



TREMONTON

CITY

PARKS & RECREATION

TREMONTON RECREATION

SOCCER COACH PLAYBOOK



SPORTSMANSHIP PLEDGE - MORE THAN

More Than...

As a Tremonton Youth Soccer Coach, you are a part of changing the landscape of youth sports for the benefit of the athletes in YOUR league. That's why you're called to be MORE THAN just a soccer coach. While other coaches in the sports industry focus on short term gain or just athletic success over longterm development... Not tremonton Recreation coaches! You have the opportunity to be a mentor, building young athletes of courage and character, and equipping them for success on and off the field.

Also, we want your players to know they are MORE THAN just athletes. What they have to offer goes beyond the field. That's why you have the responsibility of building more than just athletic skill in your players. through the 360 progression program, you will build your participants into **total athletes**: Mentally, athletically, emotionally and socially as they participate on your team.

Mentally - Making Wise Decisions

Through sport, you will teach valuable life lessons that will promote making wise decisions on and off the court. A 360 Coach knows how to teach the game in a way that young athletes can understand.

Athletically - Improving Physical Ability

One of the main reasons parents register their young athlete to play is to improve their physical ability. A 360 Coach will help young athletes reach their full potential by focusing on long-term development, not short term gain.

Emotionally - Boost Self-confidence

Participation in sports can boost self-confidence as new abilities are learned and provides a physical outlet for stress. A 360 Coach will teach new skills uplift every participant and demonstrate good sportsmanship at all times.

Socially - Fostering Healthy Relationships

An important part of growing as an athlete is connecting with teammates. As they enjoy time with others, they are building healthy relationships. As a 360 Coach you should be a catalyst in helping young athletes form meaningful and lasting relationships.

PRACTICES

Start the season off right by getting to know the parents and family members of your players. Include parents in your first post-practice huddle. Here are some things to cover in that first meeting with parents.

- Introduce yourself and share your excitement about the season.
- Give them each a list of the kids on the team
- Ask a parent to put together a schedule for families to rotate bringing snacks to games.
- Encourage all parents to work on skills at home with their young athlete.
- Convey rules, expectations, and list of equipment needed for season.
- Encourage parent participation at practice and at games when needed.

Practices

Below is a suggested practice chart to help you organize your practices. Please set a time limit for practices, start and end on time. Make every player a welcomed and appreciated part of the team. Teach fundamentals through drills

Practice	Practice Focus	Team Meeting	Rules to Cover	Skills and Drills
1	<ul style="list-style-type: none"> · Get to know each other · Evaluate skills · Set practice rules · Teach dribbling fundamentals 	<ul style="list-style-type: none"> · Introductions · Discuss practice ground rules · Introduce attacking basics 	<ul style="list-style-type: none"> · Practice rules 	<ul style="list-style-type: none"> · Dribbling
2	<ul style="list-style-type: none"> - Continue skill evaluation · Teach passing fundamentals · Teach positions and responsibilities 	<ul style="list-style-type: none"> · Re-introduce players and coaches · Discuss common fouls · Explain substitutions 	<ul style="list-style-type: none"> - Re-start (kickoff, corner kicks, goal kicks, throwins) · Game format and substitutions 	<ul style="list-style-type: none"> Passing
3	<ul style="list-style-type: none"> · Review re-start situations · Teach shooting fundamentals 	<ul style="list-style-type: none"> · Discuss practice focus 	<ul style="list-style-type: none"> · What are the common fouls 	<ul style="list-style-type: none"> Shooting
4	<ul style="list-style-type: none"> - Skill development · Review positions and responsibilities · Teach defensive tactics 	<ul style="list-style-type: none"> · Discuss practice focus · Discuss successes from first game 	<ul style="list-style-type: none"> · What happens after a foul 	<ul style="list-style-type: none"> Tactics - Defense
5	<ul style="list-style-type: none"> · Skill development · Teach offensive tactics 	<ul style="list-style-type: none"> · Discuss practice focus · Answer players' questions about the game · Discuss successes from previous game 	<ul style="list-style-type: none"> - Review all rules as a fun quiz 	<ul style="list-style-type: none"> Tactics - Offense
6-11	<ul style="list-style-type: none"> · Continue skill development 	<ul style="list-style-type: none"> - Discuss practice focus · Discuss successes from previous game · Answer players' questions about the game 	<ul style="list-style-type: none"> - Continue to review rules for clear understanding 	<ul style="list-style-type: none"> Improvements from games

