



AYSO Region 76  
12U Coaching Course – 2019  
Michael Karlin

# Agenda

- 🌿 Classroom – 12:00 to 2:15 pm
  - ⚽ Pre-Course Review, Quiz 1
  - ⚽ AYSO Fundamentals
    - ⚽ Six Philosophies
    - ⚽ Development Over Winning
  - ⚽ Team Management
  - ⚽ Coaching Methods
    - ⚽ Age Characteristics and Environment
    - ⚽ Coaching Moments
  - ⚽ Training Management
    - ⚽ Coaching Cycle
    - ⚽ Build-up
    - ⚽ Other Aspects of Training
    - ⚽ Objective and Principles of the Game
  - ⚽ Game Day Management
  - ⚽ Quiz 2 and wrap up
- 🌿 Appendices:
  - ⚽ Laws of the Game
  - ⚽ Field sessions

# Classroom Agenda

Pre-Course Review, Quiz 1

Development Over Winning

Coaching Methodology

Age Characteristics and Environment

Coaching Moments

Quality Training

Coaching Cycle

12U Training Session

Introduction to Periodization

Quiz 2

# Contact Information

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  - ⚽ Public: [www.ayso76.org](http://www.ayso76.org)
  - ⚽ Registered users: [www.ayso76.net](http://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

# Development Over Winning

- 🌍 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






# 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

# Age Characteristics

- ⚽ Players have increased understanding of strategy and tactics so small-sided games can help develop basic attacking and defensive principles
- ⚽ Players should still rotate positions to avoid early specialization (as well as participate in other activities/sports)
- ⚽ Physical literacy (balance, agility, speed, coordination, etc.) improves
- ⚽ 12U is the time for “polishing” the player’s technical skills and helping them achieve technical efficiency

# Coaching Moments

I hear...



I forget

I see...



I remember

I do...



I understand

🏆 Let them play – the game is the great teacher

# Teaching Methods – 1

- 🌐 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)

# Teaching Methods – 2

- ⚽ **Forced Stoppage** (freeze, get in, make your point, get out)
- ⚽ **Natural Stoppage** (be careful the coaching opportunity hasn't passed and the situation forgotten)
- ⚽ **Flow** (talking as the game is playing...*avoid* constant commentary)
- ⚽ **Individual Reference** (pulling a player aside to make an observation)

# 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

# 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 – Sessions

- ⚽ Practices should be planned into 5 segments:
  - ⚽ Warm-up (including free play with the ball) – 5-10 minutes; use dynamic not static stretches
  - ⚽ Small-sided activities – 10 minutes
  - ⚽ Expanded small-sided activities – 10 minutes
  - ⚽ A scrimmage or game – 15-20 minutes
    - ⚽ Consider 2<sup>nd</sup> drill (e.g., fun shooting drill) at the end – 5 minutes
  - ⚽ Cool down 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

# 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
  - ⚽ Simple to complex
  - ⚽ Unopposed to opposed
- 🌿 How to 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

# 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

# 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**

# 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

# 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

- 🌿 While free play is desirable, scrimmages can also 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, don't hog the ball, and don't score
  - ⚽ BE CAREFUL – players are 1/3<sup>rd</sup> to 1/2 of your weight
- 🌿 Consider scrimmaging in mid-session, not the end, so players don't spend all practice waiting for it to begin

# Positional Responsibilities

<b>Position</b>	<b>Own Team Has Ball</b>	<b>Other Team Has Ball</b>
■ 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

# Objectives of the Game

<b>Attacking Objectives</b>	<b>Defending Objectives</b>
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!




# 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**









# 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

# Appendix 1 – 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 by teammate

  -  Throw-in

-  More than 6 seconds before releasing ball from hands (but this is an anti-time wasting rule and should be enforced with a very light touch for 12U players)

-  Handling ball up outside penalty area (but can dribble ball (not received from deliberate pass back by foot) 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 and 2019

-  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:

-  <https://downloads.theifab.com/downloads/laws-of-the-game-2021-22?l=en> (LOTG)
-  <http://theifab.com/document/for-football-bodies> (links to resources)
-  2019 to 2021 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

⚽ But (2020-21 change) only if it occurs immediately before a goal or obvious goal-scoring opportunity)

⚽ 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)

⚽ Handball if hand or arm *above bottom of armpit* (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 (i.e., ball does not need to leave the penalty area)

⚽ Yellow and Red Cards for coaches!










