



**TRAVEL COACH
GUIDEBOOK
2010**



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INTRODUCTION

Thank you for volunteering your time to be one of the clubs travel coach's this year. Hopefully it will prove to be a fun and successful season for you, your team and the club.

Blaine Soccer Club aims to provide all players with a positive soccer experience and you are a very important part of making this happen. We realize that many coaches become involved in the game as an 'involuntary volunteer' motivated by their own child's involvement and that others become involved because they have a genuine desire to develop young soccer players, but one thing is for sure, whatever a coach's reason for becoming involved, all players deserve the best from their coach.

Please find time as the season goes on to get to know some of the other travel coach's at the club. Please encourage your players to go along and watch/support some of the other Blaine teams during games/tournaments. Please remember Blaine Soccer Club is not just about your own team but is about all the clubs teams collectively. We should all be moving forward in the same direction to do what is best for the players.

Please continue to pass on club information to your players regarding player development opportunities such as camps, clinics and training programs. It is very important that all the players at the club receive this info and are given the same opportunities.

The information in this guidebook incorporates some recommendations from US Youth Soccer and USSF as well as general BSC guidelines so I hope you find the information useful.

If you have any questions about coaching throughout the year please feel free to contact me at the Blaine Soccer Club Office.

Have a great season

Scott Macleod
Director of Coaching



Getting Started and The Year Ahead

Below is an outline of things to think about each month. Please remember to check the BSC calendar on a regular basis for exact dates/times and location information. The calendar can be found on the Blaine Soccer Club website – www.blainesoccer.org
Please note - Dates listed below are correct as of December 09 but are subject to change.

OCTOBER/NOVEMBER/DECEMBER

- Receive roster from the club
- Contact all players to confirm placement
- Collect \$100 deposit (due October 31)
- Plan a team meeting to: introduce yourself and each player, appoint a team manager, discuss winter training and/or indoor leagues, plan the season ahead
- Participate in winter training – session 1 (optional)
- Participate in winter leagues – session 1 (optional)
- Plan a MYSA E or D License coaching course to attend (recommended)

JANUARY

- Collect remaining travel fee's/registration forms/birth certificates (due January 1)
- Send a team representative to the BSC Managers Meeting: January 12
- Participate in winter training – session 2 (optional)
- Participate in winter leagues – session 2 (optional)
- Sign up for MYSA PACT training (recommended)

FEBRUARY

- Participate in winter training – session 2 (optional)
- Participate in winter leagues – session 2 (optional)
- Attend MYSA Winter Symposium (optional): Feb 6

MARCH

- Participate in winter training – session 3 (optional)
- Participate in winter leagues – session 3 (optional)
- Attend MYSA PACT training (recommended for all coaches)
- MYSA State Cup applications due if participating -Premier/C1 teams (March 5)
- Deadline to register for the Blaine Break-Out (March 31)

APRIL

- Participate in winter training – session 3 (optional)
- Participate in winter leagues – session 3 (optional)
- Attend BSC coaching clinics
- Teams can begin outdoor practices – call City of Blaine to reserve fields
- BSC team training with professional trainers begins for all U9-U16 teams
- Send a team rep to the mandatory MYSA coaches/managers meeting: April 24
- Send a team rep to the Blaine Soccer Club travel coaches meeting: April 27
- Participate in the Blaine Break-Out (optional): April 30-May2

MAY

- MYSA League play begins
- BSC team training with professional trainers ongoing
- BSC Goalkeeper training begins
- Deadline to register for the Blaine North American Challenge Cup (May 25)
- Deadline for BSC Travel Soccer Camp

JUNE

- MYSA League play ongoing
- BSC team training with professional trainers ongoing
- BSC Goalkeeper training ongoing
- BSC Travel Soccer Camp/Challenger British Soccer: June 28-July 1
- MYSA Jamboree for U9/U10 teams (optional): June 12
- Participate in the Blaine North American Challenge Cup (optional): June 25-27

