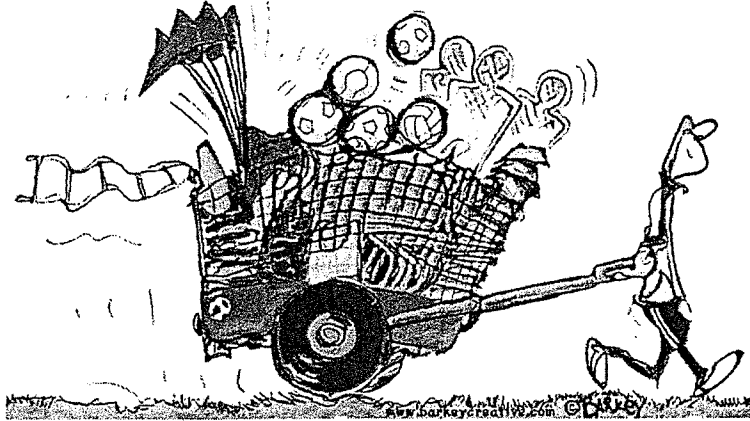




AGES 7+



Jay Community Center Boomer Soccer Coaching Manual

Creating a Better Soccer Environment
"Encourage the Will, Compliment the Skill"

Steve Franklin
Indiana Soccer Director of Coaching Education
www.soccerindiana.org

Technical – Tactical Radius

Techniques are the tools to execute tactics. Fitness is the engine that provides the physical ability to execute technique and tactics. Psychology controls the emotions during a match and allows players to think tactically. These components relate back to figure 1. placed in the table of contents. These four components are the building blocks of the game. All of them are important and must be developed in players throughout their soccer careers. Yet technique and tactics go hand in glove.

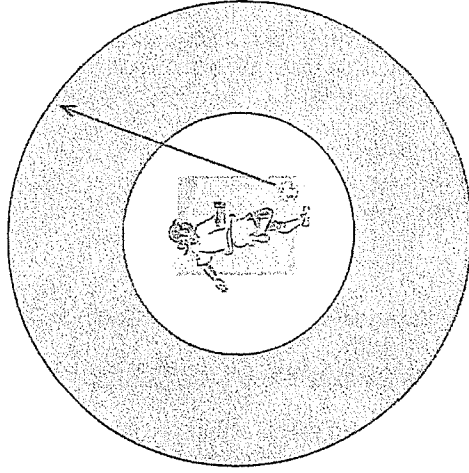


Figure 34 Technical-Tactical Radius

A player can only execute the tactics that he or she has the skill to pull off. If the best tactical option in a moment in the game is to cross the ball to the far post, but the player with the ball does not have the skill to make that pass then another tactical option must be chosen. No matter how well a player understands the game the tactical options chosen in an instant in the game are dictated by the techniques the player possesses. Every player has a technical-tactical radius.

The radius is the effective range around a player in which he or she can execute a technique. How wide the radius is will be impacted by age, quality of technique, power, tactical experience and awareness, vision, technical speed and quick thinking. It is expected and hoped

