



ALAMEDA SOCCER CLUB



# Alameda Soccer Club

## Annual Coaches Meeting



### Wednesday, August 13 2014



## Tonight's Agenda and Speakers

- Introductions and Welcome -Bill/John
- Registration – Tom Allan/Yen-Chi Ha
  - Uniforms –Neal Fox
  - Website – Sami Adranly
  - Fields - Scott MacAskill
    - Referee – Csaba Peto
  - Coaching resources – Lee, John
  - Select program – Steven Adams
    - Break to pick up team packets



## **Your 2014 Alameda Soccer Club Executive Board of Directors**

- John Krainer and Bill Shiber, President
  - John Krainer, 1<sup>st</sup> Vice President
  - Bill Shiber, 2<sup>nd</sup> Vice President
    - Mark Clement, Treasurer
      - Jen Burns, Secretary
      - Tom Allan, Registrar
- Peter Holmes, Immediate Past President



## **Your 2014 Alameda Soccer Club Elected Board Member**

<b>U6 Coordinator</b>	<b>Hillary Fernandes</b>	<b>U7 Coordinator</b>	<b>Thu-Huong Nguyen</b>
<b>U8 Coordinator</b>	<b>Matt Ruport</b>	<b>U10 Coordinator</b>	<b>Jesus Romero</b>
<b>U12 Coordinator</b>	<b>Eugene Demmler</b>	<b>U14 Coordinator</b>	<b>Jesus Romero</b>
<b>U16-19 Coordinator</b>	<b>Frank Fasano</b>	<b>Match Coordinator</b>	<b>Jesus Romero</b>
<b>Referee Coordinator</b>	<b>Csaba Peto</b>	<b>Field Coordinator</b>	<b>Scott MacAskill</b>
<b>Equipment Coordinator</b>	<b>Maurice Gomez</b>	<b>Sponsorship Coordinator</b>	<b>Nicholas McNeil</b>
<b>Select Teams Coordinator</b>	<b>Steven Adam</b>	<b>Coaching Coordinator</b>	<b>Adam Galan</b>
<b>City Board Rep</b>	<b>Jon Pecson</b>	<b>Director at Large</b>	<b>Charles Thomas</b>
<b>Director at Large</b>	<b>Jerry Ramiza</b>	<b>Director at Large</b>	<b>John Orla-Bukowski</b>
<b>Player representative</b>		<b>JLYSL Representative</b>	<b>Bill Shiber</b>
<b>School Representative</b>	<b>Archie Richardson</b>		



## **Your 2014 Alameda Soccer Club Appointed Board Member**

<b>Uniform Coordinator</b>	<b>Neal Fox</b>	<b>Picture Coordinator</b>	<b>Alexandra Barnish</b>
<b>Publicity Coordinator</b>	<b>David Hall</b>	<b>Assistant Registrar</b>	<b>Yen-Chi Ha</b>
<b>Web Master</b>	<b>Sami Adranly</b>	<b>Referee Development</b>	<b>Csaba Peto</b>
<b>Trophy Coordinator</b>	<b>Vince San Nicolas</b>	<b>PCA Coordinator</b>	<b>Scott MacAskill</b>
<b>Volunteer Coordinator</b>	<b>Matt Ruport</b>	<b>Team Manager Liasion</b>	<b>Jen Burns</b>



## WHO WE ARE

- 1400 children
- 100+ teams
- 150+ coaches
- All volunteer
- Board of Directors oversee club operation





## WHERE WE FIT

- Jack London League – fields, refs, schedules
- CYSA
  - U10-U18 Rec
- US Club
  - U6-U18
  - Norcal Comp





## **JACK LONDON 2014 FALL SEASON GAMES:**

**START SEPTEMBER 6 AND CONTINUE FOR  
10 WEEKS, ENDING NOVEMBER 9**







## NEED HELP?

- Look on ASC website – [alamedasoccer.org](http://alamedasoccer.org)
- Look on JLYSSL website – [jlysl.org](http://jlysl.org)
- Contact appropriate Board member – list on website
- **Consider serving on Board – elections in January**

