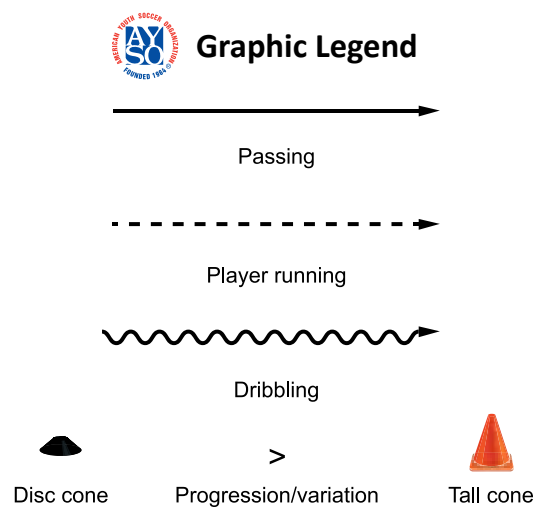


INTERMEDIATE DEFENDING TRAINING PLANS



DEFENDING PRINCIPLES OF PLAY

CREATED BY
Adrian Parrish, D.O.C.,
KY Youth Soccer Assn.

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int12](https://www.youtube.com/watch?v=aysou.video/int12)

ORGANIZATION/RULES

- 4 attackers vs. 2 defenders.
- Place a 5 x 5 grid inside a 20 x 15 inner grid.
- 4 attackers pass the ball around outside of inner grid.
- 1 defender steps out of the inner grid to apply pressure.
- At all times there must be 1 defender in the inner grid.
- If the defenders win the ball they keep possession.
- Switch roles after 2 minutes.



COACHING POINTS

- 1st defender applies immediate **pressure**.
- Shape the body to force the attacker to play the ball into the 2nd defender.
- Defensive **cover** needs to limit the options of the attacking players.
- Anticipate pass, play on front foot.
- Apply heavy **pressure** on slow pass, weak first touch and when space is limited.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int13](https://www.youtube.com/watch?v=aysou.video/int13)

ORGANIZATION/RULES

- 40 x 25 yard grid with two small goals on either end. Identify the 4 defenders as the team's midfielders.
- 6 attackers vs. 4 defenders.
- 6 attackers keep the ball and score a point for every 8 consecutive passes.
- The 4 defenders attempt to win the ball and score in either of the two small goals.



COACHING POINTS

- Defenders pick and choose when to apply **pressure**:
 - Poor first touch.
 - Slow or flighted pass.
 - Attacking player's head is down.
- Defensively, the team shifts and remains **balanced** to deny the attackers the opportunity to **penetrate**.
- Remain **compact** and patient.
- Tackling technique, step into the challenge, get ball in between the player and the ball.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int14](https://www.youtube.com/watch?v=aysou.video/int14)

ORGANIZATION/RULES

- 60 x 50 yard field.
- 7 defenders (1 GK, a back 4 and midfielders) vs. 4 midfielders and 3 strikers.
- Attacking team score in the bigger goal. 2 target players stand in between 2 counter goals.
- Defensive team score by passing the ball to a target player in a target goal.
- Upon receiving the ball, the counter player switches the ball out to the other side and passes it back to the attacking team.



COACHING POINTS

- Players to stay connected and **compact**.
- Midfielders to defend the passing lane and deny **penetration**.
- When the balls does **penetrate**, players transition back goal-side.
- Concentration/organization.
- Counter attack.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 4

(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- 9 v 9 with GKs.
- General rules apply.
- 1 team plays in a 4-2-2 formations. (Coach this team if you are working with the Back 4 and the GK on defensive shape.)
- The other team plays in a 2-4-2. (Coach this team if you are working on defensive shape in the midfield.)
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Play!

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

GROUP DEFENDING

CREATED BY
Ian Barker, Director of Coaching
Education, NSCAA

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.com/video/int15](https://www.aysou.com/video/int15)

ORGANIZATION/RULES

- 18x20 grid, 2 teams (5 vs 3+2).
- The team of 5 seeks to keep possession.
- The team of 3 seeks to dispossess and transition the ball to their 2 teammates outside the space.
- Every time the 3 force the 5 to lose control out of the space or find their teammates they gain a point.
- Play 2-3 minutes and switch teams.



COACHING POINTS

- Individual defending technique.
- Angle of approach, body shape, closing speed and distance.
- Communication, both verbal and non verbal.
- Keep play in front and avoid split pass.
- Do not chase the ball, rather organize as a group.
- Upon winning the ball look for the quick outlet pass.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.com/video/int16](https://www.aysou.com/video/int16)

ORGANIZATION/RULES

- 18x44 yards, 2 teams.
- 4 vs. 3 with 4 goals.
- Team of 4 begins with the ball.
- Team of 3 organizes to win the ball back and counter.
- Next possession the teams switch roles.



