



# U10 Coaching Guide

compiled by

Michael Karlin and Rand Bleimeister

AYSO Region 76

Beverly Hills, CA

For more information, contact Michael at [webmaster@ayso76.org](mailto:webmaster@ayso76.org)  
or Rand at [rbleimeister@ayso76.org](mailto:rbleimeister@ayso76.org)

# Introduction

- ⚽ This coaching guide bridges the gap between the official AYSO Under 10 coaching manual and the practical realities of coaching a team with just one game and hour of practice each week
- ⚽ The guide features
  - ⚽ Keys to success
  - ⚽ How to organize a practice
  - ⚽ Practice plans for 10 weeks
  - ⚽ Tips on each of the exercises, drills and scrimmage games
  - ⚽ Goalkeeping 101
  - ⚽ How to coach a game
- ⚽ The practice plans are mandatory for coaches in their first or second year of coaching Under 10 and they are strongly recommended to more experienced coaches

# Keys to Success – 1

- 🍎 Be positive
- 🍎 The coaching sandwich:
  - ⚽ Wrap your critiques with two slices of praise
  - ⚽ Players get better by making, not avoiding, mistakes
- 🍎 K.I.S.S. (Keep It Simple Sweetheart)
  - ⚽ Talk less, use words with 1 or 2 syllables
  - ⚽ Don't lecture, keep it short
  - ⚽ If you must talk a lot, do it on sideline after practice
- 🍎 Encourage your players to practice at home
  - ⚽ Give them homework – practice juggling, “touch”, dribbling, turning, watch a game, kick ball against a wall or with a parent or friend
  - ⚽ Get parental support
- 🍎 Encourage players to watch soccer on TV; get parents to take them to professional, college and high school games
- 🍎 Follow the curriculum but let us know how it works for you

## Keys to Success – 2

- ⚽ Have a practice plan – use the weekly lesson plans
- ⚽ You have just one hour
  - ⚽ Arrive early at the field
  - ⚽ Know what you are going to teach
  - ⚽ Require players to arrive 15 minutes before your official start time, so they can put on cleats and get ready
  - ⚽ Work with assistant coach to mark out spaces with flat cones
- ⚽ All activities should involve frequent touches of the ball
- ⚽ Learn the practice and drill progression
  - ⚽ Start with no pressure – time or space
  - ⚽ Add limited pressure – either time or space
  - ⚽ Full pressure – several players involved in game-like situations
  - ⚽ Game conditions – game with rules designed to emphasize what you want to teach
- ⚽ Give the most time to the weakest players – how well you coach them will determine how successful your team is

# Practice Plan

- 🍏 All practices must be organized into five segments:
  - ⚽ Warm-up (100% with the ball) – 10 minutes
  - ⚽ One or two skill drills – 15 minutes
  - ⚽ A scrimmage or game – 15-20 minutes
  - ⚽ A second drill at the end – 10 minutes
  - ⚽ Cool down run and stretch on sidelines after practice, not before
- 🍏 Follow the lesson plans
  - ⚽ Do all 5 segments; don't worry if you can't do every drill/progression
- 🍏 Prepare your practice before you get to the field
  - ⚽ Be sure each player brings a soccer ball (size 4) and water
  - ⚽ Players wear practice uniform: white t-shirt, black shorts and socks
  - ⚽ Bring balls, flat cones, water, pump. Optional: Small fold-up goals
  - ⚽ Bring vests: 5 x 2 colors to run games and drills at each practice
- 🍏 Hydration is vital:
  - ⚽ Frequent short, disciplined water breaks, especially early in season
  - ⚽ We prefer water to sweetened drinks so players take more fluid

# The Warm Up

- ⚽ 8 and 9 year olds do not need to stretch; modern thinking is that static stretching before practice is bad at any age
- ⚽ They must warm up; dynamic stretching optional at this age
- ⚽ Warm ups should always involve the ball
- ⚽ Types of warm ups:
  - ⚽ Ball skills, e.g. juggling, jogging in place with ball, dribbling in place
  - ⚽ Dribbling
    - ⚽ Different types of dribbles, turns and moves
    - ⚽ Dribble across the field or within a grid
  - ⚽ Warm ups with 2 or 3 players that improve touch and passing
  - ⚽ Control, accuracy and touch are what matter – not speed
- ⚽ The keys:
  - ⚽ No contact (tackling)
  - ⚽ Constant activity
  - ⚽ Make the warm up relevant to the rest of your practice

# Skill Drills

- ⚽ Your practice should have a theme - the skill drills need to fit with the theme
  - ⚽ Don't try to coach three things at once
  - ⚽ Break down and prioritize the elements of each skill
- ⚽ Keep it moving – no lines and constant activity
  - ⚽ The players will not get bored by constant repetition
  - ⚽ But they will get distracted and bored by standing around
- ⚽ You must be able to coach the skill; if you can't, get help from someone who can, including your best players
  - ⚽ Coaching a skill does not mean you have to be able to perform it
  - ⚽ It means understanding the skill, being able to explain it and being able to diagnose mistakes
- ⚽ Slow it down – tell the players “Practice as fast you can, not as fast you can't” (John Wooden)
- ⚽ Players were born with two feet – make them use both

# Scrimmages and Games

🌿 Don't just scrimmage. Scrimmages should be tuned to the practice theme (more on this later). Some examples you will see later:

⚽ To teach offence:

⚽ [Use unbalanced teams](#)

⚽ Shorten the field to eliminate transition

⚽ To teach passing:

⚽ [Use Hands Game](#)

⚽ [Alley Game - create a field with cone-demarkated passing lanes](#)

🌿 Coaches:

⚽ Play in a game or scrimmage only if you know what you're doing

⚽ Don't show off and don't score

⚽ BE CAREFUL – the players are a third to a half of your weight

🌿 Scrimmage in middle of practice, not the end, so players don't spend the whole practice waiting for it to begin



## End of the Practice

- ⚽ Don't end the practice with the end of the scrimmage
- ⚽ Do at least one more drill at the end of the practice – at least 7 - 10 minutes **LEAVE TIME FOR THIS**
  - ⚽ Let the players take water while you prepare the drill
  - ⚽ Make the drill fun and, more than ever, continuous activity is vital
- ⚽ Shooting and kicking drills are good at this time
- ⚽ In the early part of the season, this can also be a good time to talk about positioning for the game
- ⚽ After the final drill, have your players jog at least 100 yards as a team – make sure they are all together. Optionally have them do some stretches after the cool down. You can do this on the sideline so you can let next team on field

# 10 Weeks of Practice Plans

- ⚽ Here is how you organize your first 10 practices
- ⚽ Each practice is themed
- ⚽ Here are the themes:
  - ⚽ Week 1: Getting Started
  - ⚽ Week 2: Throw-Ins/Finding Space
  - ⚽ Week 3: Passing 1
  - ⚽ Week 4: Defense 1
  - ⚽ Week 5: Set Pieces
  - ⚽ Week 6: Dribbling and Turns
  - ⚽ Week 7: Kicking
  - ⚽ Week 8: Passing 2
  - ⚽ Week 9: Defense 2
  - ⚽ Week 10: Passing 3
- ⚽ If you can get in a second practice before your first game, do the Dribbling and Turns Practice

# Theme: “Getting Started”

# Week 1

- 🍏 Gather your players at the first practice. Tell players:
  - ⚽ We play soccer because it’s fun to play
  - ⚽ The goal of the game is to score more goals than your opponents
  - ⚽ In the next few weeks you will learn how to play the game and you’ll learn the skills you need to play the game well
  - ⚽ You will learn how to dribble, how to turn, how to pass, how to kick, how to score goals, and how to keep the other team from scoring goals against you
  - ⚽ Getting better is more important than winning
- 🍏 At the first practice, all your players should meet each other and learn their names using the “circle drill” described in the Week 1 and Week 2 plans
- 🍏 You must bring to practice a notebook containing every player’s medical release form signed by a parent
- 🍏 Ask players to come up with a team name and cheer

# Theme: “Getting Started”

## Week 1

- ⚽ Start with the Circle Drill (3-5 minutes)
  - ⚽ Players in a circle – 20 yards in diameter
  - ⚽ Player shouts own name **LOUD**, kicks ball to any player except right or left
  - ⚽ Start with one ball in circle; add a second ball
- ⚽ Warm up by running with the ball (10 minutes)
  - ⚽ Coach demonstrates simple dribbling technique (see next slide)
  - ⚽ Players dribble in 1 or 2 groups from one line to another line 30 yards away
- ⚽ Teach how to pass the ball (15 minutes)
  - ⚽ Emphasize technique #1 (plant foot next to ball - see slide after next)
  - ⚽ Players pair off and pass the ball to each other
  - ⚽ Coach observes and coaches each player on technique
- ⚽ 3 v 3 practice game (15 minutes)
  - ⚽ No goalkeepers; 1 or 2 players (or coaches) are all-time attackers
  - ⚽ Tell players to get open; don't bunch up; stop play often to prevent this
  - ⚽ Players must spread out and pass to each other. They need to yell for ball
- ⚽ Shooting drill (10 minutes)
  - ⚽ Players get in a line at PK mark. 2 lines at opposite goals if >5 players.
  - ⚽ Coach stands next to left post and rolls ball slowly across goal. Each player runs up and score with inside right foot from 2 (yes, 2!) yards out
  - ⚽ After 5 minutes, coach goes to right post and players must use left foot

## Week 1 Pointers - Dribbling

- ⚽ If >5 players, designate each a 1 or 2 and run in 2 groups
- ⚽ Have them stop ball dead (with ball of foot) on line before turning; variant: have them do cut turns inside or out
- ⚽ Don't hit ball with inside of foot
- ⚽ Touch ball with instep, **toe pointing down, foot making a fist**
- ⚽ Run normally when foot not touching ball – no waddling
- ⚽ Touch the ball as often as you can, meaning **soft touch**
- ⚽ **HEAD UP!!** Coach runs backward facing players, holding up hands and asking players to yell how many fingers
- ⚽ Another dribbling warm-up: Find a constrained space and:
  - ⚽ Have them dribble around without running into each other; stop on command (you can use “Simon Says” for this, too)
  - ⚽ Have them stop ball with ball of foot and then take a different ball
- ⚽ See Week 7 for more pointers on dribbling and turns

# Week 1 Pointers – Kicking Technique

- ⚽ All these pointers apply to every kind of kick
- ⚽ At this stage, emphasize the push pass (ball struck with inside of foot – more accurate). NO TOES!!
- ⚽ #1: (see next slide): Plant foot (non-kicking foot) should be:
  - ⚽ Toe level with front of ball with space between plant foot and ball
  - ⚽ Pointed in direction of kick – same for push pass, instep kick or shot
- ⚽ #2: All weight on plant foot; kicking foot can swing freely
- ⚽ #3: Long last step with plant foot:
  - ⚽ Kicking foot is naturally back and doesn't have to be lifted back
  - ⚽ Single movement – plant and kick, don't plant, hesitate and kick
- ⚽ #4: Follow through – finish like the Karate Kid (arms out)
- ⚽ #5: Lock the ankle – “Make a fist with your foot”
- ⚽ Don't coach all these at once; teach one thing at a time
- ⚽ **When coaching, watch the plant foot; don't congratulate a powerful toe poke**

# Positioning Plant Foot for Kick

Week 1



Direction of kick



Plant foot (toes) level with ball, with some space between foot and ball



Plant foot too close to ball



Plant foot not pointing in intended direction of kick



Plant foot behind ball

# Throw-Ins/Finding Space

## Week 2

- ⚽ Start with Circle Drill (3-4 minutes)
  - ⚽ Same as Week 1
  - ⚽ Switch: Shout name of another player and pass to that player
- ⚽ Throw-in Drill (15-20 minutes)
  - ⚽ Demonstrate technique (next slide) (3-5 minutes)
  - ⚽ Progressions (each drill 3 minutes, including explanation time)
    - ⚽ Players pair off; kneeling player throws to standing teammate
    - ⚽ Change pairs and players throw to each other from standing position
    - ⚽ Three-way throw-in drill (drill #1 2 slides ahead)
    - ⚽ If there is time: Three-way back and forth (drill #2 2 slides ahead)
- ⚽ Passing drills to find space (10-12 minutes) (4 slides on)
- ⚽ Handball game – spreading out (10 minutes) (5 slides on)
- ⚽ Kicking (10 minutes) Kick against a fence
  - ⚽ Teach players how to kick a stationary ball with power
  - ⚽ Teach fundamentals again (see Week 1 pointers on kicking)
  - ⚽ Safety note: Tell players to wait while balls are retrieved after kicks – never shoot where a player has back to ball



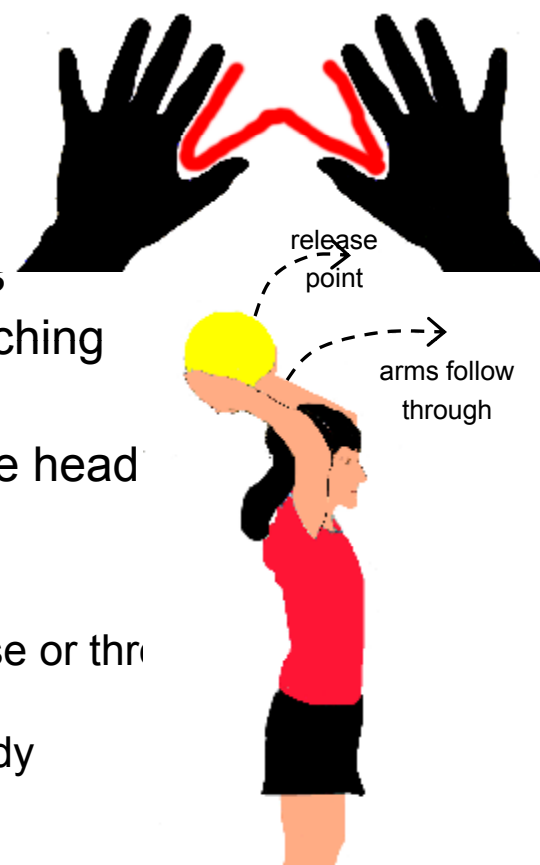
# Throw-In Pointers

Week 2

- 🏆 Warm up – if the players aren't jogging in place, they won't be properly warmed up