***THANK YOU FOR  
COACHING***





Your  
Club  
Needs  
You





# REGISTRATION

- **Contact information:** [yenchi.ha@gmail.com](mailto:yenchi.ha@gmail.com) or [registrar@alamedasoccer.org](mailto:registrar@alamedasoccer.org)
- I will be responsible for:
  - Issuing player passes
  - Collecting 1601s, proof of births and photos
- Please check your “Missing items” list. Everything needs to be turned in ASAP (by AUGUST 30) or there’s no guarantee that your passes will be ready by game day.



# REGISTRATION

## **What you need to have at all practices:**

Signed 1601/R002 forms for the 2014/2015 season  
Practice Permit from Scott MacAskill

## **What you need to have at all games:**

Signed 1601/R002 forms for the 2014/2015 season  
Player Passes for the 2014/2015 season  
Roster



# Competitive Rosters

- Login to your given KYCK account (you should've received an e-mail from them)
- Click on your team.
- Click on the “rosters” tab for your team.
- Edit jersey #s and print rosters.



# REC Medical Release Forms 1601 (U10+) or R002 (U6-U8)

- 2014/2015 season - if you don't have a signed one for a player, that player is not allowed to practice.
  - Some parents mailed it in before the change, I made the correction and initialed it.
- SEND ME A COPY OF EACH CHILD'S SIGNED 1601.

## **No 1601, no player pass.**

- U10+ - In your folders are a set of unsigned 1601s, please have parents sign them and then scan them to me.
- U6-U8 – In your folders, you will find R002 forms. Have the parents sign them and scan them to me.



# Player Passes (U10 and above)

All players need them to play in a game. Refs will not allow a child to play without their card. **DO NOT FORGET THEM AT HOME On GAME DAY.** Do not forget to get them back from the refs.

## What's required?

**Birth certificate (NEW)**

**Photo (recent – no sunglasses, no hats, see their whole face)**

**Signature on the back**

**Returning coaches:** I can no longer make these overnight. All info needs to be in by August 30 so they can be laminated and printed by game day.

**NEW:** Once laminated, I'll give them to you. Please have parents sign on the line on the back of the card in sharpie/permanent ink and put clear tape over it to keep.\*\*\*



# Contact Information

- Age group coordinators:
- **U10 & U14 – Jesus Romero**  
([u14coordinator@alamedasoccer.org](mailto:u14coordinator@alamedasoccer.org))
- **U12 – Eugene Demmler**  
([u12coordinator@alamedasoccer.org](mailto:u12coordinator@alamedasoccer.org))
- **U16 & 19: Frank Fasano**  
([u1619coordinator@alamedasoccer.org](mailto:u1619coordinator@alamedasoccer.org))
- **U6: Hilary Fernandes** ([u6coordinator@alamedasoccer.org](mailto:u6coordinator@alamedasoccer.org))
- ([u7coordinator@alamedasoccer.org](mailto:u7coordinator@alamedasoccer.org))

Contact them for: questions about the age group and roster changes





# Contact Information

- **Field Coordinator:** Scott MacAskill  
fields@alamedasoccer.org

Contact him for: practice permits

- **Photo Coordinator:** Alexandra Barnish  
pictures@alamedasoccer.org

Contact her for: photo day time issues, photos

- **Trophy Coordinator (U6-U8):** Vincent San Nicolas  
trophies@alamedasoccer.org

Contact him for: trophy pick up

# New Logo and Branding for ASC



# Uniforms

- Move Toward New Logo



- New Numbering Style

# Transitioning of Uniforms

- Select Teams
  - 2014 Fall is year 3 of 3 on Adidas Sossto jersey
  - All players on team must be consistent with jersey
    - Returning teams will stay with old logo and numbering
    - New teams will get new logo and numbering
- Rec Teams
  - XARA Britannia jersey has no horizon right now
  - Rec teams may have multiple styles
    - New players new logo and numbering
    - Returning jerseys club will offer iron on patch