JULY

- MYSA League play must end by July 12
- Collect and submit player registrations for Fall Travel Play (U9-U14 teams)
- MYSA League Play-Offs for U11-U19 teams (July 15-18)
- MYSA Regional Play for qualifying U11-U19 teams (July 20-22)
- MYSA State Tournament for qualifying U11-U19 teams (July 24-30)
- Remind all your players about upcoming Try-Out dates for 2011 travel teams

AUGUST

- BSC Try-Outs for U14-U16 Players
- Send a team rep to the mandatory MYSA fall coaches meeting (August 28)

SEPTEMBER

- BSC Try-Outs for U9-U13 Players
- MYSA Fall League play begins September 11



Travel Coach Guidelines

Training Sessions

- Incorporate individual foot skill activities into every warm up. Please do not have the players run laps as a warm up. Using a ball each or between two during the warm up increases the amount of time each player spends with a ball throughout the season, running laps does not
- The Institute for Athletic Medicine advises that teams should implement dynamic stretching incorporating soccer specific movements within the player's range of motion rather than traditional static stretching prior to activity
- Plan your practices in advance. Use the Session Planner sheets to help you with this
- Avoid any drill/practice that involves players standing in long lines (e.g. waiting to shoot on goal)
- Use "Activities" rather than "drills". Drills involve the repetition of movements/patterns exactly the same way each time which is unrealistic to what happens during a soccer game.
- Avoid long lectures to players about tactics (especially young players). Try to incorporate the tactics you want to get across into your practice so the kids are actively learning.
- Ask yourself these questions: Are the activities fun? Are the activities organized? Are the objectives clear? Is there max participation of all players? Is creativity and decision making being used? Is the space appropriate? Are the objectives related to the demands faced in the game?
- As a general rule - No LAPS, No LINES, No LONG LECTURES.
- Attend the training sessions with the professional trainers to pick up new ideas and to build on what has been taught at your next session

Games

- Remember that U9 and U10 travel soccer is Non-Competitive
- Encourage your team to play a possession based style of soccer. If you have a couple of fast players it is relatively easy for your team to win games playing a kick and run style of soccer (especially at the younger age groups). This will not teach our kids to develop as soccer players
- When thinking about competition please look at the big picture. Do not have a 'win at all cost' attitude. As coach's we have a responsibility to help the players develop as individuals and as team players. Winning a league or tournament is great but we need to look further ahead than that and make sure we are helping the players develop and enjoy soccer so that they stay involved in the game



Parents

- Keep regular communication channels open with your team parents. It's probably a good idea to have short team meetings every month out on the field after a practice to iron out any problems and to give your opinions on how things are going
- Encourage your parents to be 'Team Supporters' on the sidelines not 'Coach's'. Having lots of people shout instructions at the players will confuse them
- Enforce a "24 Hour Rule" where parents should not approach you with complaints/concerns directly after a game but instead should sleep on it and discuss the following day.
- Encourage your parents to attend MYSA PACT training (Mandatory for U9)

Coaches Education

- Be open to new ideas and coaching techniques and do not assume that the way you were taught in the past is the only way to teach the game now.
- Please take advantage of all the tools available to you. Blaine Soccer Club offers various free coaches' clinics throughout the year, will reimburse you for attending MYSA license courses and has a small library in the office with various coaching books and DVD's for you to use. Always try to continue to learn and improve as a coach.

General

- Take on the responsibility seriously. 'Score the easy points' – arrive for practice early, arrive looking like a soccer coach, plan your session in advance, be enthusiastic, be prepared to learn new skills as you go, help the players have a great soccer experience and enjoy the experience yourself
- MOST IMPORTANT OF ALL – MAKE THE SEASON ENJOYABLE FOR YOUR PLAYERS

Players Play – Coach's Coach – Parents Parent



The Principals of Coaching

Developmentally Appropriate

One of the most important aspects of structuring your training session is making sure that the Activities are 'Developmentally Appropriate' for the age group you are coaching. If an activity is too difficult the child will show signs of frustration. If an activity is too easy the child will show signs of boredom so it is important that as a coach you understand children's varying developmental levels and how their development affects the way they play soccer.