- 🏆 Throw in technique

- 🏆 Hands make a W; thumbs 2 – 3 inches apart
- 🏆 Stand straight, feet spread at shoulder width
- 🏆 Arms drop back behind head, ball resting on hands
- 🏆 Lean back from waist; should feel quadriceps stretching
- 🏆 DON'T TAKE A STEP; KEEP FEET ON GROUND
- 🏆 Body forward; straighten arms and let ball go above head
- 🏆 Use hips and knees for pace and distance control
- 🏆 Thrower needs to make teammates look good
  - 🏆 Soft throw, except clearing throw from deep in defense or throw into opponent's penalty area
  - 🏆 Throw to feet – don't throw a bullet at teammate's body



- 🏆 Receiver positioning on throw-ins

- 🏆 There need to be at least 3 targets moving to get free
- 🏆 Thrower must look around before throwing
- 🏆 In the scrimmage, require thrower throw ball backwards toward open teammate

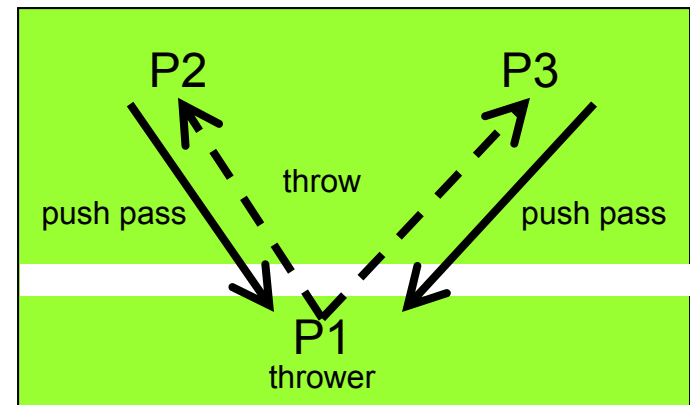
# Throw-In Drills

## Week 2

⚽ During all throw-in drills, walk the line and correct technique

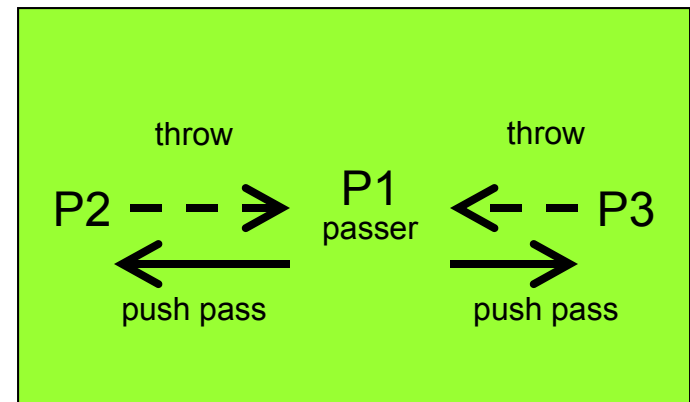
### ⚽ #1 3-way throw-in drill

- ⚽ Vary distance between P1 and receivers
- ⚽ Progression: Rather than throwing right at P2 or P3, P1 leads P2 and P3 first to the left, then to the right
- ⚽ Switch positions after 10 repetitions

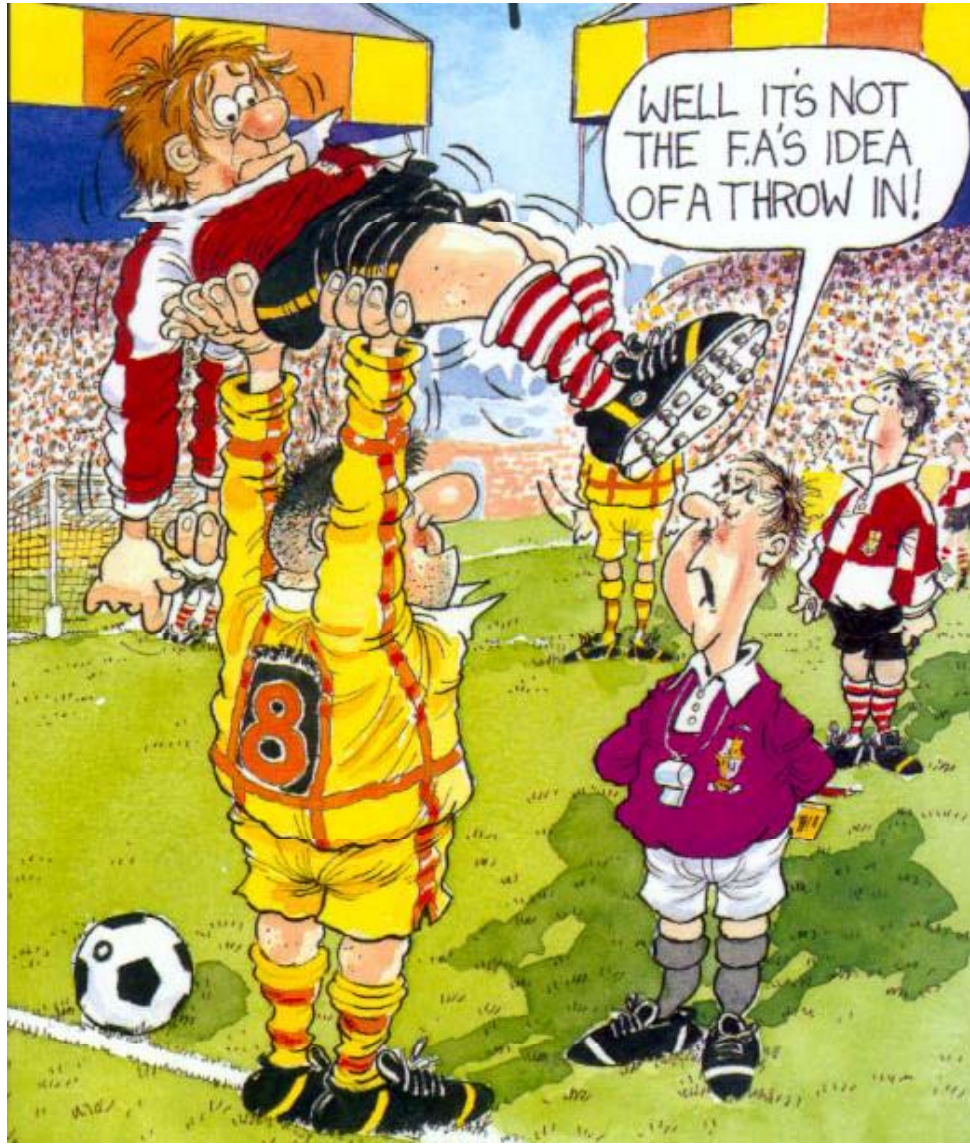


### ⚽ #2 3-way back and forth

- ⚽ P2 and P3 must not throw ball to P1 until P1 turns and yells "Ball" LOUDLY
- ⚽ P1 can hit ball first time or trap first but P1 must get ball under complete control before passing
- ⚽ Switch positions after 10 repetitions



# Helpful Hint on Throw-Ins



# Passing/Get Open Drills

## Week 2

⚽ You may only have time for one of these

### ⚽ #1 Switching

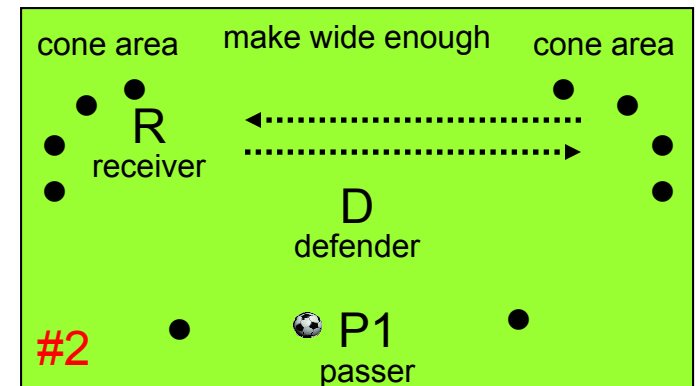
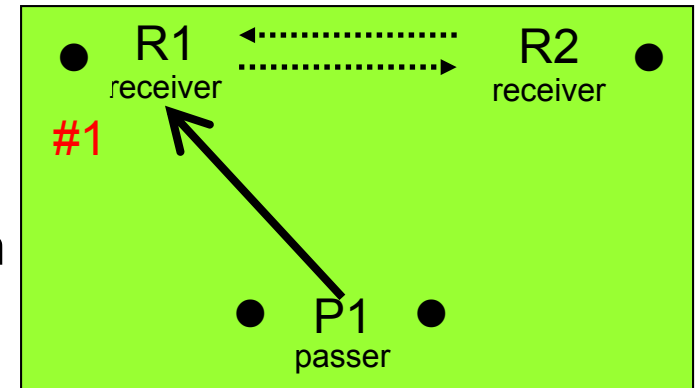
⚽ P1 passes to R1; R1 passes back; then R1 and R2 trade places; receiver calls “Ball” before P1 passes

⚽ Progressions:

- ⚽ P1 passes ahead of R1 (“lead pass”); R1 and pass arrive at cone at same time
- ⚽ P1 passes to either receiver
- ⚽ P1 must do 360° turn before passing

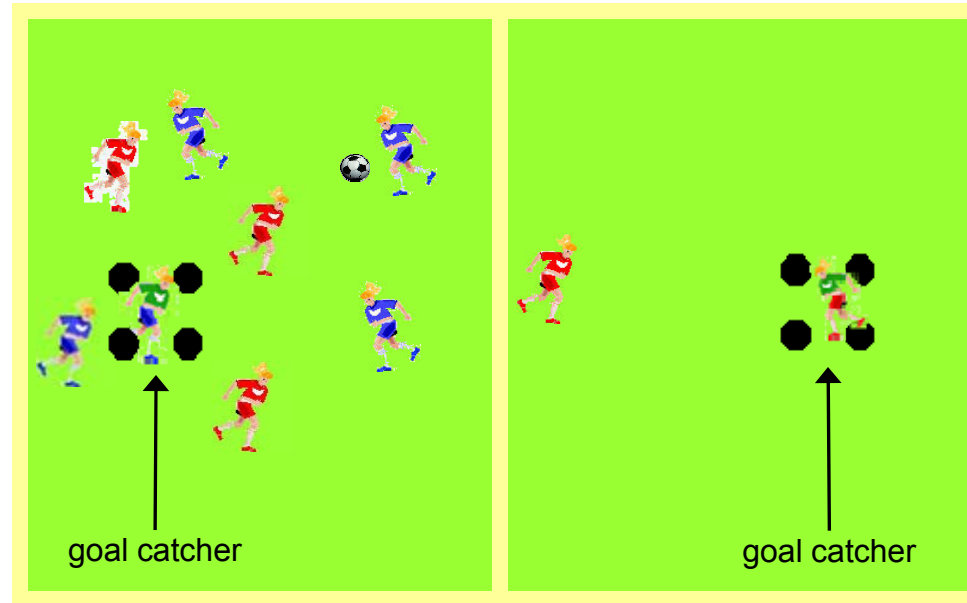
### ⚽ #2 Getting Open (more advanced)

- ⚽ D faces P1 but may not tackle
- ⚽ R makes quick changes of direction to get open – shuttle run is best
- ⚽ P1 passes to R when R is open in or (progression) on way to cone area



# Handball Game

## Week 2

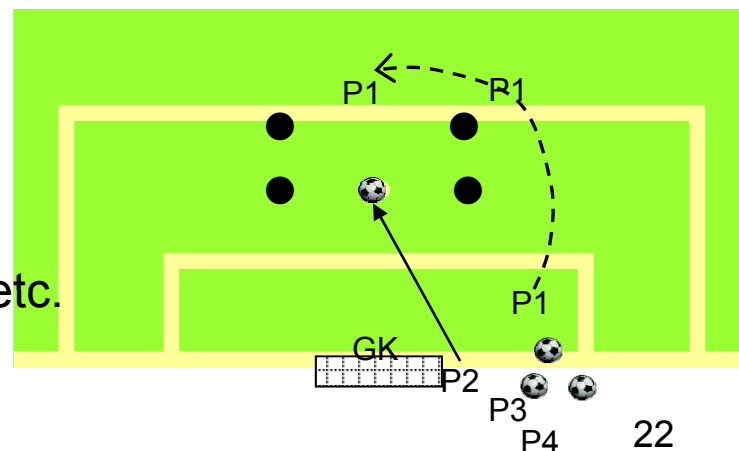


- 🏆 Keep field quite small (30 x 25 yards)
- 🏆 Object is to find open space near (but not too close to) teammates
- 🏆 To score, all players must catch ball, then throw to their “goal catcher”
- 🏆 Stop play to stress need to spread out and OK to pass back
- 🏆 No offside (so red forward is available for quick pass)
- 🏆 Variation/progression: Maximum of 3 steps before passing
- 🏆 Progression: Alternate throw in air, then roll on ground