PRACTICE - WARM UP

Warm-Up Activities

(emphasis is on gradual warm-up, not a race)

High Knees

Have players line up on one of the sidelines. On the coach's signal, players jog slowly across the field by raising their knees toward their chests so thighs are parallel to the ground and knees are bent at a 90 degree angle. Once all players have made it to the other side of the field, have them return to the starting point by slowly jogging back across the field.

Heels to Hands

Have players line up on one of the sidelines. On the coach's signal, players jog slowly with knees pointing toward the ground and their heels kicking upward toward their backsides where their hands are. Once all players have made it to the other side of the field, have them return to the starting point by sprinting back across the field.

Sprint to Backpedal

Have players line up on one of the sidelines. On the coach's signal, players sprint across the field then backpedal to the starting point. As players backpedal, instruct them to lean slightly forward and land on the balls of their feet so they don't trip and fall backward.

Basic Dribbling and Passing

Basic dribbling and passing work can be used in the team warm-up time. Pair players up with a teammate or two. Give each group a soccer ball and have them dribble and pass to each other within your practice area.

Skills and Drills

This section reviews the fundamental skills of soccer, explains why each is important and emphasizes the skill's key teaching points. Each skill is followed by a basic drill that reinforces it. These drills are acceptable for any age group as an introduction to the concept behind each skill. For more advanced age-appropriate drills for each skill, as well as complete practice plans, go to MyUpward.org.

Many of the drills described in this playbook require one ball per player. If you are limited in the number of soccer balls you have for practice, you will need to modify the drill by creating lines based on the number of soccer balls available.

KEY TO DIAGRAMS	
	= <i>Player</i>
	= <i>Player Movement Without the Ball</i>
	= <i>Dribble</i>
	= <i>Pass</i>
	= <i>Cone</i>

Dribbling Skills

The information below will help you to teach players to control the ball when dribbling.

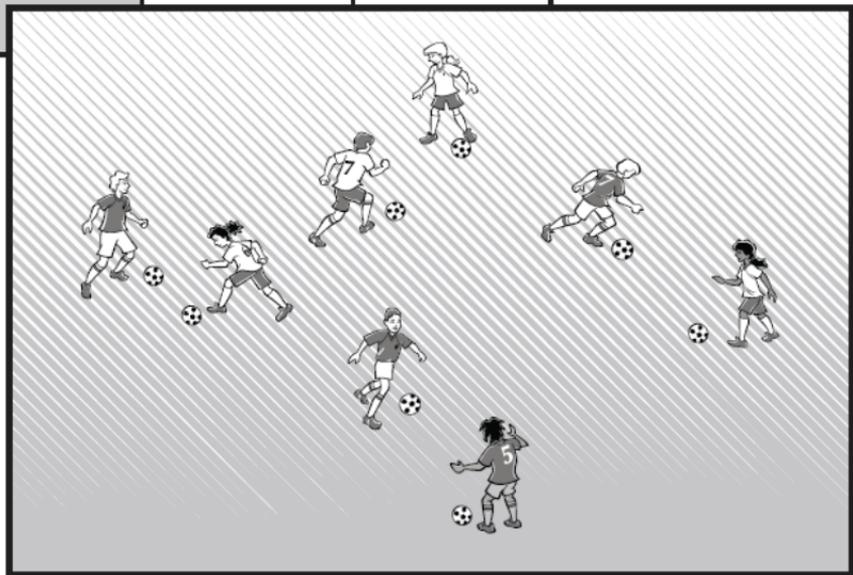
Techniques and skills to emphasize:

- Get comfortable dribbling the ball in different body postures (standing straight for slower control, leaning to the side for turns and fakes or leaning forward for speed).
 - › Repetition is the key to becoming comfortable with all styles of dribbling.
 - › Activity should be done slowly to learn the technique; it is not a race.
- Focus on making clean touches on the ball; avoid being sloppy with things like balance, body positioning and loose ankles.
- Keep looking up, down and around as often as possible to know your options and to keep the ball close.
- Keep the ball close so it doesn't go out of bounds or is not lost to an opponent.

Encourage players as they begin to see success while dribbling. Dribbling is very unnatural at first, so increasing confidence is important.

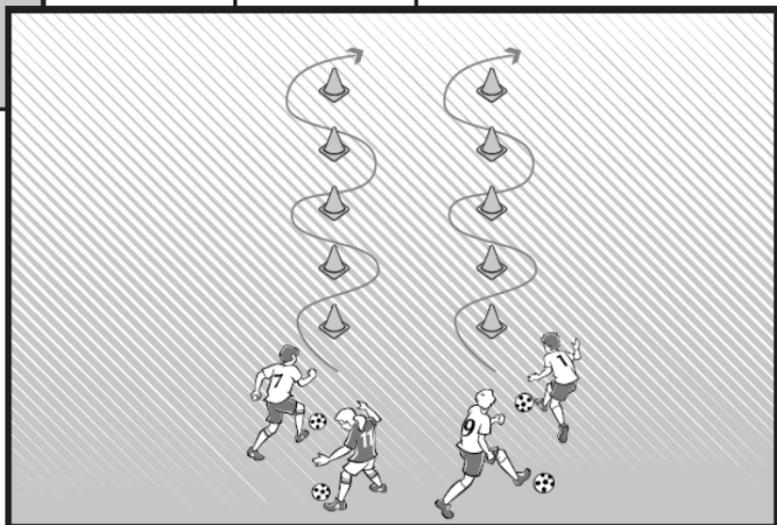
DRIBBLING - FOOTWORK

<i>Drill</i>	<i>Objective</i>	<i>Equipment</i>	<i>Procedure</i>
Free Dribbling	Training players to keep the ball in their possession by tight/clean touches on the ball.	One soccer ball per player.	On the coach's signal, players begin to freely dribble throughout the practice area using different parts of their foot. This will increase player's confidence with the ball.



DRIBBLING - FOOTWORK

<i>Drill</i>	<i>Objective</i>	<i>Equipment</i>	<i>Procedure</i>
Basic Dribbling	Training players to keep the ball in their possession by tight/clean touches on the ball	One soccer ball per player and ten markers/cones.	On the coach's signal, the first player in each group begins to dribble (weaving) through the line of markers/cones in front of their group. As players dribble through the markers/cones, give specific instructions to dribble with emphasis on different techniques of dribbling: "Inside of the foot only" (left and right foot); "Outside of the foot only"; "Inside & Outside of the foot" (alternating).



Passing Skills

The information below will help you to teach players to become confident passers.

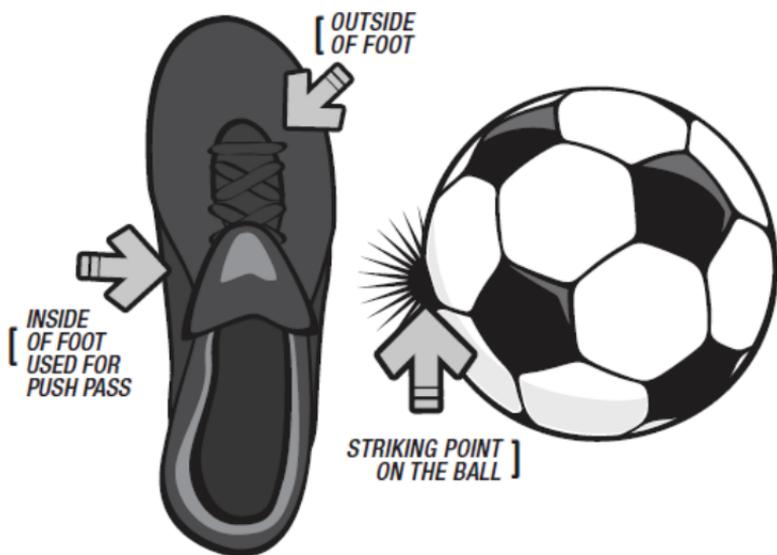
Techniques and skills to emphasize:

- The support leg holds body weight and the kicking leg strikes the ball and follows through with it in the direction of the pass.
- The ball should be struck with a “locked” ankle and toes raised toward the shin.
- When striking the ball for a pass, imagine a horizontal line drawn through the middle of the ball and strike the ball just above the line. This keeps the ball from going up in the air. If the ball is hit on the lower half, it typically pops up in the air.
- Do not pass with the toe, because it does not result in an accurate pass.
- Use both feet to pass instead of relying on the dominant foot.
- Inside-of-the-foot pass
 - › The ball is struck on the inside of the foot, right above the arch of the foot.
 - › Toes should be raised toward the shin to lock the ankle.
 - › Posture: Knees should be slightly bent for balance and the plant foot is pointed in the direction of the pass.
 - › Focus: Eyes are on the ball, which is generally hit at its center with a locked ankle.
 - › Follow through when first learning. As players progress, it is a quick “popping” motion, with more force and less follow through.

PASSING

- Outside-of-the-foot pass
 - › The ball is struck with the outside of the foot, just behind the small toe.
 - › Toes should be turned in and down to help lock the ankle.
 - › Posture: Knees should be slightly bent for balance and the body stance is in a line with the ball.
 - › Focus: Eyes are on the ball and players crouch or hunch over for balance and to increase force on the ball.
 - › Follow through when first learning. As players progress, it is a quick “popping” motion with more focus and less follow through.

DIAGRAM OF FOOT AND BALL



Receiving Skills

The information below will help you to teach players receive a pass

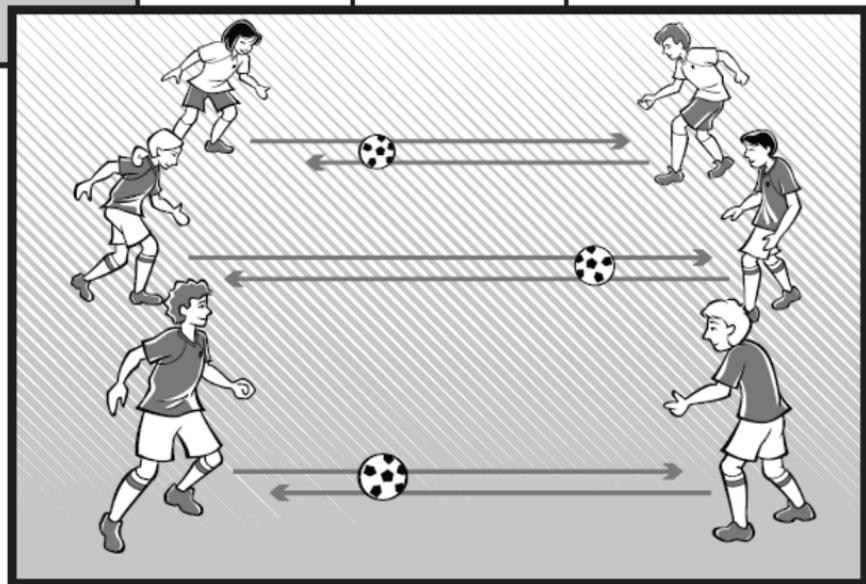
Techniques and skills to emphasize:

- Anticipate a pass from your teammate by being ready. Know where the ball is at all times, don't stand flat footed, and move to an open space.
 - › Think about the options you have once you receive the ball.
 - › Be aware of teammates and opponents and their positioning on the field.
- The support leg holds body weight and the receiving foot moves back with the ball once it touches the foot. This absorbs the force of the ball and allows for better control.
 - › The force of a pass is absorbed by placing the foot in alignment with the ball while stepping forward with the support leg. The ball is absorbed into the foot by carrying it backward or wedging it against the ground with the sole of the foot.
 - › Step forward when the ball is approaching to get your body ahead of the ball as you receive it. This will prevent the ball from getting too far away and helps with balance when absorbing the ball into the foot.
- Keep your head and eyes moving up and down, left and right. This helps increase ball control and gives better awareness of other players on the field in the game.
- As players master the basics of receiving the ball, teach them to “cut-down” on the ball as it arrives, with a fast motion using the inside of the foot. This creates a backspin to keep the ball close to the body.
- Use both feet to receive passes instead of relying only on the dominant foot.

PASSING - RECEIVING DRILLS

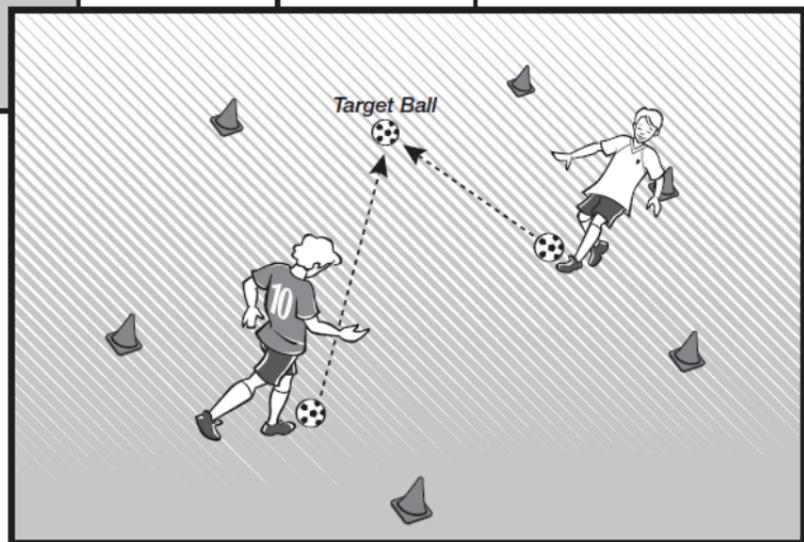
Passing/Receiving Drills

Drill	Objective	Equipment	Procedure
Basic Passing	Players learn the touch of good passing and receiving/controlling the ball	One soccer ball per player	On the coach's signal, players pass to each other back and forth. After players have passed for two to three minutes, change passes to seven to 10 yards apart, then progress to jogging around the field and passing.



PASSING - RECEIVING DRILLS

<i>Drill</i>	<i>Objective</i>	<i>Equipment</i>	<i>Procedure</i>
Hit the Target	Players learn the touch of good passing with accuracy	One soccer ball per player, one clearly identified ball to be used as the target, and four markers or cones	To begin the game, the coach will kick the target ball into play. Players attempt to hit the target ball with their own soccer ball by passing at the target ball. After a couple of players hit the target ball, the coach should kick it to another area inside the grid. Players do not have to use the same soccer ball throughout this drill. They should use the ball nearest them (other than the target ball).



Shooting Skills

The information below will help you to teach good shooting fundamentals

Techniques and skills to emphasize:

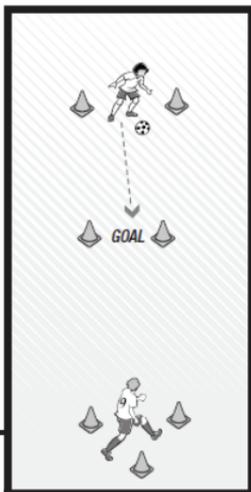
- Striking the ball when shooting
 - › Use inside the foot (push-pass) for accuracy shooting.
 - › Use instep/laces of the foot for power shooting.
- The plant foot should be located next to the ball with the shooting leg drawn back. The shooting leg is bent at the knee at a 90 degree angle with the knee directly above the ball.
- Keep your head down and over the ball when shooting to keep the ball from going too high.
- Shooting accuracy
 - › Concentrate on shooting the ball through the openings of defenders accurately.
 - › To establish the foundation for fundamental shooting, aim for one of these areas on the goal:
- Corners (on the ground or the upper corners)
- Near post (post closest to the ball) with a pushpass or accuracy type shot.
- Far post (post furthest from the ball) and strike the ball with power.
- Shooting skill progression
 - › Shoot the ball while it is stationary to develop confidence.
 - › Shoot with the ball in motion, while players take two to three steps to approach the ball and shoot.

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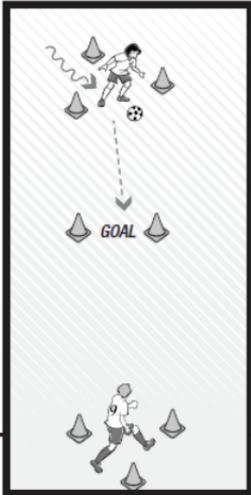
- › Shoot the ball while the player and the ball are in motion without defensive pressure.
- › Shoot the ball while the player and the ball are in motion with defensive pressure.

Shooting Drills

Drill	Objective	Equipment	Procedure
<p>Instep Shooting (Stationary)</p>	<p>Teach the posture and positioning of how to shoot the ball</p>	<p>18-24 cones and one soccer ball for every two players</p>	<p>On the coach's signal, the player with the ball shoots the stationary ball through the target or goal. The ball should pass through the target or goal where the partner will retrieve it and bring it back between their markers/cones. Players should continue shooting back and forth. As players are shooting, walk from grid to grid to give more detailed shooting tips and encouragement to players as they practice.</p>



SHOOTING

<i>Drill</i>	<i>Objective</i>	<i>Equipment</i>	<i>Procedure</i>
<i>Instep Shooting (With Movement)</i>	Learn the posture and positioning of how to shoot the ball while moving	24-28 markers/ cones and one soccer ball for every two players	<p>On the coach's signal, the player with the ball slowly dribbles the ball up to the line and then shoots the ball through the target or goal to their partner on the opposite side of the grid. The ball should pass through the target or goal where the partner will retrieve it and bring it back to their line. Players should continue shooting back and forth. As players are shooting, walk from grid to grid to give more detailed shooting tips and encouragement to players as they practice.</p> 

Defensive Tactical Skills

The information below will help you to teach players a solid defensive philosophy.

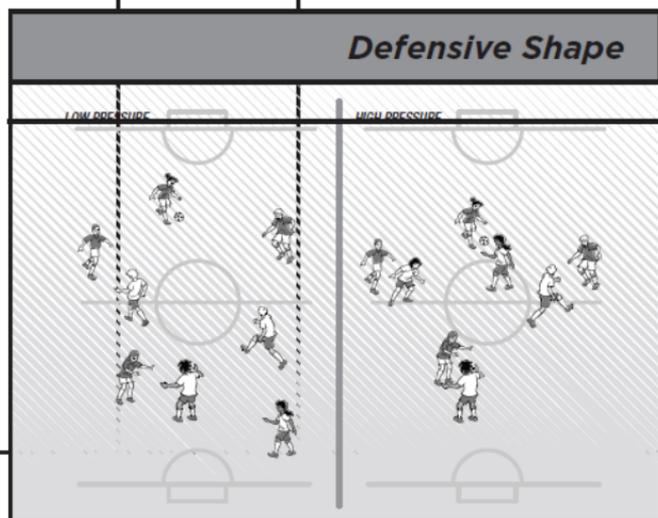
Techniques and skills to emphasize:

- The objective in defending is to keep good balance. Be aware of your timing in attacking the ball from an opponent and to play defense in a clean but hard fought way.
- Be aware of the whole field when defending, including passing lanes and the support players from the opposing team in order to limit their options.
- When defending the attacking player, you should have a one foot slightly in front of the other and knees slightly bent. You should also be on the front part of the foot and slightly crouched.
- Be patient and aware of timing the tackle or “winning the ball.” If you simply wait until the attacker makes a bad touch on the ball, it allows you to win it from them. Being too aggressive and jumping into the situation without thinking can result in a good attacker dribbling right past a defender.
- Play “light-on-your-feet” so you can react quickly to the play in front of you.
- Stay in the defensive position as much as possible, keeping the player with the ball in front of you.
- Don’t cross your legs when marking an attacker. As you slant the attacker, move your legs in a shuffling motion.
- Don’t approach the ball “flat” with both feet side by side and heels on the ground. This allows the attacker to dribble around the defender much easier.

DEFENSIVE TACTICS

Defensive Drills

<i>Drill</i>	<i>Objective</i>	<i>Equipment</i>	<i>Procedure</i>
Defensive Shape	Training players to work as a team by having defensive shape (positioning as a team).	10 markers or cones, pinnies for half of the team and one soccer ball.	<i>This is meant to be a time to walk through play. Give possession of the ball to one player and have the defense adjust to the location of the ball. The attacking team moves the ball at walking speed (instead of game speed) to another teammate. The defense should <i>not</i> attempt to win the ball at this time; they should only be working on positioning as a team. After moving the ball eight to 10 times, switch possession of the ball to the other team.</i>



OFFENSIVE TACTICS

Teaching Points/Phrases:

- High-pressure defense: When a team plays high-pressure defense they are trying to win the ball from the opposing team as fast as they can. They move quickly and often with more than one player on the ball.
- Low-pressure defense: When a team plays low-pressure defense they let the other team pass the ball around and wait for a mistake before they go in to win the ball.

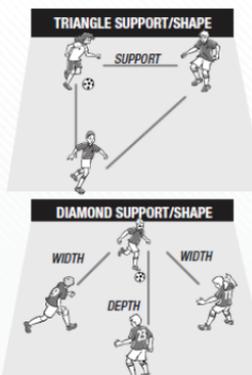
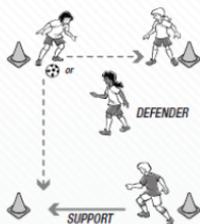
Offensive Tactical Skills

The information below will help you to teach players a solid defensive philosophy.

Techniques and skills to emphasize:

- Players should learn where and how to move without the ball.
 - › Often the player without the ball plays a more important role in a play than the attacker with the ball, because the player without the ball is needed for support of the player with the ball.
 - › Players should be moving to open spaces to keep possession of the ball.
 - › While moving to open space, try to maintain the triangle support positions, so players with the ball have at least two passing options

OFFENSIVE SHAPE



OFFENSIVE TACTICS

Offensive Drills

Drill	Objective	Equipment	Procedure
Offensive Tactics Walk Through	Teach players the general rules and guidelines for playing soccer	A ball, pinnies and lines on a field (or use cones)	<i>This is meant to be a time to walk through play.</i> Give possession of the ball to one player and have the defense adjust to the location of the ball. Assign one team to offense and the other to defense. Put players into positions and cover each of the scenarios below, ensuring each player understands their role. As time allows, have players put the ball in play using each method.
Offensive Shape	Teach players "shapes" of how to provide support to teammates with the ball	Eight markers or cones and two soccer balls	<p>Triangle: On the coach's signal, players pass the ball from corner to corner. After the ball is passed, the players on the markers or cones move to support the player who now possesses the ball and keep the triangle shape. The shadow defender is passive on defense by only moving toward the player with the ball. The shadow defender should not attempt to kick or take the ball away at this time. Change players to be the shadow defender every 60-90 seconds.</p> <p>Diamond: In the diamond shape, players practice keeping the shape while passing the ball to one another. The shape of a diamond provides good width and depth so a team has good spacing.</p>