



WILMINGTON YOUTH SOCCER ASSOCIATION
Coaching Resource



W.Y.S.A.

COACH EDUCATION CLINIC

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WILMINGTONYOUTHSOCCER.ORG



A few tips for a good flow to your session:

1. **PREPARATION** - Understanding the session plan and setting up for your training
2. **KNOWING YOUR PLAYERS** - Remember your player's names and adapt to each personality
3. **DEMONSTRATIONS** - Be the example, or use Assistant Coach, TD's, or players to demonstrate skills and concepts
4. **MODIFICATIONS** - Progressions vs. Regressions
5. **COMMUNICATION** - Be sure to ask guided questions and be open to feedback

Coaching Tips:

Transfer Knowledge into Understanding

1. Get your players attention from the get-go. Acknowledge players that are paying attention. 'Catch them being good.' Consider kneeling to get eye level when communicating w/ players.
2. Teach in small bits at a time. Ex.) "Johnny, before you receive the ball, try scanning the field for options."
3. Implement guided questions. Ex.) "How does beating a player 1v1 help?" Have the players "show you" instead of only asking, "Does that make sense?"
4. Be specific and positive when encouraging players! Ex.) "Sarah, good job keeping your head while dribbling!"



Things to consider when planning a Session:

- 1. PREPARE SPACE FOR NUMBER OF PLAYERS**
- 2. DIFFERENTIATE ACTIVITIES BASED ON AGE/SKILL LEVEL**
- 3. CHANGE THE SHAPE AND THE SIZE OF AREA - SMALL SIDED GAMES**
- 4. USE ASSISTANT COACHES OR PARENT HELPERS**
- 5. LIMIT AMOUNT OF TOUCHES ON THE BALL - RESTRICTIONS**
- 6. ADD UNOPPOSED(NO PRESSURE) ZONES**
- 7. COUNTER ATTACK GOALS**
- 8. DIVIDE FIELD INTO ZONES**
- 9. PLAY WITH NUMBERS ADVANTAGE(OVERLOAD)**
- 10. ALLOW TIME TO TEACH SITUATIONAL/POSITIONAL PLAY**



PLAY - PRACTICE - PLAY

"The play-practice-play methodology is exactly what it sounds like. When kids show up, they immediately join a 2 vs. 2 or 3 vs. 3 small-sided game. After a few minutes, the coach might bring the players in and give them something to think about — say, keeping the ball within a hula hoop's distance of the body — and the small-sided games continue." - Vince Ganzberg

yougotmojo Article:

[Play-Practice-Play](#)

yougotmojo Video:

[Scrimmage](#)

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IN-TOWN COACH SESSIONS

FOCUS = DRIBBLING

1. Individual Skill Dribbling

Inside the area players are encouraged to use all surfaces of their feet to move the ball. Ex.) Inside(Big Toe), Outside(Pinky Toe), Laces, Sole.

Try different patterns and turns ex.) Inside-Outside, 2-touch laces, pull-backs.

Add cones as obstacles

Progression into Knockout or Coaches can become DEFENDERS.

Coaching Cues:

Head Up - Dribble - Control > Speed - Foundations



2. Freeze Tag

Coach or Players designated as Tagger. Inside area players move around trying not be tagged. If you are tagged, FROZEN. Players must receive high five from another player before returning to game.

Add Ball - Players now dribble and avoid Tagger/s. If tagged, FROZEN player can receive high-five and continue, or players can create a gate for players to Pass thru.

Coaching Cues:

Head Up - Protect the ball - Dribble - Find Space



3. Gate Dribble

Set-up multiple GATES around your area. Gates can be narrow or wide.

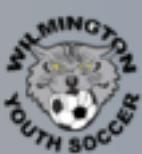
You can play w/ NO Ball, and a Ball. Ask your players, "How many GATES can you RUN/DRIBBLE thru in ;30sec., GO!"

When players return ask how many they ran/dribble thru. Add turns(2x thru GATE) and Figure 8 DRIBBLE(3x thru GATE).

Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed





IN-TOWN COACH SESSIONS

FOCUS = PASSING + SHOOTING

1. Kick the Coach/Pac-man

Place all of the balls in an "arsenal" for the Pacman. Pacman dribbles area trying to eat the ghost by PASSING the ball at players feet. If you get eaten(hit by the ball) you become Pacman too!

Last player standing WINS!

Play 2-3 rounds.