# Laws of the Game – 3

- 🏆 2021-22 clarifications” regarding handball – some of this is a little subtle. It is an offence if a player:
  - ⚽ deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
  - ⚽ touches the ball with their hand/arm when it has made their body unnaturally bigger. Body is unnaturally bigger when the position of player’s hand/arm is not a consequence of, or justifiable by, the player’s body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized
  - ⚽ scores in the opponents’ goal:
    - ⚽ directly from their hand/arm, even if accidental, including by the goalkeeper
    - ⚽ immediately after the ball has touched their hand/arm, even if accidental

# Field Sessions

## Required elements

### Techniques

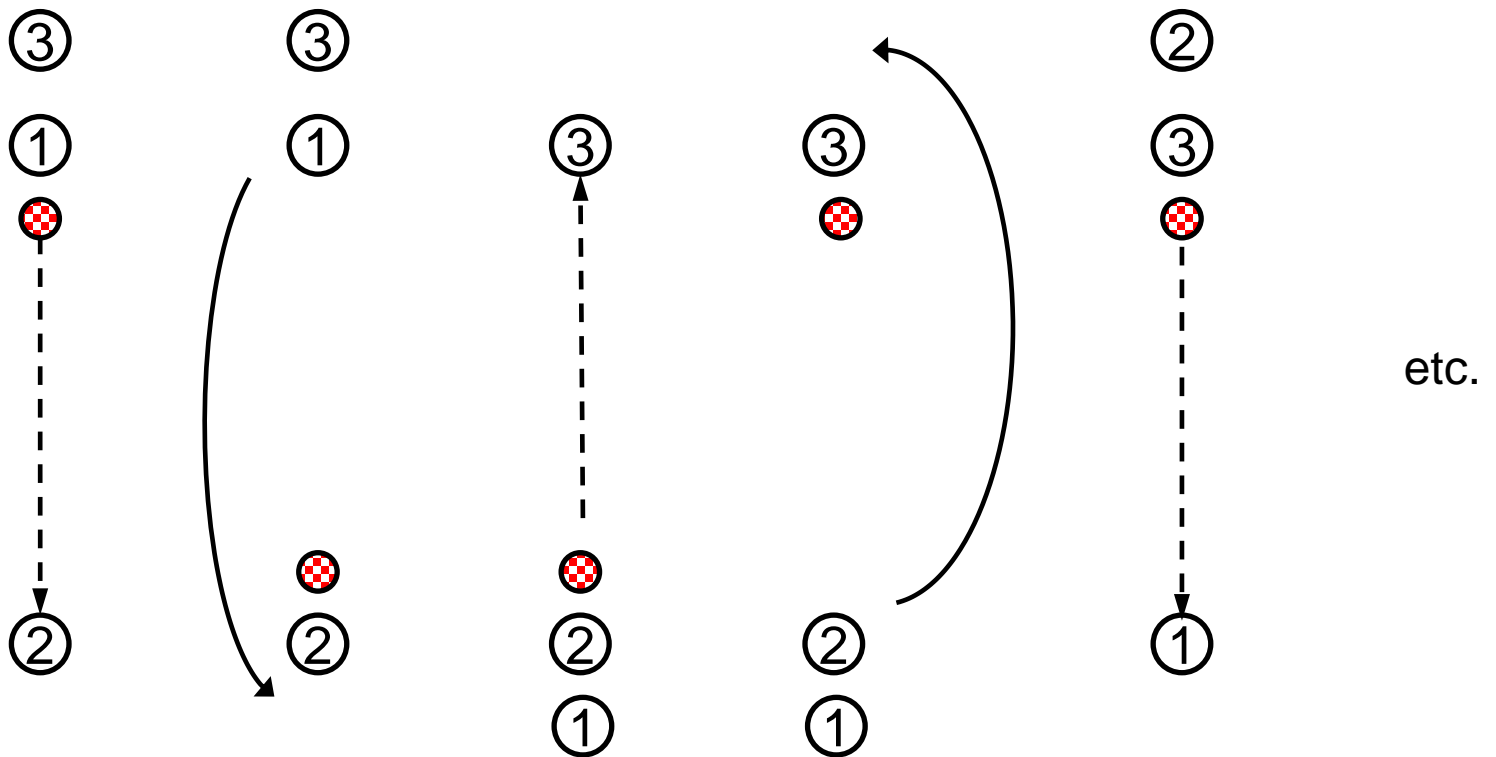
-  Dribbling
-  Inside of the Foot – Ball Control
-  Sole of the Foot – Ball Control
-  Top of the Thigh – Ball Control
-  Instep Kick
-  Inside of the Foot – Push Pass
-  Throw-In
-  Tackling – Front Block
-  Goalkeeping – try to put everyone in goal for at least a quarter