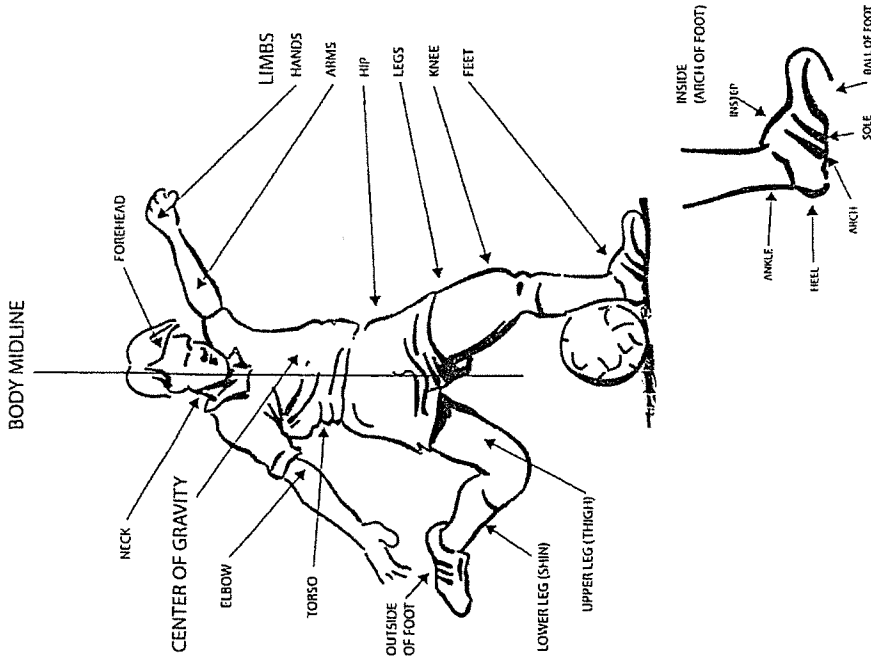


Figure 2 Key Body Parts

In general when analyzing a player's technique start with observing the feet and work up to the head. Correct body mechanics increase the likelihood of proper ball contact. Body posture plays a large role in skillful control of the ball. The "position of readiness" cannot be overemphasized in its importance to executing ball skills. The "position of readiness" is the preparation phase mentioned previously. The body posture and alignment with the ball are crucially important and often overlooked by coaches and players alike who

Goalkeeping Age Objectives

Distributed by US Soccer-Peter Mellor National Teams Goalkeeping Coach and Coordinator

6-8 Year Olds

Technical: Hand Eye coordination and balance games.

Tactical: Rotation of all players through the goals so that every player is exposed to Goalkeeping. Let the game be the teacher.

Psychological: FUN, FUN, FUN, games must be enjoyable.

Fitness: FUN movement games.

8-10 Year Olds

Technical: Principles of Goalkeeping

Footwork Exercises

Getting Set (feet)

General Handling Techniques-Thrown service-All Heights-Small Goal

Distribution-Rolling and Throwing to a teammate, Control and Short Passing w/ both feet, Short volleying from the hands both feet, Striking a still ball.

Ball Familiarity (size 4)

Tactical: Rotation of players through the team. Everybody plays in each position

Psychological: FUN and enjoyable, Simple Progression of Techniques-"One Step at a Time".

Fitness: Teach Warm up-Cool Down and Stretching Exercises, from down to the ground and up to set position.

10-12 Year Olds

Technical: Principles of Goalkeeping

Footwork Exercises

Getting Set

General Handling Techniques

Basic Diving Techniques-General Breakdown of them

Dealing with Crosses-Thrown Services

Distribution-1st touch receiving, control and short passing w/ both feet, Under arm bowling, side and overarm

Throwing to targets, Volleying from the hands, Goal kicks

1v1 Basic Principles

"Quality Not Quantity"

Tactical: Explain the basic tactical role of the goalkeeper-Positional Play-Basic Angle play-Into line and down the line of

The flight of the ball ("Attacking the ball")

Psychological: Simple progression in techniques-Set Standards, Pay Attention to Detail-What Qualities Does a Goalkeeper Need?

Fitness: Warm Ups and Cool Downs

Introduction to the Importance of Stretching

Flexibility and Mobility Exercise (Footwork)

Check Height, Weight, and Vertical Jump 3 times per year (Jan/May/Sept-keep records)

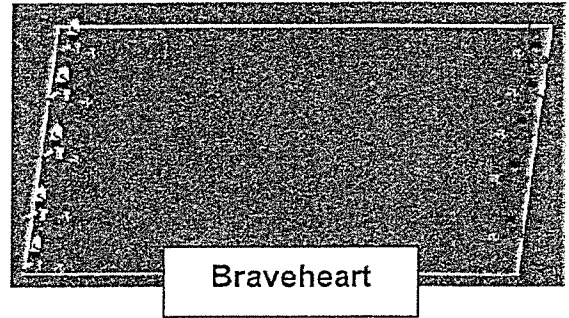
out of the square and it stops rolling, they perform a "fun" exercise and then go back in.