COACHING POINTS

- Get immediate **pressure** to the ball.
- Force the play in one direction.
- Communicate from behind to 1st def.
- Move as the ball is moving.
- One defender must get to the ball.
- One defender must **cover**.
- One defender must be dropped to defend both a man and space.
- Success is turning a 4 vs. 3 into a 2 vs. 3 with effective group defending.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.com/video/int17](https://www.aysou.com/video/int17)

ORGANIZATION/RULES

- 50x60 yards, 2 teams.
- 4 vs. 2 in each half with 6 goals
- Ball starts with a team or 4 seeking to play the ball forward under pressure from two opponents.
- Options:
 - Players must stay in their half
 - Once a ball is played forward one player may support.
 - A third player may step up to press.
- Unconditioned play.



COACHING POINTS

- If ball can't be **pressured** (2 forwards vs. 4 backs with the ball) position to channel the ball and make play predictable.
- Move as ball is moving to get effective **pressure** to the ball
- Be aware of threat away from the ball while defending the immediate threat.
- Move as a group sideways and long ways to be **compact** at the ball.
- Communicate from behind to be effective as a group.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 4

(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- 7 vs. 7.
- Have the GK's begin with the ball each time and ask them to distribute by hand or from the ground into their half.
- Initially have defending team drop to half way line when opposing GK has it.
- End with unconditioned play.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Defending from the front may not mean winning the ball, but directing play.
- Respond to direct **penetration** by shot, pass or dribble with immediate **pressure** and team shift.
- Drop back on an angle to stay compact & to not concede too much space to attack into.
- Avoid crossing over a teammate defensively to be in good shape to counter attack.
- As a team of 7 (including GK) determine where you set up to confront opponent.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

DEFENDING THE COUNTER ATTACK

CREATED BY
George Kuntz, Head Coach, Cal State
Fullerton, Men's Soccer

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int18](https://www.youtube.com/watch?v=int18)

ORGANIZATION/RULES

- 10 x 15 grid.
- Players in groups of four (2 attackers and 2 defenders).
- Attacking players keep possession with shadow defending from the opponent for 1 minute each.
- Switch roles.



COACHING POINTS

- Shadow defenders
Immediate **pressure** on the ball (without taking the ball) take away time and space.
- Select proper angle of challenge an angle to limit options.
- Select proper speed of challenge – quickly, but not too fast, so cannot be easily beaten.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int19](https://www.youtube.com/watch?v=int19)

ORGANIZATION/RULES

- 2v2+1 in 15 x 20 yard area.
 - 4 balls, 8 cones, 10 bibs (4 of each color and 2 neutral).
 - Teams try to complete 5 consecutive passes to score a point.
 - Defenders try to limit possession.
 - > No neutral player.
 - > Play directionally to goal lines.
 - > Play to small goals (preferred).
- This will depend on what the coach wants out of the defending...space or goal.



COACHING POINTS

- Immediate **pressure** on the ball – take away time and space.
- Read the play / win the ball.
- Select proper angle of challenge – defend attacker at an angle to limit options.
- Select proper speed of challenge – quickly, but not too fast, as to be easily beaten.
- 2nd defender distance, body angle.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int20](https://www.youtube.com/watch?v=int20)

ORGANIZATION/RULES

- 36 x 20 yards, large goal, 4 balls, 8 cones, 10 scrimmage vests (4 of each color and 2 neutral).
- Play 4v3 to goal.
- Team of four attacks goal.
- After defending team wins ball, they can score by passing into the target player on opposite end line.
- > Add neutral attacker.



COACHING POINTS

- Read the play.
- 1st defender apply immediate **pressure** on the ball-limit options.
- 2nd defender – **cover**, read the play then win the ball through an interception.
- Body position – cut then close.
- Proper foot position.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- 5 vs. 5 plus GK's.
- Unconditioned match.
- Static stretching, brief review on session and any announcements.

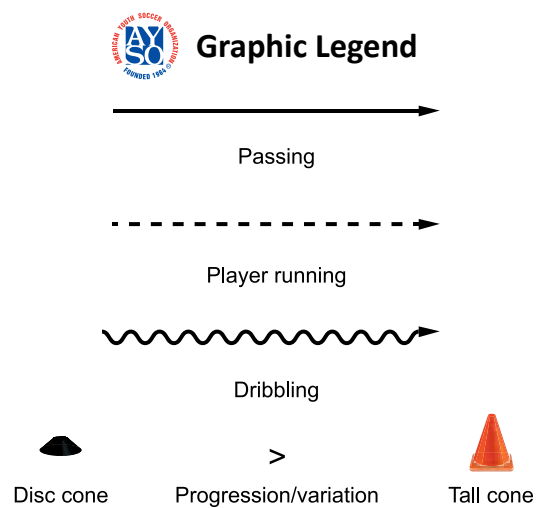


COACHING POINTS

- Read the play.
- Immediate **pressure** on the ball – limit options.
- Win the ball through an interception or tackle.
- Body position – cut then close.
- Good **pressure** and **cover**.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

INTERMEDIATE MIDFIELD TRAINING PLANS



RECEIVING

CREATED BY
Neil Graham, Youth Director,
Scottsdale Soccer, AZ

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int21](https://www.youtube.com/watch?v=int21)

ORGANIZATION/RULES

- 30x30 grid. Half of the players around outside of grid w/ ball and other half inside area without ball.
- On coaches command, inside players check towards a player on outside and demand ball.
- They should receive & control the ball and then pass back to the same player.
- After a set amount of time, players on inside switch with players on the outside.
- Encourage different surfaces of the foot for balls received on the ground, as well as use of thigh, chest & foot for receiving balls in air.
- > Players should receive & control ball then look to pass to a different player on the outside.