Clear, Concise and Correct Information

It is vital to give correct information to young players and at the same time not to bore them with long lectures as too much information will overwhelm them.

Simple to Complex

Plan your training sessions to start simply then progress gradually allowing for ongoing modifications and new challenges.

Safe and Appropriate Training Area

Check the field for glass, large stones, and large holes. Make sure goals are secured and that the training area is appropriately sized.

Decision Making

We have to encourage opportunities for players to make decisions so that effective learning can take place.

Implications for the game

The training activities must in some way reflect the demands a player faces in the game.

BASIC AGE GROUP GUIDELINES



AGE	TECHNIQUE	TACTICS	FITNESS
U9/U10	<p><u>Fun Activities encouraging repetition</u> <i>Dribbling</i> using all surfaces. Turns, moves, attacking open space <i>Shooting</i> focusing on proper technique for striking a dead ball and progressing to strike a moving ball <i>Heading</i> introduction to build confidence <i>Passing</i> using inside, outside and laces <i>Receiving</i> ground balls and self serving air balls.</p>	<p><u>Introduction to Basic Tactics</u> *Players play all positions *Understand shape – Width, Depth and Length *1v1 attacking and defending *Role of the first defender (Pressure) and being goal side *Suggested game formation: 3-2</p>	<p>*Basic agility and coordination *All fitness activities with a ball</p>
U11/U12	<p><u>Developing technique under pressure and increasing speed</u> <i>Dribbling</i> using change of speed and direction to beat opponents. Shielding to keep the ball and encouraging risk taking in the correct areas <i>Shooting</i> from different angles, on the turn and on the volley <i>Heading</i> with a partner and jumping to attack the ball <i>Passing</i> now to include short, long and crosses <i>Receiving</i> to include both ground and air balls. Preparing the ball <i>Tackling</i> introduction</p>	<p><u>Basic Principals of Play</u> *Play a variety of positions *Promote an attacking style of soccer *Keeping possession while attacking. *Support play – Combination play (take over, over laps, wall passes) *Role of the first (Pressure) and second (Cover) defenders *Suggested game formation: 2-3-2</p>	<p>*Fitness with a ball *Flexibility and Agility *Speed and Endurance</p>
U13/U14	<p><u>Building on Technical Skills</u> <i>Dribbling</i> to take risks in the correct areas. Keeping possession <i>Shooting</i> from all areas while on the run. Finishing from crosses, volleys <i>Heading</i> to include attacking (heading at goal) and defending (clearing) <i>Passing</i> to include driven, bending, chipped, short, long and crossing <i>Receiving</i> out of the air and turning. Concentrating on the quality of the first touch. <i>Tackling</i> now to include slide tackles</p>	<p><u>Quick decision making</u> *Keeping possession while attacking. *Support Play, Combination play, Penetration, Runs into the box *Introduction of simple set plays *Role of the first (Pressure), second (Cover) and third (Balance) defenders. *Delaying the opposition and being compact *Suggested Game formation: 4-4-2 and 3-5-2</p>	<p>*Fitness with a ball *Flexibility and Agility *Speed and Endurance</p>

U15/U16	<p><u>Mastering Technical Skills</u> <i>Dribbling, passing, receiving, shooting</i> under pressure and at speed focusing on accuracy and mastering each technical skill</p> <p>Technical Skills now covered in the warm up.</p>	<p><u>Increased Tactical Awareness</u></p> <ul style="list-style-type: none"> *Possession with a purpose *Penetration *Crossing and finishing/attacking the box *Combination Play *Set Plays *Pressure, Cover Balance *Delaying opponents, Team Compactness, Communication *Suggested Game formation: 4-4-2 and 3-5-2 	<ul style="list-style-type: none"> *Fitness with and without the ball *Flexibility and Agility *Speed and Endurance *Nutrition *Injury Prevention *Injury Care
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* In addition to the suggested game formations above we would encourage all teams to use a flat defensive system rather than a stopper/sweeper system



TECHNIQUE – THE BASICS

Coaches often overlook the basic techniques of soccer and instead like to move straight into more complex practices and activities. It is important for coaches to have a good understanding of these basics and to teach them to their players.