Bombers (U-8 and U-10)

All players have a ball at their feet and are inside a playing area, with the exception of a couple of players. Two-three players have a ball, but they hold it in their hands. They have to dribble their ball around basketball style while moving. They try and throw their ball and hit a ball that is being dribbled out of a circle or playing area. After a while, change the bombers until everyone has had a turn.

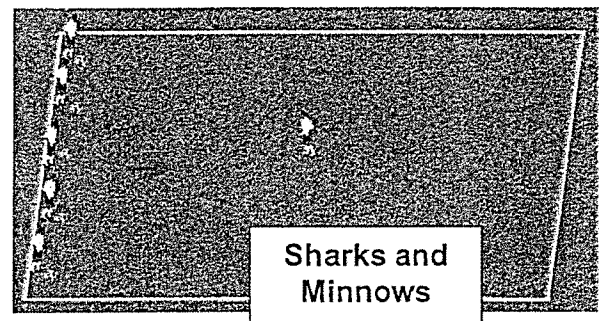
Braveheart (U-8 to U-10)

Divide into two teams. All players have a ball and start by dribbling outside of the square/rectangle. They must, however stay opposite from the other team when traveling with the ball on the outside of the square/rectangle. When coach yells "charge", they each dribble towards each other and try to get to the other line and stop the ball on the line. The team that has 3 players on the line first gets a point. At first, you could have them walk with the ball, then progress to running with the ball.



Sharks and Minnows (U-8 and U-10)

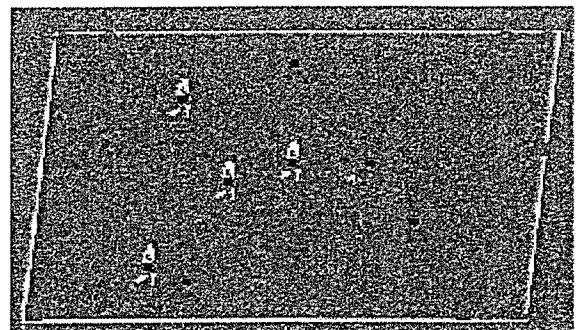
All players have a ball and line up on a line facing a direction. One or two players do not have a ball. One of those who do not have a ball yell "Sharks and minnows" and that is the cue for all the players with the ball to try and dribble their ball to the other end of the square without letting the sharks steal their ball. If a shark steals a ball then they become a minnow and the minnow that had their ball taken becomes a shark. There are many different variations to use: A) Sharks steal ball and go to a goal instead of just stealing the ball. B) Minnows must control the ball in a goal area to encourage good ball control instead of just kicking the ball over the end line if a Shark gets close.



C) Minnows could all have a tail (vest) hanging out of their shorts and the sharks have to pull out a tail instead of stealing a ball.

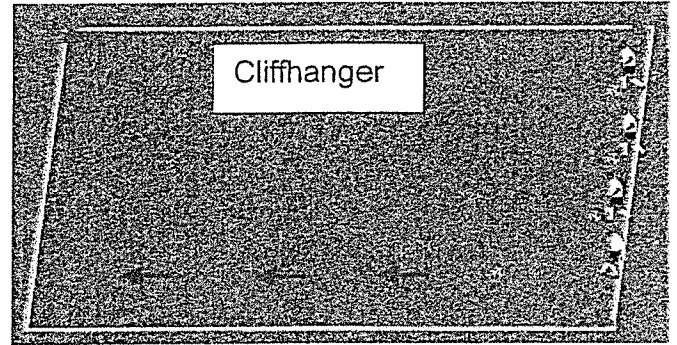
Endzone Game (U8 to U-10)

2v2 to 4v4 to an end zone. Two teams of 4. Each team attacks and end zone that is very skinny. Each team defends an end zone. When a team can dribble the ball into the opponent's end zone, they go the other way. "Make it-Take it". The ball must be controlled in the end zone or stopped. If the ball goes out, it is dribbled in and not thrown in or passed in as a variation.