COACHING POINTS

- Body mechanics, body position, balance, get in line with flight of ball.
- Look to 'cushion' the ball with whatever surface selected to control ball.
- Good control of ball should instantly have you set up and facing wherever you want to pass the ball next.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int22](https://www.youtube.com/watch?v=int22)

ORGANIZATION/RULES

- Set up 40x40 grid with a 30x30 inner grid. On the inner grid, center a gate on each side.
- Split players into two teams to play possession.
- Players earn points by passing the ball through the gates to be successfully received and controlled by a teammate to maintain possession.
- >2 balls.



COACHING POINTS

- Body mechanics, body position, balance, get in line with flight of ball.
- Look to 'cushion' the ball with whatever surface selected to control ball.
- Good control of ball should instantly have you set up and facing wherever you want to pass the ball next.
- Vision and understanding to take first touch away from pressure.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int23](https://www.youtube.com/watch?v=int23)

ORGANIZATION/RULE

- 40x40 grid with four gates just inside each corner.
- Two teams play possession.
- Each team places 2 players in 2 diagonally opposite corners behind gates.
- Players in the middle play possession and try to find either gate player with a pass on the ground or in the air.
- If a gate player successfully receives and controls the ball, the player who passed switches places with the gate player.
- A goal/point is then awarded to that team.
- >Multiple balls.



COACHING POINTS

- Body mechanics, body position, balance, get in line with flight of ball.
- Look to 'cushion' the ball with whatever surface selected to control ball.
- Good control of ball should instantly have you set up and facing wherever you want to pass the ball next.
- Vision and understanding to take first touch away from pressure.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

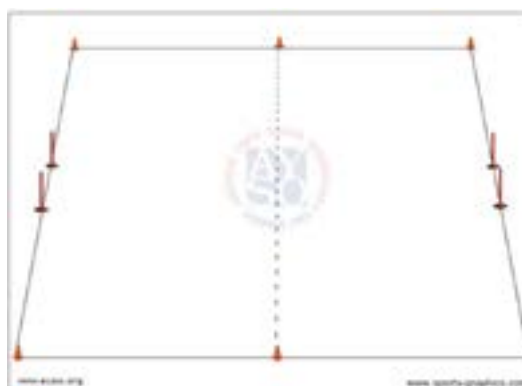
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- 60x40 field with 2 goals and GK's.
- 2 teams.
- Formations.
- No restrictions.
- Regular division rules.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Reiterate first touch efficiency and receiving techniques.
- Play!

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

POSSESSION PLAY

CREATED BY
Austin Daniels, Technical Director,
AZ Youth Soccer Assn.

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.com/video/int24](https://www.aysou.com/video/int24)

ORGANIZATION/RULES

- 30 x 30 grid.
- 3 groups: red, white, grey.
- 1 & 2 balls per group.
- Short combinations. Players pass in colored sequence (red to white to grey...)
- >Change sequence.
- >Control number of touches.



COACHING POINTS

- First touch efficiency to control ball "into" purposeful direction.
- Body position to receive pass.
- Vision to gauge space, teammates and opponents.
- Speed and accuracy of the pass.

PSYCHOSOCIAL ☒
PHYSICAL ☒
TECHNICAL ☒
TACTICAL ☐

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.com/video/int25](https://www.aysou.com/video/int25)

ORGANIZATION/RULES

- Half field set up.
- 6 v 6 possession keep away to gates.
- 7 gates (3 each end and 1 central).
- 3 touch.
- Points are scored each time a team successfully passes through a gate for a teammate to control and maintain possession.
- >2 touch.
- >Vary points per goal (outer, inner, central).



COACHING POINTS

- First touch efficiency to control ball "into" purposeful direction.
- Body position to receive pass.
- Vision to gauge space, teammates and opponents.
- Speed and accuracy of the pass.
- Decision making on when to play short or long balls, or when to dribble.
- When to change the point of attack.
- Communication (verbal and nonverbal).

PSYCHOSOCIAL ☒
PHYSICAL ☒
TECHNICAL ☒
TACTICAL ☒

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.com/video/int26](https://www.aysou.com/video/int26)

ORGANIZATION/RULE

- 6 goal game. Unlimited touch.
- 3 goals to defend and 3 goals to attack.
- 2 teams.
- >Dribble through the goals instead of passing.
- >Can only score off a "one touch" pass.
- >2 touch.
- >Vary points per goal (outer, inner, center).



COACHING POINTS

- First touch efficiency to control ball "into" purposeful direction.
- Body position to receive pass.
- Vision to gauge space, teammates and opponents.
- Speed and accuracy of the pass.
- Decision making when to play short or long balls, or when to dribble.
- When to change the point of attack.
- Stretching field from side to side and end to end.
- Transition.
- Counter attack.
- Communication (verbal and non-verbal).

