

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

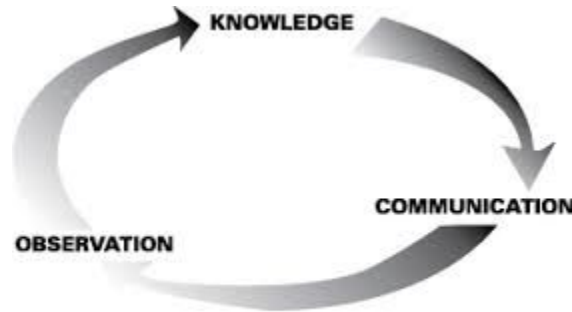
- **Develop multi positional players**
- **Develop players for the next level of play**

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**

U6 & U8 COACHES

KNOW YOUR GAME FORMAT

- **U6 - FORMAT WILL BE 3V3**
 - NO GOALIES
 - WILL PLAY ON 2 FIELDS AT THE SAME TIME
 - A COACH ON EACH FIELD
 - COACHES OFFICIATE
- **U8 - FORMAT WILL BE 7V7**
 - GOALIES WILL BE UTILIZED, ROTATE AT HALF
 - COACHES OFFICIATE

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

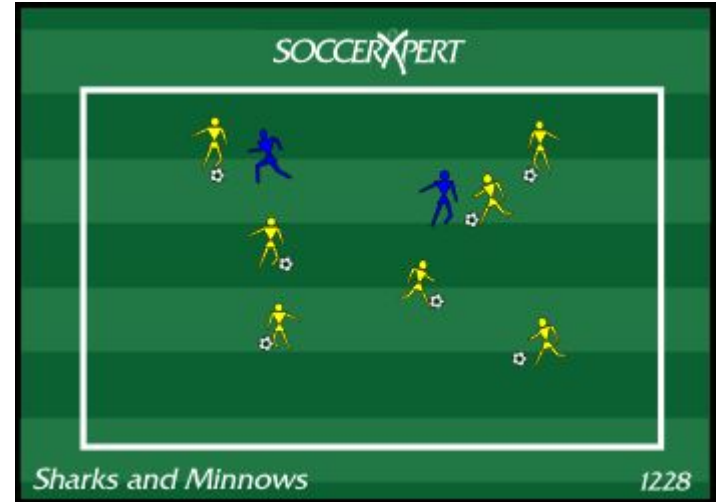
- 5 MIN ACTIVE WARM-UP (DRIBBLE BALL AROUND FIELD, THEN STRETCH)
- GATHER PLAYERS & DISCUSS OBJECTIVE/GOALS
- TEACH SKILLS & DRILLS
 - DEMONSTRATE FIRST
- IMPLEMENT SKILLS/DRILLS INTO GAME SITUATION



SAMPLE PRACTICE

- COACH SETUP DRILL BEFORE PRACTICE
- 5 MINUTE ACTIVE WARM-UP
- OBJECTIVE - DRIBBLING

SHARKS & MINNOWS GAME



SHARKS & MINNOWS

Drill Objective:

This drill focuses on the U6 and U8 player and their ability to dribble out of pressure. This drill can be used to focus on the player using their body to protect the ball by placing their body in between the ball and the defender.

Drill Setup:

1. Build a grid approximately 20X25 yards. This field should be adjusted based on the skill level and number of players participating.
2. Two players are designated the SHARK start in the middle of the grid without a ball.
3. The remaining player starts with a ball on one of the end lines.

Drill Instructions:

1. The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.
2. The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark.
3. The last minnow standing wins the competition.

CONTINUED

Drill Coaching Points:

- **Keep the dribblers under control and not panic once the sharks get near them.**
- **Inform players to keep the ball close within playing distance.**

Drill Variations

- **Players only use left foot to dribble.**
- **Players use outside of feet to dribble.**
- **Players use sole of feet to dribble.**

INDIVIDUAL SKILL DEVELOPMENT

SKILLS PLAYER SHOULD BE DEVELOPING

- **DRIBBLING**
- **STRIKING**
- **TRAPPING**
- **PASSING**
- **JUGGLING**
- **FAKES/CHANGE OF DIRECTION**

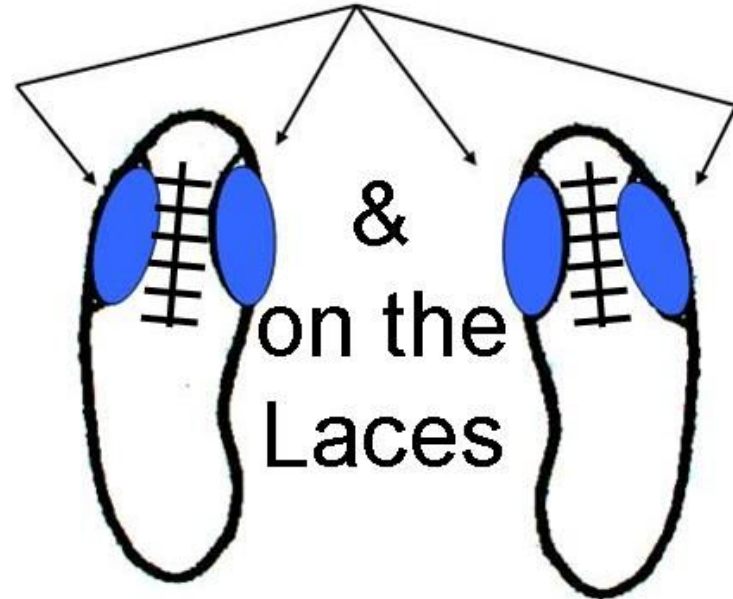
DRIBBLING

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 black and white soccer ball is positioned in the lower-left foreground on a vibrant green soccer field. The field's white center circle and other markings are visible. In the background, a large stadium is filled with spectators, and its lights are glowing, creating a bokeh effect against a dark sky. The overall scene is captured from a low angle, emphasizing the ball and the field.

QUESTIONS



"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