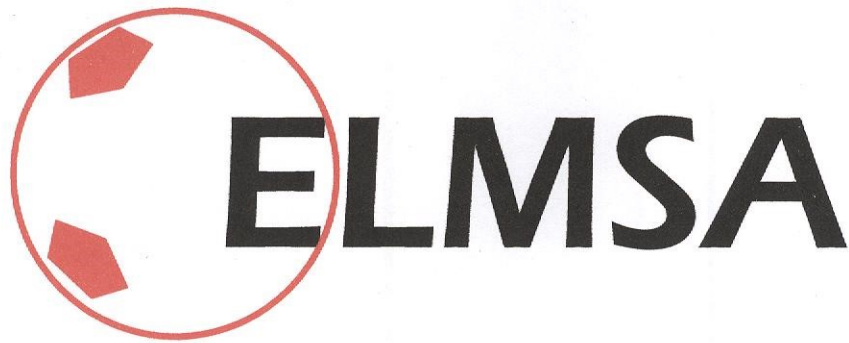




U14 Coaching Manual

Thank you for being a coach

Soccer could not run without people like you stepping up to help. We hope you find the experiencing rewarding as you aim to be a positive influence on your players.

Our main expectation is that you be encouraging and fair with the players. We are all here to learn and have fun. Most parents are willing to step in if you can't make a few games; all you have to do is ask them to lend a hand. Please work collaboratively with the other coaches to ensure things run smoothly for all the players.

The U14 division

We are talking again with neighbouring communities about trying to get team play organized for our older players. We will keep you informed as things develop. Our long term goal is to have teams from our community play teams from Massey and Blind River in a regular season schedule. Things will need to be flexible in this division as events unfold. We have set Saturday July 5th as a day for us to host games against out-of-town teams in an invitational style tournament. More information will be available in the following weeks.

First aid kit

A First Aid kit can be found in the soccer shed on the field.

Preventing heat related injuries in very warm weather

Have players take frequent water breaks to avoid dehydration when playing in hot weather. Water functions to help deliver oxygen to working muscles and keeps the body from overheating. Hard working muscles generate heat which is dissipated through the act of sweating. Evaporation of sweat on the skin allows the body to get rid of this heat and cool it off.

Below is a list of some of the early warning signs to look for in your players:

- Flushed face
- Goose bumps (hair on arms standing on end)
- Hyperventilation or shortness of breath
- Chilliness
- Headache
- Poor coordination
- Dizziness
- Confusion, agitation, uncooperativeness
- Tingling arms

There are 3 main types of heat injury identified in medical literature:

1. **Heat Cramps** - these are the mildest form of heat trauma and are commonly related to low body sodium and chloride levels.

Signs & Symptoms include - weakness, muscle cramps, collapse with low blood pressure.

Treatment - is aimed at replacing the salt loss and can be oral or by intravenous if vomiting is a problem. Having athletes put a little extra salt on their food the day before and day of game can be a helpful way to avoid this condition.

2. Heat Exhaustion - this is a more severe medical event as follows.

Signs & Symptoms include - weakness, irritability, collapse, unable to sweat adequately to promote body cooling, may proceed to the more ominous heat stroke and a fine rash is often present.

Treatment - remove athlete to a cooler environment, use ice baths, fans.

3. Heat Stroke - THIS IS A MEDICAL EMERGENCY - it is due to a failure of the heat-controlling mechanism. It may occur merely as a result of exposure to heat.

Signs & Symptoms include - mental confusion, headache, poor coordination, delirium, convulsions and death. The body temperature may be 106 F or 40.5 C or higher, the skin is usually hot and dry as the sweating mechanism has failed.