# Other Uniform Info

- All purchases are to be made at Soccer Post
- New logos at Soccer Post.
- Soccer Post also offers training suits and practice tees
- All ASC team must wear Red/White jerseys
- Visiting teams to wear white (JLYSSL XII-D)

# ASC Website – Information Sharing Tool

*About me: Sami Adranly as Webmaster (about 5 years ) and Coach / volunteer (about 9 years)*

- **ASC shares with the community** about events, registrations, classes, etc. **published regularly on the site.**
- **Coaches shares with community** to Publish photos, videos, and activities about different teams. Take a picture / video and share it with us! **Gallery, pictures, videos, and articles on the site.**

**email to: [webmaster@alamedasoccer.org](mailto:webmaster@alamedasoccer.org)**

- **Community shares with ASC** about questions related to club activities, feedback, and registration. **Feedback form is readily available on site.**
- **Coaches shares with coaches and community** about soccer drills, techniques, events, etc. **using discussion forums on the site.**

**<http://www.alamedasoccer.org/discussions>**

# ASC Website – Photo Sharing From Coaches



# ASC Website – Information Sharing Tools

Community comments and questions to ASC received immediately by feedback forum

## Please Tell Us What You Think?

Your Name \*

Your Email \*

Question or Feedback \*

Submit

Discussions for various topics between: coaches & community (have to register to add comments)

[www.alamedasoccer.org/discussions](http://www.alamedasoccer.org/discussions)

General

Coaching

## Coaching Techniques and Drills

Add a New Comment

Let's get the conversation started! Post your comment.



# ASC Website – Volunteering

- **Website runs on SportNGIN platform.** Easy to change. Simply login and edit / add articles.
- **We trained three HS students from Alameda to work on the site.** Send request to them and it gets done!! We have done this for last two years
- **We are looking for Webmaster for next year.** Best volunteer job ever! You can do it while in coffee shop or from comfort of your home!!
- **Very rewarding! Looks great on your resume!**

For more information:

Email to: **[webmaster@alaemdasoccer.org](mailto:webmaster@alaemdasoccer.org)**



## **Scott MacAskill: Field Coordinator**

### **Field Permits**

All permits should have been issued by Monday Aug 18<sup>th</sup>

This will allow teams to practice for at least 2 weeks before games start.

Any requests for changes send to [Fields@alamedasoccer.org](mailto:Fields@alamedasoccer.org)

We have over 100 teams, so not everyone gets their first choice.

U7 & U8 ; 1 hour per week

U10 ; 1 ½ hours twice a week

U12-U19 ; up to 2 hours twice a week

### **Fields**

Lincoln U6 (Sunday Practice/games)

Littlejohn – U7, Lincoln U7/U8

Atlantic 2, Harrington U9 & U10, multipurpose – U10 & U11

Alameda Point #2 – U12, Alameda Point #3 – U11

Tillman, Rittler – U12 & U14

Bayport, Godfrey, Atlantic 1, Hornet – U12 to u19



## **Coaches Agreement**

All coaches must review, sign and date the coaches agreement and return to field coordinator to be issued a practice permit. Listed on the ASC website

## **Use of Goals**

Coaches using goals during practice as well as games should review the ASC Goal Use Policy (Properly secured with J-Hooks)

We will need volunteers to help transport and set up goals at fields

Goals are always locked over night and when not in use

## **Game Day Goal Placement**

We use Field Stewards to help Move the goals on weekends.

Field Stewards move the goals into position and place flags in corners.

Leave goals assembled and nets attached.

The field steward will lock up the goals overnight to prevent theft.



## **Rain Out Procedure**

Procedure on ASC Website

ARPD has a phone hotline you can call for Field Closures - Practices and Games - **(510) 747 7540**

Field Coordinator will attempt to send email out if fields are closed.