PSYCHOSOCIAL ☒
PHYSICAL ☒
TECHNICAL ☒
TACTICAL ☒

STAGE 4

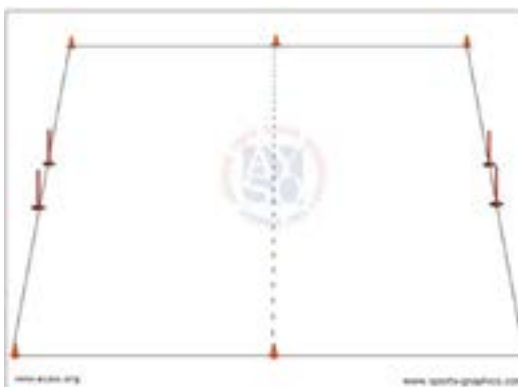
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- 6v6 or 7v7 small-sided match with GKs.
- Unlimited touch.
- General rules apply.
- Use formations.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Emphasize quality techniques but let them play.
- Game conditions should validate what was covered in training (purposeful possession, quality passing/receiving, movement/vision).

PSYCHOSOCIAL ☒
PHYSICAL ☒
TECHNICAL ☒
TACTICAL ☒

POSSESSION PLAY

CREATED BY
Richie Williams/Anthony Latronica,
Former US 17U Men's National Team

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int27](https://www.aysou.com/video/int27)

ORGANIZATION/RULES

- 5v2 transition game.
- Four 10x10 yard grids.
- Possession game: 5 attackers keep ball from 2 defenders.
- Player that loses possession switches with one of the defenders in the middle.
- Once ball goes out of bounds, coach serves a new ball.
- Once attackers complete 5 passes, at any point in time, they can play ball to a showing teammate in the adjacent grid.
- All players transition to that grid and possession resumes.
- Dynamic movement, stretching and activation.



COACHING POINTS

- Speed of play.
- Technical passing and receiving.
- Support angles.
- Movement off the ball.
- Game awareness.
- Communication.
- Spatial awareness (progression).
- Set the tone for training and the topic.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int28](https://www.aysou.com/video/int28)

ORGANIZATION/RULES

- 45x30 grid(s). 10-11 players per grid.
- Passing sequences w/ flags (defenders).
- 2 groups working w/ staggered start (to allow 1st player to reach 2nd cone to receive 1st pass from other side).
- Red A passes to B, who turns and passes to C who pulls away from the flag and passes to D. D turns either way and passes to E. E finishes sequence by dribbling at pace to end of the line.
- Players always rotate by advancing 1 cone in the sequence.
- Players alternate sides.
- > E dribbles halfway and passes to end.
- > E drives ball with laces to end of line.
- > Vary the sequence.



COACHING POINTS

- Timing of runs.
- Turning with the ball.
- Pulling away from the defender (flags) in order to create space to receive the ball.
- Quality of the pass, touch and movements.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int29](https://www.aysou.com/video/int29)

ORGANIZATION/RULE

- 44 x 45 yards (top of penalty box to half field, width of penalty area).
- Possession: 8 v 8 + 2 neutral.
- Functional position-specific.
- Teams line up in a 4-1-3.
- > Add gates as goals at each end (score by passing or dribbling through).
- > Add points for 5 successful passes.
- > Restrict touches.



COACHING POINTS

- Transition.
- Team shape.
- Small group tactics building up to a 4-1-3.
- Compactness, possession.
- All defending and attacking principles.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

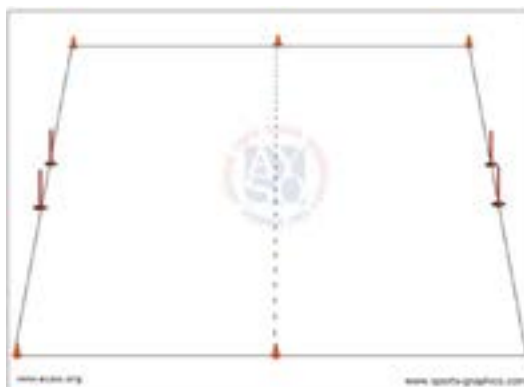
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- 60x40 field with 2 goals and GK's.
- 2 teams.
- Formations.
- No restrictions.
- Regular division rules.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Place each team in a formation (to create an environment where the principles of play can be reinforced and applied to positional-specific roles for each player).
- Prioritize topic but allow players to play, to create, and to explore new ideas through minimal interruption.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

PASSING, RECEIVING AND TURNING

CREATED BY
Michael Brady, Assoc. Head Coach, Duke
University Men's Soccer

STAGE 1

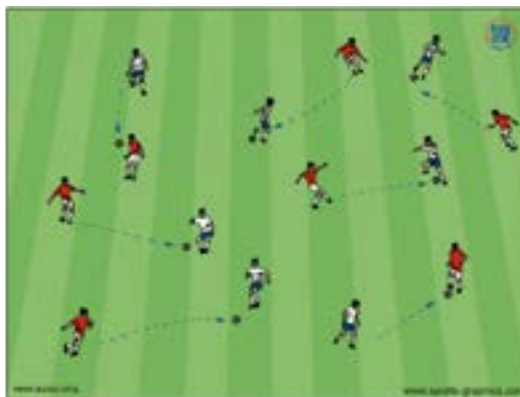
(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int30](https://www.youtube.com/watch?v=aysou.video/int30)

ORGANIZATION/RULES

- One ball between 2 players.
- No space restriction.
- Stationary passing over 10 yards 1 touch, 2 touch., etc to get a little warmed up and lots of touches on the ball.
- > Pair start moving with unlimited touches and execute a turn every 2nd or 3rd time they receive the ball.
- Dynamic movements, stretching and activation.