# Theme: “Passing”

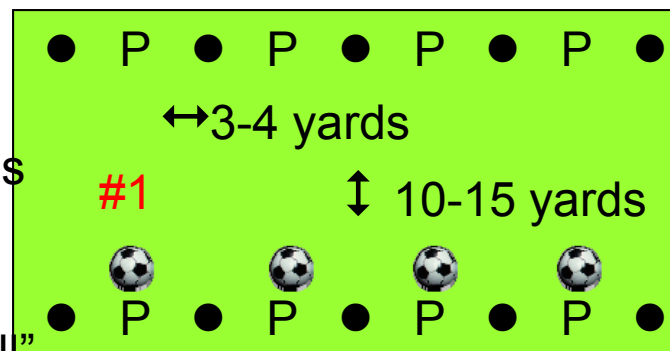
## Week 3

- ⚽ Dribble, Turn, Pass (warm up – 10 minutes) (use set up #1 next slide)
  - ⚽ Players pair off 10-15 yards apart; P1 dribbles up to P2, does inside cut, dribbles back, stops (using sole of foot), turns, passes to P2; P2 does same
  - ⚽ Inside cut first time with right foot, next time with left foot
  - ⚽ Then outside cut, first with right foot then with left
- ⚽ Passing drills (see diagrams next slide) (15 minutes)
  - ⚽ Players pair off. Players pass ball to each other using push pass and jog in place when not passing or receiving. Go down line checking technique
  - ⚽ Next, players form groups of 3, 1 is the passer, the other 2 receivers
  - ⚽ Add passive defender. If D intercepts, passer becomes defender.
- ⚽ Scrimmage: Zone game (20 minutes)
  - ⚽ Lay field out in 3 sections – see diagram and instructions 2 pages ahead
  - ⚽ Players split into 2 teams of 5
  - ⚽ Accurate passing and getting open!
- ⚽ Passing/Shooting Drill (10 minutes)
  - ⚽ P1 runs out from goal, rounds cones
  - ⚽ P2 passes ball to P1, who shoots
  - ⚽ P2 now runs out, P3 passes, P2 shoots, etc.
  - ⚽ Make it a game: P1-P4 have 2 minutes, then Q1-Q4; most goals wins

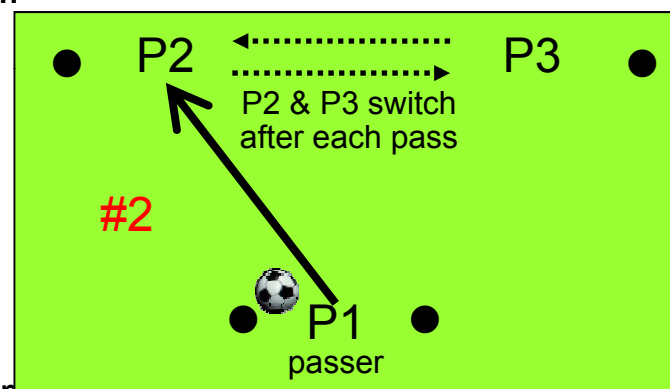


# Week 3 Pointers – Passing

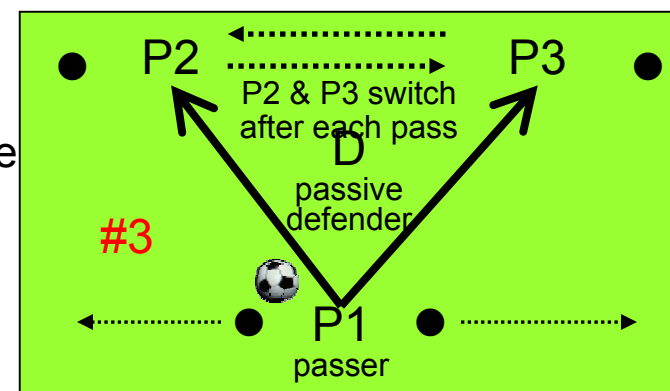
- 🏀 #1 - Set up for dribbling/passing warm-up
  - ⚽ Use cones (● in the diagrams)
  - ⚽ Players should start and end between cones



- 🏀 Passing drills
  - ⚽ #2 P1 passes to P2; P2 passes back; then P2 and P3 switch places; receiver calls “Ball” before P1 passes



- ⚽ Progressions:
  - ⚽ P1 makes lead passes to cone ahead of P2
  - ⚽ P1 passes to either receiver
  - ⚽ P1 must do 360° turn before passing
- ⚽ #3 - Add a passive defender in middle

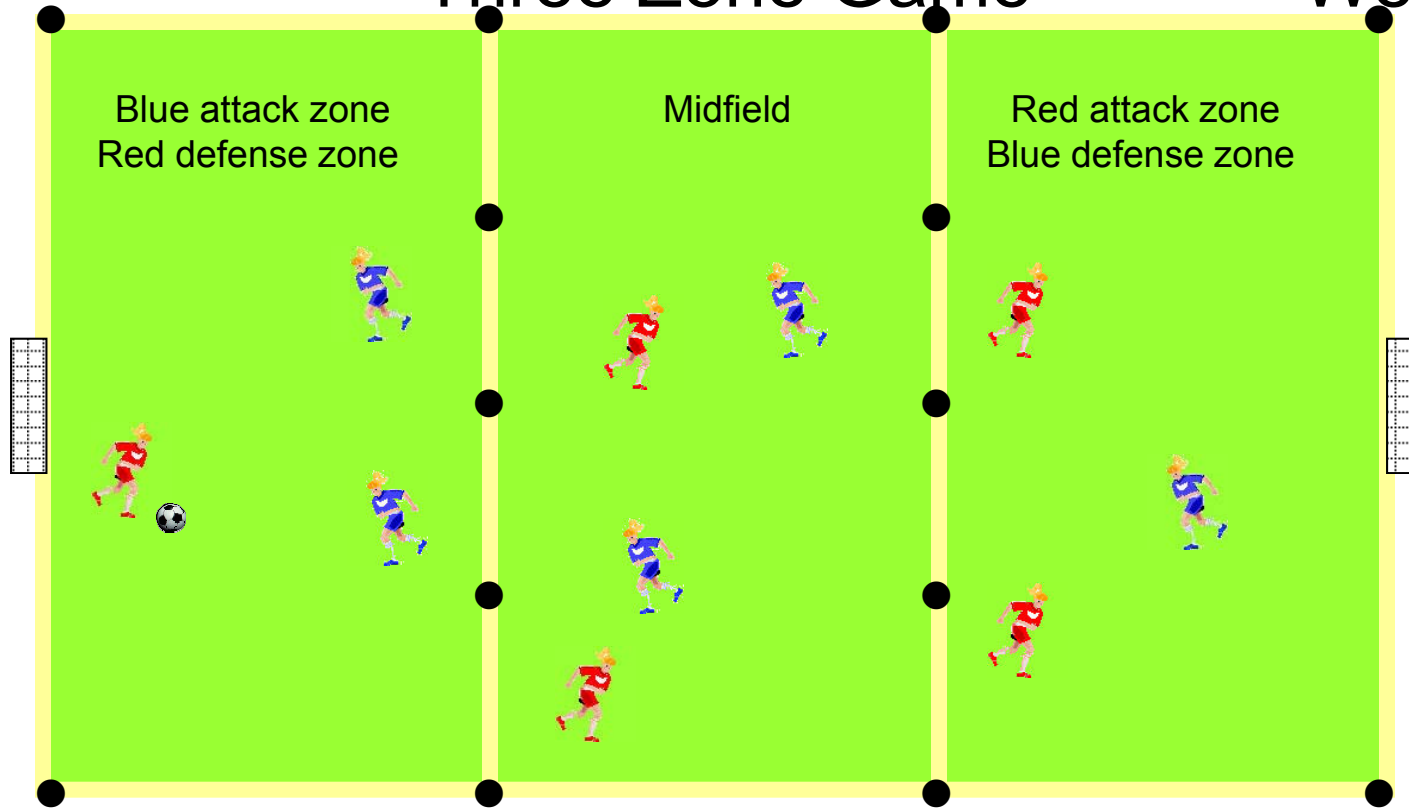


- ⚽ Defender may only get ball hit right at him/her
- ⚽ P2 and P3 must stay within cones
- ⚽ Then do it with no P3; P2 switches sides
- ⚽ Progression: Widen cones and have P1 move side to side. D does not move

- 🏀 In all scrimmages, stress that it's OK to pass back to an open teammate

# Three Zone Game

Week 3



- ⚽ Use flat cones (●) to mark three equal size zones (wide as possible)
- ⚽ Blue attacks left. Red attacks right; no goalkeepers
- ⚽ Every player must stay in own zone; rotate players
- ⚽ Coach players to pass to teammate in next zone
- ⚽ You can add a restriction – pass only to player in own zone or next zone
- ⚽ Note that in attack zone, attackers outnumber defense 2 to 1



# Tips on Receiving and Touch      Week 3

- 🍏 Receiving is a critical soccer skill
- 🍏 Teach receiving every time you get a chance
- 🍏 Keys to receiving
  - ⚽ Get body behind the ball – don't stick the foot out
  - ⚽ Ball hit on the ground – turn foot out, lift foot off ground
  - ⚽ Cushion the ball when it arrives
  - ⚽ Don't just stop the ball
    - ⚽ Control it to where you want it to be next
    - ⚽ Control it away from the opponent
- 🍏 Challenge your players to learn how to juggle
  - ⚽ Juggling is a skill almost never used in a game
  - ⚽ But it teaches touch, better than any other drill
  - ⚽ Start with one touch – drop ball onto foot from waist high and kick it back into the hands
  - ⚽ Learn how to hit the ball no higher than waist height
  - ⚽ Players can do it – give them time






# Theme: “DEFENSE!”

Week 4





- ⚽ Dribbling and Passive Defending: (warm-up) (10 minutes)
  - ⚽ Line of players in pairs face each other 3 yards apart
  - ⚽ Player A dribbles 25 yards with B facing up and retreating; B does not try to take ball away; A and B switch and come back down field
- ⚽ 1 v 1 defense (15 minutes)
  - ⚽ 2 lines: Defenders next to left goalpost; attackers 25 yards away
  - ⚽ Coach feeds ball to Player A, who dribbles toward goal. Player B closes quickly and assumes defensive stance 2 arms' lengths away
- ⚽ Scrimmage (15-20 minutes)
  - ⚽ Full field but with this twist: Pair off opponents; each player marks (defends and stays with) only the opponent he/she is paired with
- ⚽ Tackling Drill (10 minutes) **DON'T MISS THIS!**
  - ⚽ “Fear factor” (see 2 slides on)
  - ⚽ Hands on shoulders drill – first right foot, then left (see 2 slides on)
  - ⚽ Same drill without hands on shoulders

# Week 4 Pointers



## Dribbling and passive defending

-  This is a warm up – there should be no contact between players
-  Dribbling player must keep the ball close
  -  Many touches
  -  Don't "show" the ball to the defender
-  Defender shuffles rather than trying to run backwards; avoid crossing over legs

## 1 v 1 Defending

-  Defender takes off as soon as attacker touches ball fed by coach
-  Defender should get more than half way to attacker
-  Show defender that the closer they get to attacker, less likely they will get hurt by attacker kicking the ball
-  Many progressions: Start defender behind attacker; make it 2 on 1





## Scrimmage

-  Tell players: When defending, stay with your player; when attacking get away from your marker. Coach this during game.
-  Switch pairings at least once during the scrimmage





# Tackling Pointers

Week 4



## “Fear factor”

-  Show that for defender being 1 yard away is safer than 5 yards
-  Put volunteer 5 yards away and fake a massive kick at him/her
-  Now put volunteer 1 yard away – it’s obviously safer there
-  The moral: Defenders must close on attackers

## Hands on shoulders drill

-  2 players face each other, leaning hands on each other’s shoulders
-  Ball between them – each kicks it with side of foot at the same time as hard as they can – should make loud noise and not hurt
-  Progression #1: Same drill but without hands on shoulders
-  Progression #2: Players approach each other from 5 yards apart

## Key to tackling drill:

-  Players time tackle to hit ball at exactly the same time
-  Use body weight, not just leg or foot, to win ball – “Body Through”

# Teaching Defense – Team Week 4

- 🌿 Ask what we mean by defense. Players will say:
  - ⚽ Stopping other team from scoring
  - ⚽ Taking the ball away from the other team
- 🌿 Ask how we do this. Here are some good answers:
  - ⚽ Delay, until attacker makes a mistake and/or teammates get back
  - ⚽ Tackle, to take the ball away
  - ⚽ Steer the attacker away from the center
  - ⚽ Clear the ball out of the danger area
  - ⚽ Call out “When in doubt” and have team reply “Kick it out” – sideline for throw in is better than over the goal line for corner kick
- 🌿 Support: Defenders back each other up
- 🌿 DON'T yell “Not in the middle” – bad advice if a teammate is wide open in the middle and available for a pass
- 🌿 Passing out of defense is better than wild kicking up field

# Teaching Defense - Individual Week 4

⚽ Players must learn defensive stance and position. Not a lot of time for this in week 4, but here are the fundamentals:

## ⚽ Stance

- ⚽ Stand sideways, not facing
- ⚽ Face where you want to push the attacker – toward nearest sideline
- ⚽ Shuffle, don't run, for as long as you can
  - ⚽ When you're shuffling, you can kick or take the ball from the attacker
  - ⚽ When you're running, you can't

## ⚽ Position

- ⚽ Goal side (be between attacker and goal)
- ⚽ Ball side (try to get where you can see the ball)
- ⚽ When beaten, run back to the middle

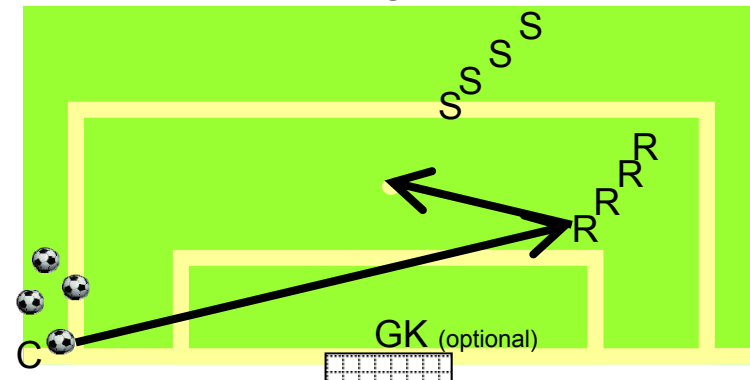
## ⚽ Tackling

- ⚽ Use all your weight when tackling; don't lean back – lean forward
- ⚽ **No diving!** Don't try to take ball away before you know you can
- ⚽ Block tackles (body) if you can; poke tackles (foot) if you can't