For U6, U7 and U8 games – An Email will be sent to coaches

Jack London has a Rain Hotline for U10 and above Teams  
**(510) 812-6051**

**Do Not Practice if the fields are closed!**

**If you do then you risk losing your practice permit and practice field!**



## **ALAMEDA SOCCER CLUB REQUIREMENTS OF FIELD USAGE**

- **1.** All coaches must complete Coaches Agreement posted on ASC website.
- **2.** Keep permit on hand at all times when using any fields. ARPD and ASC will perform random verifications.
- **3.** Pick up all trash after each practice. Return goals to their original location and lock to prevent theft.
- **4.** Ensure players are respectful & careful around goals - no hanging from cross bars or using un-anchored goals.
- **5.** Each team is permitted for half a field per practice – respect other coaches space and time.
- **6. Allow Field Lining crew to line fields on Thursday**
- **7.** Contact the Field Coordinator ([fields@alamedasoccer.org](mailto:fields@alamedasoccer.org)) for any hazardous conditions that you may encounter on the field or with the equipment (including goals, nets, corner flags, chains and locks).
- **8.** Issuance and privilege of use fields is conditional on following the above including allowance of the lining of fields. Permits shall be revoked upon the discretion of the Field Coordinator, Equipment Coordinator and President of ASC for any actions which are deemed to be detrimental to ASC, ARPD or members of the ASC and ASC contractors

# **REFEREE COORDINATOR**

**Csaba Peto**

**refcoordinator@alamedasoccer.org**

# Game Day Protocol

## BEFORE THE GAME

- ❖ **GAME CARD (home team) with TEAM ROSTER and PASSES**
- ❖ **Every player must have a laminated PLAYER PASS (no pass – no play)**
- ❖ **COACH PASS (no registered coach – no game)**
- ❖ **NO jewelry, NO sunglasses, NO Armstrong band, NO hard cast**
- ❖ **Players' equipment: shin guard must be worn, no baseball cleats, no hats**
- ❖ **IF NO REFEREE ASSIGNED – licensed referee from any team, any adult**
- ❖ **NO DOGS ON FIELD (games and practices)**
- ❖ **BE FAMILIAR with the FIFA Laws of the Game**

## DURING THE GAME

- ❖ **COACHES ARE RESPONSIBLE for players and spectators on their sideline**
- ❖ **SOCCER IS ONLY A GAME**
- ❖ **SPORTSMANSHIP RULE – RECREATIONAL TEAMS ONLY**
- ❖ **JLYSSL Rules – <http://www.jlyssl.org/rules.asp>**

# ZERO TOLERANCE POLICY

## FOR PHYSICAL AND VERBAL ABUSE

**“verbal or physical abuse, harassment, *or threatening behavior*”**

**“by anyone involved in the league in any capacity”**  
(parents, players, coaches, board members, volunteers and fans)

**“who are abusive (verbally or physically)”**

**“toward any person”**

(opposing teams, parents, coaches, referees, players, and spectators)

**“will be suspended”**



# Game Day Protocol

## AFTER THE GAME

- ❖ Shake hand with players, coaches and referees
- ❖ Game Card
  - ❖ Jack London house league – referee keeps Game Card
  - ❖ District 4 – winning coach (in case of tie, home team) keeps card, reports result
  - ❖ NorCal game – Home Team retains game card and reports result
- ❖ Submit Game Report – MySoccerLeague (<http://www.mysoccerleague.com>)
- ❖ IF YOU HAVE A PROBLEM (<http://www.jlysl.org/rules.asp>)
- ❖ Serious Problem Report – incidents or field conditions in need of remedy
- ❖ No-Show Report – if you appeared for a game but your opponent or assigned referee did not

# 2014 Fall Referee Requirements

## EVERY TEAM NEEDS A REFEREE

- Each referee can be affiliated with 5 teams, each referee must officiate at least 3 games
- New Rec teams are exempt in first season, must meet requirements next season (spring or fall)
- New Competitive teams are exempt in their first spring season, must meet requirements beginning with their first fall season

