



AYSO Region 76
12U Coaching Course – 2019
Michael Karlin

Agenda

- 🏀 Classroom – 9:00 to 11:45 am
 - ⚽ AYSO Fundamentals
 - ⚽ Team Management
 - ⚽ Teaching Methods and the Coaching Cycle
 - ⚽ Objective and Principles of the Game
 - ⚽ Systems of Play
 - ⚽ Laws of the Game
 - ⚽ Test
 - ⚽ Wrap up

Contact Information

- ⚽ Regional Commissioner – Alex Grossman
commissioner@ayso76.org
- ⚽ Coach Administrators – Ji Lee and Jeff Gross
coach@ayso76.org
- ⚽ Webmaster – Michael Karlin webmaster@ayso76.org
- ⚽ Website Coordinator and Boys 12U Division Director –
Gil Bar-Zion – bu12@ayso76.org
- ⚽ Girls 12U Division Director – Gary Dyner –
gu12@ayso76.org
- ⚽ Our website:
 - ⚽ Public: www.ayso76.org
 - ⚽ Password protected: www.ayso76.net

AYSO Fundamentals

- 🌍 Vision Statement: To provide world class youth soccer programs that enrich children's lives
- 🌍 Mission Statement: To develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies
- 🌍 AYSO Six Philosophies
 - ⚽ Everyone Plays – 2 and 3 quarter rule – we mean it!
 - ⚽ Open Registration – we take everyone
 - ⚽ Balanced Teams – no requests or player retention
 - ⚽ Positive Coaching – be nice
 - ⚽ Good Sportsmanship – teach the players to be nice
 - ⚽ Player Development – improve players skills

Local Philosophies

- 🌍 The primary goal of our coaching program is **player development**
 - ⚽ Defined as the improvement of all players' individual and team skills to their maximum potential
 - ⚽ The program must meet the desire of players and their families for recreation that is safe, fun and educational
 - ⚽ **IT'S NOT ABOUT WINNING! IT'S ABOUT TEACHING!**
- 🌍 The program must also be **rewarding for coaches.**
 - ⚽ Coaches are volunteers, many with limited experience as educators and with the game of soccer
 - ⚽ To help them, we will provide and, in some cases, mandate the use of a wide variety of additional training and resources

Web Systems

- 🌐 ayso76.net – Regional Program developed by inLeague, our web developer for many years
 - ⚽ Our entire program is administered using this system
 - ⚽ This now includes volunteer registration
 - ⚽ Full instructions on the volunteer process are at <https://www.ayso76.org/coaches/coach-certification/>
 - ⚽ It is a three-part process, beginning within logging in to www.ayso76.net and going to Player and Volunteer Registration (first item on the Quick Links navigation bar)
 - ⚽ Next, you will undergo a background check by Sterling Volunteers, an outside organization retained by AYSO – you will receive an email invitation
 - ⚽ Finally, you have to undergo training, part of which is online
- 🌐 aysou.org –training resources, including the 12U Pre-Course, Concussion Awareness and Safe Haven

inLeague (ayso76.net)

The screenshot shows a web browser window displaying the inLeague Sports Management interface. The browser's address bar shows the URL <https://www.ayso76.net/inleague/inleague.cfm?menu=Teams>. The page header includes the Beverly Hills AYSO logo, the text "Beverly Hills AYSO Region 76", and a soccer ball graphic. Below the header is a navigation menu with links for "Players", "Teams", "Games", "Events", "Utilities", and "Messaging". A "Quick Links" section contains "Team Rosters", "Uniform Assignments", and "Team Colors". The main content area features four interactive cards: "Team Rosters" (with a clipboard icon), "Uniform Assignments" (with a jersey icon), "Team Colors" (with a jersey icon), and "Team Check Requests" (with a speech bubble and dollar sign icon). A fifth card, "Team Announcements" (with a megaphone icon), is located below the others. The user's name "Federico Robino" and email "federico@energipromo.com" are visible in the top right corner.

inLeague (ayso76.net)

Players **Volunteers** **Teams** **Games** **Referees** **Divisions** **Events** **Competitions** **Reports** **Utilities** **Messaging**

Quick Links: [Team Rosters](#) [Uniform Assignments](#) [Coach Assignments](#) [Team Assignments](#) [Team Colors](#) [Add and Edit Teams](#)

Search User Search Player [Workspace Mode](#)

Team Rosters -- Select a Team

-- Select a Competition --
Lower Division Regular Season
Area 1-P Upper Division Sportsmanship Cup
Area 1-P League Champions
Area 1-P All Stars
Beverly Hills Tournament Team
Scrimmage Day
AYSO 1-P Adult
Area 1-P Lower Division Regular
Field Monitors
Kick It in the Spring
AYSO Extra - Section 1

-- Select a Division --
VIP
B4 - Playground
G4 - Playground
B5 - Schoolyard
G5 - Schoolyard
B 6
G 6
B 7
G 7
B 8
G 8
B 9
G 9
B10
G10
B12
G12
B14
G14

-- Select a Team --
G4-A

Select a Roster Function:

- eAYSO Style Tournament Roster
- Standard Team Roster
- Classic AYSO Line-Up Cards (2x/page)
- Official AYSO Line-Up Cards (4x/page)
- Picture Day Roster
- Team Name & Colors
- Team Information / Contact Info
- Player ID Cards
- Coach ID Cards (Head/Co-Coaches)
- Coach ID Cards (Asst. Coaches)
- E-signed Medical Release Archive
- Add Area Players to Roster (non-inLeague Area Teams Only)
- Exclude Players from Roster

Sort Roster by:

- Uniform #
- Name






Before We Begin

“Failing to prepare is preparing to fail.”