COACHING POINTS

- Do not stop the ball.
- Close control.
- Experiment and use imagination to try different turns.
- Encourage expression and creativity.
- Address quality passing and receiving to set the expectations for the session.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int31](https://www.youtube.com/watch?v=aysou.video/int31)

ORGANIZATION/RULES

- 2 players 1 ball. 10x15 grids. 1 min segments.
- Player A serves, Player B works. B checks from top of box to A who passes on ground to reach B at center of box. B executes a turn, dribbles back to far end of box, executes another turn and passes ball back across grid to A.
- Sequence of turns:
 1. Receive w/ inside of 1 foot, turn in direction of that foot & other foot makes next touch to destn.
 2. Receive w/ inside of foot and turn in direction of other foot so second touch is also w/ initial foot.
 3. Receive w/ outside of foot turning quickly in same direction to destn. (repeat w/ other foot).
 4. Fake as if to stop ball, quickly open legs and let ball run through, turn quickly & head for destn.
 5. Touch ball w/ outside of 1 foot, quickly spin in other direction, get to ball quick & head for destn.



COACHING POINTS

- Turns at far end of the grid should be varied and done with both feet.
- Turn #1, the server instructs, "turn" early and clearly. Challenge for this turn is to keep the ball moving and in close contact.
- Turns #2-5, server instructs, "man on" early and clearly. Challenge for these turns is executing at speed, keeping the ball relatively close and adding in body fakes and change of pace to separate from opponent.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int32](https://www.youtube.com/watch?v=aysou.video/int32)

ORGANIZATION/RULE

- 4v4, 5v5, 6v6 depending on numbers.
- Field 40x40, 45x45, 50x50.
- 4 small goals in the middle of each sideline.
- Only stipulation to score is that the player who scores must receive a pass and execute a turn before they shoot.
- Once they have executed a turn they can dribble to goal and score or shoot immediately after the turn.



COACHING POINTS

- Communication from passer to receiver: early, clear w right tone, calm/urgent pending situation.
- Player receiving pass & executing turn needs to be aware of where they are & where they want to go. Also, what turn will best serve situation. If simplest one is an option-choose it as it will be efficient and less physically demanding.
- Be aware of the next phase after the turn (shot or dribble) but be prepared to adapt. Players don't have to score on 1st turn but can be patient and wait for the right turn to score from (don't force it).

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

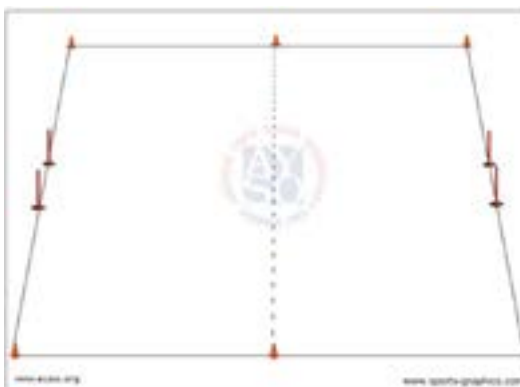
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- Normal match conditions to goal with an emphasis on making the correct choice when presented with an opportunity (or need) to turn.
- If a team executes a received pass and turn in the sequence leading to a goal that goal counts double.
- Reinforce to play the game normally and only turn when the game demands it not because the coach has been focusing on it.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Place each team in a formation (to create an environment where the principles of play can be reinforced and applied to positional-specific roles for each player).
- Prioritize topic but allow players to play, to create, and to explore new ideas through minimal interruption.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

PASSING, RECEIVING (COMINATION PLAYS)

CREATED BY
Scott Snyder,
AYSO Player Development

STAGE 1

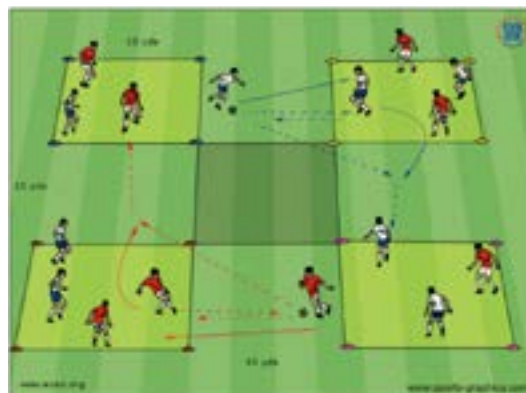
(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int33](https://www.aysou.com/video/int33)

ORGANIZATION/RULES

- Four 10x10 grids as shown. 2 teams split evenly into grids, 1 ball per team.
- 1 Player from each team pass from grid to grid and follow their pass (1 team clockwise, the other counter-clockwise).
- Receiving players show to receive pass but stay inside grid.
- 1 touch to control, one to pass.
- >Players play give and go (shown).
- >On whistle, players leave ball and explode to next grid performing selected dynamic exercise, i.e., heel kicks, high knees, skipping, sprinting, etc.