## U9 - U10 Rec and Competitive Teams

- 6 Game Credits per season
- **\$150 fine and recreational teams**
- **Forfeit eligibility for JLYSL Tournament**

## U12 - U19 Recreational Teams

- 15 Game Credits per season
- **\$30 fine per game credit not provided**
- **Forfeit eligibility for JLYSL Tournament**

## U11 - U19 Competitive Teams

- 18 Game Credits per season
- **\$30 fine per game credit not provided**

## Game Credit

- All assignments receive 1.0 credit with the exception of U15-U19 CR , receiving 1.5 credit



ALAMEDA SOCCER CLUB



# 2014 Fall Season Coaching



<b>Age</b>	<b>Game</b>	<b>Game duration</b>	<b>Ball Size</b>	<b>Practices</b>
<b>U6</b>	3 x 3 (coed)	2 x 10 minutes games	Size 3	30 min, game day
<b>U8</b>	5 x 5 (coed)	2 x 20 minutes	Size 3	1 practice/week
<b>U10</b>	8 x 8 (non-coed)	2 x 25 minutes	Size 4	2 practices/week
<b>U12</b>	11 x 11 (non-coed)	2 x 30 minutes	Size 5	2 practices/week
<b>U14</b>	11 x 11 (non-coed)	2 x 35 minutes	Size 5	2 practices/week
<b>U16</b>	11 x 11 (non-coed)	2 x 40 minutes	Size 5	2 practices/week
<b>U19</b>	11 x 11 (non-coed)	2 x 45 minutes	Size 5	2 practices/week

Non-coed: Females are allowed to play on male team.  
No male is allowed to play on a female team!



<b>SOCCER FUN</b>	
<b>Coach</b>	<b>Positive, energetic and enthusiastic. Communicator – actions, few words Mentor, role model.</b>
<b>Parents</b>	<b>“On Your Side” – put them to use!</b>
<b>Communication with Families</b>	<b>E-mails, Web-tools - TeamSnap</b>
<b>Equipment</b>	<b>Balls, cones, bibs, flags, goals, etc.,</b>
<b>Practices</b>	<b>Soccer fun Skills, techniques and fundamentals “Drills”, races, relays, games Small sided games and scrimmage Larger size scrimmage Dynamic stretches and cool down (U12 and above).</b>
<b>Game day!</b>	<b>Organization, preparation and lots of soccer action.</b>



**The Coach on Practice days**

**Positive, energetic, enthusiastic, patient, motivating, communicator – actions, few words**

**Arrives early to practice**

**Set the tone, dressed the part, set up practice area**

**Prepared (and adaptable)**

**Equipment  
Practice plan  
Looking/dressed the part – The Coach!**

**The Team**

**Player’s Name, personalities, abilities  
Team Name and culture**

**The Practice – skills and games**

**Individual and team.  
Technical and tactical**

**Post Practice**

**Team Talk – review the practice, praise the players and team.  
Clean up field!**



<b>The Coach on Game days</b>	<b>Positive, energetic, enthusiastic, motivating, communicator</b>
<b>Arrives early to games</b>	<b>Set the tone, sets up warm up area</b>
<b>Prepared (and adaptable)</b>	<b>Equipment, technical box, Pregame plan. Looking the part – The Coach</b>
<b>The Team – arrives in plenty of time</b>	<b>Team Name, players names, players equipment and positions,</b>
<b>The Pre-Game</b>	<b>Warm-up drills, review and refocus on practices</b>
<b>The Game</b>	<b>Enjoy, stay cool, positive, encouraging. No coaching out of ‘tech box’ and behind the goals. Responsible for players and parents behavior.</b>
<b>Post Game – talk and email</b>	<b>Team Talk –praise the players and team – effort, determination - with parents</b>



**Play the Beautiful Game!**  
**Additional soccer opportunities**

**Backyard, a wall, indoor, outdoor, family and community games, pick up games, players vs. parents, Bladium and AFC Futsal, Rec tournaments (U12 and up).**