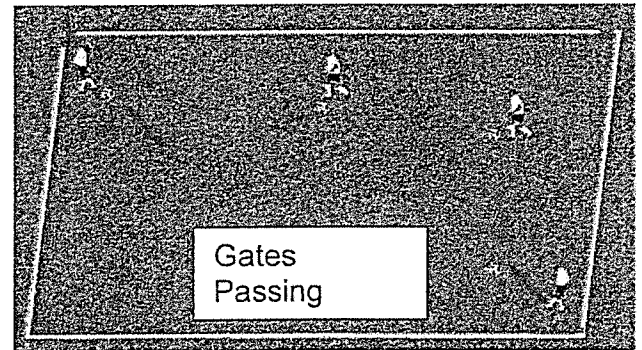
Cliffhanger (U6 to U-10)

Every player has a ball and lines up on the side of a square/rectangle. Each player will pass their ball and after they pass must run and catch up to their pass before the ball crosses the other line. The objective, however, is to pass the ball as close to the other line without it going over the line or cliff. Players could go one at a time or all at once.



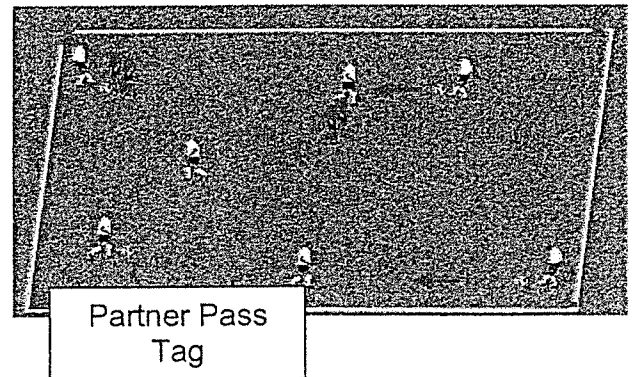
Gates Passing (U8 and up)

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side. b) instead of using gates, use cones that can be knocked over and they get a point if they pass and hit a cone so that it knocks over.



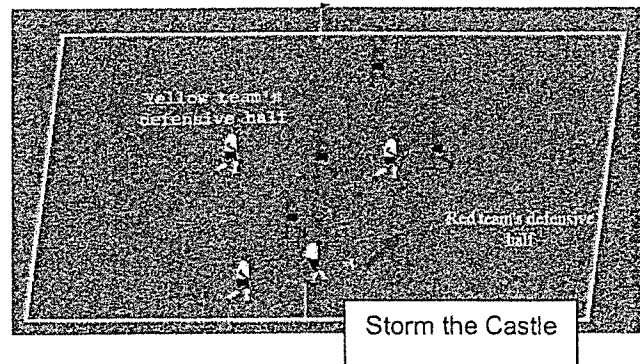
Partner Pass Tag (maybe U-8, primarily U-10 and up)

Players pair up and share a ball. Two pairs do not have a ball and hold a vest, bib, towel, etc between them. They are "it". They try and tag any body that has a ball. Pairs that have a ball can only pass to each other. If someone that has a ball gets tagged then they along with their partner become "it" and the "it" players now take their ball and try to prevent from being tagged.



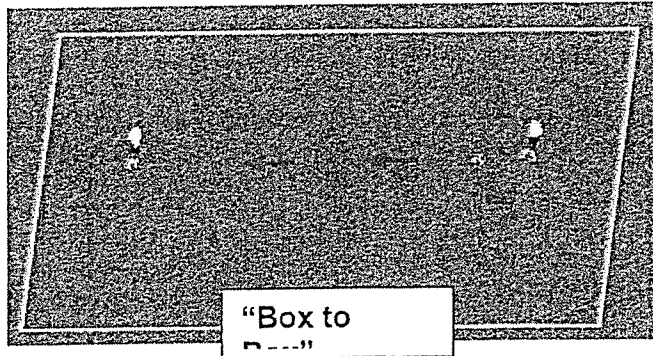
Storm the Castle (U8 and U10)

Make two teams. Each team gets a collection of standup cones and spreads them all over their defensive half of the field. It is played like a normal game. When a team knocks over a cone, whoever knocked over the cone picks it up and places the cone on their defensive half. When time is called, the team that has the most cones on their defensive half wins. If needed, play with two balls going at the same time.