COACHING POINTS

- Players should be alert and have awareness of space and other players.
- Quality passing (accuracy and weight).
- Quality first touch.
- Keep quick but controlled tempo.
- Engage players. Activate!
- Timing of runs and passes.
- Communication (verbal and non verbal).
- Proper form while executing dynamic exercises.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

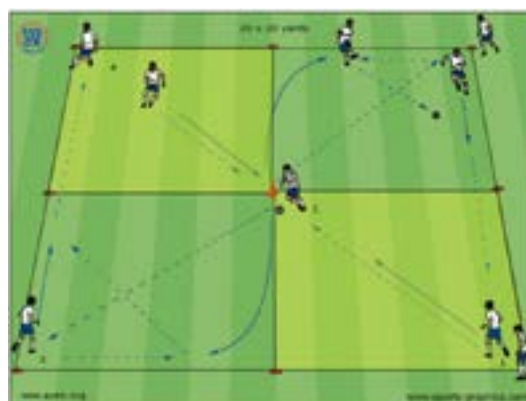
(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int34](https://www.aysou.com/video/int34)

ORGANIZATION/RULES

- 20x20 grid with a central cone. 2 balls. Minimum 8 players. 1 central player(s).
- Player 1 passes to Player 2 who receives ball, passes to Player 3 and moves towards outside middle cone.
- Player 3 plays a give-and-go with Player 2, and then drives forward with the ball towards Player 4.
- At approximately the outside middle cone, Player 3 passes to Player 4 who restarts the sequence.
- All players follow their pass.
- >1 touch passing where possible.
- >2 balls.
- >Switch directions.
- >Add passive defender to each side.



COACHING POINTS

- Positioning to successfully receive the ball and pass.
- Quality passing (accuracy and weight).
- Timing of runs and passes.
- Quality first touch.
- Communication.
- Keep fast/controlled tempo.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

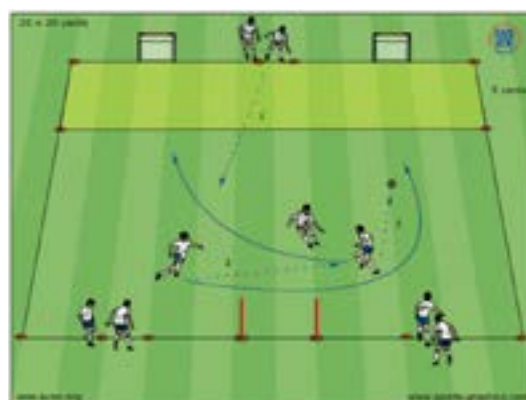
(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int35](https://www.aysou.com/video/int35)

ORGANIZATION/RULE

- 20x20, 2 mini goals at 1 end in 5 yd. zone.
- At opposite end line, mark a central gate.
- Defenders line up between goals. 2 teams of attackers line up opposite goals.
- Defender drives ball to either attacker.
- Once attacker touches ball, defender enters grid to pressure.
- 1 attacker from either side of gate, attack end zone (can score in either goal but must be in end zone).
- Attackers must combine to beat defender, i.e., give and go, overlap (shown), etc.
- If defender wins ball he must get ball through gate by passing or dribbling.
- Defenders rotate. Attackers switch sides.
- Rotate defenders and attackers.
- Create point system.
- > 2 defenders, 3 attackers.
- > Add time restraint for quick tempo.



COACHING POINTS

- Attackers:** Quality 1st touch into direction he wants to exploit. • Close control. • Decision to beat defender or combine.
- Defenders:** • Quality pass (driven) • Steal ball or delay. • Direct attacker using defensive body shape. • Composure. • Consider recovery run to cover goal than chase attacker.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

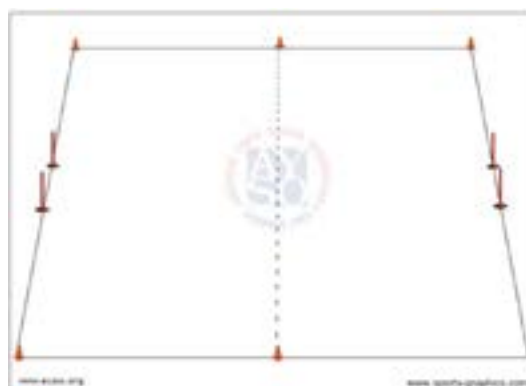
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- 60x40 field with 2 goals and GK's.
- 2 teams.
- Formations.
- No restrictions.
- Regular division rules.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Place each team in a formation (to create an environment where the principles of play can be reinforced and applied to positional-specific roles for each player).
- Prioritize topic but allow players to play, to create, and to explore new ideas through minimal interruption.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