# Theme: “Set Pieces”

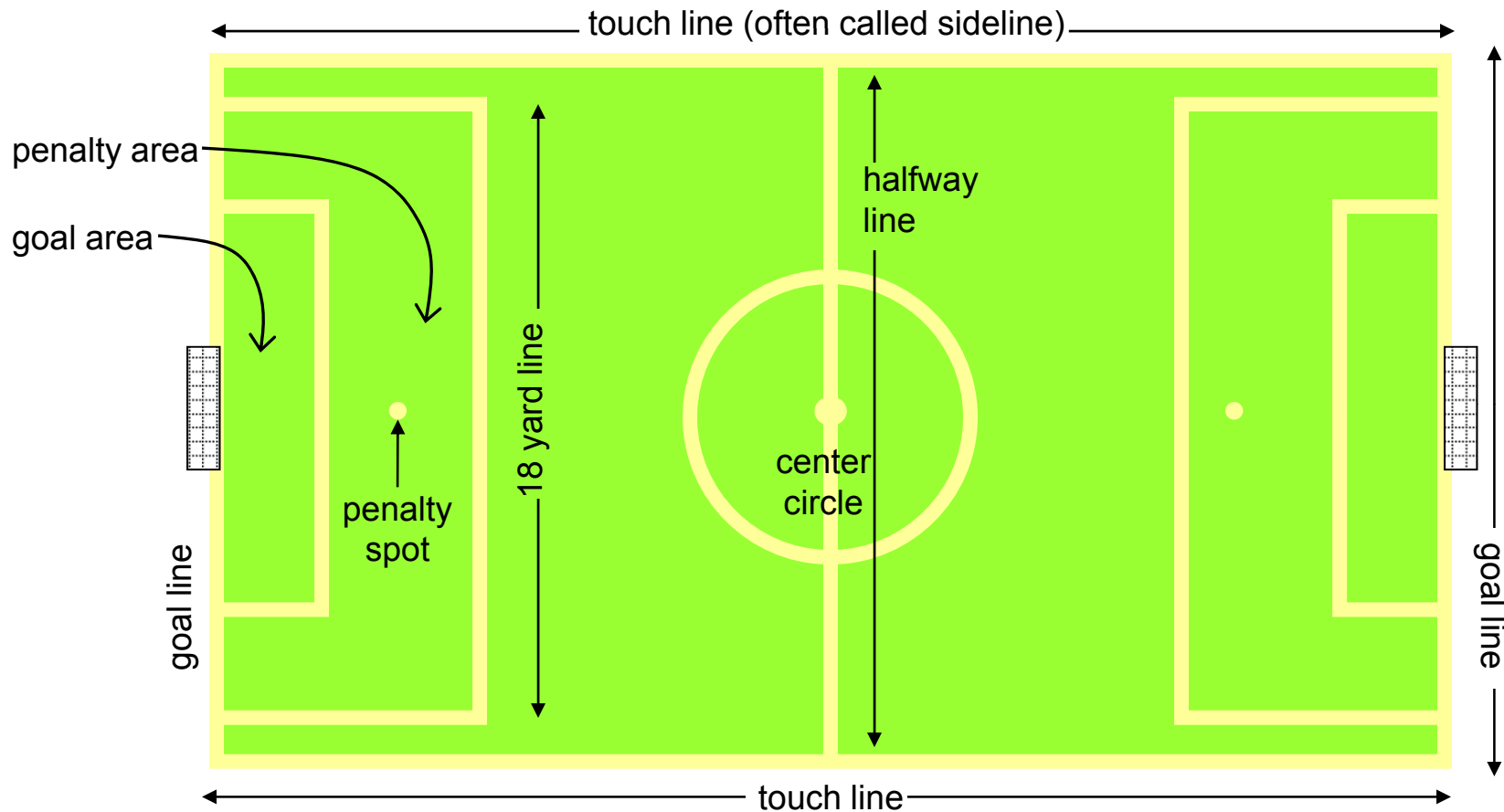
# Week 5

- ⚽ Dribbling and Turning: Cut Turns (warm-up) (5 minutes)
  - ⚽ Players start on the halfway line in a line double arms length apart.
  - ⚽ Players dribbles to cone and does cut turn to go around cone and return
  - ⚽ Players repeat this with cut turns using right foot, then left foot
- ⚽ Teach Set Pieces [see diagrams on next 5 slides] (25 minutes)
  - ⚽ How to play goal kicks – ours and theirs
  - ⚽ How to play corner kicks – ours and theirs
  - ⚽ Tip: bring diagrams printed and mounted on board so everyone can see; at end of practice, give players copies to take home and study
  - ⚽ There’s no help for it – this is a lesson with lots of talk and standing around
- ⚽ Scrimmage 5 v 5 (10 minutes – sorry, the set pieces take a long time)
  - ⚽ Make a wide but short field, so ball goes over goal line often
  - ⚽ Use this as an opportunity to put the Set Piece training into action
- ⚽ Shooting Drill (10 minutes)
  - ⚽ Coach (C) passes across goal to R
  - ⚽ R traps and sets ball up in S’s path
  - ⚽ R uses 1 touch or 2 – make it soft
  - ⚽ S runs in and shoots first time



# First, Some Field Words

Week 5



⚽ Diagrams assume formation 2-3-1 (2 defenders, 3 halfbacks, 1 forward)

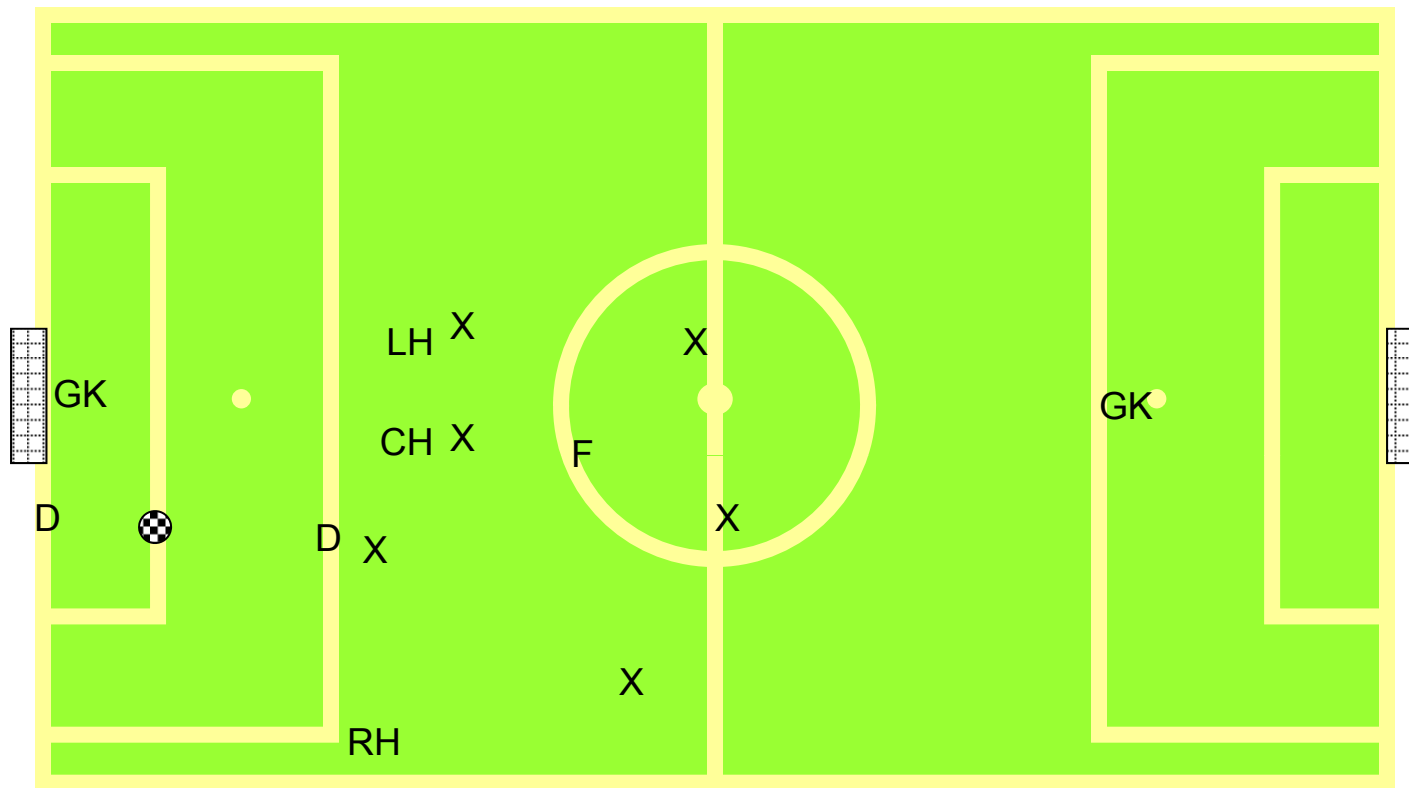
⚽ Abbreviations:

- ⚽ LD, RD – left defender, right defender
- ⚽ LH, CH, RH – left half, center half, right half
- ⚽ F – forward



# Our Goal Kick

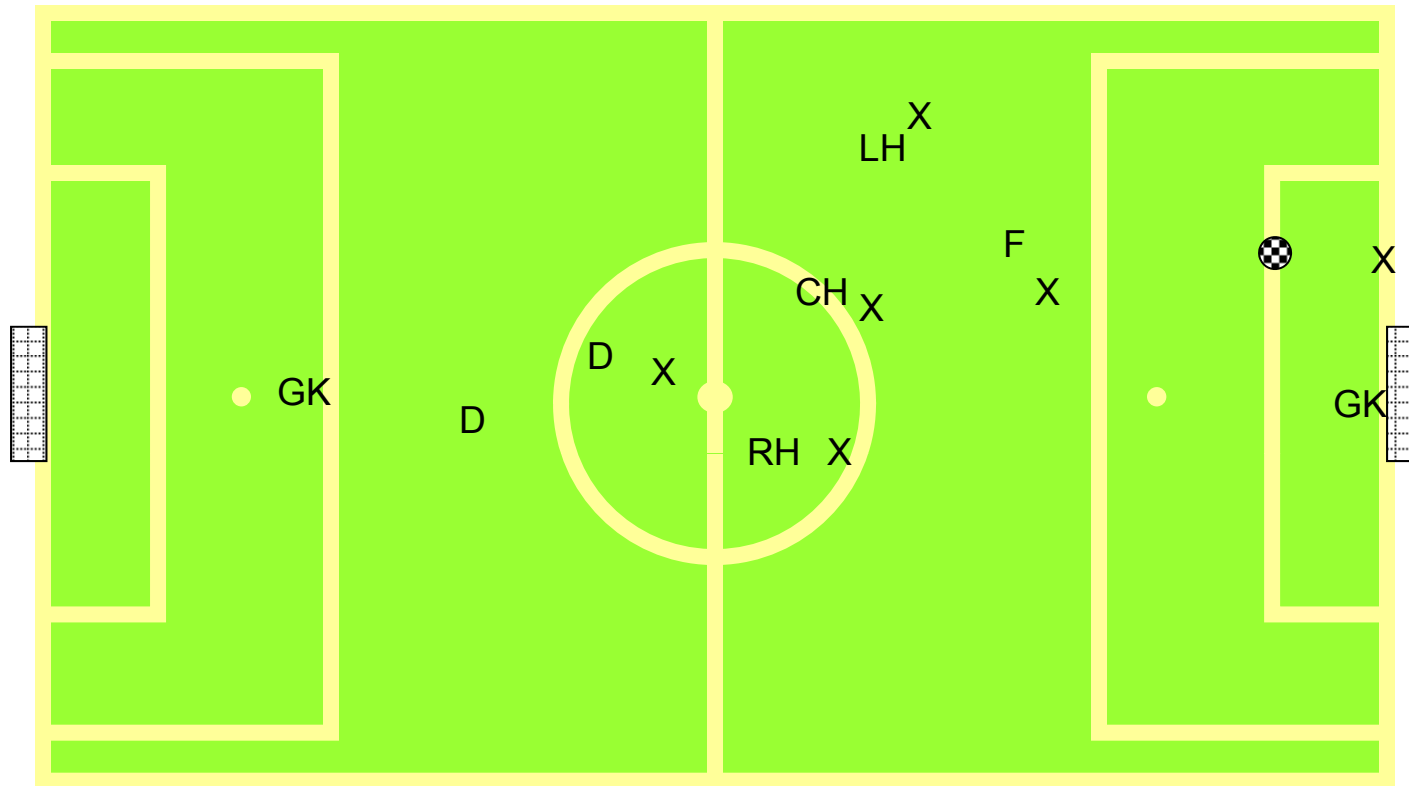
Week 5



- 🏠 RH – hug sideline. Try to get open by moving up and down sideline, including all the way to own goal line
- 🏠 LH, CH and D must guard other team's forwards; CH and D especially need to stay between the other team and our goal; try to move around and create a hole for kicker to kick between the X's;
- 🏠 F move around and give kicker a target