SHORT PASSING

Inside of the Foot

- Look towards target
- Support foot planted alongside the ball pointing towards the target
- Toe pointed up slightly
- Lock the ankle
- Strike the center of the ball
- Look at the ball when contact is made
- Kicking foot follows through towards target

Outside of the Foot

- Support foot placed behind the ball slightly
- Toe pointed slightly down
- Strike the middle or side of the ball
- Look at the ball when contact is made
- Little follow through

LONG PASSING

Lofted

- Prepare the ball out from the body/feet
- Approach the ball from an angle
- Support foot should be slightly behind the ball pointing forward
- Lean back
- Toe pointed down to get underneath the ball

Driven

- Prepare the ball out from the body/feet
- Slight angle of approach
- Support foot alongside the ball pointing forward



- Toe pointed down
- Strike through the center of the ball with the laces
- Stay down over the ball
- Follow through towards the target

DRIBBLING

Running with the ball at speed

- Toe pointed down
- Use the outside of the foot or the instep
- First touch should be out of the body
- As the defender approaches keep the ball closer to the feet by using more touches

Attacking the defender

- Change speed and direction
- Attack the defenders most forward leg
- Explosion of speed once past the defender
- Once behind play across the defender to cut off recovery run

SHOOTING

Placing the shot

- Early decision of where you want to play the shot
- Shoot before the keeper is set or stops moving towards you
- Hips and support foot aiming at target when you strike the ball

Going for Power

- Compact over the ball
- Strike through the center of the ball with the laces of the cleat
- Look at the ball on contact and stay down over the ball
- Land on the shooting foot

HEADING

Attacking the goal

- Attack the cross at speed
- One foot take off from your run
- Jump before the defender
- Head through the top half of the ball
- Try to head the ball down into the goal

Defensive

- One foot take off from your run
- Jump before the opposition
- Head through the lower half of the ball
- Emphasis on distance, width and height

RECEIVING THE BALL

On the ground

- Get in the line and flight of the ball
- Have a low center of gravity
- Receiving the ball with the inside of the foot – toe pointing up slightly
- Receiving the ball with the outside of the foot – toe pointing down slightly
- Look at the ball at the point of contact
- Bring the foot back slightly to cushion the ball

In the air

- Get in the line and flight of the ball
- Have a low center of gravity
- Decide which part of the body to use to receive the ball
- Look at the ball at the point of contact
- Relax the body part back slightly to cushion the ball

TACKLING

- Close down the space between you and the opponent quickly
- As you get closer begin to slow down and steady yourself
- Focus on the ball
- Have a low center of gravity
- Stand sideways on and force the attacker into an angle
- Be on the toes and move back as the opponent comes forward
- Tackle as soon as the opponent takes a bad touch or loses control of the ball
- Tackle with the front foot, stay balanced and able to recover

