

Welcome to B.Y.S.L. Coaches Clinic



Qualities of a Coach

Coaching styles differ between individuals because of different personalities and different attitudes toward youth sports.

Below are five different types of coaching styles.

- **hard-nosed or authoritarian coach**
 - nice guy coach
- **intense or driven coach**
 - easy-going coach
- **businesslike coach**



Coaching Styles

Coaching styles differ between individuals however, effective coaches illustrate the same basic qualities.

Character Traits:

- **Patience**
- **Enjoyment**
- **Responsibility**
- **Personal Drive**
- **Understanding**
- **Conscientiousness**
- **Positive Role Model**

Skills:

- **Manager**
- **Leader**
- **Teacher**
- **Motivator**
- **Uses Humor**
- **Demonstrator**
- **Communicator**

Why are you coaching?

I am a coach because.....

(know why you are coaching & what do you want to accomplish as a coach)

I AM A COACH BECAUSE...

I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but in life!



COACHES
TRAINING ROOM.com

What goals will you have for the season, the team and for your players.

Season Goals

- **Example - to be above 0.500, teach different systems of play**

Team Goals

- **Example - If you keep stats (passes, turn overs, goalie saves, shots on goal)**
- **Example - No illegal throw-ins in a game, score on a corner kick**

Player Goals

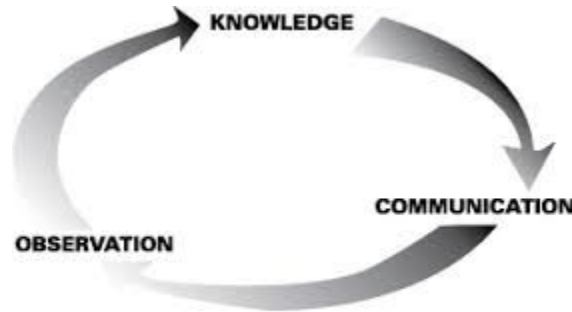
- **Develop multi positional players**
- **Develop players for the next level of play**
- **Help the players develop a love of the game (enjoy the game)**

Why is goal setting important? It is a way to measure yourself as a coach and to keep yourself involved during the season. This also helps prepare a plan for the next game or practice if one of the goals hasn't been reached.

Coaching Ability

Coaching ability may be described as:

- Knowledge of the game
- Ability to Communicate that knowledge
- Observation (coaching eye) so a coach may recognize & correct errors in a positive manner



THE COACHING PROCESS

The Coaching Process

- Planning/Organizing is a vital part of any practice session
- Simplifying a complicated skill or tactic for the appropriate age group
- Holding players' attention and refocusing
- Demonstrating skills, under game conditions when possible
- Correcting players actions in a positive manner
- Bringing players with different levels of skills & knowledge together to function as a soccer team
- Develop a system of play or formation that is suitable for the team & the individual (be willing to change as needed)
- Motivate players, build confidence in your players & listen to your players

Psychological Motivation

Three elements of soccer should be incorporated into each practice session.

- Skills
- Tactics
- Conditioning/Agility
- Psychological development (may be added as the 4th element)

Player psychology & attitude form the basis for the successful development of the other three elements.

It is a coach's responsibility to implement the following areas into their coaching.

- Develop the right attitude in your players
- Develop confidence, make each player feel important
- Make participating fun & enjoyable
- Understand each players strengths & weaknesses
- Be a proper role model for attitudes & behavior

Players also have responsibility in their soccer development:

- Have a desire to be there
- Be dependable
- Have dedication
- Be determined

When the coach & player work together they can build the right foundation on which to build the skills, tactics, & conditioning to become successful.

KEEPING YOUR PLAYERS MOTIVATED IS KEY

- **POSITIVE REINFORCEMENT**
 - Praise the attempt or effort
 - Correct or reinforce when necessary
 - Offer more encouragement
- **Don't criticize; always correct or instruct in a positive manner.**
- **Encouragement**
- **Get your players involved, ask for their input**
- **Use stronger players to help teammates**
- **Avoid favoritism**
- **Set specific goals for each practice**

U10, U12, U15 COACHES

KNOW YOUR GAME FORMAT

- **U10 FORMAT 9V9**
 - GOALIES ARE UTILIZED
 - BALL SIZE 4
 - PLAY TWO 25 MINUTE HALVES
- **U12 FORMAT 10V10**
 - GOALIES ARE UTILIZED
 - BALL SIZE 4
 - PLAY TWO 30 MINUTE HALVES
- **U15 FORMAT 11V11**
 - GOALIES ARE UTILIZED
 - BALL SIZE 5
 - PLAY TWO 35 MINUTE HALVES



KEEP IN MIND EACH PLAYER SHOULD RECEIVE EQUAL PLAYING TIME.