# Their Goal Kick

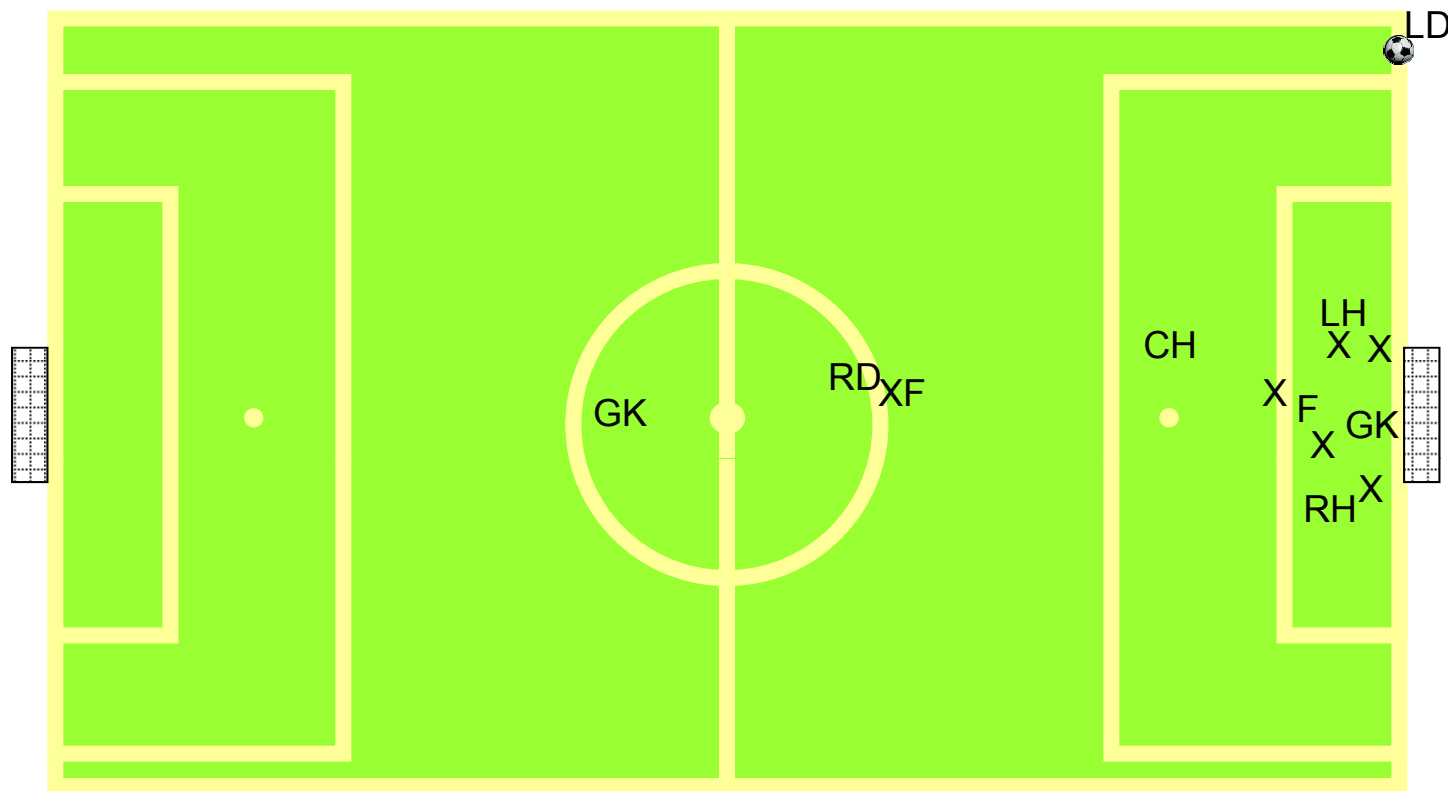
# Week 5



- ⚽ F stands in front of kicker: Drop back for big kicker; if kicker can't lift ball, stand just outside penalty area
- ⚽ RH, LH and CH guard players – stay close, mark tight; try to intercept kick
  - ⚽ In this example, RH comes from right to center since no opponent is out wide on right
- ⚽ Ds drop back – one D should be open and ready to support other D or halfbacks
- ⚽ Our GK is on the 18 yard line, not on goal line

# Our Corner Kick

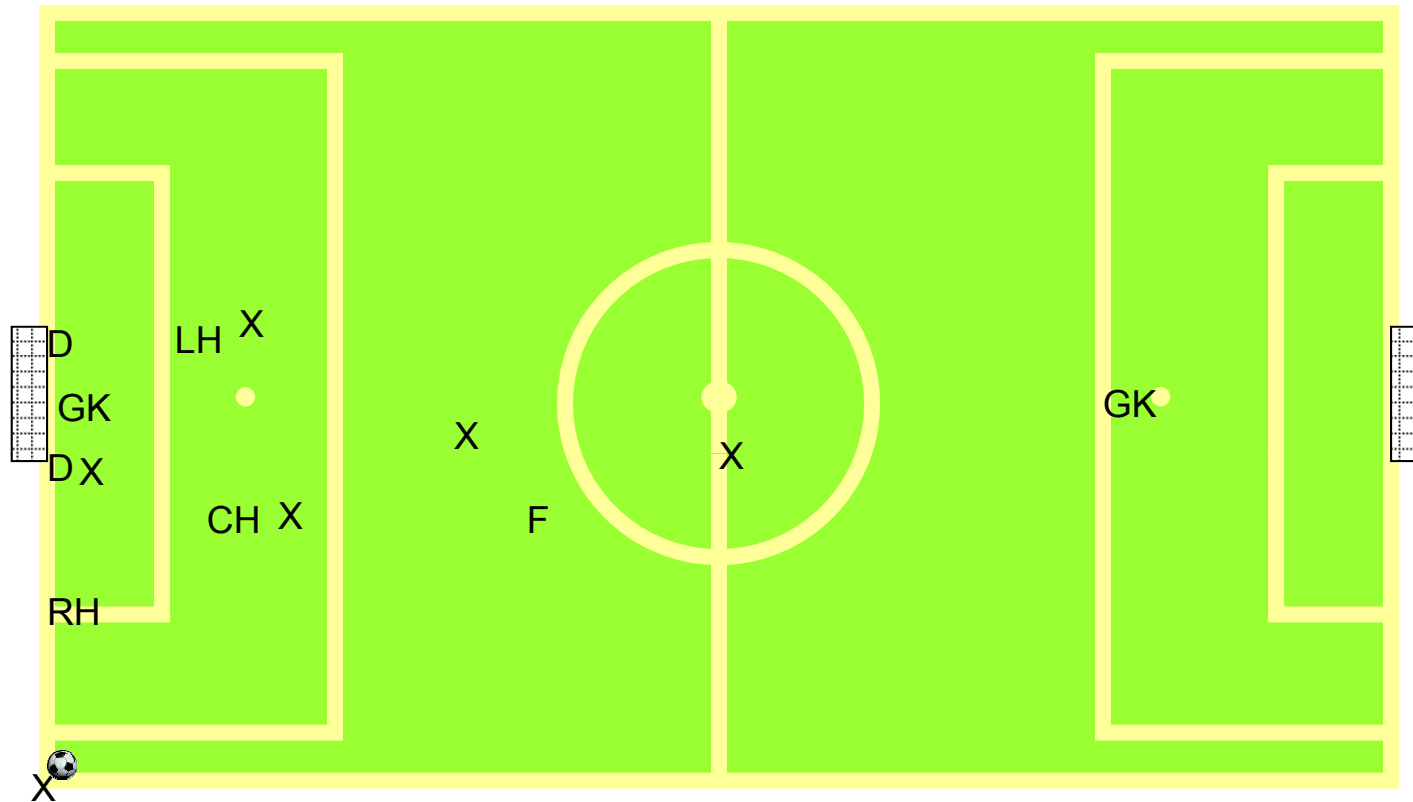
Week 5



- ⚽ Kick on left side by right footed kicker - place ball on goal line, not touch line
- ⚽ Kicker aims for 6 yard line, not goalkeeper
- ⚽ One halfback faces kicker; other halfback stays wide on far side of goal
- ⚽ F stands a few yards in front of goal; tries to get in front of defenders
- ⚽ GK to halfway line; if other team gets ball, retreat slowly to own 18 yard line
- ⚽ If XF drops back to defend, RD moves up to 18 yard line and CH moves closer to goal. If XF stays up, RD stays back and CH moves to just inside 18 yard line

# Their Corner Kick

Week 5



- ⚽ Outside half back (RH in this example) – 10 – 12 yards from the ball
- ⚽ One D hugging inside of near post; other D on goal line inside far post
- ⚽ GK in middle of goal
- ⚽ F comes back and cheat over to the side where kick is being taken
- ⚽ Other outside half back and CH mark players

# Theme: “Dribbling and Turns” Week 6

## ⚽ Dribbling and turns (warm-up) (10-12 minutes)

- ⚽ Review the [dribbling pointers in Week 1](#)
- ⚽ Players in a line; designate each a 1 or 2; 1s and 2s go separately
- ⚽ Do a progression of drills, using ideas on next slide

## ⚽ Dribbling and turning with a defender (15 minutes)

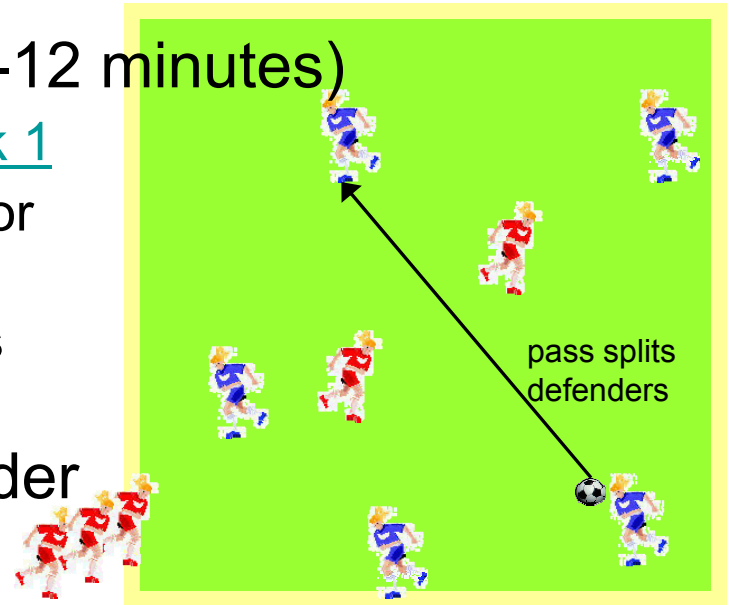
- ⚽ See drill ##1 and 2, 2 slides on

## ⚽ Scrimmage - 5 v 2 with Rotating Defenders (15-20 minutes)

- ⚽ Reds pass ball in then enter grid
- ⚽ Blue must keep possession by passing
- ⚽ When reds get possession or kick ball out, new reds come in
- ⚽ After 5 minutes, blues on defense

## ⚽ Kicking (10 minutes)

- ⚽ Kick against a fence – walk the line coaching individual players
- ⚽ Teach the fundamentals – review points in [kicking slides](#) above



# Dribbling and Turns Warm Up Week 6

- ⚽ Run goal line to halfway line; then back; use right foot, then left only, then alternate
- ⚽ Run straight touching ball in this order: outside right ↗, inside right ↖, outside left ↙, inside left ↘ – soft touches, keep ball close



- ⚽ Make a move once, then twice during dribble

- ⚽ Stop suddenly, with sole of foot, then start
- ⚽ 360° turn

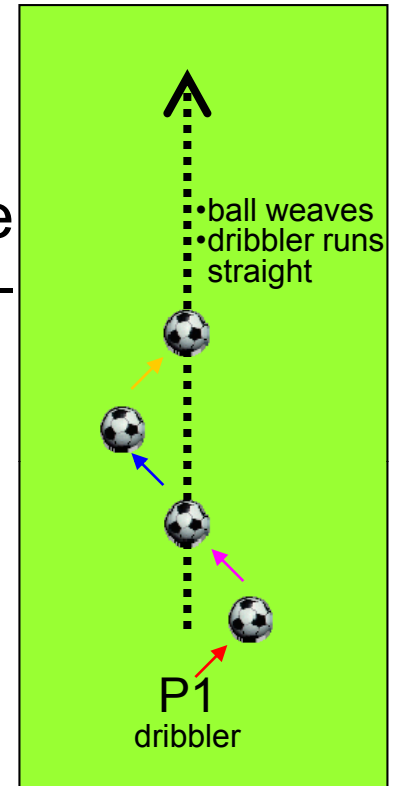
- ⚽ Slow then suddenly change speed at cone or coach command

- ⚽ More advanced dribbling and moves

- ⚽ Dribble with sole of foot

- ⚽ Plant foot pointed in direction of dribble
- ⚽ Dribbling foot points out when rolling ball but otherwise run normally
- ⚽ Keep ball behind body

- ⚽ Step over, scissors, helicopter turns – get help on how to teach

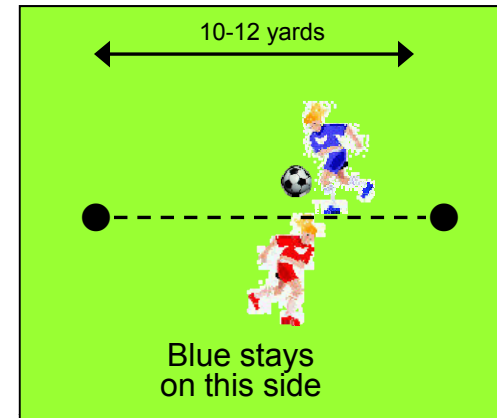


# Dribbling and Turning Drills

## Week 6

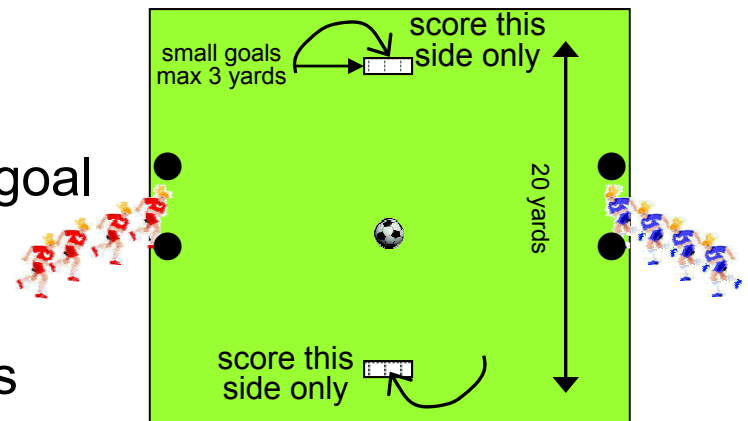
### ⚽ #1 Dribbles and turns

- ⚽ 1 red, 1 blue; each stays on own side
- ⚽ Blue dribbles R to L, then does outside cut
- ⚽ Blue dribbles L to R, then does inside cut
- ⚽ Red shadows blue
- ⚽ Coaching point: Blue shields ball with body
- ⚽ Progression: Sudden stops and changes of direction; rollback turns, hook turns



