

Spencer County Soccer Association
Coaching in a nutshell

1. **What is a coach?** A person who can effectively teach soccer in order to develop a player's technique, psychology, and tactics of the game.
 - A. Set up the condition and environment for learning through actions and words,
 - B. Facilitate and make the learning FUN therefore instilling the LOVE for the game
 - C. Demonstrate enthusiasm on and off the field.
 - D. Demonstrate respect for the team, opponents, referees, parents, spectators, and to act as a role model.
 - E. Understands who they are coaching and constantly gives positive feedback as well as constructive correction
 - F. Listens, observes, and sets realistic goals for themselves, players, and teams
2. **Facilitator and team organizer**
 - A. **Parent/player meeting**
 1. Your philosophy (have fun, teach, how, why)
 2. What you hope to accomplish this season
 3. What is expected of the parents
 - A. Get players to practice and games on time and prepared
 - B. Be supportive of their children and the team
 - C. Respect all players, coaches, other parents, and referees by cheering only from the sides
 - D. De-emphasize winning/losing
 - E. We want to teach their child to love the game
 - F. Emphasize skills/techniques over tactics
 - G. Assistance to help the child develop good training habits at home
 - H. Communicate practice/game/snack schedules, and picture day etc.....
 - I. Player equipment: ball, shoes, covered shinguards, water, and proper clothing
 - J. Procedure for behavior problems
 - B. **Safety**
 1. Proper warm up, safe playing area, first aid kit/first aid knowledge, hydration, equipment, rest/ breaks, injuries, and surroundings.....Prevention is first concern
 2. R I C E
 - A. Rest, Ice, Compression, Elevation
 - B. Care for bruises, strains, sprains, broken bones, blisters, cramp, and heat exhaustion
3. **The practice**
 - A. Introduce and describe the topic (Today we will work on dribbling) (dribbling is moving the ball w/ feet)
 - B. Demonstration: clear simple picture of what is to take place (show, speak, do it)
 - C. Key on the "how to" points
 - D. Quickly organize and explain the activity and conditions
 - E. Allow players time to play and do not over coach
 - F. **Corrections: Freeze** the individual or team play.....give feedback and demonstrate correction....allow the team and individual to give feedback or self correct
 - G. **Evaluate:** does your practice show in the games.....change accordingly
 1. **Technique:** "how" to perform a skill
 - A. Most important at all age groups and needs plenty of ball touches
 - B. Learned through game-like activities which are FUN
 - C. U6-U10 learn best through self discovery
 2. **Psychology:** development of a positive attitude about all aspects of the game
 - A. Important for all age groups and essential for teaching the love/respect for the game
 3. **Tactics:** "when", "where", and "why" to use the techniques/skills and play the game
 - A. De-emphasized for the U6/U8 divisions due to lack of skills/technique
 - B. Decision making is observed- NOT stopped to analyze, describe, or dissect in U6/U8
 - C. U10 and up: use the freeze method to correct
 4. **Fitness**
 - A. normal flowing practices will provide U6/U8 with the necessary physical fitness
 - B. U10 and up: extra running (short/long) and aerobics/anaerobic
 - F. **Proper Corrections**
 1. Reasons to stop the practice
 - A. Questions by the players, natural stoppage, necessary correction, something good happens
 2. **Freeze method** : convey quick, clear correct information
 3. **Restart exercise**
 - A. Allow player or team to self correct
 - B. Rehearse correction (slow speed first, add speed, increase pressure)
 - C. Put back into game – begin practice with reason for stoppage

4. Assessment and/or adjustments
 - A. Is my coaching having a positive/negative effect on the game. practice, players
 - B. Identify specific problems (technical, tactical, physical, psychological)
 - C. Put into large game and make practice as game realistic as possible
- G. **Practice in a nutshell**
 1. **Warm-up** : Set a positive tone.....start slow and build up.....with or without ball
 - A. Recommend controlled dribbling with an exercise (push up, stretch) every so often
 1. Aerobic exercises and stretches
 2. Always warm up before stretch out
 2. **Individual activities**: work on certain skill individually
 3. **Small group Activities**: small sided games related to individual activities
 4. **Large group activities**: Brief demonstration and game-like session
 5. **Cool down** (light exercise and static stretching)
 - ** This changes when working with U6/U8 to using item 1-3 above**
4. **Teaching Technique** (all stages work on same technique)
 - A. Fundamental stage
 1. No pressure from opponent
 2. Begin at slow speed and work towards execution at top speed
 - B. Match Related exercise
 1. Introduce pressure of an opponent
 2. Incrementally add pressure and restrictions based on player
 - C. Match Conditions
 1. All restrictions taken off
 2. Small sided realistic games with corrections
 - A. Dribbling, passing, receiving, shooting, heading, goalkeeping, defending, and attacking
 1. Body mechanics (body part positions)
 2. Balance (weight on foot or lean direction)
 3. Vision
5. **Teaching Tactics** (all stages work on same tactic)
 - A. Unrestricted Space
 1. Simple activity with no restrictions on space, technique, or pressure
 - B. Restricted Space
 1. Set boundaries, number of players, and restrictions (this adds pressure)
 2. Set a goal and keep score to give players a goal to reach
 - C. One Goal with Counter
 1. Small sided game which allows players to compete to reach a goal
 - D. Two Goals
 1. Small sided or large sided game with no restrictions
 - A. System of play (formations)
 1. U6 1-2 U8 2-2 U10 3-2-1 U12 3-2-2 U14^ 4-4-2
 - B. Strategy: how you want to attack and defend
 - C. Player decisions: no set plays.....game is free flowing.....players react per the opposition and their own teams movements
6. **Defense**: to slow, stop, or take-away the ball from attackers
 - A. Immediate chase.....Delay.....Depth (rear support).....Balance (field coverage).....Concentration (compact in strong side).....Control/Restrain (challenge to force a movement or take-away)
 - B. Pressure: 1st defender or closest player must pressure the ball to prevent penetration of attacker
 1. 2nd defender(s) must position for challenging the ball or denying the pass
 2. All other defenders must position to stop penetration by marking and control middle (COMPACT)
7. **Attacking**: to advance the ball and score
 - A. Penetrate: 1st attacker (player with ball) must penetrate the defense by dribbling or passing
 - B. Support by others: 2nd attackers must support 1st attackers by positioning in front, sides, and rear
 - C. Moving: move without ball to pull defensive players away from ball. Move with ball to pull defensive players away from goal
 1. overlap to create space and confuse the defense or off balance them
 - D. Width: use entire field especially side to side (SPREAD OUT)

**** Note: The SCSA monthly meeting is held the 2nd Wednesday of each month at KY Farm Bureau at 6:30pm. We value your input and look forward to seeing you at the meeting.**