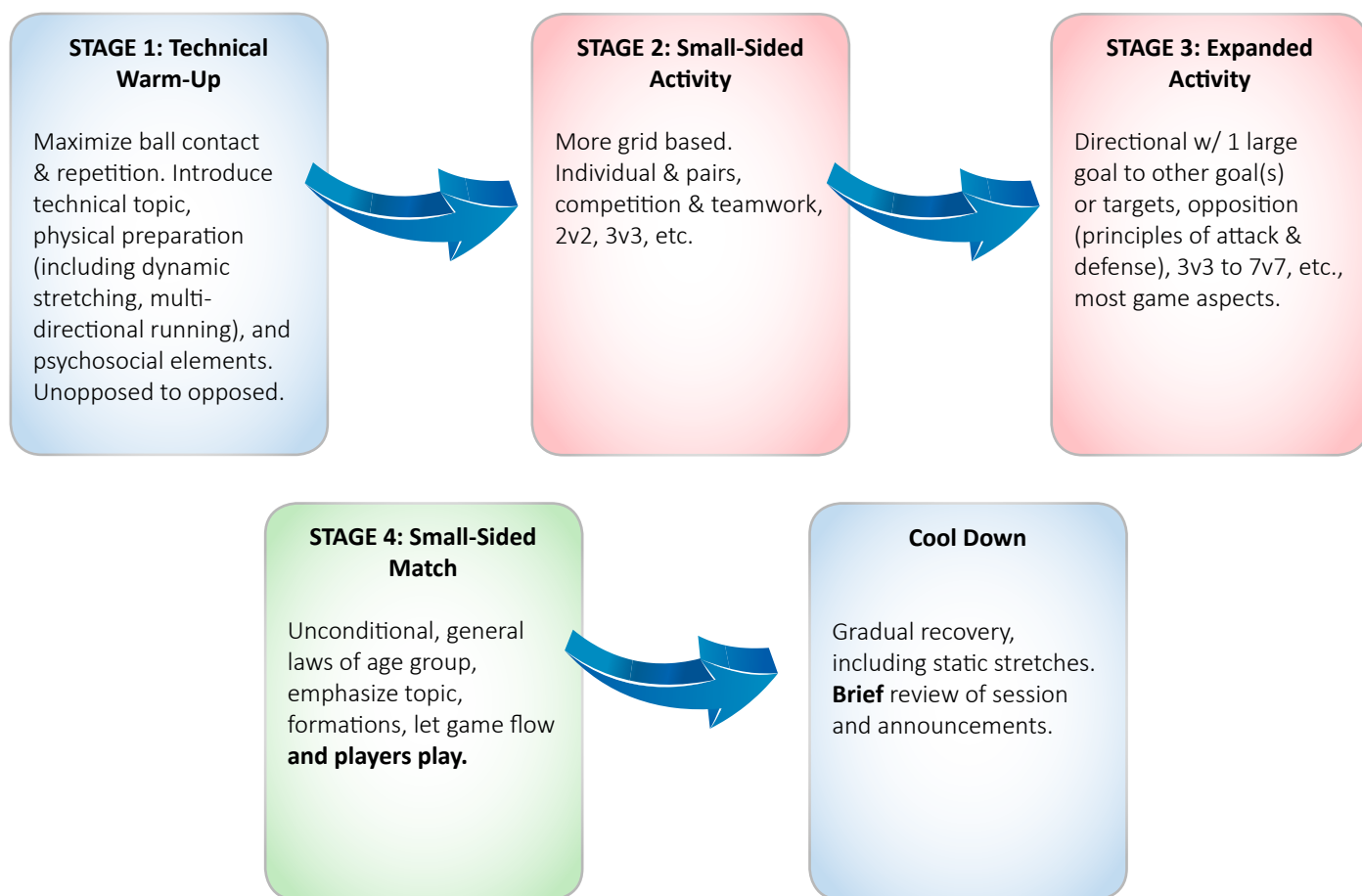


Generally speaking, training sessions should progress as follows:



STAGE 1: WARM-UP

Your warm-up should be dynamic in nature, energize players, maximize ball contact/repetition and introduce the technical objective of your session. As well as physical and technical components, the warm-up also provides opportunity to introduce psychosocial elements such as leadership (having a player lead the warm-up), focus, communication and teamwork. Warm-ups should primarily be unopposed.