### ⚽ #2 Dribbles, turns and scores

- ⚽ 1 red, 1 blue at a time
- ⚽ Coach feeds ball into middle
- ⚽ Whoever gets ball can score in either goal from outside
- ⚽ Encourage changing direction
- ⚽ Max 45 seconds, then next group goes
- ⚽ Progressions: 2 v 2; then add 2 more goals, then 3 v 3

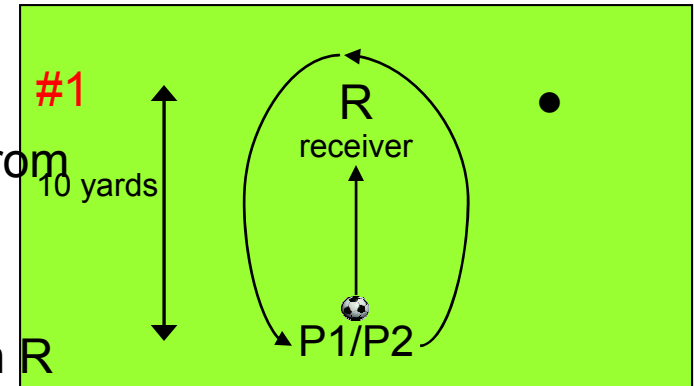


# Theme: “Kicking the Ball”

# Week 7

## ⚽ Pass/Dribble Warm up (6 minutes)

- ⚽ Receiver R and 2 passers P1 and P2
- ⚽ P1 passes to R; runs round R; collects ball from R; passes to or does takeover with P2
- ⚽ As P1 rounds R, yell “Ball”
- ⚽ P1, P2 repeat 5 times; then P1 switches with R
- ⚽ Keys: Accurate pass, control/soft touch by R, well timed touch as P1 runs by



## ⚽ Drills:

### ⚽ Teach players how to hit ball rolling toward them (10 minutes)

- ⚽ Players pair off 10 yards apart; passer rolls the ball to kicker who kicks it back first time to passer’s chest; passer catches and repeats
- ⚽ Keys: Hit with inside of foot; plant foot pointing in direction of kick; don’t hit the ball too hard – we want accuracy and control not power
- ⚽ Diagnostic: The less the ball spins backwards, the better the kick

### ⚽ Shot in the corner (10 minutes) – see diagram next slide

### ⚽ Hitting crosses (10 minutes)

- ⚽ Coach rolls ball slowly across field; players run in and score
- ⚽ See #2 next slide for diagram and tips on this

## ⚽ Breakaway Game - see two slides on for set up (15 minutes)

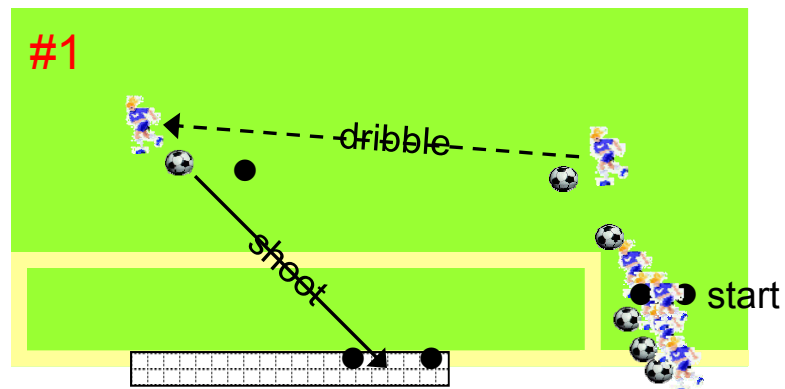


# Week 7 Drills

⚽ (#1) Blue dribbles round cone and scores in opposite corner

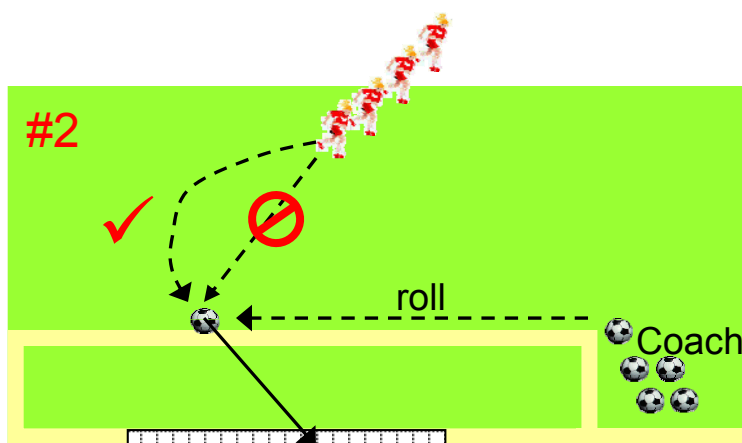
⚽ Keys to this drill:

- ⚽ Let ball slow down before hitting it
- ⚽ When shooting, player/ball/target must be lined up
- ⚽ Stress accuracy over power
- ⚽ Widen/narrow target as needed
- ⚽ Keep it moving; split group in two and use two goals if necessary



⚽ (#2) Coach rolls ball across line; red runs in and scores

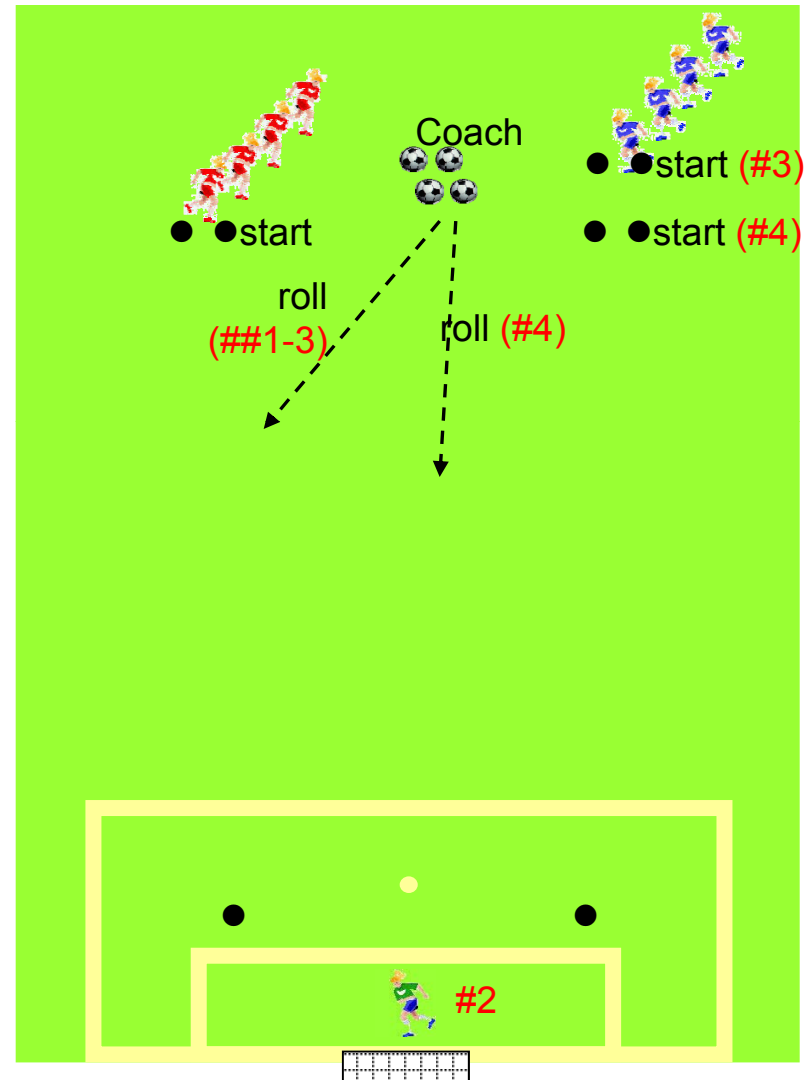
- ⚽ Player must approach ball in an arc – see diagram
- ⚽ Hit ball with inside of foot for accuracy/control
- ⚽ Millions of variations
  - ⚽ Roll from different angles/sides
  - ⚽ Roll faster/softer
  - ⚽ Roll forces player so wide s/he must pass back not shoot



# Breakaway Game

Week 7

- Basic set up (#1)
  - Coach rolls ball
  - Red collects, dribbles no closer than cone, shoots
  - > 5 players, do this with 2 goals
- Variations
  - (#2) Add a goalkeeper after each player has done it twice
  - (#3) Add defenders; players alternate attack and defense – give red head start
  - (#4) Have two lines, no head start – make red and blue jostle until coach releases ball
  - Instead of rolling, toss ball in air
- Tips:
  - When done, players must collect ball and run back to the outside
  - Use at least two progressions
  - Keep this one moving – fun, high energy, lots of encouragement






# Passing 2

Week 8



## Passing Warm Up (10 minutes)

-  See diagram next slide
-  Watch and correct technique; speed it up as players improve





## Passing Drill: Lead Passes Up Field (15 minutes)

-  Players pair off with partner and stand 5 yards apart facing up field
-  Players go up field passing to each other
-  Details and progressions – see next slide

## Scrimmage: Alley Game (20 minutes)

-  Lay out field with two alleys on the side that serve as safe zones
-  Many progressions and variations (see 2 slides on)

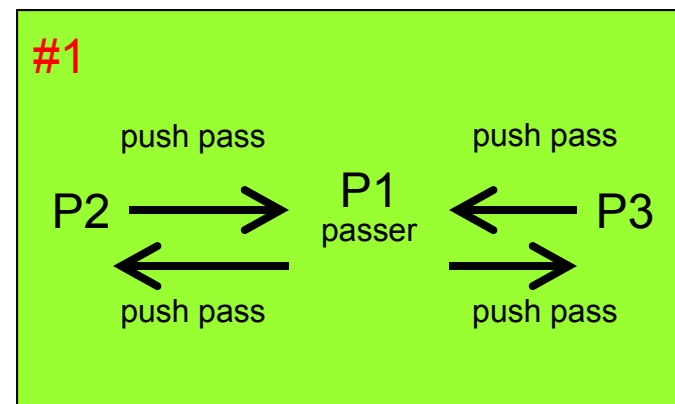
## Kicking (10 minutes)

-  Finish up with penalty kicks against your team's lead GK
-  Player should make mind up which side s/he is kicking to
-  Kick to an “imaginary friend” in the corner of goal
-  In practice, it's better to miss wide than hit right at keeper

# Passing Warm Ups and Drills Week 8

## ⚽ #1 3-way back and forth

- ⚽ P2 and P3 must not pass ball to P1 until P1 turns and yells “Ball” LOUDLY
- ⚽ Switch positions after 10 repetitions
- ⚽ Variations:
  - ⚽ First 3/2 touch control, then 1 touch
  - ⚽ P2 throws, P3 passes
  - ⚽ P2/P3 come closer and toss underhand and gently to P1’s thigh or chest

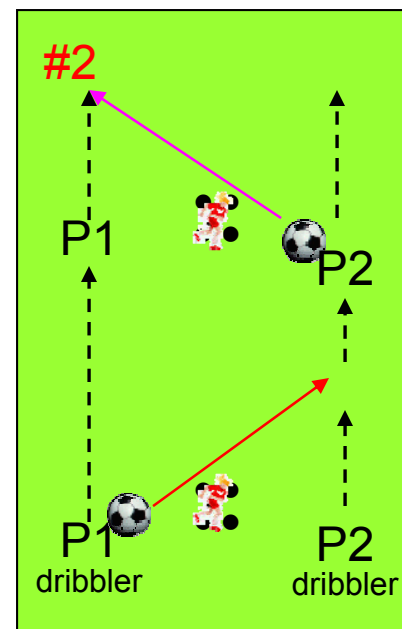


## ⚽ #2 Lead passes up the field

- ⚽ Before making a pass:
  - ⚽ Have ball on side where pass is to go
  - ⚽ Turn hips and face to target
  - ⚽ Accurate push pass, not instep kick
- ⚽ Players must lead each other; don’t pass at or behind teammate