**Watch the Beautiful Game!**  
**THE WORLD CUP**  
**Soccer games on cable or Internet**

**TV/cable – Fox Soccer, ESPN, Univision  
Internet – YouTube -Olympics, World Cup, Euro , Copa, MLS, EPL, La Liga, Seria A, Bundesliga,**

**Live games - local**

**ASC games – siblings and friends  
High Schools  
Ambassadors FC  
MLS – Earthquakes  
Exhibition games**

**Soccer news**

**National and International soccer**

**FIFA '14 – the 'game'**

**'see the big picture'**





## **Coaches Further Education**

<b>Coaching soccer</b>	<b>Books, DVD, magazines, games, videos</b>
<b>Network and share with other ASC coaches</b>	<b>Share what works, what does not, help each other – its all about the kids</b>
<b>Coaching Licensing clinics</b>	<b>CYSA – F, E, E/D and more Norcal Premier – NSCAA classes</b>
<b>Coaching clinics</b>	<b>24-7 CalNorth Coaching Coervers ACF Fiorentina visiting clinics – ESV Eindhoven</b>
<b>Watch the pros</b>	<b>Earthquake – pregame warm ups</b>



## **Coaches Further Education Alameda SC Coaching Development Program**

<b>Purpose</b>	<b>To supplement and complement Coaching Courses for Coaching Development at all levels: Rec &amp; Competitive</b>
<b>Focus</b>	<b>Develop better coaches to Develop better players</b>
<b>Requirements</b>	<b>An Interest in furthering your Coaching skills &amp; understanding</b>
<b>How Often?</b>	<b>Once a month for an 1-2 hours classroom and on the field</b>
<b>Topics Covered – some examples ... and much more to come</b>	<b>What you need for a successful practice: Age Appropriate A Team &amp; A Plan ☺ •Which skills to work on •Practice Session and how it relates to the game •Conditioning With A Ball Dealing With Injuries •First Aid Kit, Ice, ACE Bandages How to deal with: •Parents, Referees, the 'Star Player', Goalkeeper practice Game Day Preparations – including warm-ups</b>



## Coaching Licensing Clinics

Coaching Licensing clinics	CYSA – F, E, E/D and more Norcal Premier – NSCAA classes
CYSA F License or NSCAA equivalent (U6-U10)	CYSA F: <a href="http://www.calnorth.org/coaching/courses/course_calendar/">http://www.calnorth.org/coaching/courses/course_calendar/</a> August 16 <sup>th</sup> Berkeley, Julie Anderson <a href="mailto:julie@abscsoccer.com">julie@abscsoccer.com</a> , 510-526-3912
CYSA E License or NSCAA equivalent (U11-U16)	USSF E, Castro Valley, August 23 <sup>th</sup> Berkeley, Julie Anderson <a href="mailto:julie@abscsoccer.com">julie@abscsoccer.com</a> , 510-526-3912



## **Coaching Licensing Clinics**

<b>Coaching Licensing clinics for Competitive Coaches</b>	<b>Norcal Premier – NSCAA classes <a href="http://www.nscaa.com/education/coaching-courses">http://www.nscaa.com/education/coaching-courses</a></b>
<b>NSCAA Level 4 – sponsored by Alameda Soccer Club</b>	<b>April 26-27 Lincoln Middle School</b>
<b>NSCAA Level 6</b>	<b>July 25-27 Bishop O'Dowd High School</b>



## **Coaches Resources:**

ASC Web Site

JLYSL Web Site

Internet/publications



## **Coaches Resources:**

**ASC Web Site – [alamedasoccer.org](http://alamedasoccer.org) - rules**

### **Small Sided Soccer Guide**

U6: Coaching Guide – 3 x 3

U7-U8 Coaching Guide – 5 x 5

U6-U8 Game Monitor Guide

Key differences between U10 and U8

### **JLYSL Web Site – [jlysl.org](http://jlysl.org) - rules**

FIFA Laws of the Game (Full version)

