

# **SBSC Coaching Manual**

**A Roadmap for the South Berkeley Soccer Club**

**Recreational Division Spring/Fall 2026**





# Director Introduction

## Experience & Licensing:

- Grew up in Germany, playing soccer since around 6 years old.
- Licensed USA Soccer coach via Virginia Youth Soccer Association.
- 50 years of playing/following soccer.
- Over 25 years coaching (20 as a Travel coach).
- Involvement with FASA, SASA, and BRYSA.





## Goals of SBSC (rec)

**Primary Goal:** Provide a systematic, collaborative league.

### Development Pathway:

- Begin with the basics/fundamentals at younger ages.
- Build upon skills and knowledge gained from year to year.

**Outcome:** Ultimately prepare players to be well-rounded, solid players ready for H.S. or other advanced leagues.





# Goals of 2026 Season

## Program Goal (Spring/Fall 2026):

- Initiate an age-group to age-group training program for both players and coaches.
- Lay the foundation for preparing well-rounded, solid soccer players at all levels.

## Personal Goal (Coach):

- Supply SBSC with the road map, guidance, and continued mentoring/teaching of coaches and players to meet their goals.





# Age Group Advancement Schedule

SBSC Age Group Advancement Schedule						
	U6	U8	U11	U15		
SKILLS	Introduction	Skills U6 plus:	Skills U8 plus:	Skills U11 plus:		
	control	toe taps	shooting: pass into net	shooting: longer range, head over ball		
	dribbling	foundations	roll over	moves to create space: directional receiving, head fakes, quick moves		
	receiving (all inside foot)	pull backs	passing/dribbling outside feet	dribbling: close control, at speed		
	passing (all inside foot)	passing: forward, back, square	chest/thigh/other control of ball above the waist			
		body position to receive ball - outside foot				



# Age Group

# Advancement

# Schedule

CONCEPTS	Introduction	Concepts U6 plus:	Concepts U8 plus:	Concepts U11 plus:
	on your toes	shielding	pivots	defensive staggering
	head up	communication	offensive and defensive switches	diamond formation
	control/look/pass	pass and move	guarding and taking angles	CDM/CAM
	spacing	show for ball	passing/running into space	1-1 beating man
	team game, and only one ball: passing and sharing is essential	triangles	control above the waist	1-1 guarding man
		press/cover	pass and move	drawing defenders on/off the ball
		keeper	defend towards edges	
		first touch	keeper triangle - coming out	
		balance head/shoulders/hips	stop/step	inside/outside turn while dribbling
FORMATIONS	Introduction			
	<b>2-2 no keeper</b>	<b>U6 plus 3-2 w/ keeper</b>	<b>U8 plus 4-2-2 w/ keeper</b>	<b>U11 plus 4-4-2 w/ keeper</b>
	basic	roles		
	throw ins	movement	switches	box to box midfielders
		lanes and areas of pitch	rotating sides	transitional midfielders
		kick off	advanced set-pieces	R/L back into offense
		throw ins		
		free kicks		
		corner kicks		
		goal kicks		
Tactics	Introduction	Tactics U6 plus:	Tactics U8 plus:	Tactics U11 plus:
	team offense	offense creates space		
	team defense	defense closes space		





# Practice Structure and Lesson Planning

**Coaching Technique:** Use the 'guided discovery' technique to encourage critical thinking and deeper understanding.

## Weekly Schedule:

- **1 per week:** Group Practices (concentrate on skills and fun).
- **1 per week:** Individual Team Practice (focus on skills, team building, formations, and playing the game together).

## Individual Practice Outline:

- **Objective(s):** e.g., improve dribbling.
- **Concentration:** e.g., dribbling with inside feet, staying in control.
- **Drills:** e.g., dribble through cones "gates" or dribbling in traffic.
- *Note: Objectives can be structured around Fitness, Psychology, Tactics, or Techniques (Skills).*


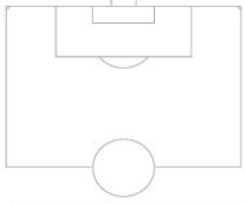
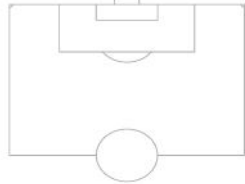


# Sample Practice Outlines

**Group practice plans** will be available prior to each week's group practices.

Additionally, weekly individual **Team practice plans** will be available every week. In addition to providing structure and staying on the overall plan, it will be easy for any coach to pick up a practice!

- **Warm Ups** (see next slide)
  - **Session** - name of session
  - **Concepts** - main points to highlight/coach (ex dribbling)
  - **Week** - week of practice (Week 1, Week 2, etc)
- 
- **Activity** - name of the drill/skill activity
  - **Duration** - length of time
  - **Diagram** - what the drill/activity looks like
  - **Description** - description of how the drill/activity works
  - **Coaching Points** - key points to address (inside foot, go at your own pace, head up)

Session:	
Concepts:	Week:
Activity:	Duration:
Diagram: 	Description:  Coaching Points:
Activity:	Duration:
Diagram: 	Description:  Coaching Points:
Activity:	Duration:
Diagram: 	Description:  Coaching Points:



# Starting/Closing Practices

## (warm ups and cool downs)

*Start every practice on a solid note, setting a positive tone early.*

### Arrival/Warm-up:

- Players team up and start passing together as they show up.
- **Stretches:** Concentrate on soccer-specific muscle groups and balance.
  - Examples: Hop on toes, Head to knee, Butterfly stretch, Standing open/close knee, Hip twist.
- **Drills:** Half field dribble (toe taps); back half field dribble (foundations). Repeat as needed.
- **Expectations:** Explain upcoming drills and objectives for the practice.

**Note on hydration:** Players should begin hydrating one hour before practice and have opportunities to hydrate between each drill.





# Repetition and the Importance of Passing

- **Core Skill:** Passing is the most used and imperative skill to learn to be a good soccer player.
- **Goal:** Stress passing/receiving through skill repetition and verbal mantras to build muscle memory and mental acuity.
- **Incorporating Passing/Receiving:**
  - During warm-up before every practice.
  - Beginning practices with Rondo and other passing/receiving drills.
  - Before and after every game/practice: 2v2 on keeper and circle passing drills.
  - *The Circle Passing Drill is a team exercise to gauge how many balls can be controlled effectively at once.*





## Key Soccer Mantras

- Control, look, pass (sometimes shield)
- One touch, Two touch
- Be in control
- Head on a swivel
- Be on your toes





# The Science of Mantras and Repetition

## Mental & Psychological Benefits:

- Mental Clarity and Calm: Mantras focus attention and quiet negative thoughts.
- Enhanced Focus and Resilience: Builds long-term psychological resilience against future stressors.
- Positive Behavioral Change: Helps rewire the subconscious mind.

## Health Benefits:

- Reduces stress and anxiety.
- Physical improvements: lowered blood pressure, improved immune function, and better sleep.





## Gameday Warm Ups/Prep

- Stretches
- 2v2
- Circle dribble