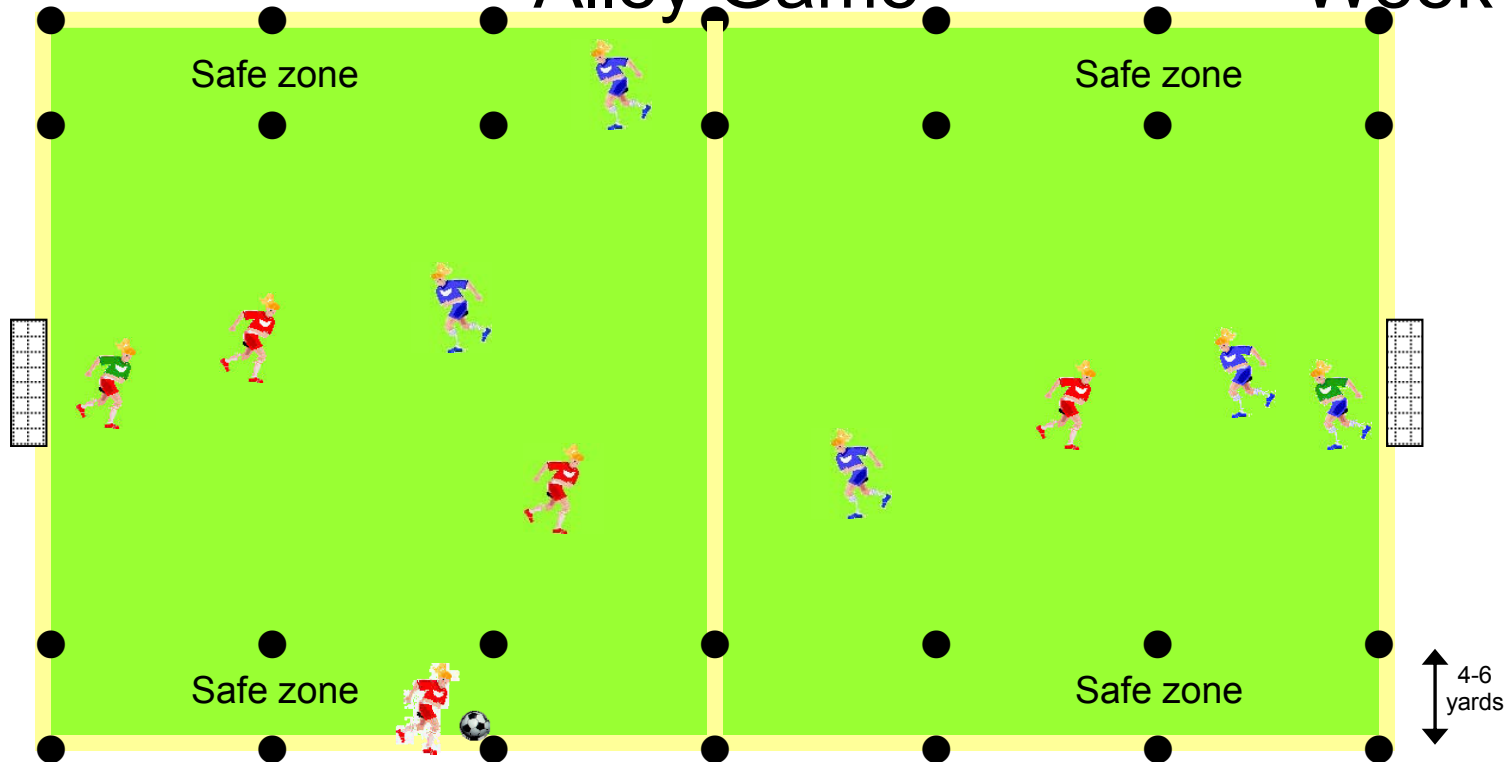
## ⚽ Progressions:

- ⚽ Add cones or stationery defenders (note how pass is made behind cones)
- ⚽ Parallel race teams of 2
- ⚽ 3 players instead of 2



# Alley Game

Week 8



## ⚽ Variations:

- ⚽ Basic: 1 red in one lane, 1 blue in the other
- ⚽ 1 red and 1 blue in each lane
- ⚽ Anyone can go into lane with ball; while there, player is "safe"

## ⚽ Coaching points

- ⚽ Player in safe zone should pass back, not at goalkeeper
- ⚽ Midfield player should trail safe zone player (option for pass back)

# Defense 2

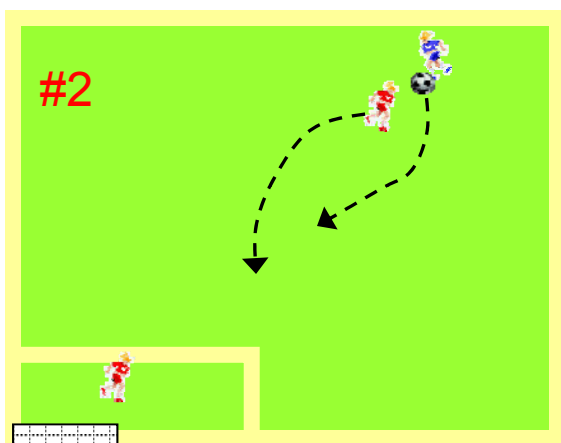
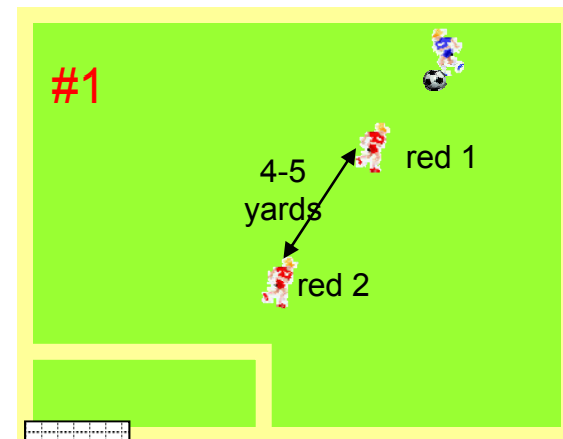
# Week 9

- ⚽ Shoulder to Shoulder: (warm-up) (5-8 minutes)
  - ⚽ Two line of players facing down field
  - ⚽ Players shoulder to shoulder, lean hard and jostle (no hands) to get position
  - ⚽ Coach releases ball; players chase to get ball and tap in small goal
- ⚽ 1 v1 Defense (delaying) (10 minutes)
  - ⚽ 2 parallel lanes 25 yards long: one for attackers, one for defenders
  - ⚽ Attackers dribble ball down lane, defenders shadows attacker
  - ⚽ Progression: Allow defender to steal ball if attacker “shows” ball
- ⚽ 1 v 2 Defense (backing up your teammate) (10 minutes)
  - ⚽ Talking segment using players to demonstrate backing up teammates and recovery by defender when beaten
- ⚽ Scrimmage: 3 v 3 v 3 – small field (20 minutes)
  - ⚽ Players spit into 3 teams of 3 with no goalkeepers
  - ⚽ 2 teams play each other; 3<sup>rd</sup> on sideline
  - ⚽ If team 1 scores, team 1 changes direction, team 3 enters and team 1 exits
  - ⚽ If neither team scores, switch out team that has been in longest
- ⚽ Shooting with pressure (10 minutes)
  - ⚽ See next slide

# Week 9 Pointers

## ⚽ (#1) Defensive support

- ⚽ Red 2 supports red 1
- ⚽ Red 2 stays far enough behind red 1 so blue cannot beat both of them with one move

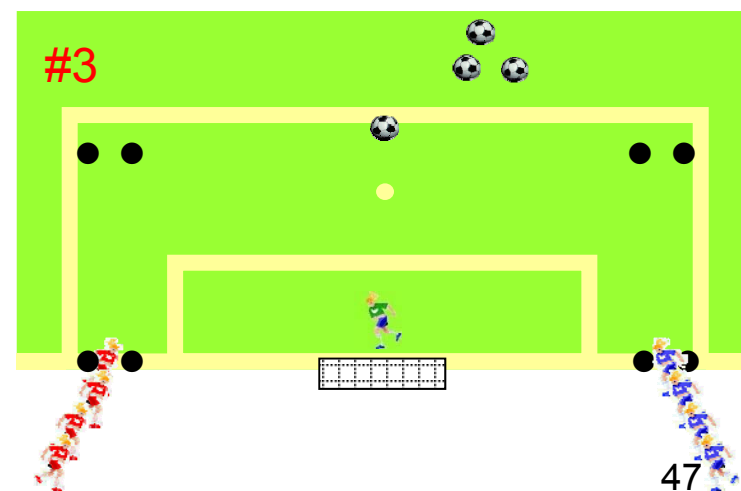


## ⚽ (#2) Defensive recovery

- ⚽ If red is beaten, don't chase blue
- ⚽ Instead, red should run back to center
- ⚽ Trailing red defender challenges blue

## ⚽ (#3) Shooting under pressure

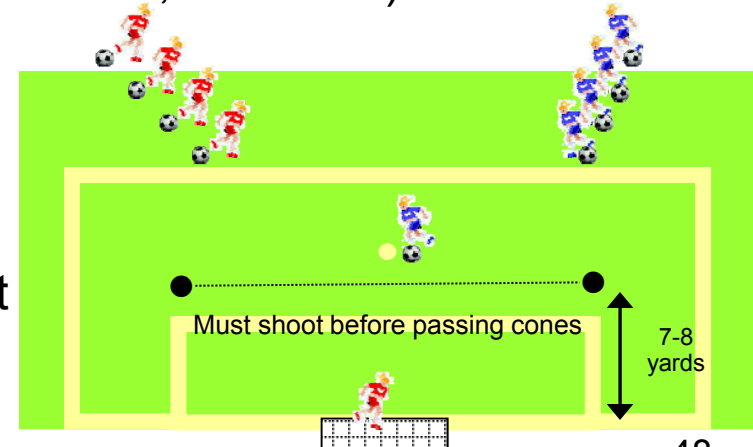
- ⚽ 1 red, 1 blue race through both sets of cones, then go for ball and try to score
- ⚽ Progression: 2 v 2
- ⚽ Coach places new ball ready for next pair to keep drill moving



# Passing 3

# Week 10

- ⚽ Dribbling in 10 x 10 yard grid (warm-up) (7-8 minutes)
  - ⚽ Half players on outside, half on inside. Inside players:
    - ⚽ Pass to outside player and take pass from another player
    - ⚽ Do give and go with players on outside
    - ⚽ On coach's signal, run up to outside player, stop ball dead with sole, outside player takes over ball and enters grid
- ⚽ Passing Drill 3 v 2 (12-15 minutes)
  - ⚽ 25 x 25 yard grid - see next slide for set up – widen the zones as needed
  - ⚽ Advanced drill - if players don't get it, substitute drill from [Week 3](#)
- ⚽ Scrimmage: Three Zone Game - Shoot (20 minutes)
  - ⚽ Lay field out in 3 sections – see diagram/instructions two slides on
  - ⚽ Players split into 2 teams of 5 (1 GK, 3 midfield, 1 forward)
- ⚽ Shooting stars
  - ⚽ Two teams of 5
  - ⚽ Blue approaches goal and shoots
  - ⚽ As soon as blue shoots, blue becomes keeper and red at front of line can shoot
  - ⚽ This drill is fast and fun!
  - ⚽ Stop after a while to regroup