RULES

LOOK OVER THE RULE SHEET YOU'VE BEEN PROVIDED. IF YOU HAVE ANY QUESTIONS OR NEED CLARIFICATION ON TERMINOLOGY PLEASE ASK.



HOW TO RUN PRACTICE

FORMAT OF A PRACTICE

- **10-15 MIN ACTIVE WARM-UP (DRIBBLE BALL AROUND FIELD, THEN STRETCH)**
- **GATHER PLAYERS & DISCUSS OBJECTIVE/GOALS**
- **CHOOSE YOUR SYSTEM OF PLAY**
 - DEMONSTRATE - USE A WHITEBOARD OR CONES TO SHOW SYSTEM OF PLAY
- **TEACH SKILLS & DRILLS**
 - DEMONSTRATE
- **IMPLEMENT SKILLS/DRILLS INTO GAME SITUATION**



CHARACTERISTICS BY POSITION

- **Defenders -**
 - **Goalkeeper:** Has agility, sure hands, courage and the ability to distribute the ball & direct the defense
 - **Sweeper (roving defender):** They are fast, dependable & understand tactics of the game
 - **Defenders need speed to cover opposing players, skills, determination, strong leg & accurate passing**
 - **Patience & disciplined**
- **Midfielders**
 - **Stamina for continuous running & the desire to win the ball**
 - **They support the offense with accurate passes & long shots on goal, help with defense**
- **Forwards-Front Runners**
 - **Wingers:** Need speed & ability to cross the ball. Should be able to put corner-kicks into play
 - **Strikers:** Show a strong desire to score, ball handling skill, power, have speed & accurate shot

SYSTEMS OF PLAY

There are multiple systems of play. As a coach, remember to choose the system that works with the talent available. **No system will overcome a lack of basic skills.** Know your team before choosing your system of play.

Examples: **(Systems of play can still be utilized by simply reducing the members proportionally).**

- 2-3-5 System (11v11) or 2-3-4 for (10v10) or 3-2-3 or 2-3-3 for (9v9)
- 3-4-3 System (11v11)
- 4-5-1 System (11v11) 2019 SS/BS
- 4-2-4 System (11v11) 2017-2018 GS
- 4-3-3 System (11v11) 2017 BS
- 4-4-2 System (11v11) 2018 BS

See the handout for additional information on Systems of Play.

High School System 2019

This coming season the high school team will most likely operate under a 4-5-1.

4-5-1 promotes a strong possessional presence with a stronger defensive organization in the midfield (where the modern game is won/lost). Fewer forwards potentially means less attacking presence if midfielders are not adequately trained and conditioned to support.



ATTACKING/DEFENDING PRINCIPLES

THERE ARE FIVE ATTACKING AND FIVE DEFENDING PRINCIPLES OF PLAY.

- **The Attacking Principles are: Penetration, Depth, Mobility, Width, Creativity**
- **The Defending Principles are: Delay, Depth, Balance, Concentration, Composure**



5 TIPS FOR 1 V 1 DEFENDING

#1 PRESSURE (STEP)

#2 CAN YOU DICTATE PLAY

#3 DON'T JUMP IN

#4 BODY POSITION (GET LOW)

#5 BE PATIENT

<https://www.youtube.com/watch?v=oYjvvQ7RWMM>

2 V 2 DEFENDING DRILL

COMMUNICATION - PRESSURE - COVER

<https://www.youtube.com/watch?v=a58UHxa8c48>

DEFENSE TO OFFENSE TRANSITION

- **It is important that we teach our defenders the transition from defending responsibilities to attacking responsibilities.**
- **When the defense wins possession, encourage them to counter attack.**
- **This keeps the defense engaged in the game as well as giving them the ability to score.**

Team & Individual Skill & Tactical Development

**SKILLS PLAYER SHOULD BE CONTINUING TO DEVELOP ALONG WITH
DEVELOPMENT OF GAME TACTICS**

- **DRIBBLING/STRIKING/TRAPPING/PASSING/JUGGLING/FAKES/CHANGE OF DIRECTION**
- **ATTACKING TACTICS (Individually & as a group)**
- **DEFENSIVE TACTICS (Individually & as a group)**
- **FORMATIONS (Multiple)**

ATTACKING METHODS

The purpose of the attack is score goals, maintain possession and initiate defensive pressure.