John Wooden

Team Management

Organizing the Team

-  Roster and other web resources
-  Parent meeting and appointing a team administrator
 -  You can now do this
-  Medical releases and Kid Zone Pledges
 -  A player **cannot** practice or play unless the coach is in possession of a signed medical release

Equipment

-  Balls – size 4 for 10U and 12U (have a size 5 for yourself)
-  Cones – flat
-  Practice vests – 7 x 2 colors
-  First aid supplies (see below)
-  Deck chair

Practices and build-up

Game day preparation

The Team Meeting

- 🏆 Set the team goal
- 🏆 Make it a pool party for the kids
- 🏆 When talking to the parents:
 - ⚽ Briefly mention AYSO's vision, mission and philosophies
 - ⚽ Explain your coaching philosophy and expectations (punctuality, communication, equipment, etc.)
 - ⚽ Introduce Player and Parent Pledges
 - ⚽ Introduce Kids Zone for a positive sideline
 - ⚽ Discuss team goal
 - ⚽ Encourage communication regarding any player injuries
 - ⚽ Discuss concussion awareness, Safe Haven, etc.
 - ⚽ Recruit team parents

Training Management

- 🌿 Prepare your practice before you get to the field
 - ⚽ Have a lesson plan – you are a teacher and the field is your classroom
 - ⚽ Be sure there is a ball for each player
 - ⚽ Players bring one each or you bring them
 - ⚽ Training uniforms (white t-shirt, black shorts) promotes team spirit
- 🌿 You have just one hour
 - ⚽ Arrive early and appropriately dressed
 - ⚽ Require players to arrive 15 minutes before official start time, so they can put on cleats and get ready
 - ⚽ Work with assistants to mark out spaces with flat cones
 - ⚽ Warm up on the sideline if you can
- 🌿 Hydration is vital:
 - ⚽ Short, disciplined breaks, especially early in season
 - ⚽ Water not sweetened drinks so players take more fluid

Training Management – The Lesson Plan

- 🌿 You don't have to make it up
 - ⚽ Many training plans are in the Online Manual (last item in your 12U Online Course in aysou.org)
 - ⚽ Use the links in the pdf to see animated versions of drills
 - ⚽ Visit <http://www.ayso76.org/Coach/coach-resources.cfm> (we will be updating this soon)
- 🌿 Organization of a coaching session
 - ⚽ Sideline warm-up (don't wait for the field to be yours!)
 - ⚽ Technical warm-up
 - ⚽ Activities – two or three at the most
 - ⚽ Small-sided match
- 🌿 Don't run laps –do activities with a ball
- 🌿 Don't give lectures!

Training Management

- ⚽ Practices should be planned into 5 segments:
 - ⚽ Warm-up (at least 80% free play with the ball) – 5-10 minutes; use dynamic not static stretches
 - ⚽ One or two skill drills – 20 minutes
 - ⚽ A scrimmage or game – 15-20 minutes
 - ⚽ A second drill at the end – 5-7 minutes
 - ⚽ Cool down run and stretch after practice, not before
- ⚽ You don't have to make it up. Several curricula for 12U are available (see last slide)
- ⚽ All activities should involve frequent touches – **NO STANDING IN LONG LINES – for a shooting drill without lines, see the Appendix**
- ⚽ If it doesn't work, stop. Do something else.
- ⚽ Use the Coaching Cycle and concept of Build-up





Age Appropriate Training

- ⚽ Training/sessions *must* be adapted to the player's specific age and stage of development – at this age especially, players of the same age may have wide variations in development and maturity
- ⚽ Four key components should be considered and woven through each session; however, *at all-times* with deep respect to the player's specific age *and* stage of development



Psychosocial

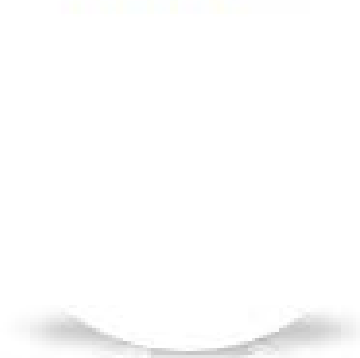
12U Players:

-  In between childhood and adolescence, 12U players are ready to learn
-  Can process more abstract thought and handle more complex tasks
-  More analytical which boost their tactical awareness and understanding
-  Early or late puberty can impact self-esteem and relationships.

Teaching Methods

- ⚽ P.I.E. (Positive Instruction & Encouragement)
 - ⚽ Coaching Sandwich: A slice of critique inside two slices of praise
- ⚽ Say, Show, Do and Review (explain, demonstrate, have them do it, observe (silently) and correct)
- ⚽ See, Show, Say Method (watch, show them what needs to be corrected or improved, and then critique)

I hear...



I forget

I see...



I remember

I do...



I understand

Additional Thoughts on Teaching

- 🍎 Keep your words short and simple
- 🍎 KNEEL and SQUAT – your players are smaller than you and when you talk to them, you should try to avoid looking down on them
- 🍎 If you can, demonstrate; if you cannot, get help
- 🍎 Treat your own child like other players – don't expect more (or less) from them; don't focus only on them; praise them; when the session or game is over, talk about something else on the drive home
- 🍎 **DON'T TREAT YOUR PLAYERS LIKE PIECES IN A GAME OF SPEED CHESS**
- 🍎 **DON'T CRITICIZE WHAT JUST HAPPENED – THE GAME HAS MOVED ON**
- 🍎 **DON'T YELL**

The Coaching Cycle



- ⚽ Coaching involves **OBSERVING** and **EVALUATING** player and team performance to determine what needs to be worked on (**ORGANIZING** and **COACHING**) during training in order to maximize (**Player and Team**) **DEVELOPMENT**
- ⚽ Training components (psychosocial physical, technical, tactical) are then incorporated into a training session (plan) to develop and improve the player's competence in match conditions

The Coaching Cycle

- ⚽ **ORGANIZE/COACH:** Training is comprised of: (free play); warm-up; activities I & II; small-sided matches and cool-down
- ⚽ **Principles of Play** should be considered and woven throughout the session
- ⚽ Adjusting **Speed, Space, Opposition** controls the intensity of an activity
- ⚽ Coach using sound methodology (P.I.E., Say, Show, Do, Review, etc.) to increase success and develop players
- ⚽ **DEVELOPMENT:** Player's improved competence within match environment (finishing; short/long play; short combined with long play; ability to keep possession; risk; transition)
- ⚽ **OBSERVE and EVALUATE** performance and select elements for the **next** training session

