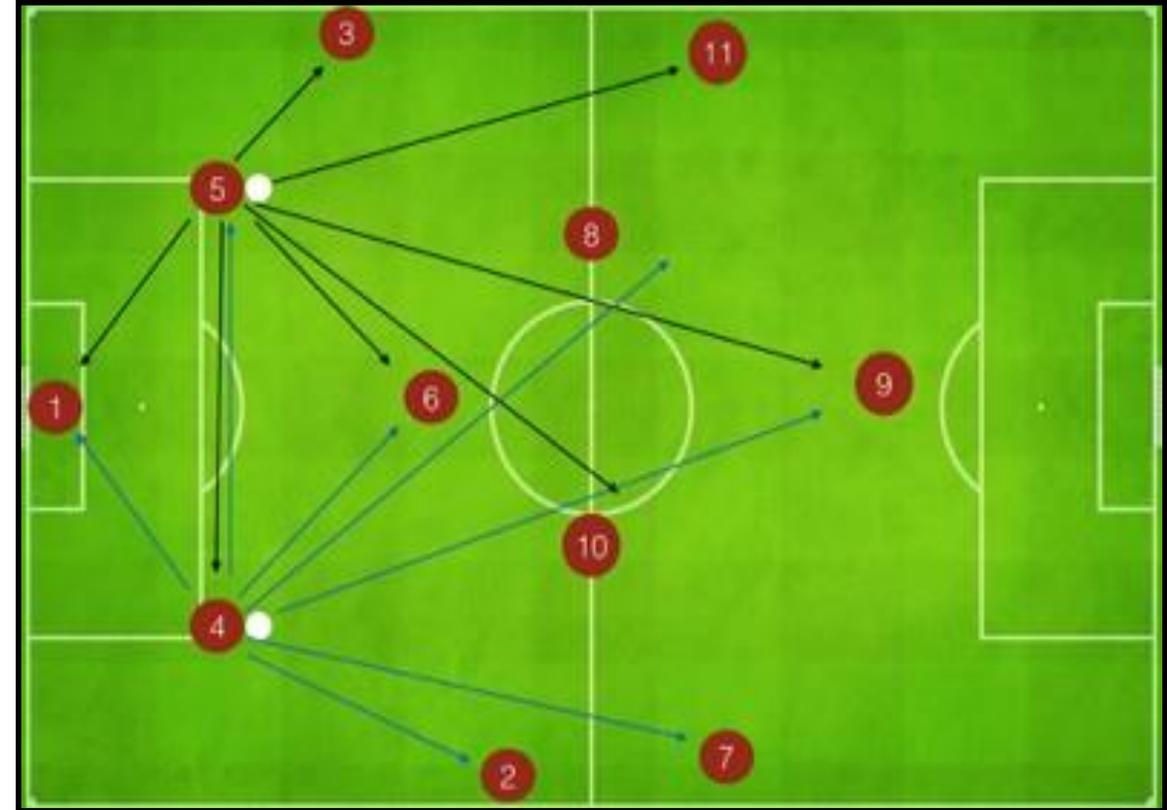
- Press or delay
- Organize to make the play predictable
- Communication with defensive unit
- Recovery runs

Defensive

- Starting position
- Ball side goal side
- Win possession or force a mistake
- Man mark or cover team mate
- Organization of back four
- Organization at set plays

Transition Att

- Forward passing
- Positive passing
- Squeeze up the field



Full Backs (2 & 3)

Attacking

- Quality Passing
- Provide width during attacking play
- Range of passing
- Work together with the wide player
- Overlapping and underlapping runs
- Crossing

Transition Def

- Press or delay
- Make the play predictable
- Recovery runs

Defensive

- Press, drop or hold position
- Angle of pressure to force ball inside
- Starting position
- Ball side goal side
- Win possession or force a mistake
- Man mark or cover team mate

Transition Att

- Forward passing
- Fast forward runs to support attack
- Positive passing
- Squeeze up the field



Defensive Midfielder (6)

Attacking

- Quality Passing
- Be available to distribute the ball from central areas
- Range of passing
- Switch the ball quickly
- Dictate tempo of the attack
- Individual creativity

Transition Def

- Press or delay
- Make the play predictable
- Recovery runs
- Organise to make the play predictable

Defensive

- Press, drop or hold position
- Form defensive block
- Block forward passing lanes
- Angle of pressure to force ball inside
- Starting position
- Ball side goal side
- Win possession or force a mistake
- Man mark or cover team mate

Transition Att

- Forward passing
- Fast forward runs to support attack
- Positive passing



Attacking Midfielder Players (8 & 10)

Attacking

- Quality passing
- Be available to receive the ball in central areas
- Movement off the ball
- Creative passing
 - Range of passing
- Switch the ball quickly
- Forward runs
 - Individual Creativity
- Shots at goal

Transition Def

- Press or delay
- Make the play predictable
- Recovery runs
- Form defensive block (8)
- Block inside passes