JLYSL Rules CYSA District 4 rules (U10 and above)

Zero-Tolerance Policy

### **JLYSL Discipline Process**

JLYSL Rules

CYSA District 4 Rules



**youthSoccer 101.com**  
*Practice with a plan*

Web-based soccer coaching tool/resource:

**All ASC coaches and assistant coaches**

Age and Level appropriate practice plans and drills (based on US Soccer curriculum)

**Weekly e-mail**

“Move of the week”

Utilizing animation and video, facilitating planning, coaching education and players development

Weekly practice plan (pdf – archivable for future use)

Works with all web browsers , tablets (iPad and Android) & smart phones



# youthSoccer101.com

## Practice with a plan

Practice file: 0125

Practice version:

Page: 1 of 2

**PRACTICE PLAN** Ages: 12 & up Week: 5 Length: 30 mins Date: \_\_\_\_\_

**Topic:** Passing at different speeds. (weighted passes)

**NOTES**

**Practice tips**

- Arrive 15 minutes early
- Cone off practice area
- Stay out of the penalty area
- Make sure the field is safe
- Set up a larger grid this week

**General**

Warm-up- players dribble in a cones off area practicing toe touches, boxing dribble & pull backs. Let them experiment with juggling.

Practice the new focus move of the week (see video) 5 mins.

**encouraging words**

"That's the way to do it"  
"Keep your head up"

[youthSoccer101.com](http://youthSoccer101.com)  
Practice with a plan

**Title:** Line relay with passing **Category #1:** W/Setup **Category #2:** US

**Description**

Divide the team in half. Players on the starting line with a ball. First players dribble on the whole to the first box and pass the ball with their team mate back and forth 5 times. The team mate turns with the ball and proceeds to the next box and passes with the teammate. The player in the last box on the endline dribbles the ball back to the original line.

Each player takes the other players place.



**Key points:**

**Name:** 1011220 **Focus:** Dribble **Drill #:** 1011220 **15** mins.

**Objective:** Dribble and pass with speed.

Divide the team into two groups (min 4 per group) to compete. Divide each group in half and the first player in each line with a ball. On the coaches command the first player in each line dribble along the middle cones and passes the ball in-between the final 2 cones to the opposite side.

Progress: require the players to execute a move before passing or dribbling skill (boxing, sole rolls, etc)

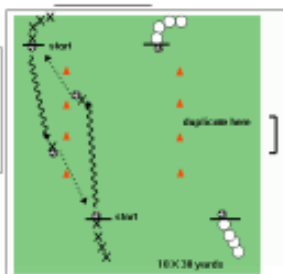
Compete against the other group for how many passes are completed.

**Setup**

- 3 cones
- 2 groups
- 4 balls

**Key points:**

- set a time period to compete
- dribble with your head up & under control
- 5m passes on the ground



**Name:** 89881 **Focus:** shooting **Drill #:** 89881 **15** mins.

**Objective:** Score on one of the 3 goals.

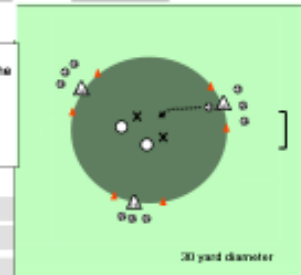
3 goal keepers with 2V2 in the circle. Extra balls behind each goal keeper with one ball started by a goal keeper. Players try to score on any of the goals. If the ball goes out of the circle the next goalie grabs a ball and throws it into the middle. This is a fast moving game. Play it for 3-4 minutes then switch the people in the middle. Goalkeepers keep score.

**Setup**

- 3 cones
- all the balls

**Key points:**

- turn with the ball quickly for a shot or goal
- goals only count below the shoulders
- look for your teammate



**Name:** 436 **Focus:** shooting **Drill #:** 12436 **15** mins.

**Objective:** Choose a goal to attack with pressure from a defender.

Divide the team in half with all players with a ball. The first player in one line starts with the ball (attacker) and the player in the opposite line is the defender. On the coaches command the players enter the center square the attacker chooses to attack one of the goals while the defender tries to win the ball. Players can attack either goal. If the defender wins the ball they can also score on either goal. Keep track of the goals to make the groups compete against each other.