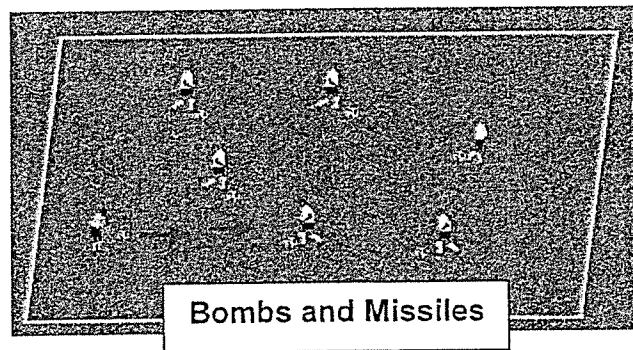
Box to Box (U8 and U-10)

Two players each go inside a square of about 5 x 5. Each box is anywhere from 10-30 yards apart depending on ability and space. The game is played with one ball. Each player takes a turn passing a ball into the other players box. The receiving player has one touch to receive the ball and one to pass it back to the other box. A player receives a point when they receive a pass from the opposite box and it **stays inside** the box. A bonus point is scored when they can successfully pass the ball into the opposite box. A variation would be to have players pass the ball into the air to each other. Another variation is to require the player to take a touch outside the box to the side before they can pass.



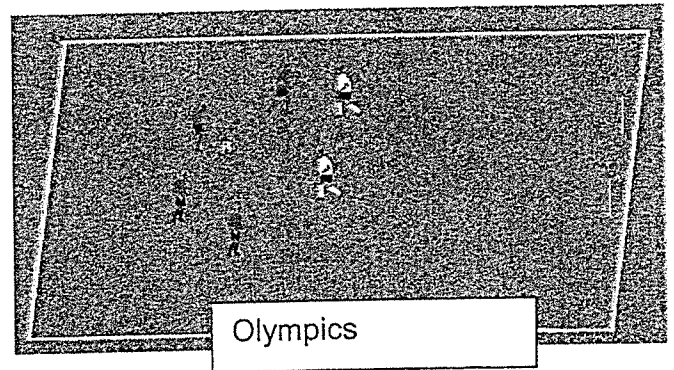
Bombs and Missiles (U6 to U-10)

Every player has a ball. The coach also has a ball, which will be the target. Players dribble around and when the coach says "Bombs away"; the players toss their ball in the air and then bring it down with a specific body part that is designated by the coach. While the balls are being tossed, the coach rolls a ball anywhere on the field. When the players successfully bring the ball down, they try and pass to hit the ball that the coach just rolled out and sink it! As the coach, make sure to walk around the field as the players are dribbling.



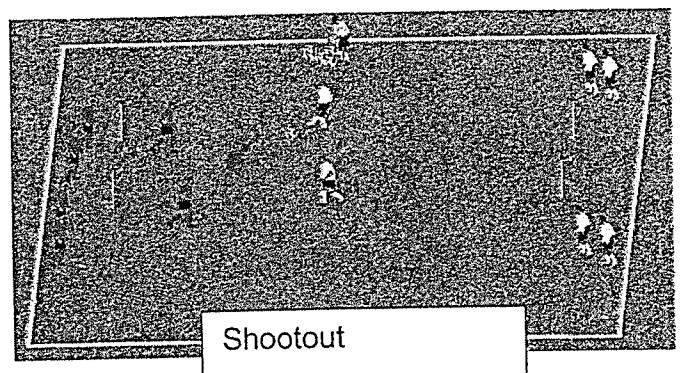
Olympics (U6-U10)

Three teams of 2-3 players. Game is played to one goal. As a coach, you have a pile of balls ready to go on the side. Each team of three picks a country name. When a team scores a goal, then run off the field and yell their country name. The first team to score gets "Gold". The remaining two teams play until one of the two teams scores a goal and then they run off. For being second, they get "Silver". The last team that was scored on gets "Bronze". Play more rounds and then tally up the medals to see who had most Gold medals. You could also give each medal a point value and at the end, tally the amount of points.