Build-Up

- 🌿 Learn the concept of build-up
 - ⚽ Start with no pressure – time or space
 - ⚽ Limited pressure – reduce time or space; add opponent(s)
 - ⚽ Full pressure – players involved in game-like situations
 - ⚽ Game conditions – game with rules designed to emphasize what you want to teach – small-sided games are the best way to do this
- 🌿 Give time to weaker players – how well you coach them will determine your team's success

One Topic Per Session

- ⚽ Focus on one topic per session
- ⚽ Resist the temptation to coach skills or correct mistakes that are unrelated to the topic of your session
- ⚽ **Repetition** is the key to developing skills – more than you might expect, the players often have a lot of patience with repeating the same drill until they get it right
 - ⚽ For those that get it right away, vary the drill to make it more difficult (e.g., work with the weaker foot)

Scrimmages and Games

- 🌿 Don't just scrimmage. Scrimmages should be tuned to the practice theme. For example:
 - ⚽ 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 only if you know what you're doing
 - ⚽ Don't show off and don't score
 - ⚽ BE CAREFUL –players are 1/3rd to 1/2 of your weight
- 🌿 Scrimmage in mid-session, not the end, so players don't spend all practice waiting for it to begin

Technique and Tactics

- 🍏 Soccer is an individual sport and a team game
- 🍏 Before the age of 12, the primary emphasis has to be on individual technique:
 - ⚽ Bringing the ball under control
 - ⚽ Moving with the ball
 - ⚽ Kicking the ball accurately and at the right pace
 - ⚽ One on one play
- 🍏 Team tactics become more important as players get older – but understand that the key to tactical success, spatial awareness, develops over time and is not fully developed at 11 years old
- 🍏 12U is primarily about “Technical Cleansing”

Training Overview for U-12 Players




| U-12 Techniques | U-12 Knowledge |
|---|---------------------|
| Dribbling | Know the 8 restarts |
| Inside of foot – ball control | Corner kick |
| Sole of foot – ball control | Goal kick |
| Top of the thigh – ball control | Penalty kick |
| Instep kick | Drop ball |
| Inside of the foot – push pass | Direct free kick |
| Throw-in | Indirect free kick |
| Tackling | Throw-in |
| Goalkeeping | Kick off |
| Heading may NOT be taught (heading OK in 12U if 12U and 11U are separate division, but in Region 76, 12U and 11U are combined) | Laws of the Game |

We cover techniques during the field sessions




Game Day Management

Punctuality and Warm-Up

Line-up

-  Line-up cards (use the web application; uniform order)
-  Plan your substitutions – three-quarter rule until playoffs
-  Rotate players into different positions

First aid supplies

-  Ice and ice packs
-  Bandages and disinfectant
-  Advil, Alleve: Don't give it to players – leave this to parents

Game Day Management

🏀 Bring a chair and SIT DOWN

🏀 **KEEP QUIET DURING THE PLAY**

🏀 Players learn best from their own mistakes

🏀 “If you're not making mistakes, then you're not doing anything.” – John Wooden

🏀 Error prevention hurts your players

🏀 **COACH, DON'T CRITICIZE**

🏀 Treat your own child like any other and have realistic expectations of them and everyone else

🏀 Coach before the game and at the breaks

🏀 Coach the substitutes

🏀 After the game, cool down and review

Let the game be the teacher

Objectives of the Game

| Attacking Objectives | Defending Objectives |
|-----------------------------|-----------------------------|
| Score | Prevent Scoring |
| Move the Ball Forward | Delay the Opponents |
| Keep the Ball | Get the Ball Back |

- Which of these objectives is primary depends on the player's position relative to the ball, other players, location on the field and time in the game
- Players are taught the objectives and principles through training sessions, not during the game

Principles of Play

How to achieve your objectives

Attacking

Penetration – Advance ball by dribbling, passing and shooting

Support – Give your teammates options

Mobility – Don't just stand there!
Movement on and off the ball.

Width – Spread out; use the space

(added at 12U) Creativity – Use your skills

Defending

Pressure and delay – Slow down the attack

Cover – Support the player challenging for the ball







Balance – Match other team's numbers; at 12U, begin to “read” the game

Compactness – Play in a small space

(added at 12U) Control Restraint
(Composure) – Stay calm; don't dive in!

Systems of Play

Systems of Play

-  1-3-3-2, 1-3-2-3, 1-4-3-1 (9 v 9, starting with the goalkeeper and going on to defenders, midfielders and attackers) OR
-  Everyone defends, everyone attacks and everyone helps teammates nearby
-  Mobility and numbers matter more than systems
-  Whatever else you do, don't have defenders standing back while the forwards attack
 -  In a practice, do you ask 2-3 forwards to score against 8 players?
 -  Risk breakaways – they rarely score

Positional Skills









- 🌍 Except for the keeper, in the modern game, the technical skills are the same at every position
 - ⚽ **Touch and ball control**
 - ⚽ Dribbling – dribble like you run
 - ⚽ Solid kicking skills
 - ⚽ Awareness
 - ⚽ Think where the ball may go next
 - ⚽ Think what you could do to help your teammate
 - ⚽ Positioning off the ball
 - ⚽ On attack: Get open, meaning away from defenders
 - ⚽ On defense:
 - ⚽ Get ball side and goal side
 - ⚽ Support your teammate
 - ⚽ Be patient when challenging an attacker - go for the ball only if sure you can get it
- 🌍 Emphasize areas of responsibility, not positions

Positional Responsibilities

| Position | Own Team Has Ball | Other Team Has Ball |
|-----------------|--|-------------------------------------|
| ■ Goalkeeper | ■ Begin Attack | ■ Stop scoring try |
| ■ Defender | ■ Keep Ball ■ Advance Ball | ■ Stop scoring try ■ Regain ball |
| ■ Midfielder | ■ Advance ball ■ Keep Ball ■ Score | ■ Delay attack ■ Regain ball |
| ■ Forward | ■ Advance ball ■ Keep ball | ■ Regain ball ■ Delay attack |