ATTACKING FROM MIDFIELD (USING ATTACKING PRINCIPLES OF PLAY)

CREATED BY
John Ouellette, AYSO National
Coach Emeritus

STAGE 1

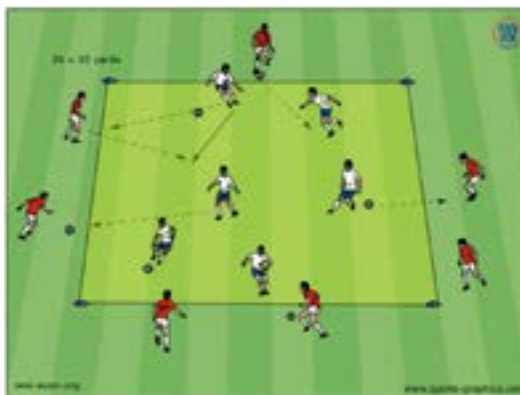
(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int36](https://www.aysou.com/video/int36)

ORGANIZATION/RULES

- 30 x 30 grid, 6-8 players with a ball inside grid and 6-8 players on outside of grid without a ball.
- Players on inside of grid, dribble towards players on outside and perform a wall pass (give and go).
- Switch roles after 3 minutes.
- > Consider using passive defenders after a bit of time.



COACHING POINTS

- Players inside should switch directions.
- Use of space is critical for successful wall passes.
- Quality dribbling, passing and 1st touch efficiency.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int37](https://www.aysou.com/video/int37)

ORGANIZATION/RULES

- 60 x 40 grid divided into thirds with a goal at each end. GK's in goal.
- 4 v 4 in middle grid w/ a neutral player on each touch line (limited to length of middle grid).
- A team must connect 4 passes before the ball can be played to an outside neutral player.
- The neutral player must play the ball back to the player who passed to him.
- The ball is played back into the empty grid for the original player to run onto for a 1 v 1 with the GK.
- Defenders cannot leave middle grid.
- The team who scores 3 goals wins.



COACHING POINTS

- Shape and organization are critical for success.
- Mobility and creativity are essential (encourage creativity, let them express themselves).
- Players must create space in a limited area.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int38](https://www.aysou.com/video/int38)

ORGANIZATION/RULE

- 60x40 grid divided into thirds w/ a goal at each end. GK's in goal.
- 4v4 in mid- grid w/ a neutral player on each touch line (can use length of grid).
- Teams must connect as many passes as needed to safely play a ball out wide to a teammate on wing (neutral player).
- Neutral player plays ball back into empty grid to the teammate who played it out.
- As soon as ball enters empty grid, defenders can enter grid to regain possession and deny the shot.
- >Wide players may defend each other.
- >Once ball is played by neutral player, all players join the attack.
- >Wide players can dribble into zone to cross to teammates.



COACHING POINTS

- 1st touch efficiency!
- Weak side play must be recognized.
- Players must constantly change the point of attack to unbalance the defense.
- Shape and organization remain critical.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

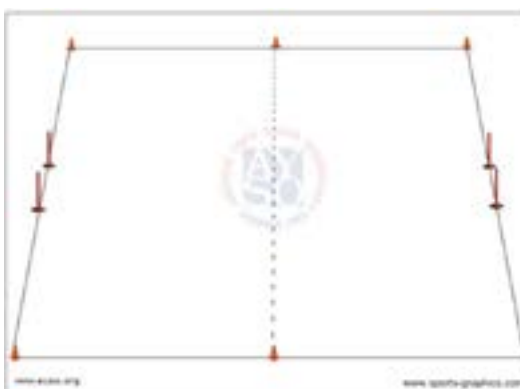
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- Small-sided match with GKs.
- General rules apply.
- Vary the formations.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Play!

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

INTERMEDIATE ATTACKING TRAINING PLANS



Graphic Legend



Passing



Player running



Dribbling



Disc cone



Progression/variation



Tall cone

SHOOTING/FINISHING

CREATED BY
John Kerr, Head Coach, Duke University
Men's Soccer

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int39](https://www.youtube.com/watch?v=aysou.video/int39)

ORGANIZATION/RULES

- 2 groups work in quarter field. 4 small goals on each end line.
- Each team numbers players 1-7.
- Players pass and move in sequence (1-2, 2-3...7-1)
- > One touch passes 3-4 yards.
- > Two touch passes 10-14 yards.
- > Driven strikes 15-20 yards.
- > Upon call from coach for specific number, the player from each team receives the ball, takes touch out of feet and strikes on goal. First to score gets a point (per diagram white #7).
- > Reverse the sequence.
- Dynamic movements, stretching and activation.