*Treatment - **Call 911 and transport to a local Hospital.** Rapid cooling is the goal using wet towels, spray mist, sponge baths and removal from the heat. This condition could cause the athlete to go into shock and coma may follow so immediate medical attention is required.*

Lightning safety and severe weather policy

The safety of players, coaches, officials, and spectators is the primary concern in any weather event that occurs during the soccer season. Members of the executive will make the decision to run soccer before 5 pm and post the decision on our website for everyone to check. Once soccer has started, however, it is the responsibility of the Match Officials to cancel events due to the weather. They are expected to act responsibly when dealing with such events. All participants are expected to clear the fields as quickly as possible (for their own safety) once events have been cancelled.

We hope you have an enjoyable soccer season. Feel free to reach out to any member of the executive if you have any questions or concerns. Someone can always be reached through the *Contact Us* page on our website or by email at info@elliottlakeminorsoccer.ca.

Thanks again for helping us make this season a success!

Elliot Lake Minor Soccer Executive

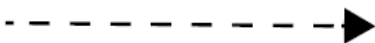
Warm-up games for soccer

These warm-up games can be played while you wait for all your players to show up. They can also be used after a drill if time allows.

- 1) Beach/Boat/Bahamas - Space out 3 cones. One is "Beach" one is "Boat" one is "Bahamas" All students start on the sideline. Coach calls out Beach, Boat or Bahamas and the kids run to that cone. Play a few rounds and you can do eliminations based on who touches the cones last.
- 2) Shark Attack - Every kid gets a ball except one (or the coach plays). Person without the ball is the Shark. All players dribble around the space trying to protect their ball from the Shark. If the Shark takes their ball they become a Shark, trading places and steal someone else's. Can play that Shark kicks the ball away, making more Sharks until only one player is left with a ball.
- 3) Throw and Pass - In pairs and with one ball, one partner practices a throw-in to their partner. The partner controls the ball with their feet and passes it back to the thrower using a foot pass. Complete five or six passes then change the thrower and foot passer.
- 4) Shoot Out - Kids line up and run to the net dribbling the ball and try to score on a goalie (player or coach). Goalie can start the drill by passing to the first player in the line. If a player is in net have them come out to meet the attacking player and try to knock the ball away.
- 5) Dragon Tails - The coach plays the head of the dragon, and all the kids line up behind them. Everyone holds the shirt of the person in front of them with two hands by the hips (coach's hands are free) coach runs in zig zag patterns. Everyone follows without breaking free or falling. If anyone let's go or falls the dragon stops. Reconnect and run again.
- 6) Animal Races - Players start on one side of the field and race to the other. Discuss how different animals move and race as those animals (hopping like frogs, knuckle walking like gorillas, four legs like a dog, starfish flips [cartwheels], crab walking)
- 7) Ball Races - Kids line up in 2 lines. Coach stands between the lines and roles the ball forward. Players at the front of each line race to the ball. First one their dribbles it back to the coach and passes it to them. The other player tries to steal it from them and make the pass themselves.
- 8) First to Score - All players line up with a ball, on the coaches signal they all race towards the net and try to be the first to score.
- 9) First to 10 - Players partner up and race to be the first to complete 10 passes. Switch partners after each game.

Legend for all the drills

LEGEND

 	Player
	Attacker
	Defender
	Coach
	Goalkeeper
	Cone
 or 	Goal
	Player Movement
	Pass or Shot
	Player Dribbles with Ball

DYNAMIC WARMUP

Complete each exercise for 2 sets of 10-20 yards



High Knee Run



Buttkicker Run



Frankenstein Walk



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run

Drill number 1

ZOMBIE INVASION



PURPOSE:

Young players learn to dribble around and past defenders.

SETUP:

Create a 15 yard wide by 20 yard long grid and then create a 4 yard by 4 yard square in each corner.



Players try to protect their ball from the zombie invasion.

INSTRUCTIONS:

1. Select two players to be "zombies." They go onto the grid without balls.
2. Assign other players to one of the four squares on the grid. These are safe zones
3. Coach blows whistle or says "go."
4. Players with a ball attempt to dribble in and out of the other squares or safe zones while the two zombies try to steal their balls and kick them out of the grid.
5. Players who lose their ball become zombies and try to steal other players' balls.
6. Zombies can't go into the safe zones.
7. Game is over when all players have lost their ball.