Laws of the Game

What players (and coaches) need to know

-  Ball in and out of play – if part of ball is on the line, it is in play; a ball that hasn't fully crossed the line is not out
-  Throw-in technique – arms straight, ball over head
-  Direct v. indirect kick – 2nd touch before goal can be scored; if IFK, referee will raise hand high
-  Handling must be deliberate
-  Basics of offside
 -  Offside position v offside
 -  Cannot be offside when receiving ball directly from goal kick, throw-in or corner
 -  Stay level with last defender (not including keeper)

Laws of the Game


Goalkeeper infractions

-  Don't pick ball up on

 -  Deliberate pass back by foot

 -  Throw-in

-  More than 6 seconds before releasing ball from hands

-  Handling ball up outside penalty area (but can dribble ball into penalty area and then pick up)

When the other side commits the offence

-  Play the whistle

-  Leave it to the referee

-  Don't let your players blame the referee

-  Keep quiet

Laws of the Game – 1

- ⚽ The Laws were substantially revised in 2016
 - ⚽ Kickoff – ball can go backward
 - ⚽ Offside restarts from where player was when he/she became offside. (Restart used to be where he/she was originally in offside position.)
 - ⚽ Denial of “obvious goal-scoring opportunity” – no red card if penalty is given (i.e., offence inside penalty area) and defender made legitimate attempt to play the ball (since further clarified)
 - ⚽ No re-take of PK if the kicker committed an offence
 - ⚽ Fake corners are disallowed
 - ⚽ Laws cut nearly in half, but interpretations now folded into the laws
- ⚽ Authoritative sources: <http://thefab.com/document/laws-of-the-game> (LOTG); <http://thefab.com/document/for-football-bodies> (2019 changes, summarized on next slide)










Laws of the Game – 2

- 🌍 More in 2019 – highlights relevant to children
 - ⚽ Coin toss winner can choose sides or to kickoff
 - ⚽ Many technical changes to handball rules
 - ⚽ Goal disallowed if ball came off attacker's hand or arm or off referee
 - ⚽ No handball if ball knocked onto hand by player or nearby opponent or if player handles while trying to break fall; or hand/arm close to body and player has not made their body “unnaturally bigger” (judgment call for referee)
 - ⚽ Handball if hand or arm above shoulder (except if bounces off own body)
 - ⚽ GK may handle ball to retrieve failed release of ball into play (klutz rule)
 - ⚽ No contested drop ball; team last touching the ball gets it; if in penalty area, goalkeeper gets it
 - ⚽ No attackers in a defensive wall of 3 or more
 - ⚽ GK or FK in penalty area in play as soon as kicked
 - ⚽ Yellow and Red Cards for coaches!

Field Sessions

Required elements

Techniques

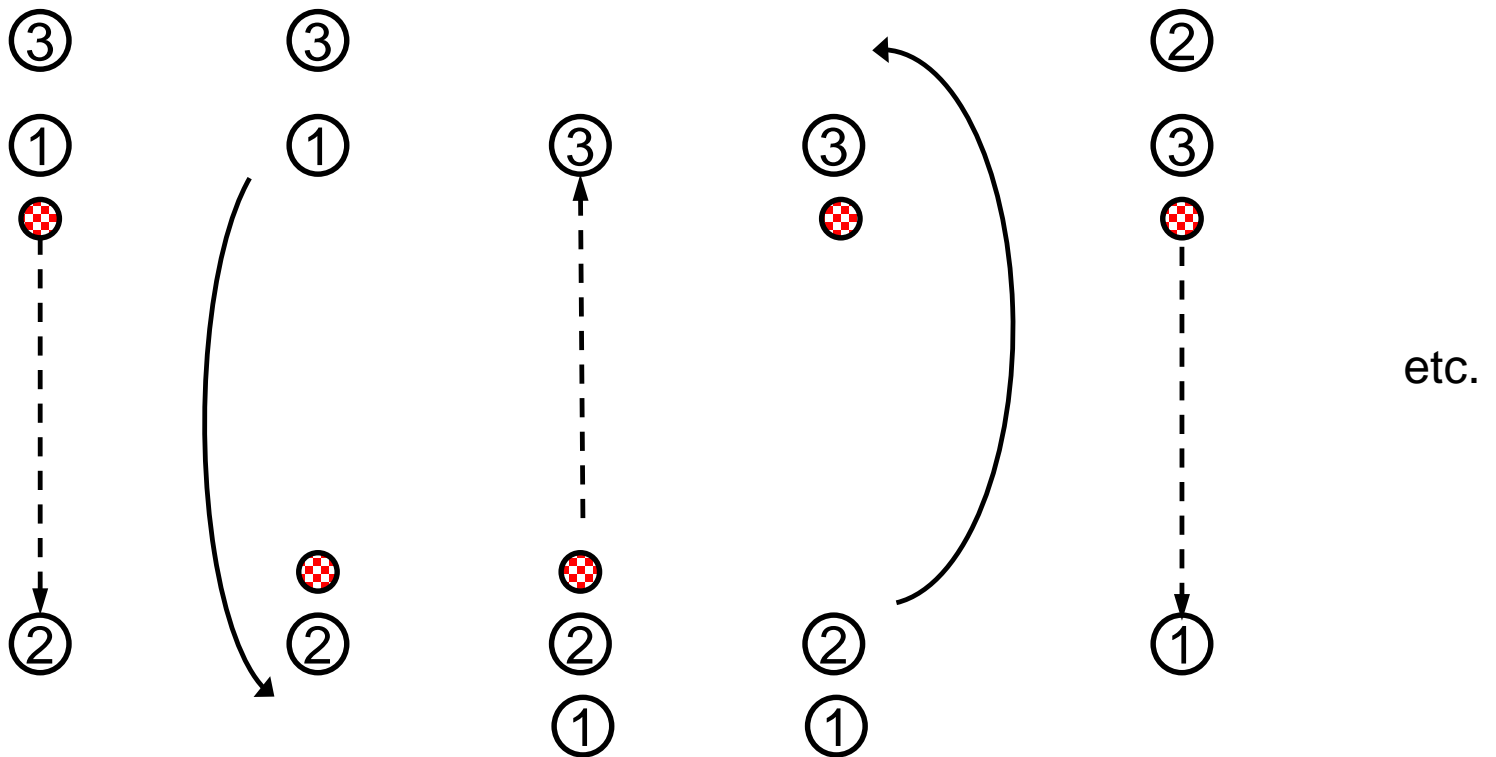
-  Dribbling
-  Inside of the Foot – Ball Control
-  Sole of the Foot – Ball Control
-  Top of the Thigh – Ball Control
-  Instep Kick
-  Inside of the Foot – Push Pass
-  Throw-In
-  Tackling – Front Block
-  Goalkeeping – try to put everyone in goal for at least a quarter