Shootout (U8-U12)

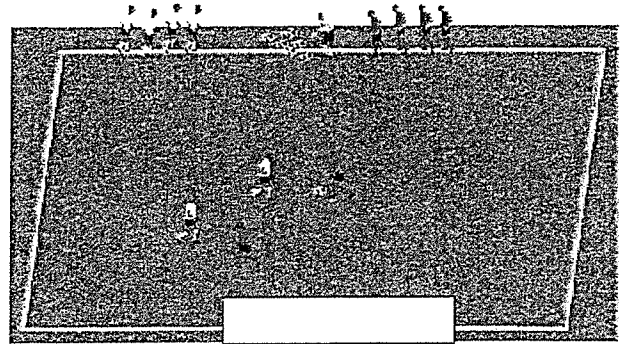
Two teams each take a place behind the goals. The coach will yell out a number of players and a direction like "2 Right". Two players from each team run by the right side of the goal and then come in. The coach can call any number and direction. After the coach yells out a number and a direction, they roll in a ball for the players. Play for time or a certain amount of points.



Small Sided Games

Get Outta Here! (U6 to U10)

This is a very fun shooting game. Divide the teams into two. Each team gets to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.

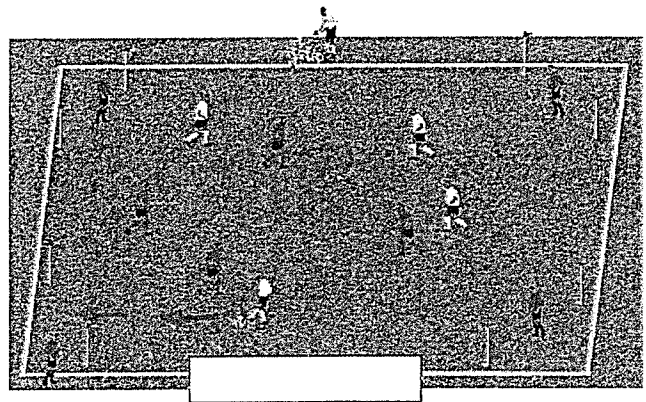


Boss of the Balls (U6 to U10)

Play is simply 4v4 to 5v5 to small goals. The coach is in the middle of the field and on the side. Coach is the "boss of the balls". Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.

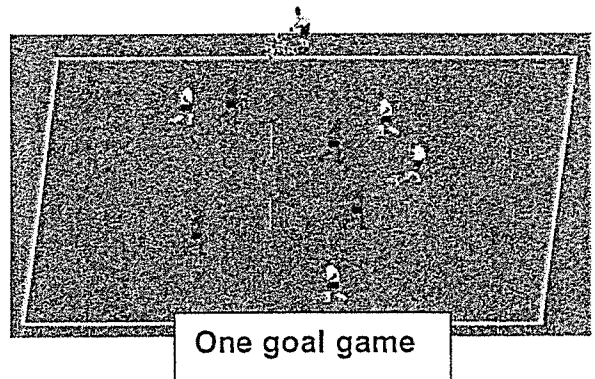
Gatekeeper (U8 and U10)

This next game is a great one that can be used with many age groups. It is good for developing vision, possession for a purpose and other technical implications. The coach makes 4 gates with cones approximately 3-5 yards wide. A player is placed inside or in between each gate. Three teams of 4 or two teams of 7-8 players. Inside the playing field, play 3v3 or 4v4. The coach plays a ball in and then points, does not yell to a gate. The person in the gate that the coach points to steps out of the gate. This is the target gate that both teams are trying to get to. They score when the ball passes through the gate. The player that was in the gate does not try to block the ball, simply step out! If the ball goes outside, the coach plays in another ball and then points to a new gate.