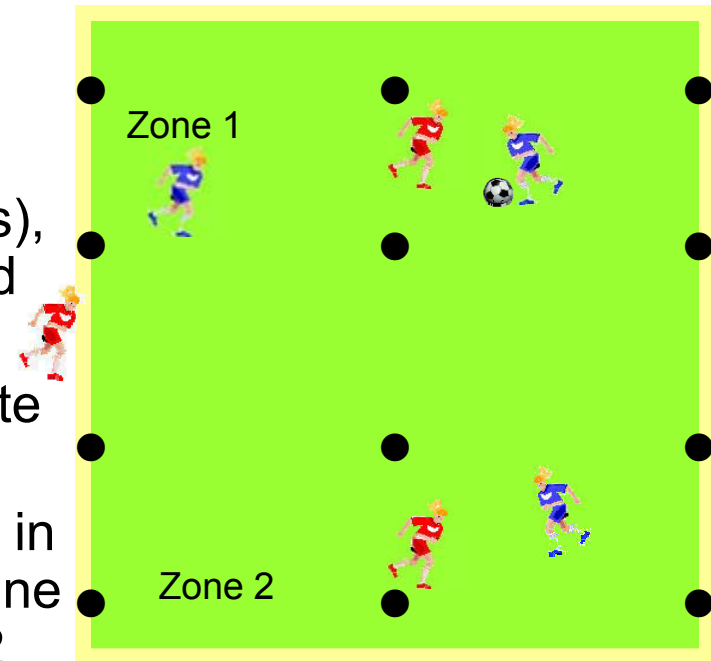


# 3 v 2 Passing Drill

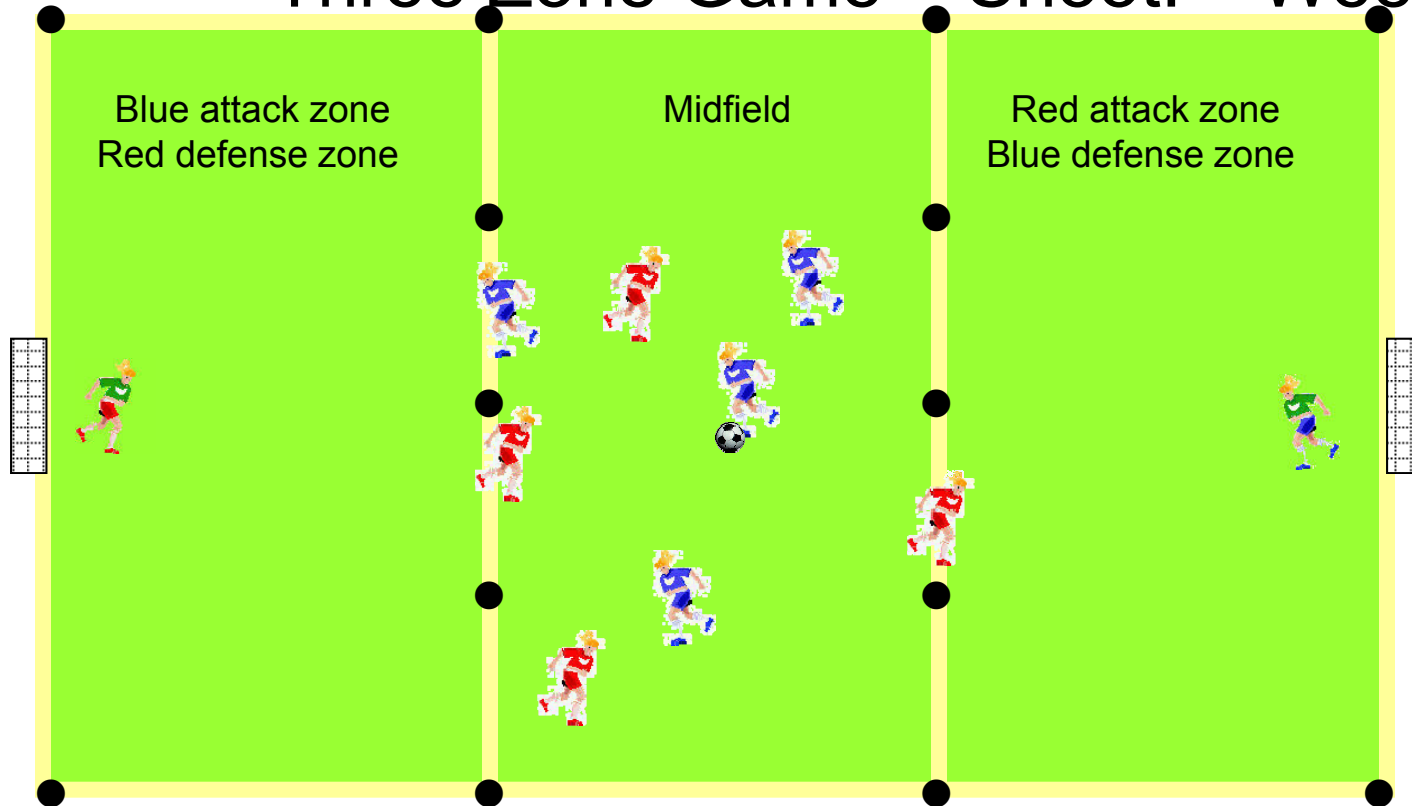
Week 10

## ⚽ 3 v 2 passing drill

- ⚽ 3 blue v 2 red, with a red player on sideline waiting to come in
- ⚽ 2 blues play keep away in Zone 1
- ⚽ On coach's signal (within 20 seconds), pass to blue teammate in Zone 2; red tries to intercept
- ⚽ If pass works, blue passer's teammate moves to Zone 2
- ⚽ If pass fails, red team takes over ball in Zone 2; a blue player moves to sideline and 3<sup>rd</sup> red player comes into Zone 2
- ⚽ Adjust the size of the zones based on how the drill is going
- ⚽ Keys:
  - ⚽ Zone 2 blue must move into open position to receive pass when it comes;
  - ⚽ Zone 2 red has to mark (guard)



# Three Zone Game – Shoot! Week 10

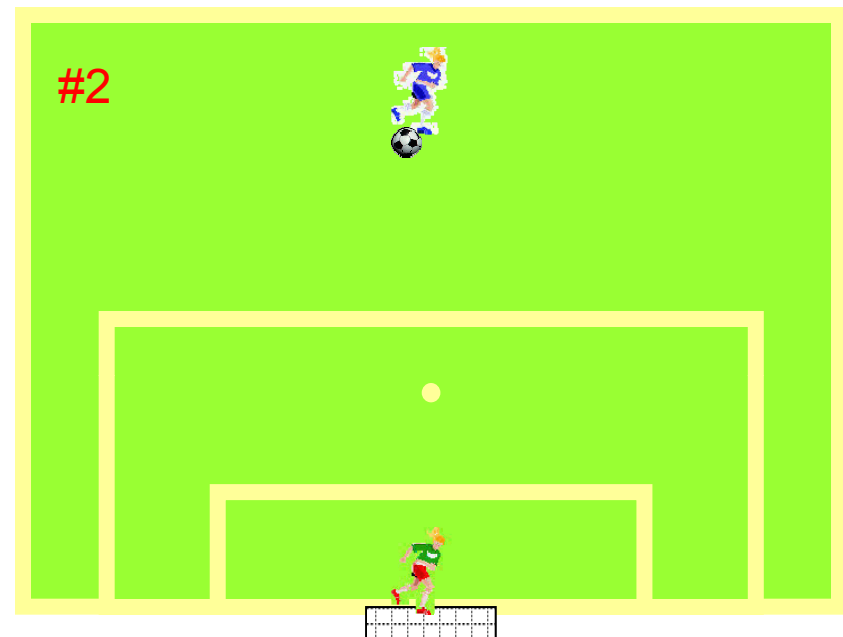
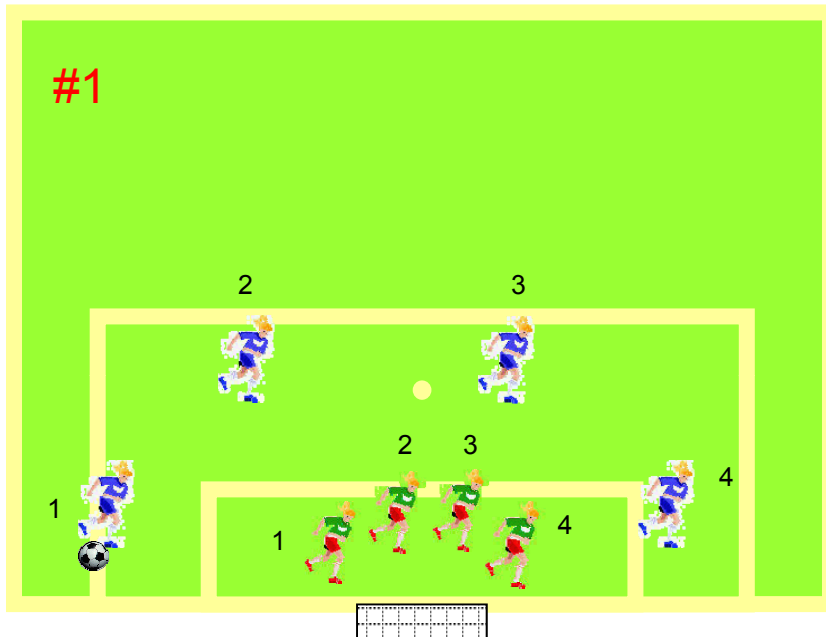


- Use flat cones (●) to mark three equal size zones (wide as possible)
- Blue attacks left; red attacks right; rotate players in positions
- Every player must stay in own zone
- Variation: Attacker waits for pass on midfield/attack zone line
- Note that in attack zone, attacker is 1 on 1 with goalkeeper
- Add a restriction – attacker gets only 3 touches after receiving ball

# Goalkeeping 101

- ⚽ In the regular season, goalkeepers may not play more than 2 quarters and must play at least one quarter on the field
- ⚽ Tell your team: “Goals are scored by the whole team and against the whole team - it’s never the keeper’s fault!”
- ⚽ Consider this:
  - ⚽ If you have time, have a goalkeeping practice for the whole team
  - ⚽ Have every player play one quarter in goal early in the season
- ⚽ Goalkeepers have to be given special time
  - ⚽ But keepers also need same skills as other players
  - ⚽ Have another coach work with rest of team while you coach keepers
- ⚽ Key elements of teaching goalkeeping (more on next slide)
  - ⚽ Positioning
  - ⚽ Stance and good hands
  - ⚽ Distribution, punting and throwing
  - ⚽ Last and least – diving: You can win championships with goalkeepers who never dived all season. Don’t bother teaching it

# Goalkeeping 101 - Positioning



## ⚽ Positioning

- ⚽ #1: Keeper must learn to rotate across the goal following the ball
  - ⚽ Be aware where your own goal is (it's behind you)
  - ⚽ Never let them score between you and near (closer) goalpost
- ⚽ #2: On breakaway:
  - ⚽ If forward is marked by defender with a chance to get ball, stay home
  - ⚽ If forward is clear, start charging out when forward reaches 18 yard line

# Goalkeeping 101 - Stance

## ⚽ Keys to goalkeeping stance

- ⚽ Hands up
- ⚽ Body behind ball
- ⚽ Catch with W if chest high or above
- ⚽ Catch with hands down if ball is below chest height
- ⚽ Don't jump too early; don't go down too early



- ⚽ Left: Wrong! Ball will bounce off knee before it hits hands
- ⚽ Right: Correct! Ball rolls into arms; right heel almost touches left knee to prevent ball squirting through legs



- ⚽ Left: Catch ball chest high or above
- ⚽ Right: Catch ball below chest height and roll it into the chest

# Goalkeeping 101 - Distribution





- 🟢 Distribution means the goalkeeper feeding ball to team
- 🟢 In order of preference:
  - ⚽ Roll ball short distance on ground to wide open teammate
  - ⚽ Throw ball to open teammate – rolling is better than throwing in air
  - ⚽ Punt the ball
- 🟢 Punting tips:
  - ⚽ Throw ball with two hands
  - ⚽ Don't throw ball too high – waist height is best; no higher than chest
  - ⚽ Throw ball slightly forward not straight up. Show that leg is longer than arm, so throwing ball straight up is bad because either
    - ⚽ it will force keeper to lean back; or
    - ⚽ keeper will hit ball with shin, instead of foot
  - ⚽ Timing is all: Step forward onto plant foot and toss ball at same time
  - ⚽ Practice, practice, practice!

# Coaching Games – Getting Prepared

- ⚽ You must use the AYSO-Online system to generate line-up cards, using the pre-printed blanks we will provide
  - ⚽ Enter uniform numbers into the system early in the season
- ⚽ Prepare your line-up ahead of time
  - ⚽ Make your parents aware that you must be told about planned absences ahead of time
  - ⚽ Plan positions and substitutions
  - ⚽ See next slides for tips on formations and positions
- ⚽ Be ready
  - ⚽ We give you 1 hour to complete a 50-minute game
  - ⚽ The clock is running during quarter substitutions
  - ⚽ Have your players ready to start on time
  - ⚽ Don't waste time on quarter breaks
  - ⚽ Leave field promptly after cheers, handshakes and thanks to referees

# Coaching Games - Formations






## Formations

-  2-2-2 Two defenders, two midfielders, two forwards
-  3-3 Three defenders, three forwards
-  2-3-1 Two defenders, three midfielders, one forward
-  3-2-1 Three defenders, two midfielders, one forward

## Choose the formation that best suits your team

-  See next slide for tips on what to ask of players in each position

## It's a numbers game

-  Remember – when your team is attacking, everyone has to move up, including your goalkeeper
-  Use the instruction “Push up”, meaning everyone goes forward as your team moves the ball up the field
-  Don't leave 3 defenders standing uselessly 40 yards behind play.
  -  Have defenders push up
  -  Few goals are scored on breakaways – better to get numbers forward







# Coaching Games – Player Positions

- ⚽ Don't typecast players, especially early on
- ⚽ The skills required to succeed are the same for all positions, except goalkeeper needs additional skills
- ⚽ Forwards
  - ⚽ One has to stay forward, level with last defender
  - ⚽ When we're defending, shift over to the side where the ball is
- ⚽ Defenders
  - ⚽ See [Teaching Defense – Individual](#) and [Teaching Defense - Team](#)
- ⚽ Everyone
  - ⚽ Get open!
  - ⚽ Think where the ball will go next
  - ⚽ Passing backward is OK if your teammate is wide open
  - ⚽ Support!
    - ⚽ Midfielders trail forwards to give them a safe place to pass
    - ⚽ Player should back up defender in case they get beaten





# Coaching Games

## BE POSITIVE



## BE QUIET

-  Think about the volume and tone of your voice
-  Try to be quiet; give directions only when absolutely necessary
-  Coach before the game, after the game and at half time
-  During the game, be with your substitutes and coach them

## Sideline phrases you must dump from your repertoire

-  Wake up! (a nasty, demeaning insult)
-  Boot it! (almost always the wrong advice)
-  Clear it! (as if they didn't know . . . )
-  What are you doing?! (why are you asking?)

## Players respond to yelling from the sidelines, even positive or instructional yelling –

-  By tuning it out; or
-  By getting frustrated

## DON'T CONCENTRATE ON YOUR OWN CHILD!

# Dealing with Referees

- 🌿 The referees are volunteers, like you
  - ⚽ For some of them, it's their first few games
  - ⚽ Be particularly supportive about youth referees – they do this for fun and community service credit; they'll stop if you yell at them
  - ⚽ A thought: Did any referee ever call you a lousy coach?
- 🌿 **BE POSITIVE**
  - ⚽ Don't tell the referees what a bad job they are doing
  - ⚽ Don't tell your team or the parents what a bad job they are doing
  - ⚽ Remind the players to thank the referees at the end of every game
- 🌿 **Learn the Laws of the Game**
  - ⚽ The rulebook is short – just 17 laws
  - ⚽ By learning referee signals, you can understand and explain what happened
  - ⚽ If nothing else, learn
    - ⚽ When the ball is in or out of bounds
    - ⚽ The difference between direct and indirect kicks

## Some More Resources

- ⚽ **Before you do anything else**, watch pros in action:  
[http://www.youtube.com/watch?v=F64OEM\\_QRuQ&feature=related](http://www.youtube.com/watch?v=F64OEM_QRuQ&feature=related)
- ⚽ Watch some skills training videos (Coerver's are expensive but the best) – more information can be found at  
<http://www.playgreatsoccer.com>
- ⚽ Look at the curriculum on UK International's website coaches' website:
  - ⚽ [www.uksocca.com](http://www.uksocca.com) or go directly to  
<http://76.89.105.17/Curriculum/home.php>
  - ⚽ User name AYSO76, password BeverlyHills (no spaces; case sensitive)
- ⚽ We like [www.soccerclinics.com](http://www.soccerclinics.com) and [www.grassrootscoaching.com/](http://www.grassrootscoaching.com/) because of the animated diagrams – but there are subscription fees
- ⚽ [www.soccerxpert.com/](http://www.soccerxpert.com/) has lots of free drills
- ⚽ Schedule a free practice session with:
  - ⚽ UK International coaches: Contact Michael Karlin or Robin Corbett  
([coach@ayso76.org](mailto:coach@ayso76.org))
- ⚽ FIFA Laws of the Game  
<http://www.fifa.com/en/regulations/regulation/0,1584,3,00.html>