Build up the techniques

Training games

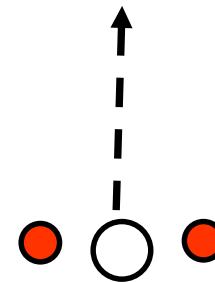
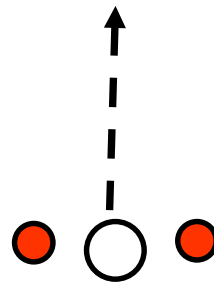
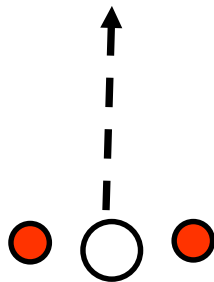
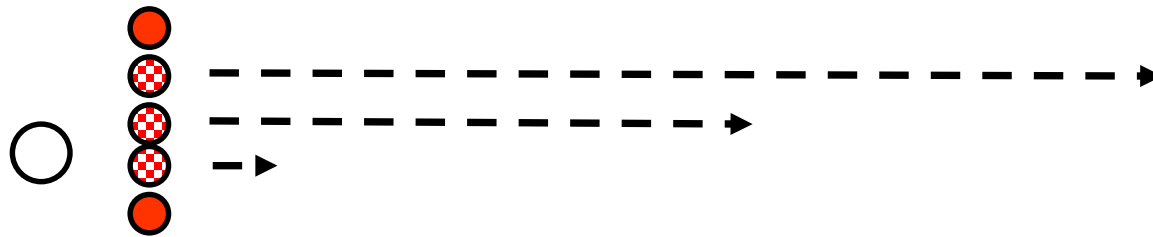
Passing Warm-Ups

- ⚽ Three players – standard configuration (see below)
- ⚽ Multiple players in small space
- ⚽ The weave
- ⚽ Short-sided keep away game 5 v 1 → 5 v 2

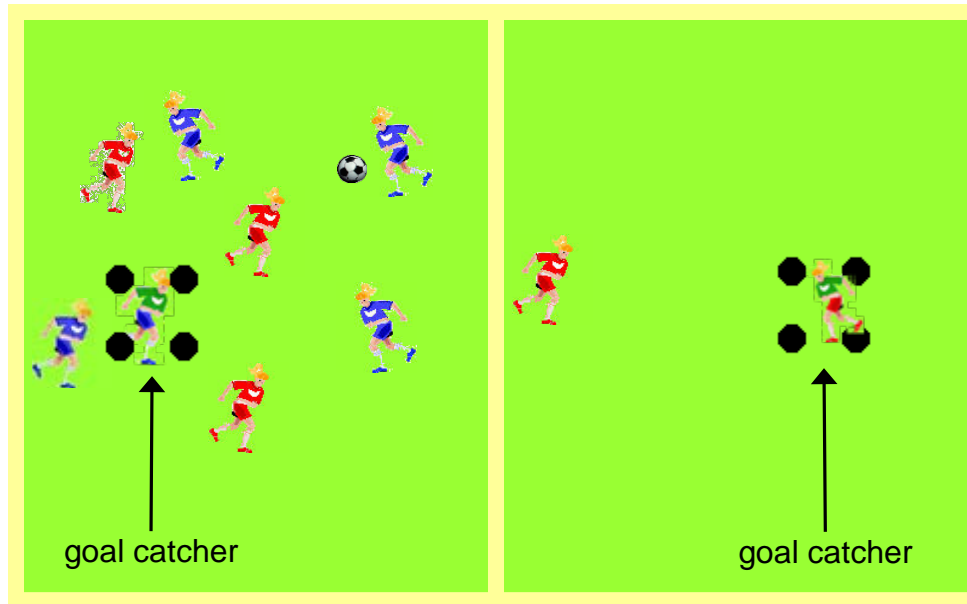


Coaching Pace – A Simple Drill

- ⚽ Basic idea: Make short, medium and longer square passes into the path of receiver in motion
- ⚽ Key: Receiver collects ball without slowing down
- ⚽ Multiple variations possible