**Setup**

- 3 cones
- all players with a ball
- 2 goals (goals optional)

**Key points:**

- attackers use a move to fool the defender
- attack with speed
- attackers can move to one goal & quickly change



**Name:** Triangle goals **Focus:** small sided **Drill #:** 89444 **15** mins.

**Objective:** Attacking team attempts to score on any side of the triangle goal.

4V4 or 5V5. One team starts on defense with 3 goalkeepers (protecting the 3 sides of the triangle) and the remaining teammates are defenders. The attacking team tries to score on the any side of the triangle. If the defending team wins possession by making a save or stealing the ball the defending team immediately becomes the attacking team and the attacking team must rush to cover the 3 goals with goalkeepers and the remaining players are defenders. Require the new attacking team to take the ball out to the sideline before going to goal.

**Setup**

- 3 cones
- 1 ball

**Key points:**

- react quickly to the change of possession
- communicate who will be the goalkeepers
- move the ball quickly







# youthSoccer 101.com

Practice with a plan

## Step #1

Review the written plan & print the activities



## Step #2

With the printed plan in front of you watch the videos/animated to make sure you understand how they should work

### Focus move of the week

Have the players practice the focus move while they are waiting for the practice to start. Spend the first 5 minutes of practice working on the focus move.

### Scissors



### 3V3 End Zone Game





Coaches Resources: Internet/publications!!!!

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National Soccer Coaches  
Association of America



**Soccer Coaching Notes**

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Soccer coaching tips and advice



**SUCCESS in SOCCER**



### **Soccer As A Way Of Life:**

Some people believe football is a matter of life and death.

I'm very disappointed with that attitude.

I can assure you it is much, much more important than that.

**Bill Shankly (Liverpool 'boot room' manager)**

Football is simple, but the hardest thing is to play football in a simple way.

**Johan Cruijff (a soccer Great!)**

Football (a.k.a. Soccer) is a simple game. Twenty-two men chase a ball for 90 minutes and at the end, the Germans always win.

**Garry Linekar (Leicester, Spurs, Bracelona, England, Match of the Day)**

No matter what activity or practice we are pursuing, there isn't anything that isn't made easier through constant familiarity and training

(I think you can apply this to soccer as well)

**Dalai Lama**



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**Challenger Sports & Alameda Soccer club  
Recreational coach education program**

**Coaching Clinic – August 23<sup>rd</sup>**

10am at Hornet Field for U7-U8 coaches

12pm at Hornet Field for U10-U12 coaches (U14+ also welcome – practices can be developed for you to take to your teams)

***Topics covered:***

*Setting your practice up, practice economy (lost time through transitions etc.), practice topics, everybody involved in practice – no lines, no laps, no lectures – coaching individuals as well as the team, game management, parent management, respecting the referee and progressing practice from skills to opposed situations.*

***Materials received:***

*Recommended weekly practice plans to achieve expected player development goals, access to [www.thechallengerway.com](http://www.thechallengerway.com)*



## Challenger Sports & Alameda Soccer club Recreational coach education program

### Mid-season Coaching Clinic – September 20<sup>th</sup>

10am at Hornet Field for U7-U8 coaches

12pm at Hornet Field for U10-U12 coaches (U14+ also welcome – practices can be developed for you to take to your teams)

#### **Topics covered:**

*Reflection of experience so far – tips and tricks that have worked for you, challenging players individually, tactics and game management, 2v1's, 3v2's and beyond.*

#### **Materials received:**

*Additional practice plans for developing players*

Please confirm your attendance for these classes by emailing Lee Dunne,  
[ldunne@challengersports.com](mailto:ldunne@challengersports.com)