Defensive

- Press, drop or hold position
- Form defensive block (8)
- Press CB or DCM (10)
- Block forward passing lanes
- Angle of pressure to force ball inside
- Starting position
- Ball side goal side
- Win possession or force a mistake
- Man mark or cover team mate

Transition Att

- Forward passing
- Fast forward runs to support attack
- Positive passing
- Squeeze up the field
- Runs into the penalty box



Wide Midfielder Players (7 & 11)

Attacking

- Quality passing
- Vary starting positions
- Positive in possession
- Run and dribble with the ball
- Movement off the ball
- Creative passing and crossing
- Range of passing
- Forward runs
- Shots at goal

Transition Def

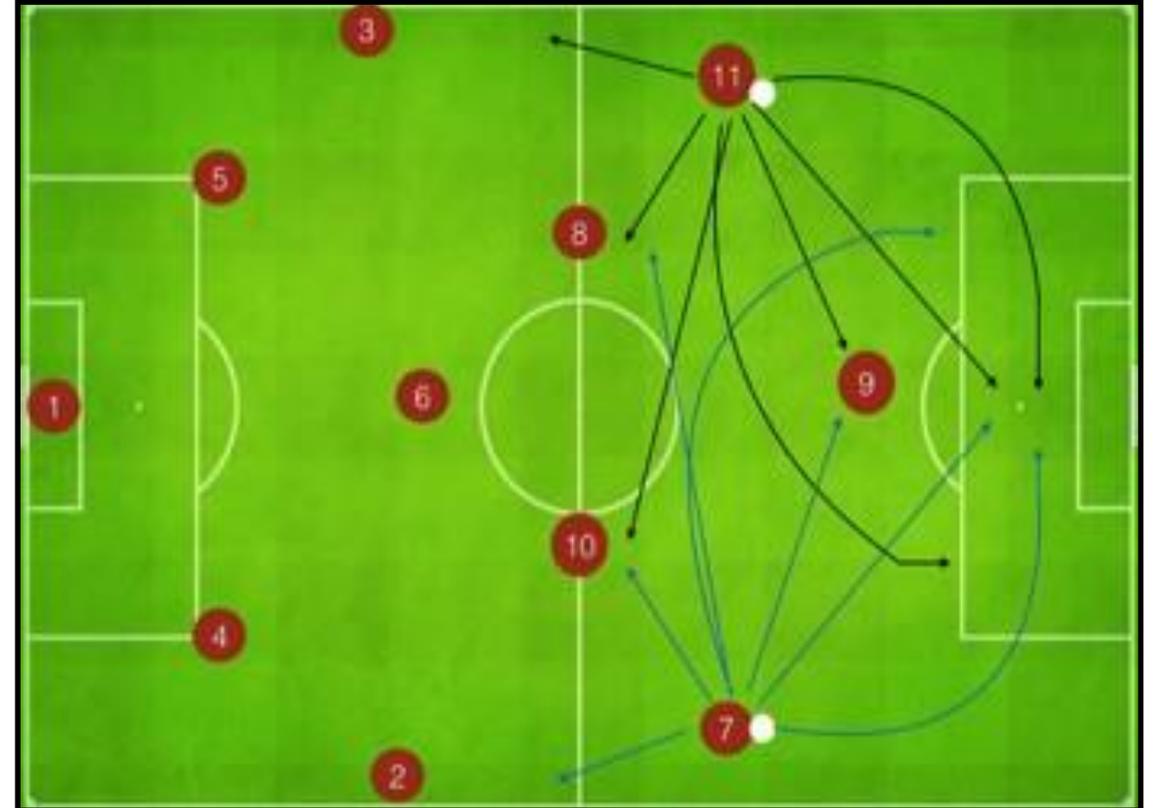
- Press or delay
- Make the play predictable
- Recovery runs
- Block inside passes

Defensive

- Press, drop or hold position
- Press full back
- Block forward passing lanes
- Angle of pressure to force ball inside
- Starting position
- Ball side goal side
- Win possession or force a mistake
- Man mark or cover team mate

Transition Att

- Forward passing
- Fast forward runs to support attack
- Positive passing
- Squeeze up the field
- Runs into penalty box



Striker (9)

Attacking

- Quality passing
- Vary starting positions
- Positive in possession
- Run & dribble with the ball
- Movement off the ball
- Runs behind the opposition
- Individual Creativity
- Combination play/target
- Forward runs
- Shots at goal

Transition Def

- Press or delay
- Make the play predictable
- Block inside passes

Defensive

- Starting position
- Ball side goal side
- Win possession or force a mistake
- Press, drop or hold position
- Press centre back
- Block forward passing lanes
- Force the ball inside and stop switch

Transition Att

- Set for forward pass
- Movement in behind the opposition
- Forward passing
- Fast forward runs to support attack
- Runs into penalty box