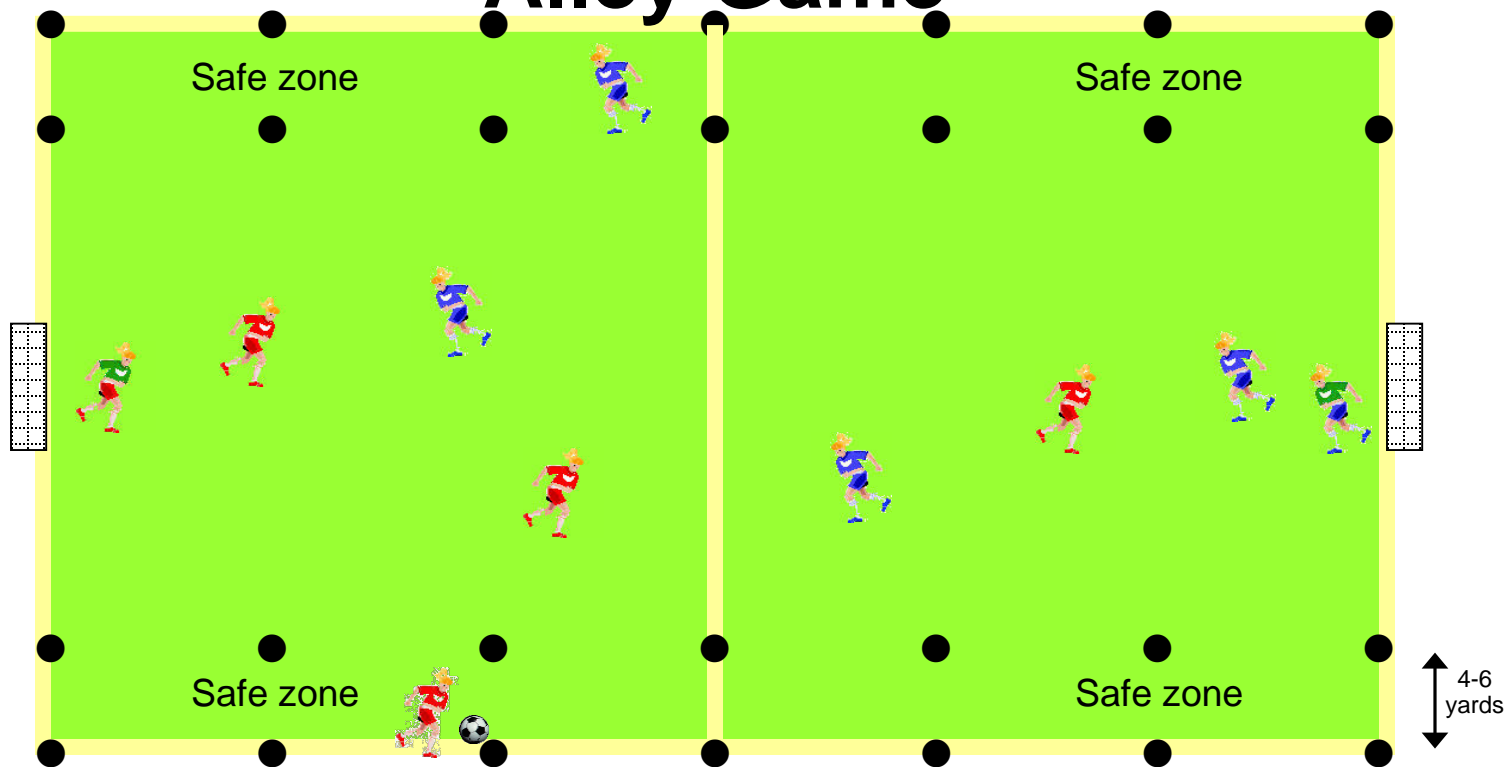


Handball Game



- 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

Alley Game



⚽ Variations:

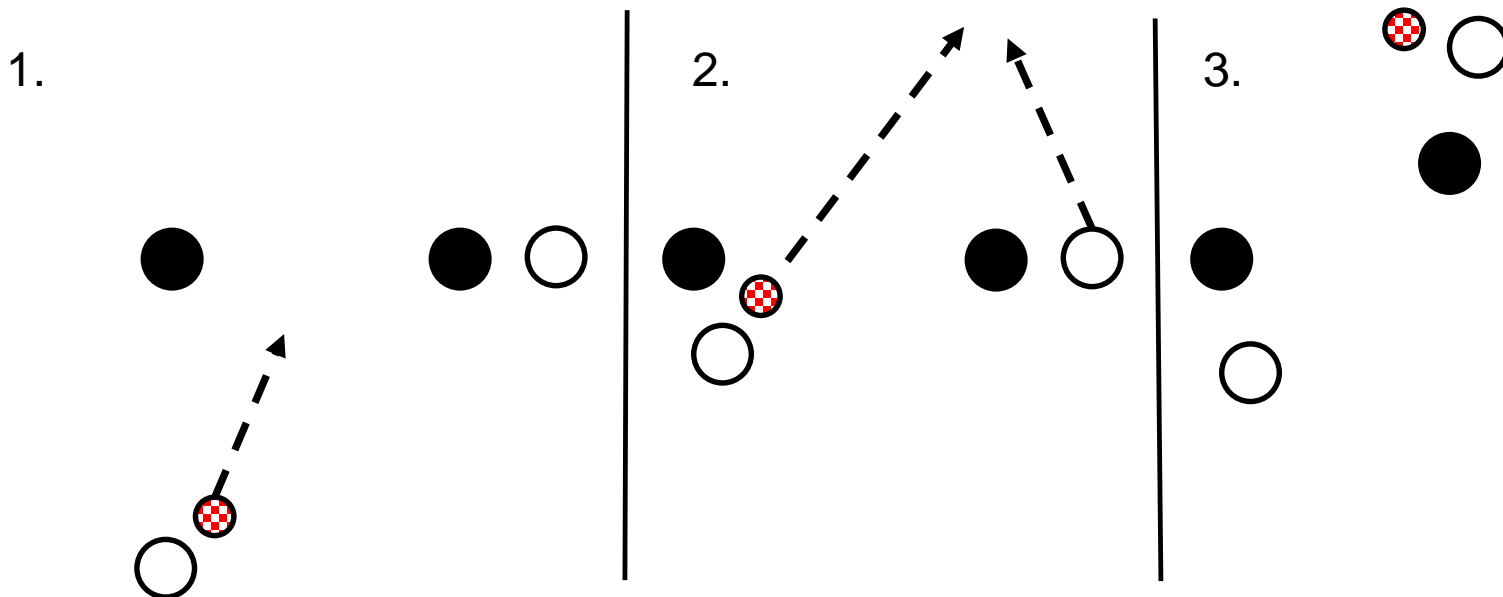
- ⚽ Basic: 1 red in one lane, 1 blue in the other
- ⚽ 1 red and 1 blue in each lane
- ⚽ Anyone can go into lane with ball; while there, player is “safe”

⚽ Coaching points

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






Coaching the Through Ball

- 🌿 Basic set-up
 - ⚽ Teach the through ball with cones (which obviously can't move)
 - ⚽ Then with passive defenders (who can stick foot out but can't move)
 - ⚽ Then with active defenders (who can intercept or play offside trap)
- 🌿 The defenders face the passer. Passing between them forces them to turn and chase the ball
- 🌿 Receiver needs to stay onside until pass made