COACHING TIPS:

- Dribblers should be keeping the ball close using the inside and outside of the foot. Then they should use the laces (not the toes) to push the ball away from the zombies when needed.

Drill number 2

DEMOLITION DERBY

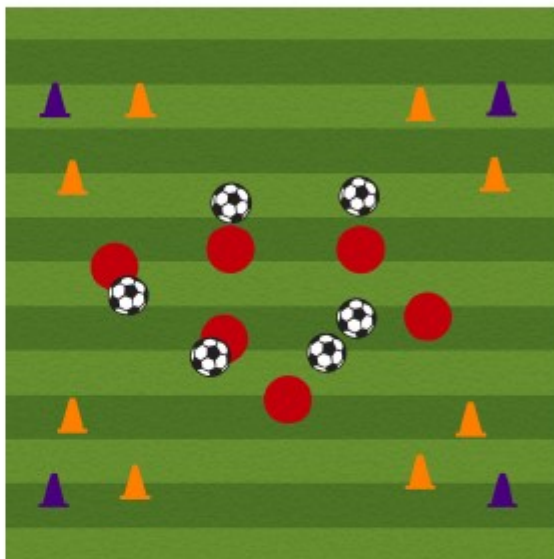


PURPOSE:

Dribblers must protect their own ball while also trying to steal balls from other players.

SETUP:

Create a 15 yard wide by 20 yard long grid and put a goal in each corner.



Players must protect their ball while also trying to steal balls and score.

INSTRUCTIONS:

1. All players are on the field with a ball.
2. Coach says "go" or blows whistle.
3. Players protect their soccer ball while trying to kick the other soccer balls into one of the 4 goals.
4. If a player's ball gets stolen and kicked into a goal, that player must do 5 toe taps before they can get their ball from the goal and re-enter the game.

COACHING TIPS:

- Players should use soft touches (baby touches) with the outside and inside of their foot to keep the ball close and protected from other players.
- Players should use longer touches with the laces when they need to get away from another player.

Drill number 3

RACE TO THE BALL

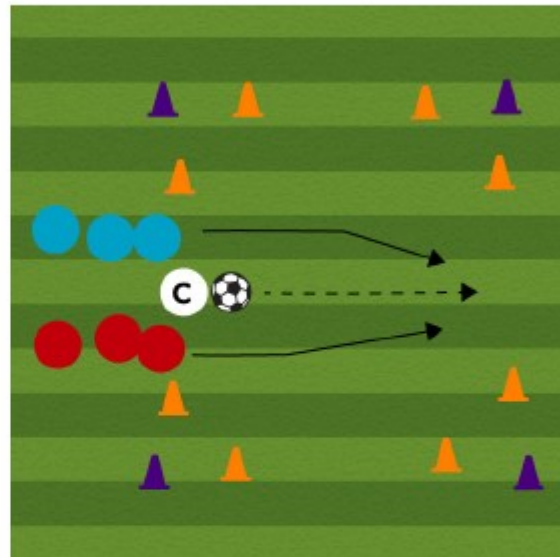


PURPOSE:

Young players learn to dribble around and past defenders.

SETUP:

Create a 15 yard wide by 20 yard long grid and put a goal in each corner.



Players race to gain control of the ball and then score.

INSTRUCTIONS:

1. Divide players into two lines along the sideline. Coach stands in-between the lines.
2. Coach serves a ball onto the field and the first player in each line race to gain control and score it in one of the goals on the field.
3. After a goal or 15 seconds, play is over.

COACHING TIPS:

- Players should use the inside, outside or bottom of the foot to turn the ball, change direction and go to another goal away from the defender.