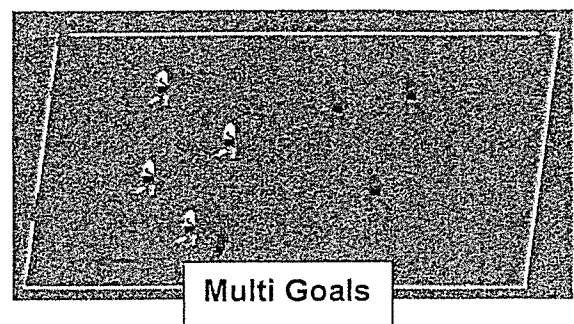
One Goal Game (U10 and up)

Place a goal in the middle of a playing area. Two teams play around one goal. Teams can score from any direction. Can play with or without goalkeepers. A variation would be to have one team score from one side and the other team score from the other.



Multiple Goals (U8 and up)

Two teams play a normal game. Each team has two goals to attack and two goals to defend. Goals are placed on the sides of the playing areas. This game is good to teach team shape and to work on getting the team to spread out a bit. When a team is on one side and it is too crowded, can they go to the other side and score?



Street Games

In this section, I would like to share some "Street Games" with you. The concept of doing a "Street Game" within your training session is so that hopefully players will want to play these games when they are away from training. We want the kids to simply play as much as they can on their own. I have taken some traditional "Street Games" that I played as a youth and put a ball along with it. If you know of anymore "Street Games", please do not hesitate to contact me.

"21" (U10 and up)

This game is played like the basketball game. Points are two for a goal and one for a "Freeby". Play any amount of players, but 3-4 is best. Make a goal with cones, bags, balls tree, trashcan, etc. Like the basketball playground version, it is everyone for themselves. The goal is either made in a triangular shape, or a square. Points (goals) may be scored from any direction, but must be from outside of the goal and go through two cones, bags, hit the trashcan, tree, etc. When someone scores a goal, they get a "freeby" (free throw). A cone, mark, spot is designated to shoot the freeby from. All other players have to line up even with the "freeby" shooter and can enter when the ball has been touched. In order to get the bonus point, the ball must stop inside the goal. The freeby spot is approximately 10 yards or so from the goal. If the ball does not stop inside the goal, then it is live. Whoever gets the ball may score. You could make everyone take the ball back to a line, which would be opposite of the Freeby mark before scoring if desired. It is a fun game that can be modified for even older age groups. For example, make older aged kids chip the ball inside the box for a freeby to count. Like in the street or park, you must end on 21, not 22 or higher. If you do, then you go back to having 13 points. Make up other rules as you go along.

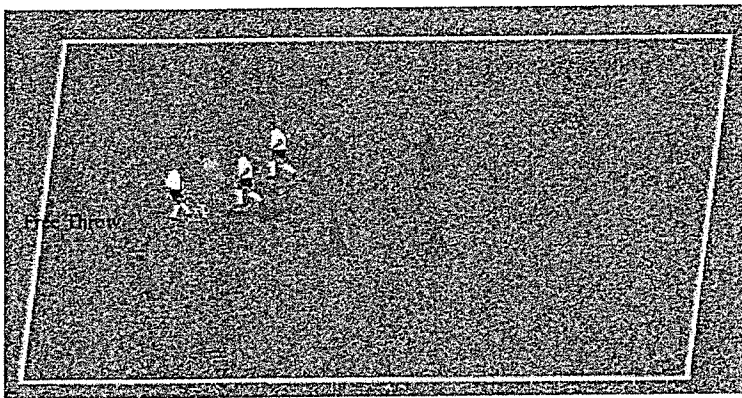
Other Ideas for this game:

- 1) Could place a ball or other type of object to be hit for the point.
- 2) After a freeby, the first player to touch a missed freeby after it has been played checks up with someone and then play is started again.
- 3) Could play in teams and play 2v2, 3v3, etc.

Freeby's- 1) Ball is played into the square with a back heel; 2) Ball is chipped and must bounce once before stopping inside the square; 3) Place a ball inside the square and players must hit ball.