Coaching Cues:

Head Up - Dribble - Pass - Control > Speed



2. Builders vs. Bulldozers

Set-up: Place cones around your area as shown. Team = BUILDERS and Coach/es = BULLDOZERS.

Game: BUILDER/S(Coach/es) build up cones. BULLDOZERS DRIBBLE and use strikes to knock down cones. After :30sec. check how many cones are built, and how many are bulldozed. Winner goes to whoever has the most!

Play 2-3 rounds.

Coaching Cues:

Head up - Keep Ball Close - Strike w/ Inside or Laces



3. Technical Dribble + Shoot

Set-up two lines of players and 3-4 cones for technical dribbling course. Each player has their own ball.

Phase 1 - Player passes to Coach + Agility Run thru cones + Receives from Coach + Turn and Shoot

Phase 2 - Player dribbles thru cones/gates using insides and outsides of feet + Shoot

Phase 3 - Take away technical dribbling course. Player passes to Coach, who then passes back to player. Player must get around Coach(defender) before shooting.

Coaching Cues:

Control > Speed - Change Direction - Dribble - Pass - Turn - Shoo





IN-TOWN COACH SESSIONS

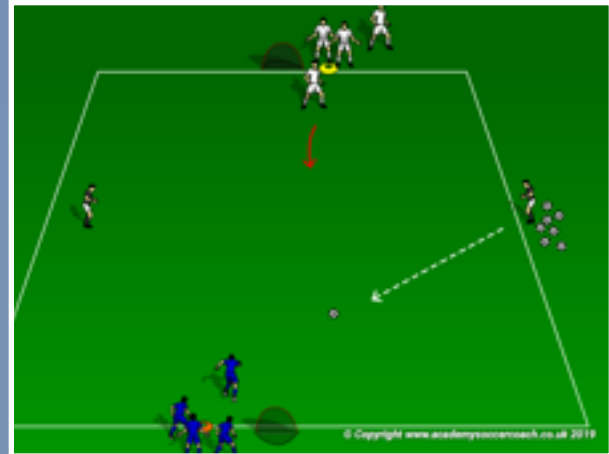
FOCUS = Combat

1. 1v1's + 2v2's

Set-up - Either 1 or 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.
Coach Passes ball to either team creating 1v1-2v2 scenario.
Players in possession are encouraged to **ATTACK** the goal.
Players w/o the ball encouraged to **DEFEND** goal and recover ball. If defender/s recover ball, they can try to score!

Coaching Cues:

Head Up - Dribble - Attack - Defend - Pass - Control > Speed



2. Overloads - 2v1 + 3v2

Set-up two lines of **ATTACKERS** and one line of **DEFENDERS**.
Coach starts by passing ball to **ATTACKERS** who are trying to score. If **DEFENDER** recovers ball, they can try to score in opposing team's goal, or dribble out thru gates. Or, they can pass to a Coach.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



3. Numbers Game

Make two teams. For each team, designate each player with a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



TRAVEL COACH SESSIONS

FOCUS = Warm-up

Phase 1: Dynamic Movements

Perform dynamic movements to the cone in the middle, then perform a recovery run by jogging back to the start. Refer to *Dynamic Movement List*

Phase 2: Add Ball

Once players are warm you can incorporate the ball. Have the first players in line dribble to the middle, around the cone, and then play a pass back to the start. This can also be a way for players to work on different turns and dribbling with both feet.

Phase 3: Make It A Competition

Once players are sufficiently warm you can make this drill more fun and competitive by having the players in the four groups compete against each other in a relay fashion.





TRAVEL COACH SESSIONS

FOCUS = Passing Patterns

1. Line Pattern

Set-up: Two lines of players(5+) 10-15 yards(big steps) as shown. One ball for each group.

Progression 1: Player starts **DRIBBLE** to opposite line leaving it for next player. That player then enters opposing line. Change **DRIBBLE** technique(Laces, Foundations, Inside + Outside Cuts)

Progression 2: Players now **PASS** ball to opposing line. 2-Touch **PASSING** - 1-touch to **CONTROL**, and 1-touch to **PASS**.

Progression 3: Players perform 1-touch **PASS** between lines.



3. Build-Out Pattern

Set-up: Markers as positions as shown - GK/CB - LB/RB + CMs + LW/RW + Striker.

Progression 1: GK passed out to LB/RB/ LB/RB passes inside to CM. CM passes outside to LW/RW. LW/RW passes forward to ST. ST restarts as GK/CB as attack pattern. x2



3. Y Pattern to Goal

Set-up: Y Pattern w/ markers 15 yards apart.