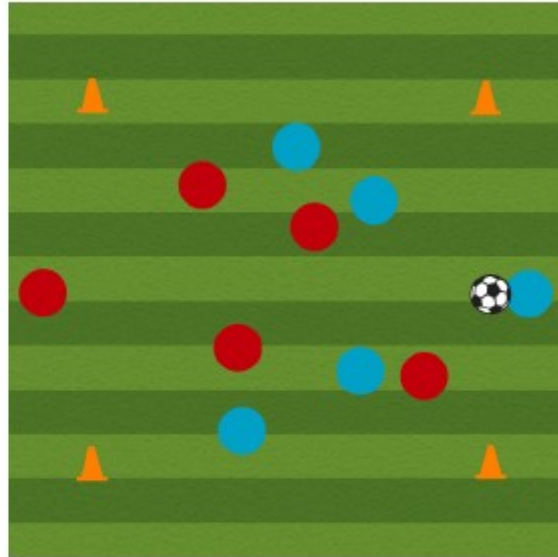
Drill number 4
ENDLINE PASSING

PURPOSE:

Improves passing and receiving skills as well as the ability to spot and execute a through-pass.

SETUP:

Create a 20-yard square playing area.



First team to get all its players on the endline wins this drill.

INSTRUCTIONS:

1. Divide players into two teams. Put one player from each team at opposite endlines. The remaining players go into the field.
2. Object is for players in the field to get the ball and pass it to their teammate at the endline.
3. When this is accomplished the passing player joins the teammate at the endline.
4. First team to get all of its players to the endline wins.

COACHING TIPS:

- For a pass to count as successful it must be controlled by the player at the endline.
- As players get more familiar with the drill making the playing area smaller is a great way to get them to play faster and pass more accurately.

Drill number 5

KEEPAWAY

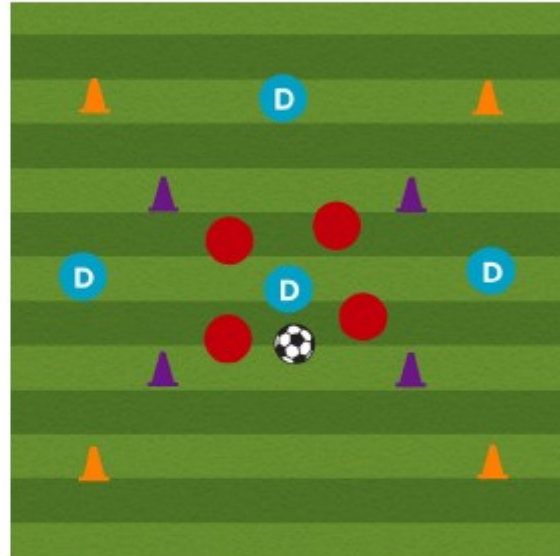


PURPOSE:

This drill focuses on the core skills of ball control, passing/receiving, support play and ability to keep possession.

SETUP:

Create a 20-yard square. Then mark out a 15 yard square within it.



Offensive players pass the ball while a growing number of defenders try to gain possession of it.

INSTRUCTIONS:

1. Divide players into two teams. The passing team plays in the smaller area while the other team, the defenders wait outside in the larger area.
2. The game begins with one defender entering the smaller playing area and trying to take the ball away from the passing team.
3. After 30 seconds, a second defender is added to make the game 4v2. Thirty seconds later, a third defender and so on.
4. Count the number of successful passes the passing team makes in two minutes. The teams then switch roles.

COACHING TIPS:

- Encourage passers to scan the pitch before making a pass.
- A receiver's first touch should be away from pressure.