Below are the diagrams for the game:

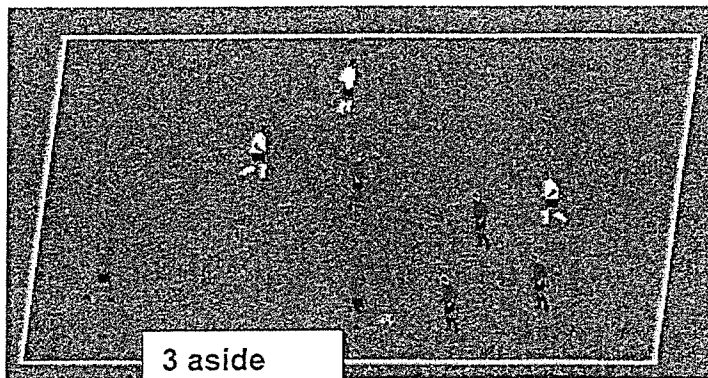
Original Setup



"Freeby" Setup

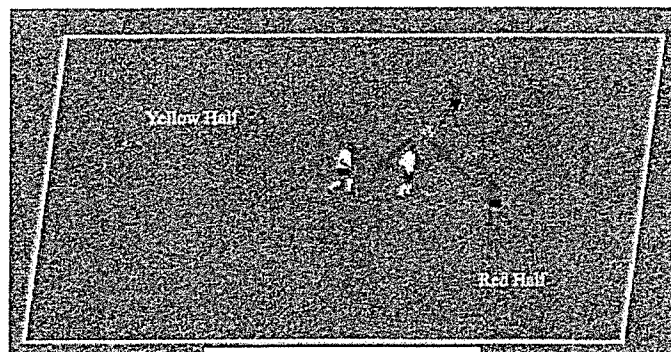
3 a side soccer U10 and U12)

3 teams of 2-3 players. Each team guards one goal. It is every team against each other. The three teams play against each other and try to score goals. Use bags, cones, balls, etc. for goals. The team that gives up 3 goals loses the match. When that is achieved the game starts over. As the game goes, teams pledge allegiances to each other only to be traitors. A team can pass to another team, but they don't have to pass the ball back. Be careful because the team that you may trust, just may turn on you.



One Goal Game (U10 and up

Two teams of 2, 3, or 4 players. The goal is in the middle of the field. Each team has a designated side in which they can score on. When a team is defending, one person must go into goal. The others remain and defend. When a goal is scored and goes thru the middle goal, the team that was scored on now attacks. The same is true for when a shot is taken and it goes into the other teams then the team that shot the ball must now defend on the other half and the defending team changes.



Dehydration Facts - It can happen faster than you think!²

In less than one hour of physical activity, an athlete may become dehydrated and performance and health will surely suffer.

Dehydration of just 1-2% of body weight (only 0.6-1.2 lbs. for a 60 lb. athlete) can negatively influence performance.

Dehydration of greater than 3% of body weight substantially increases an athlete's risk of heat illness (heat cramps, heat exhaustion, or heat stroke).

During physical activity, most athletes only drink enough fluid to replace 50% of what was lost.

Thirst should not be used as a guideline. Once an athlete is thirsty, he has already started to become dehydrated.

Dehydration Warning Signs

Basic signs of dehydration are:²

- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased performance

Risk Factors

The following are risk factors for heat illness. An athlete experiencing one or more of these should be closely monitored while engaged in physical activity in high heat and humidity.^{1, 2}

- Dehydration or previous heat problems
- Physical barriers to evaporation - (*includes athletic equipment or wearing excessive or dark colored clothing*)
- History of Illness - (*Sickness involving sweating, vomiting, and diarrhea increases susceptibility to heat related illnesses.*)
- Overweight

Risk Factors (cont'd)

- Poor physical conditioning
- Lack of adjustment to the heat
- Medications and drugs - (*Some medications result in a dehydrating effect. Also alcohol and caffeine can cause an increased loss of body fluids.*)

- Weight, before and after practice, should be monitored to determine proper hydration levels. Parents may be given this responsibility.

Fluid Replacement Guidelines (cont'd)²

After Exercise

- Within two hours, drink enough to replace weight loss from exercise.

Signs of Adequate Hydration

- Body weight is within 2% from previous exercise session.
- Lighter urine. (Darker urine indicates dehydration.)
- Thirst is satisfied or lightened. However, remember, if you wait until you are thirsty, you are already dehydrated!