Always keep in mind that player tactical development is no substitute for player skill development.

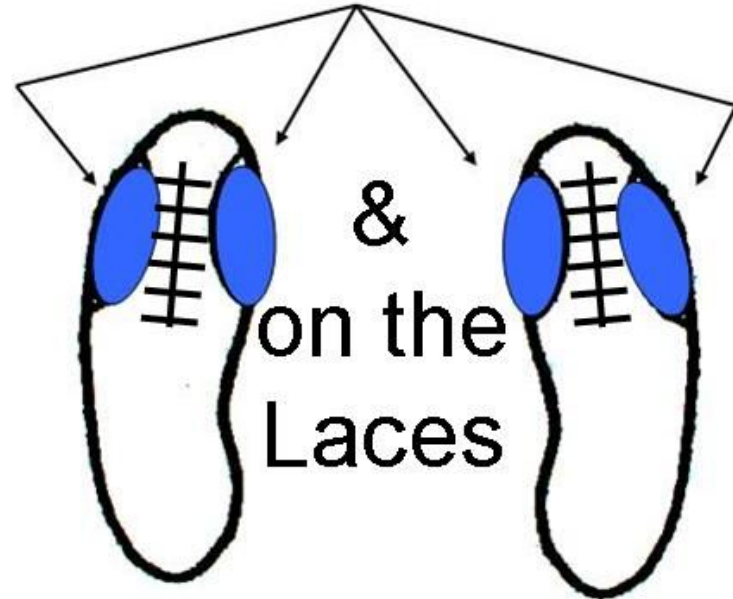
DRIBBLING

Characterized by close control, touching the ball almost every step while under pressure of an opponent and driving.

Technical point of dribbling:

- Vision - “eyes up!”
- Touch - ball close to feet
- Turning - change direction
- Beating a defender - 1v1 skill
- Shielding - body between ball and defender

Touch the ball here



PASSING

Accurate passing under match pressure conditions is a skill that players should begin to master.

Passing Techniques

- Instep Drive - hard pass with inside of foot
- Push Pass - soft pass with inside of foot
- Outside foot - not an ankle flick

NO TOE

STRIKING/FINISHING

MANY PLAYERS ARE UNSUCCESSFUL WHEN SHOOTING DUE TO LACK OF PROPER TECHNIQUE AND PROPER MENTAL ORIENTATION.

- **LOCKED ANKLE**
- **NON KICKING FOOT PLANTED CLOSE TO THE BALL POINTING IN THE DIRECTION YOU WANT THE BALL TO GO**
- **EYES FOCUSED ON THE BALL**
- **KICKING LEG COCKED AT THE KNEE**
- **DRIVE THROUGH THE BALL, LAND ON SHOOTING FOOT**
- **ENCOURAGE PLAYERS TO SHOOT**

BALL CONTROL

The ability to control the ball and maintain possession of the ball under pressure. This means in training our players we should strive to have them control the ball and position it for the next move with the first touch.

- **EYE ON THE BALL**
- **BODY IN FRONT OF THE BALL**
- **BALANCE**
- **CUSHIONED BALL ON CONTACT**
- **PREPARE FOR NEXT MOVE**

This can be broken down into trapping and juggling.

BALL CONTROL - EAST FEET

Try to do one of these each week at practice. Send home with athletes to practice.

<https://www.youtube.com/watch?v=JZDMd9c3b6k>

A soccer ball is positioned in the lower-left foreground on a green field. The background shows a large stadium with many lights, creating a bokeh effect. The text is overlaid on the center of the image.

QUESTIONS

**What topics would you
like to discuss for next
Saturday's clinic?**



"ALL KIDS NEED
IS A LITTLE HELP,
A LITTLE HOPE,
AND SOMEBODY WHO
BELIEVES IN THEM."

- Magic Johnson



COACHES
TRAINING ROOM

LUNCH

FIELD/DRILL WORK