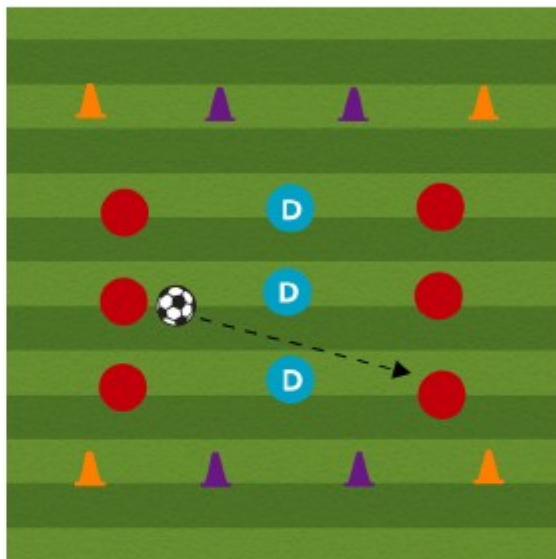
Drill number 6
THREE ZONE PASSING

PURPOSE:

Improves passers' decision making, accuracy and ability to spot opportunities.

SETUP:

Create a field that is 40 yards long by 20 yards wide and divide it into thirds.



Offensive players in the outside zones attempt to pass the ball between defenders in the middle zone.

INSTRUCTIONS:

1. Divide players into teams of three. Put a team in each third.
2. Teams in the two outer thirds attempt to pass the ball to each other through the middle third.
3. The team in the middle third tries to intercept the pass.
4. If the middle team wins the ball they change places with the team that made the pass that was intercepted.

COACHING TIPS:

- When passing, players should be looking at the ball while holding their head steady. They contact the ball with a locked ankle. For instep and outside of the foot passes, the toes are pointed down and contact is on the top of the foot. For passes made with the inside of the foot, toes should be pointed up.

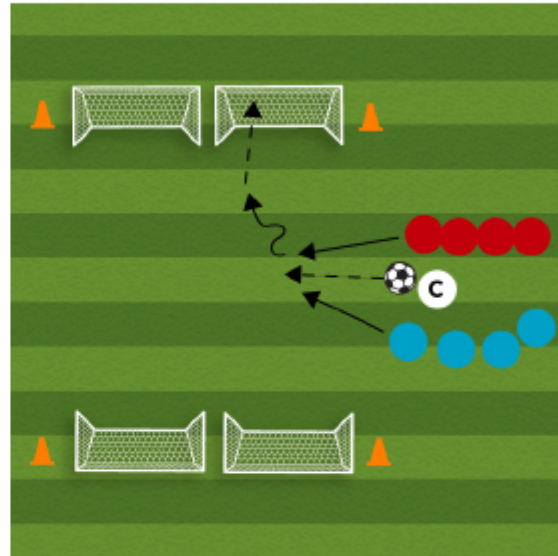
Drill number 7
SHOOTING GALLERY

PURPOSE:

Players work on improving their shooting accuracy from both in close and far away.

SETUP:

Create a field that is 20 yards wide by 30 yards long and put two goals at each end.



The player who wins the ball has four goals to shoot at.

INSTRUCTIONS:

1. Divide players into two lines. Coach stands in between the lines on the sideline.
2. Coach serves a ball onto the field and first player from each line run out to get it.
3. Player who gains control shoots at one of the four goals.
4. Play is over a goal, a shot or the ball goes out of bounds and the drill is repeated for the next two players.

COACHING TIPS:

- On all shots, players should put their non-shooting foot beside the ball and have it pointing toward the target.
- Use the inside of the foot to shoot, toe up, when close to the goal.
- When farther away use the laces with toe down.



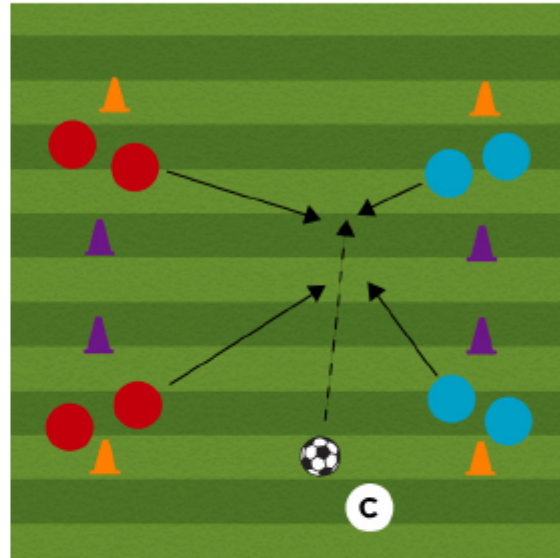
Drill number 8

CORNER ATTACK**PURPOSE:**

Players get familiar with shooting off the dribble and with making moves to get open for a shot.