Coaching the Pass and the Pull Back

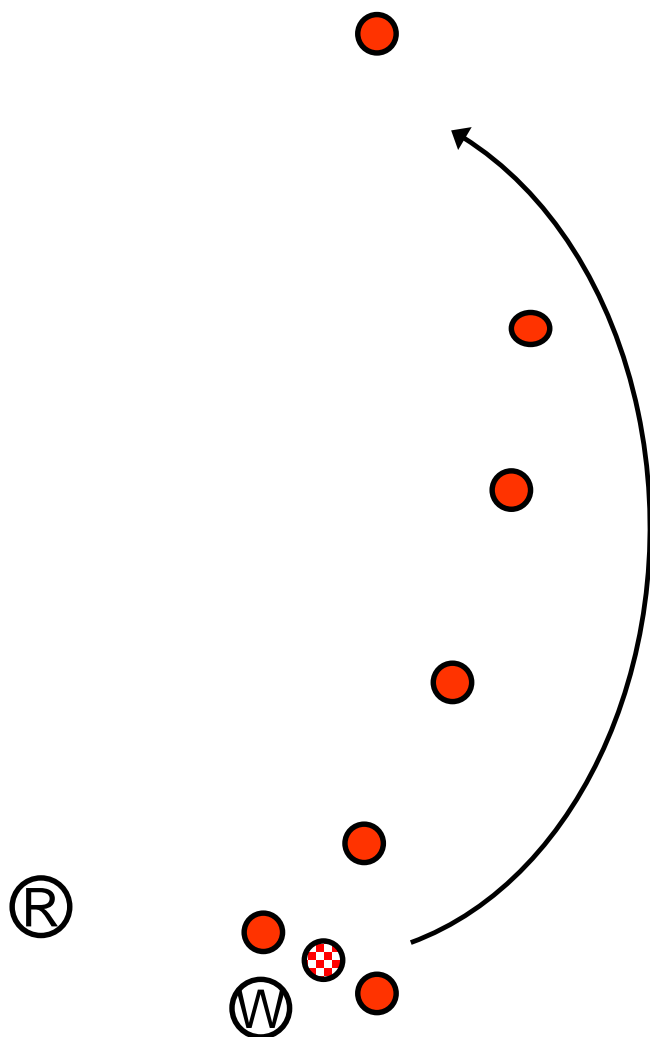
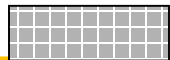
Drill:

-  Zero pressure – move up the sideline and pass the ball diagonally backward into path of forward
-  Passive pressure 1 – same, but with defender shadowing
-  Passive pressure 2 – move ball up sideline, with no defender to prevent pass; GK plus two or three defenders in goal area; two or three attackers outside goal area
 -  Variation: Attackers start in goal area and one or more draw back
-  Active pressure – same but with defender allowed to block the pass; give the passer a head start

Do this drill from the right, then from the left

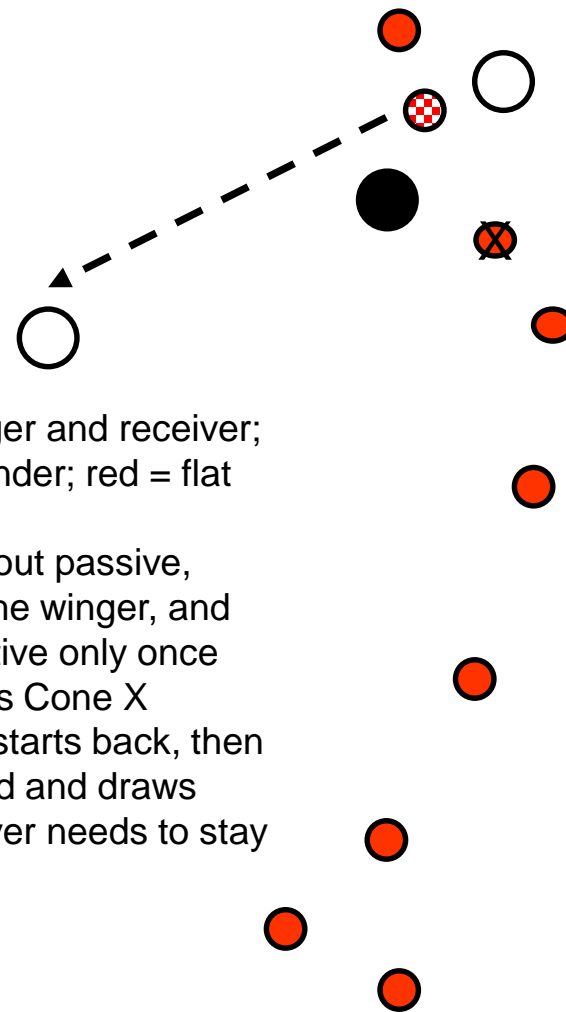
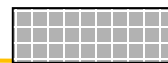
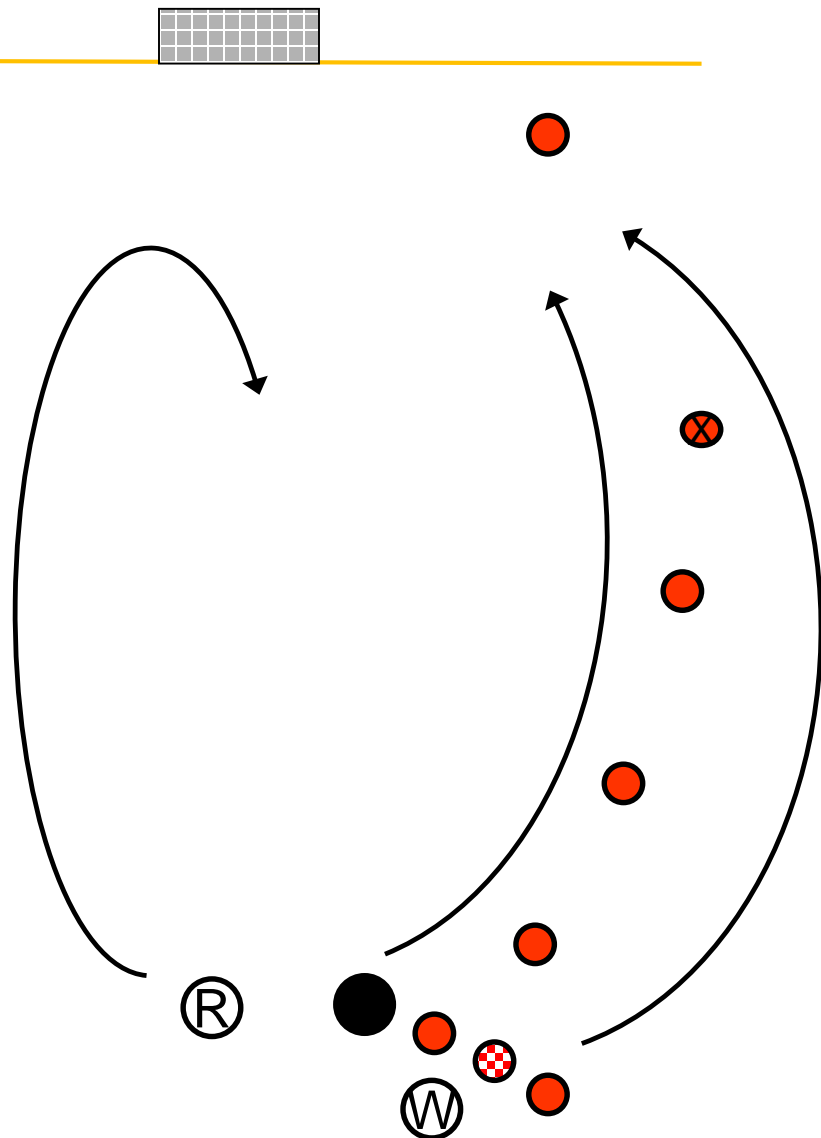
-  Teach the pull back as an alternative to simply beating the defender for speed