### Build up the techniques

### Training games

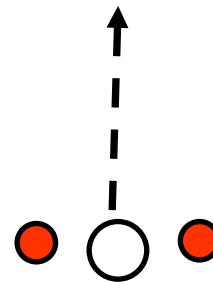
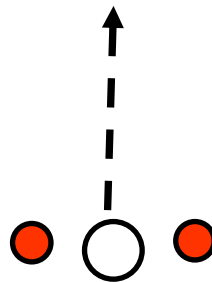
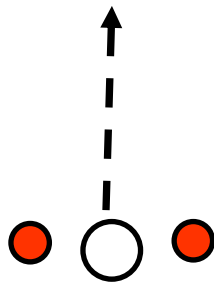
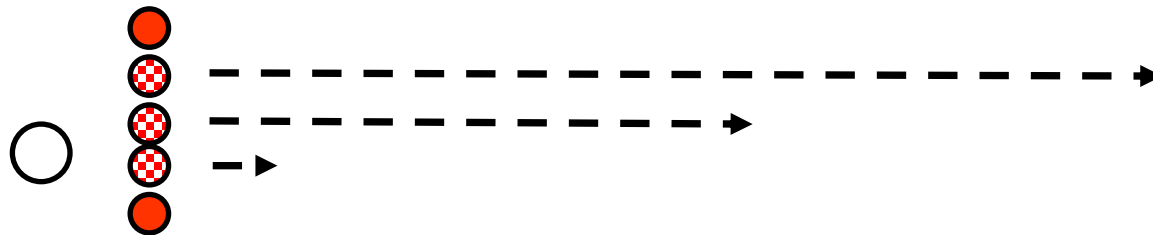
# Passing Warm-Ups