SETUP:

Create a grid that is 15 yards long by 20 yards wide. Put a goal at each end.



Teams play 2 vs. 2 in this shooting drill.

INSTRUCTIONS:

1. Divide players into two teams. Then divide each team into two lines – one in each field corner of the goal the are defending.
2. Coach is at midfield with all the balls. Coach serves a ball to one of the corners and first player from each line runs onto the pitch to play 2 vs. 2.
3. Play ends on a goal, shot or out of bounds and next four players go.

COACHING TIPS:

- Players should be running fast with the ball and using both long and short touches. They should also have their heads up scanning the field.
- When a player gets past a defender they should touch the ball in the direction of the goal to set up their shooting foot for an accurate kick.

Drill number 9

CLOSE DOWN

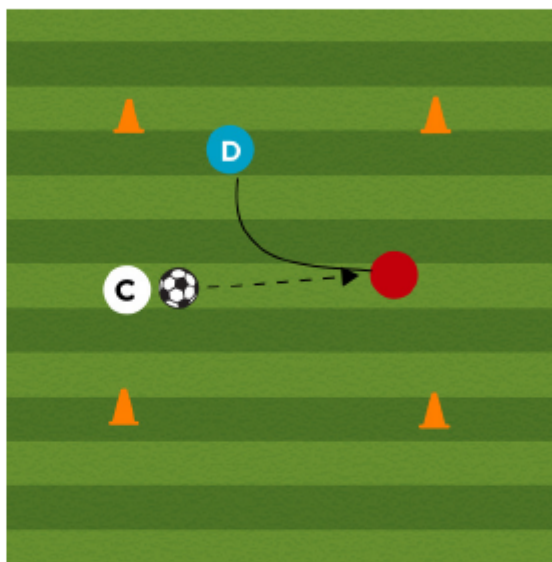


PURPOSE:

Defenders work on stopping an attack when outnumbered.

SETUP:

Create a grid that is 20 yards long by 10 yards wide.



Defender closes down on offensive player after he receives a pass.

INSTRUCTIONS:

1. There is a server, a receiver and a defender. The coach can be the server if need be.
2. Coach serves the ball to the receiver and defender rushes in and closes down on receiver attempting to prevent the return pass to the server.
3. The defender only moves after the receiver has touched the ball.

COACHING TIPS:

- On the close down, defender should start with good strides and end with short steps.
- Defender should also show the attacker the side he wants him to go, which would be toward the defender's best foot.

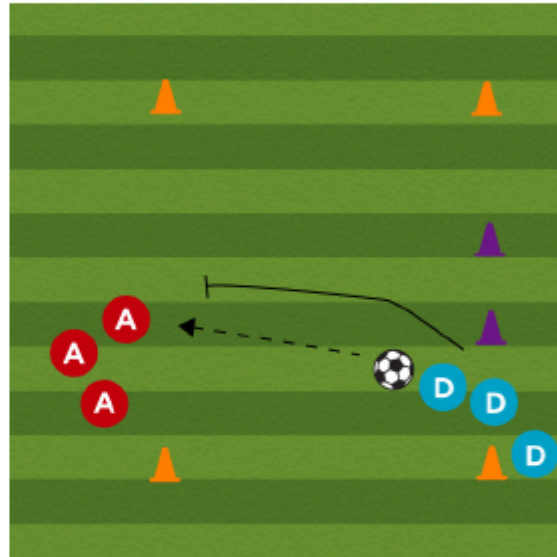
Drill number 10
STOP THE ATTACK

PURPOSE:

Defenders practice individual tackling and defensive skills.