Progression 1: P1 passed to P2. P2 performs turn, then passes out to P3. x2

Progression 2: P1 passes to P2. P2 plays support pass to P1. P1 sends long pass to P3. x2

Progression 3: P1 sends long pass to P3. P3 plays support pass to P2. P2 plays lead pass to P3. x2





TRAVEL COACH SESSIONS

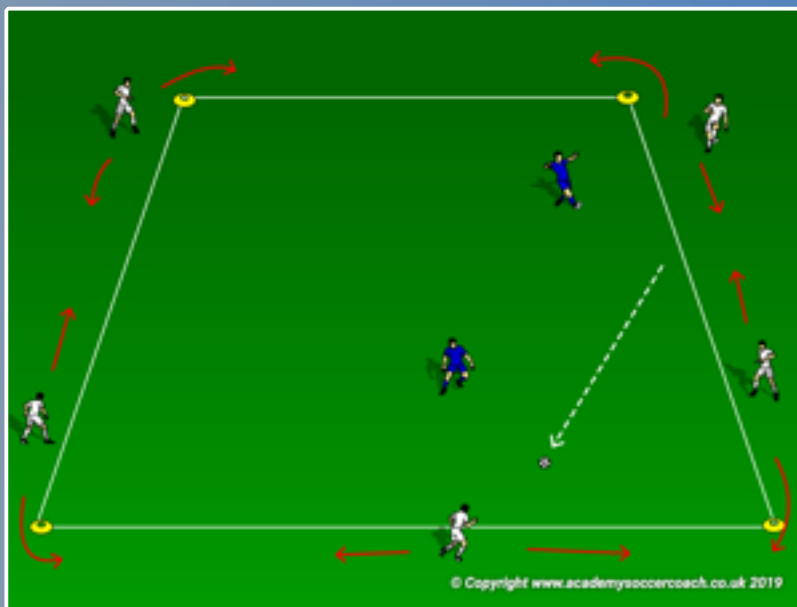
FOCUS = Rondo + Possession

1. 5v2 Rondo

Set-up: Create a box w/ cones/makers 5-10 steps apart.

Game: Players outside area attempt to keep the ball away from 2 defenders inside. Player on the outside changes to defender when defender intercepts pass, or player has bad touch or mis-placed pass.

Competition: Allow goal for # of passes

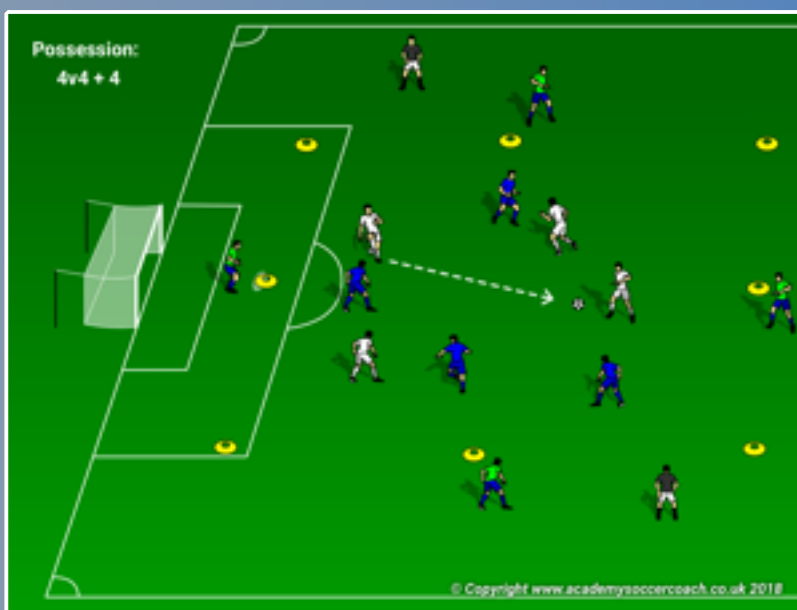


2. 4v4 + 4

Set-up: Create area as shown. Split into 3 teams of 4 players.

Game: Play 4v4 keep away inside the area. Team in possession can use outside players creating an 8v4 overload.

Competition: Allow goal for # of passes





TRAVEL COACH SESSIONS

FOCUS = Shooting

BASIC SHOOTING

Set-up: Coach or Player is target.

Game: Player plays PASS to Coach. Coach sets ball w/ LEAD PASS allowing player to RUN and SHOOT!

Advanced: Coach plays ball in the air for players to attempt volleys





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