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

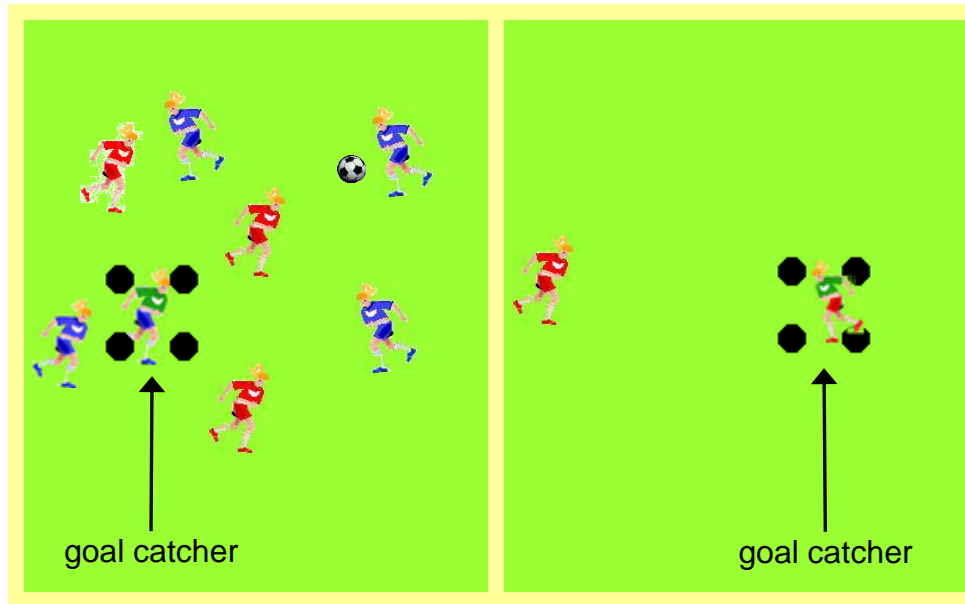


# Coaching Pace – A Simple Drill

- 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



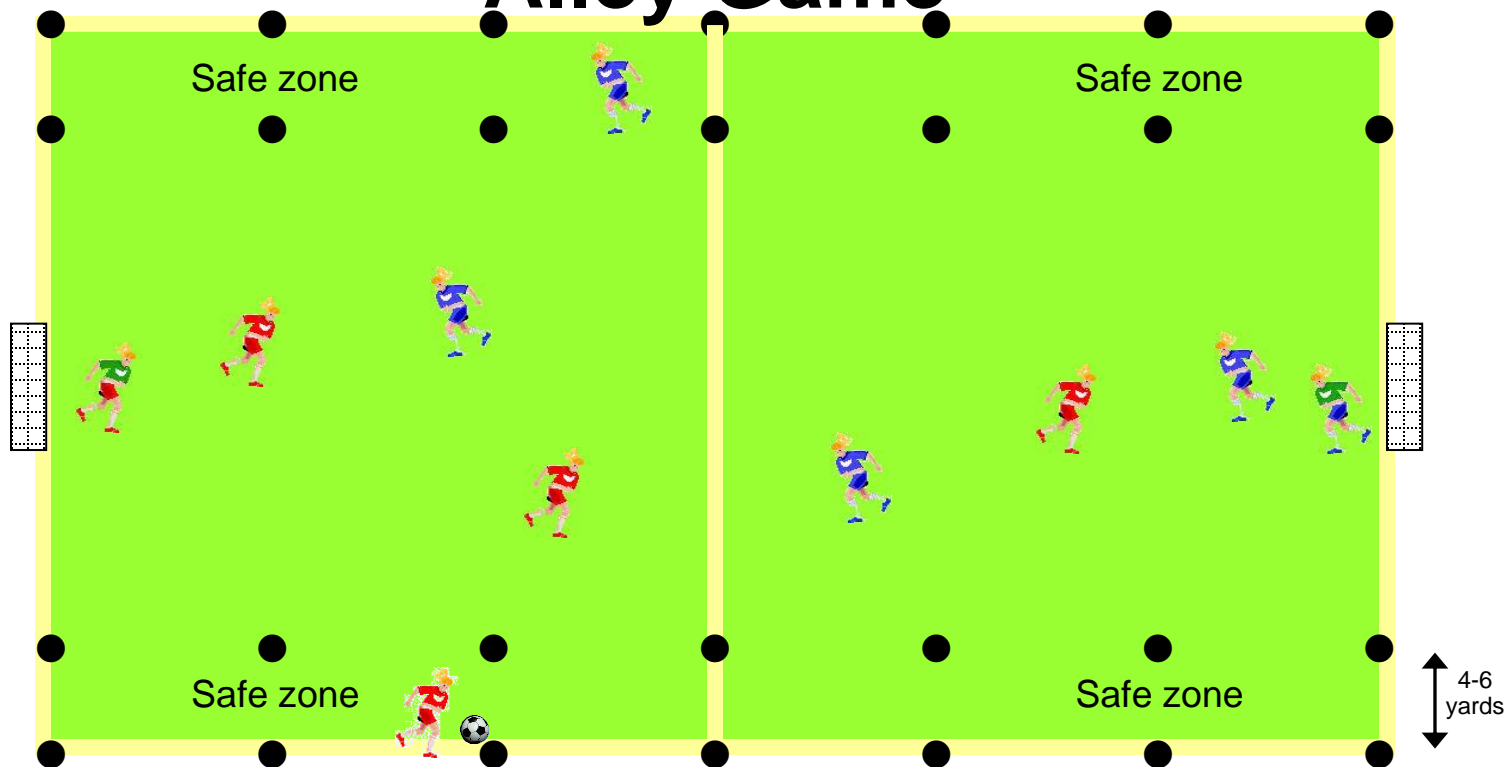
# Handball Game



- 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:

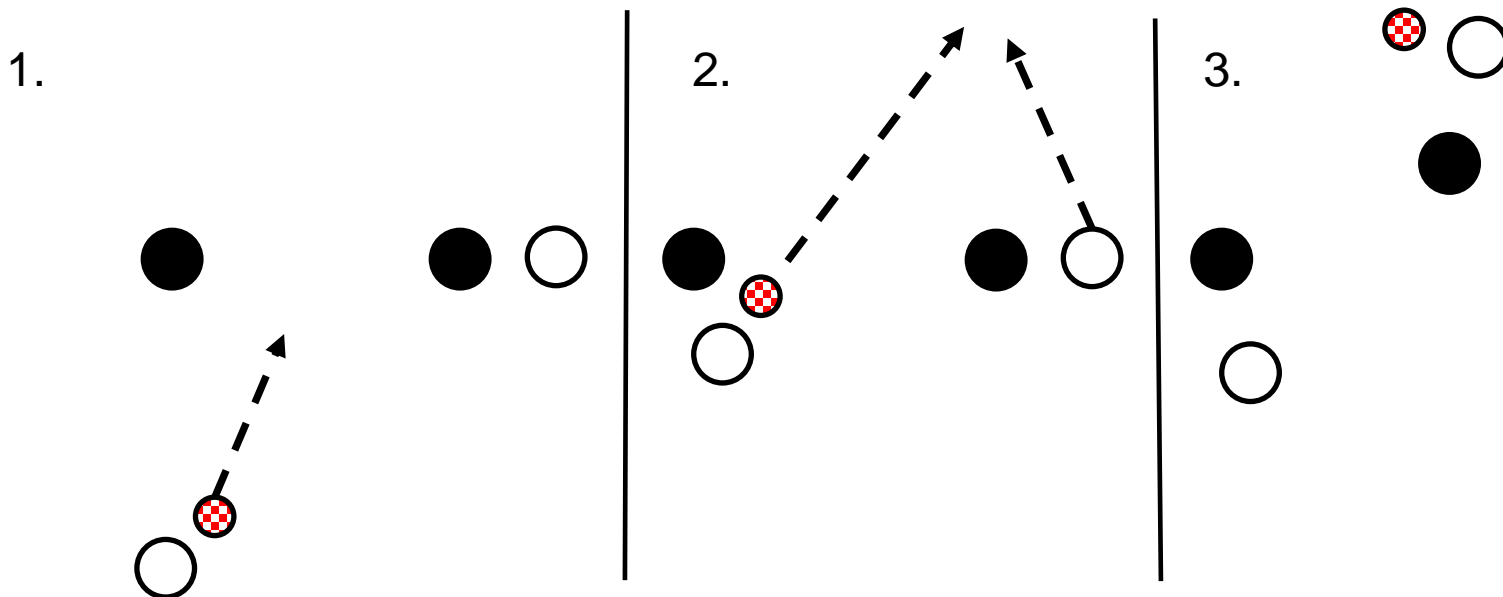
- ⚽ Basic: 1 red in one lane, 1 blue in the other
- ⚽ 1 red and 1 blue in each lane
- ⚽ Anyone can go into lane with ball; while there, player is “safe”

## ⚽ 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

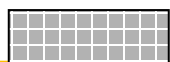
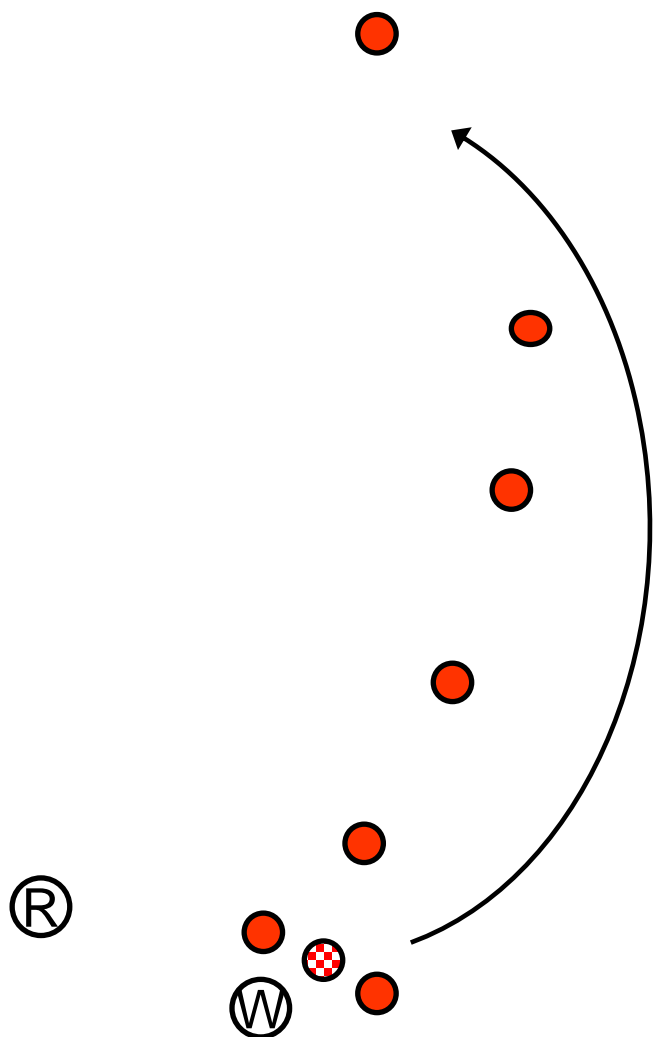
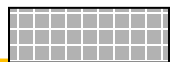
## Drill:

-  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

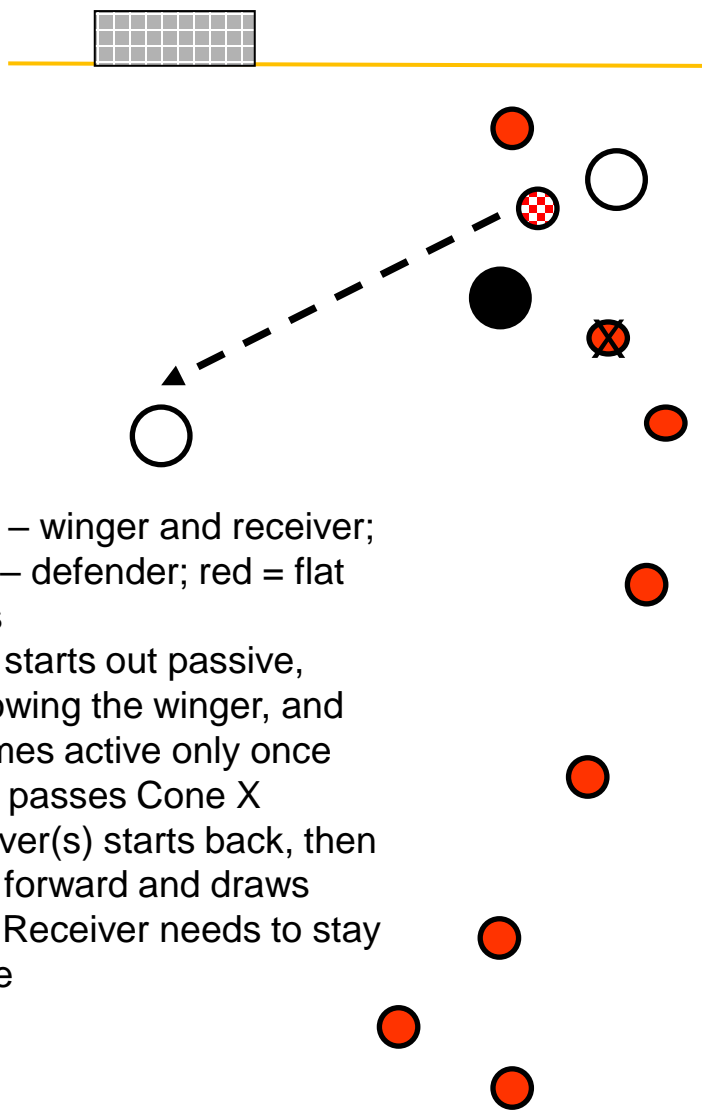
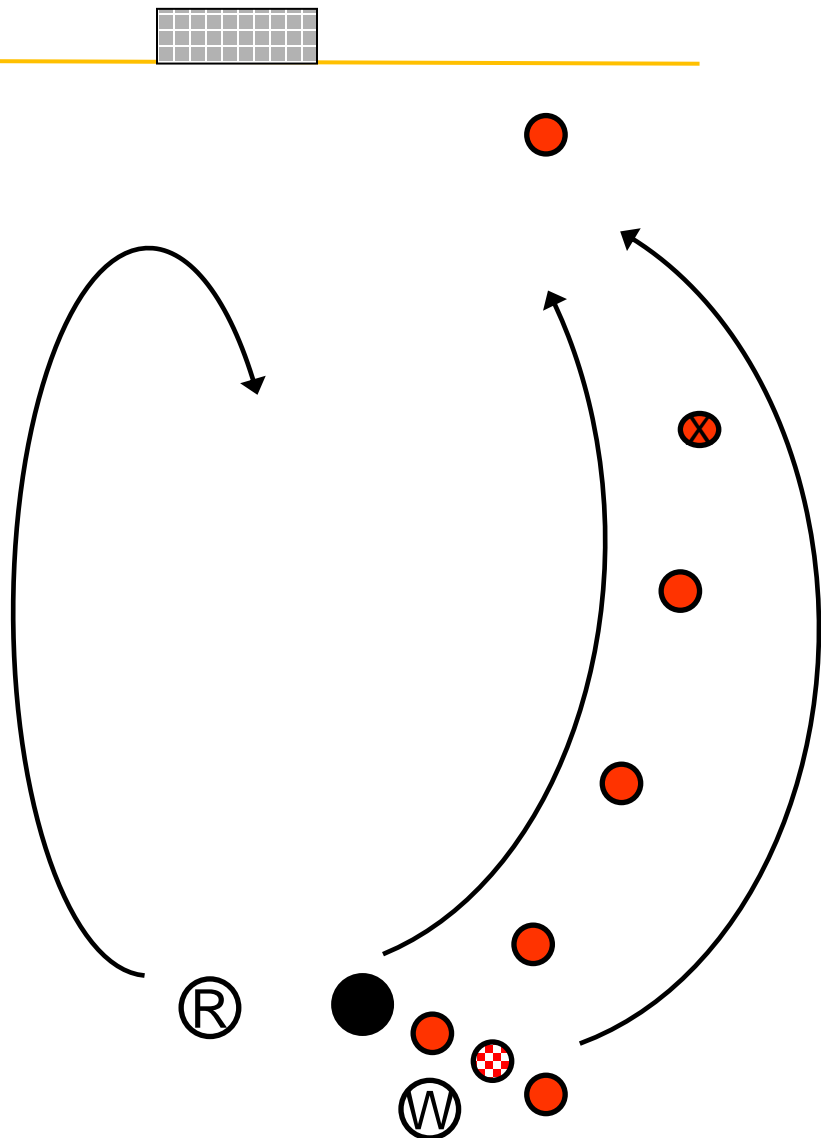
-  Teach the pull back as an alternative to simply beating the defender for speed