Blaine Soccer Club Library

<u>ITEM #</u>	<u>TYPE</u>	<u>NAME</u>		<u>Author</u>
1	DVD	Soccer Secrets and Fitness (Advanced)		Mia Hamm
2	DVD	Soccer Secrets and Fitness (Beginner)		Mia Hamm
3	DVD	Soccer Speed		SLS
4	Video	D License		MYSA
5	Video	E License		MYSA
6	DVD	Training Girls and Women to Win	1	SLS
7	DVD	Training Girls and Women to Win	2	SLS
8	DVD	Training Girls and Women to Win	3	SLS
9	DVD	The Novice Coach (U5-U10)		US Youth Soccer
10	DVD	Striker School		SLS
11	DVD	Speed for Soccer		Kwick Goal
12	DVD	All the Right Moves		SLS
13	DVD	Keeper		SLS
14	DVD	Coordination, Agility and Speed Training for Soccer		P. Schreiner
15	DVD	Coordination and Agility Training		P. Schreiner
16	DVD	Systems of Play		SLS
17	Video	First Step - Injury Prevention		MN Sports Medicine
18	DVD	Total Goalkeeping		Success in Soccer
19	DVD	1-2-3 Goal	1	Coerver
20	DVD	1-2-3 Goal	2	Coerver
21	DVD	1-2-3 Goal	3	Coerver
22	DVD	Zonal Defending		SLS
23	Book	Great Soccer Drills		Fleck/Quin
24	Book	Everything Kids Soccer Book		D. Crisfield
25	Book	Fitness for Football		English FA
26	Book	U6 and U8 Activity Aids		US Youth Soccer
27	Book	U10 Activity Aids		US Youth Soccer
28	Book	U12 Activity Aids		US Youth Soccer
29	Book	Coaching Manual		US Youth Soccer
30	Book	Zonal Defending		Jack Detchon
31	DVD	On the Attack		NSCAA
32	DVD	Tactical Development		NSCAA
33	DVD	Defending to Win		NSCAA
34	DVD	Player Development		NSCAA
35	DVD	Attacking Soccer in the Women's Game		NSCAA
	Mini			
36	Book	Soccer Laws		MYSA
37	Book	Laws of the Game		USSF
38	Book	Soccer Systems and Strategies		Bangsbo/Quin
39	Book	Coaching Manual		US Youth Soccer
40	Book	Coaching Manual		US Youth Soccer
41	DVD	Play Like Champions		Manchester United
	Mini			
42	Book	Practice Games for U10 players		MYSA
43	Video	First Step - Injury Prevention		MN Sports Medicine

44	DVD	Ultimate Goals Collection	Arsenal
45	Book	Guide to Training/Coaching	Allen Wade
46	Book	Coaching Set Plays	Tony Waiters
47	Book	Soccer Coaching Bible	NSCAA
48			
ITEM #	DVD	Soccer Coaches Guide (5-7 year olds)	NSCAA
49	DVD	Soccer Coaches Guide (8-12 year olds)	NSCAA
50	DVD	Technical Exercises for Youth Players	NSCAA
51	DVD	Coaching in the game Methodology (Part 1)	NSCAA
52	DVD	Technical Training	NSCAA
53	DVD	Modern Defending (Part 1)	Success in Soccer
54	DVD	Modern Defending (Part 2)	Success in Soccer
55	DVD	Modern Defending (Part 3)	Success in Soccer
56	DVD	Soccer Club Coach (U8 – U10+)	English FA
57	DVD	Soccer Club Coach (U8 – U10+)	English FA
58	DVD	Tactical Games	SLS
59	DVD	Soccer Games	SLS
60	DVD	Let 'em Play (U6-U12)	AYSO
61	DVD	The Novice Coach (U5-U10)	US Youth Soccer

Coaches can borrow items for up to two weeks at a time from the Blaine Soccer Club office. A \$20 deposit check is held and returned when the item is returned. Please only check out one item per visit.

SESSION PLANNER



DATE:

TOPIC:

<p><u>Activity 1 / Warm up:</u></p>	<p>Organization:</p>	<p>Coaching Points:</p>
<p><u>Activity 2:</u></p>	<p>Organization:</p>	<p>Coaching Points:</p>
<p><u>Activity 3:</u></p>	<p>Organization:</p>	<p>Coaching Points:</p>
<p><u>Activity 4 / Game:</u></p>	<p>Organization:</p>	<p>Coaching Points:</p>
<p><u>Cool Down:</u></p>	<p><u>Notes:</u></p> <hr/> <hr/> <hr/>	<p><u>Notes:</u></p> <hr/> <hr/> <hr/>