Warming up prepares the body for physical activity and should involve jogging as well as short sprints and multi-directional running (sideways and backwards). The intensity of the warm-up (especially sprinting) should be increased gradually to prevent a rapid increase in blood pressure. The warm-up improves blood flow to the heart and increases muscle temperature and pliability (and ultimately, reduces the risk of injury). Warming up should be done prior to any stretching. There are two methods of stretching:

- Dynamic stretching: moving limbs through the full range of motion that will be used during the game or training. Dynamic stretching is good for 'waking muscles up' and getting them ready to work hard, i.e., during warm-up.
- Static stretching: placing a muscle in its most lengthened position and holding for approximately 30 seconds. Cooling down is a good time for static stretching (helps the body recover and gradually return to its normal temperature).

At younger ages, a player's muscles are not developed to a point where injuries will occur often, especially due to a lack of warming up and stretching. However, players should be taught proper form (TPF) and *introduced* to the concepts in order to prepare them for the years to come. Priority should increase with age.

STAGE 2: SMALL-SIDED ACTIVITY

Your **first** ACTIVITY should be more grid-based and integrate:

- Individual and pair work.
- Competition and teamwork.
- 2v2 and 3v3.

Stage 3: expanded activity

- Opposition (attack & defense).
- Directional play (with goals or targets).
- Expanded numbers (3v3 to 6v6).
- Most game aspects.

STAGE 4: SMALL-SIDED MATCH

Conclude your session with a match-like activity/small-sided match, which should emphasize the training topic and other components of the game.

The match should be (for the most part) unconditional, have general rules and some formation guidelines, but **most importantly, it is time to let the game flow...and the players play!**

COOL DOWN AND DEBRIEF

Gradually slowing down the level of activity after training is just as important in reducing the risk of injury as the warming up process before exercise, especially for older players.

The major purpose of cooling down is to bring the body back to a pre-training state and to assist in recovery. Static stretches are more appropriate to the cool down as they help muscles to relax, realign muscle fibers and re-establish their normal range of movement.

During the cool-down process you can review the lessons within your session or discuss announcements but keep it concise and always end on a positive!

~~LAPS, LINES AND LECTURES~~

Communicated often, but still a prominent factor in most training sessions, the 3L's are commonly regarded as detrimental to player development:

Laps: You **don't run laps** of the field during a soccer match and you can easily obtain the same cardiovascular benefit by running *with* the ball in a dynamic activity.

Lines: Do your best to **eliminate activities that involve players standing in long lines** waiting on their turn to play. We need to maximize time players have *with* the ball to avoid boredom and keep them engaged (two or three *active* groups are always better than one long inactive group). Remember circles are also lines.

Lectures: Children come to soccer to participate and be active not to sit and be lectured for long periods of time (either positively or negatively). **Keep your communication positive, brief and to the point.**

Eliminating **Laps, Lines, and Lectures** from your sessions will provide a healthier learning and developmental environment for your players.

WATER BREAKS

Proper hydration is vital to all children, but especially vital to young athletes; therefore, we need to make sure our training sessions provide adequate opportunity for rehydration. Some general guidelines:

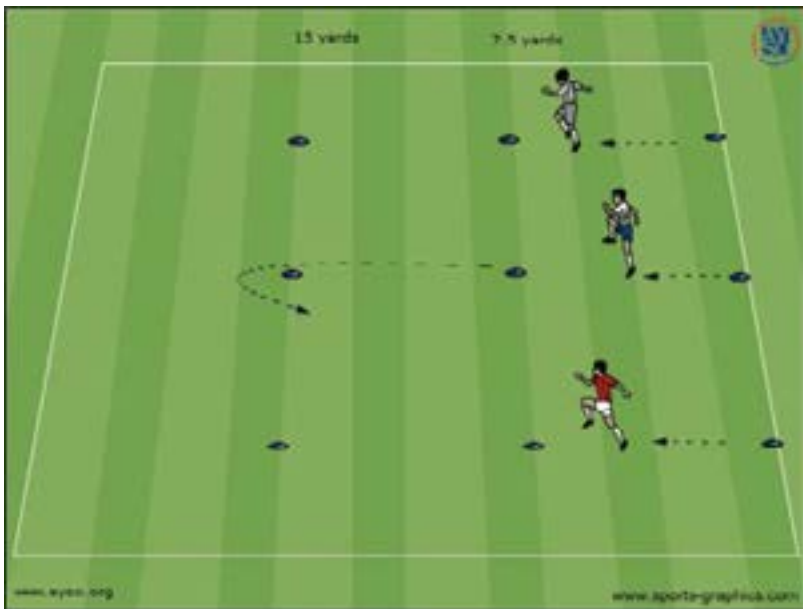
- Players should hydrate themselves **throughout the day** not just prior to or at training (to allow for proper absorption into their system).
- Two to three hours prior to participation, players should drink approx. 16 fl. oz. (2 cups) to 20 fl. oz. (2.5 cups).
- Ten to 20 minutes prior to activity the players should drink approx. 7 fl. oz. (0.875 cups) to 10 fl. oz. (1.25 cups) of fluids.
- Break approximately every 10-15 minutes (**or as often as needed pending weather and age of players**).
- Fluids can be water or sports drinks.
- Rehydration should occur after the activity and ideally be completed within 2 hours.
- Rehydration should contain water to restore hydration status, carbohydrates to replenish glycogen stores and electrolytes to speed hydration.

APPENDIX D:

DYNAMIC STRETCHES

GET READY TO PLAY

Dynamic stretching, in conjunction with static (pending the player's specific need) help prepare the muscles, increase the range of motion and warm up the body. Exercises can either be done freely within an open grid (more suitable for younger players) or organized similar to the option below.



Mark 10 x 15 yards area with a starting cone, a middle cone 7.5 yards from the starting one and an end cone 15 yards from starting one.

Create three sets of cones to have three groups of players working at the same time. Players perform dynamic stretches until the halfway point (cone) and then jog to the end cone, before returning to the starting cone (by jogging forwards or backwards). The process moves continuously until a dynamic stretch has been completed for each main body part.

Suggested dynamic stretches (click here for short video demonstrations [aysou.video/stretches](https://www.youtube.com/watch?v=ysou.video/stretches)):

- Skipping
- Jogging forwards with arms rotating in forwards circles
- Jogging backwards with arms rotating in backwards circles
- Knees into the chest
- Heels to the backside
- Side shuffle
- Opening the leg (up and over motion)
- Closing the leg (up and over motion)
- Cariocca
- Swing leg across body
- Forward lunges

Coaching Points

- TPF (Teach Proper Form).
- Select player to lead the stretches (leadership, responsibility, reward, esteem).

APPENDIX F: TRAINING PLAN

Topic: _____ Region: _____			Age: _____ Date: _____	
everyone plays balanced teams open registration good sportsmanship positive coaching player development				

STAGE 1 TECHNICAL WARM-UP Topic-related Max ball contact Unopposed to opposed Integrate physical	Organization/Rules * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____		Coaching Points * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ DURATION: _____ INTENSITY: _____ # OF INTERVALS: _____ INTERVAL TIME: _____ RECOVERY TIME: _____
STAGE 2 SMALL-SIDED ACTIVITY Individual & pair work Competition & teamwork 2v2 and 3v3, etc.	Organization/Rules * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____		Coaching Points * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ DURATION: _____ INTENSITY: _____ # OF INTERVALS: _____ INTERVAL TIME: _____ RECOVERY TIME: _____
STAGE 3 EXPANDED SMALL-SIDED ACTIVITY Principles of attack & defense Directional play (w/ 1 full goal to targets or goal) Expanded numbers (3v3 to 6v6, etc.) Most game aspects/laws	Organization/Rules * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____		Coaching Points * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ DURATION: _____ INTENSITY: _____ # OF INTERVALS: _____ INTERVAL TIME: _____ RECOVERY TIME: _____
STAGE 4 SMALL-SIDED MATCH Unconditional Formations Laws PLAY! COOL DOWN / DEBRIEF	Organization/Rules * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____		Coaching Points * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ * _____ DURATION: _____ INTENSITY: _____ # OF INTERVALS: _____ INTERVAL TIME: _____ RECOVERY TIME: _____