# Coaching the Pull Back – Basic Diagrams 1



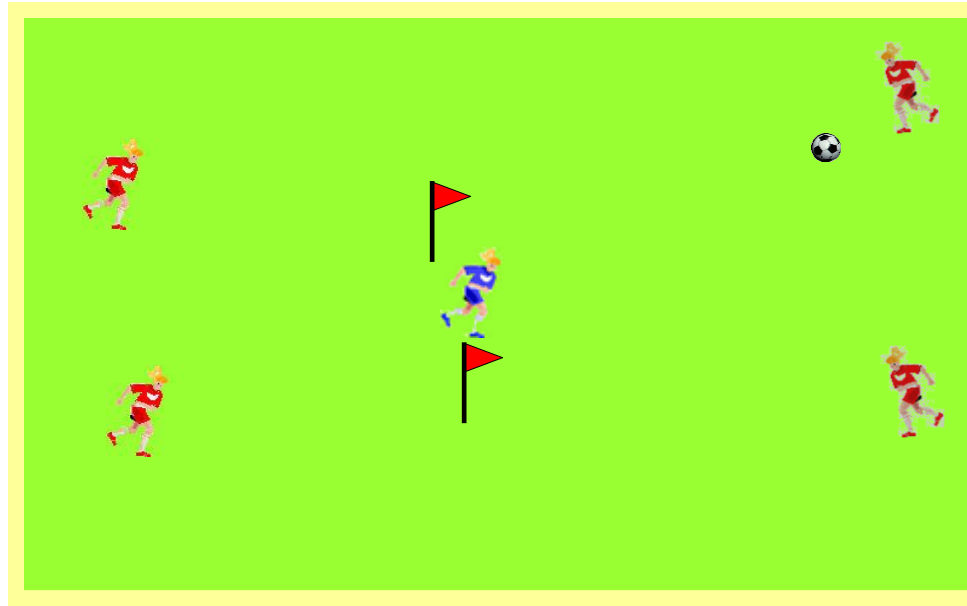
- White – winger and receiver; no defender; red = flat cones
- Receiver(s) starts back, then starts forward and draws back. Receiver needs to stay onside (level or behind winger)

# 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](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](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 free practice session with Serie A coaches or have a senior coach mentor you at a game: Contact the coach administrator ([coach@ayso76.org](mailto: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](http://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/>