Coaching the Pull Back – Basic Diagrams 1



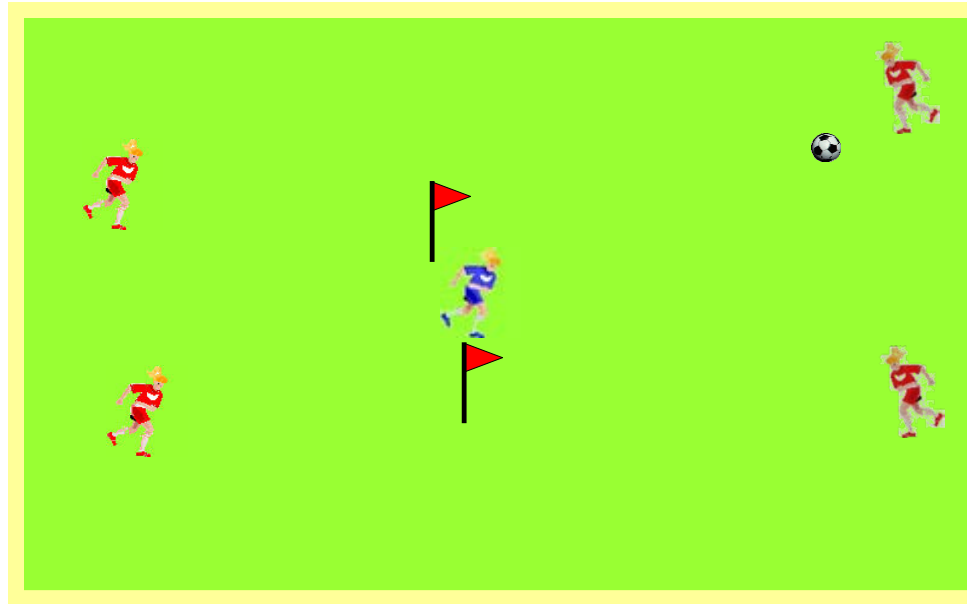
- White – winger and receiver; no defender; red = flat cones
- Receiver(s) starts back, then starts forward and draws back. Receiver needs to stay onside (level or behind winger)

Coaching the Pull Back – Basic Diagrams 2



- White – winger and receiver; black – defender; red = flat cones
- Black starts out passive, shadowing the winger, and becomes active only once White passes Cone X
- Receiver(s) starts back, then starts forward and draws back. Receiver needs to stay outside

Teaching Shooting Without Lines



- 5 players – GK plus 2 on one side of goal, 2 on the other
- Basic set-up: Player shoots; if GK saves, turns and feeds to player on opposite side of goal; if ball passes GK, player on opposite side has ball and can shoot
- Progressions
 - ◆ Player with ball takes ball toward goal, turns and lays it off for teammate
 - ◆ Player passes the ball sharply to GK who parries it for other player to follow up
 - ◆ Player with ball runs wide of goal and passes angled ball back to teammate

Resources

- ⚽ Before you do anything else, watch pros in action:
http://www.youtube.com/watch?v=Xm33Z_2sZj8 or
<https://www.youtube.com/watch?v=0-ZSoZScqBU>
- ⚽ Videos or animations of the drills shown in the AYSO 12U Manual starting at page 70 – use the web links
- ⚽ Watch some skills training videos (Coerver's are expensive but the best) – more information can be found at <http://www.playgreatsoccer.com>
- ⚽ We like www.soccerclinics.com and www.grassrootscoaching.com/ because of the animated diagrams – but there are subscription fees
- ⚽ www.soccerxpert.com has lots of free drills
- ⚽ Schedule free practice session with Serie A coaches or have a senior coach mentor you at a game: Contact the coach administrator (coach@ayso76.org)
- ⚽ Our own regional website – <http://www.ayso76.org/Coach/coach-resources.cfm>, with links to various resources including Michael's video, "Coaching Kicking"
- ⚽ Laws of the Game also at www.fifa.com/aboutfifa/documentlibrary/doclists/laws.html#laws
- ⚽ U.S. Soccer Federation resources -
<http://www.ussoccer.com/referees/resource-center>
- ⚽ AYSO Resources: <http://www.aysovolunteers.org/>