SETUP:

Create a 20-yard square with a goal at one end.



Defender closes down on attacker and tries to prevent him or her from getting a shot off.

INSTRUCTIONS:

1. Put a line of defenders by the goal and a line of attackers at the opposite endline.
2. First defender serves the ball to first attacker and they go one-on-one as the defender tries to stop the attacker from shooting on goal.
3. Defender wins if he or she steals the ball or keeps the attacker from shooting for 10 seconds.
4. Attacker gets a point if they can get a shot at goal.
5. Attacker goes to defender line and defender goes to attacker line.

COACHING TIPS:

- The defender should be trying to "jockey" the attacker – that is, prevent the player from playing forward or sometimes sideways by keeping in front of him or her and by keeping the body between the attacker and the goal.

Drill number 11

4 V 4 GAME

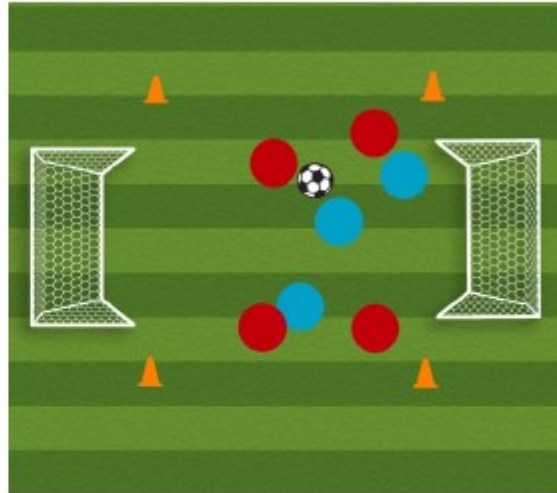


PURPOSE:

Players practice defending as well as dribbling, passing and shooting.

SETUP:

Mark off two playing fields that are approximately 15 yards wide by 20 yards long. Put a goal at each end.



Two teams play 4 on 4.

INSTRUCTIONS:

1. Divide your players into teams of three or four and play a scrimmage game. You can play on two fields or have all of your players on one field depending on how many you have.
2. Play for 10 minutes.

COACHING TIPS:

- Defenders should be in a good defensive stance – with a low center of gravity (knees bent, butt lower) and their arms out.

Drill number 12

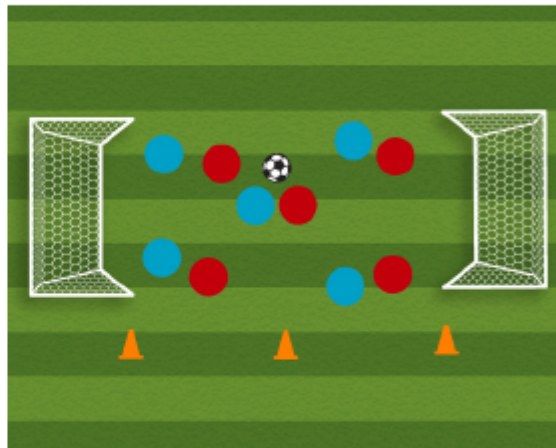
SCORING ZONE SCRIMMAGE

PURPOSE:

Players practice defensive and offensive fundamentals in a game-type situation.

SETUP:

- Mark off a grid that is approximately 20 yards long by 20 yards wide. Put a goal at each end. You can make the goal using cones if needed.
- Put a cone at the half line. Also put a cone on the sideline



Players divide into two teams and scrimmage against each other.

INSTRUCTIONS:

1. Divide your players into two equal numbered teams.
2. There are no goalies.
3. Players can only score from the scoring zone which is from the cone to the goal it is in front of.

COACHING TIPS:

- Require all players to defend, play tough defense and block shots.
- Good off the ball defending comes down to two things: staying in a good position and the defender staying with their man
- On offense, players must play together using effective passing and dribbling and off-the-ball movement to get the ball into the scoring zone. Only within that zone can shots be taken.