COACHING POINTS

- Quality first touch efficiency.
- Quality passing (and striking technique).
- Communication between players to maintain sequence (including next player to receive ball).
- Spatial awareness to align space and teammates.
- Anticipate pass with a look over the shoulder.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int40](https://www.youtube.com/watch?v=aysou.video/int40)

ORGANIZATION/RULES

- Double penalty area with large goals and GK either end.
- 2 gate goals either side of large goals.
- Mark players entrances w/ disc cones.
- Spare balls with each of the 4 groups.
- Defender plays to diagonal attacker releasing 3 attackers (2 from 1 gate, 1 from the other) v 2 defenders.
- Attackers score in large goal, defenders score in either gate goals or large goal.
- Alternate starting sides.
- Points: large goal 2 points; gate goals 1 point.
- > If goal is scored or ball goes out, switch roles, i.e., attackers defend and serve the ball. Keep switching.
- > Restrict touches.



COACHING POINTS

- Attackers should penetrate, support and provide width (and mobility) as needed to take advantage of overload.
- Quality passing (accuracy and weight).
- Timing of runs and passes.
- Quality first touch.
- Communication.
- Composure & quality of final shot.
- Rebounds. Follow in the shot!
- Attacking combinations, i.e., wall pass, overlaps, etc.
- 1v1 creativity.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int41](https://www.youtube.com/watch?v=aysou.video/int41)

ORGANIZATION/RULE

- Double penalty area with large goals and GK either end.
- 2 teams line up in 2 zones (marked off with cones). 4v2 per zone stay in zones.
- 2 attackers should try to maintain possession, get free, combine and get shots on goal.
- > Upon 3 successful passes, an additional attacker can join the front 2 to create a 3 v 4.
- > Permit another attacker creating a 4 v 4.
- > Add time restriction to get shot off.



COACHING POINTS

- Quality instep kicks/strikes
- Look at spacing of players, width, movement.
- Attackers must work to be free. Also, must work as a pair to create chances.
- Communication on both sides of the ball.
- Transition from attacking to defending and vice-versa.
- Timing of runs.
- Composure and quality technique of final shot.
- Keep game flowing.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

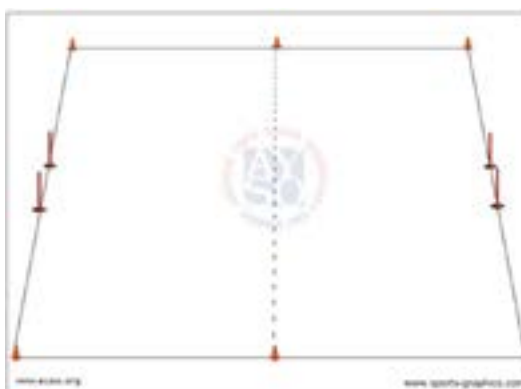
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- Small-sided match with general rules per age division.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Emphasize quality shooting and finishing technique but let them play.
- Establish a confident and free learning environment; where players are encouraged to take the shot without fear of missing.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

COUNTER ATTACKING

CREATED BY
John Ouellette, AYSO National Coach
Emeritus

STAGE 1

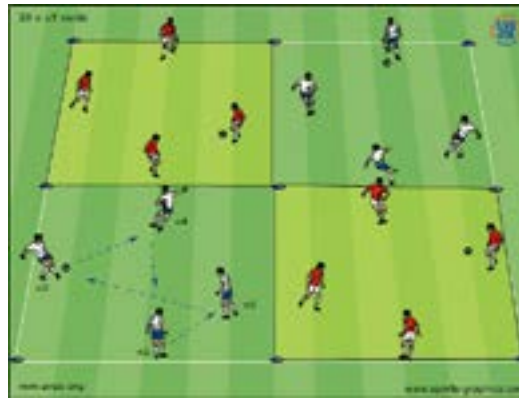
(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
[aysou.video/int42](https://www.aysou.org/video/int42)

ORGANIZATION/RULES

- Create three or four grids of four players in a 20 x 15 yard grid.
- X1 passes to X2 who makes a 1 touch pass to X3, who makes a 1 touch pass to X4, who delivers a 1 touch long pass to X1.
- You can also play in reverse X4 to X3 to X2 to X1 for the long ball.
- > Move players from location to location.



COACHING POINTS

- Players should only take a controlling touch if absolutely necessary.
- Speed of play is critical.
- Quality passing techniques.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

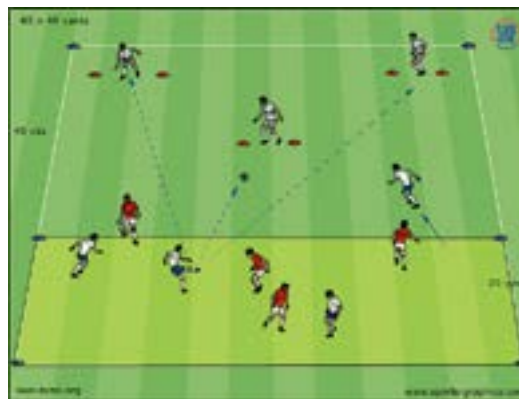
(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
[aysou.video/int43](https://www.aysou.org/video/int43)

ORGANIZATION/RULES

- 60x40 grid w/ 3 target goals as shown.
- Split into 2 grids (20 yards & 40 yards).
- 4v4 possession in the 20 yard grid.
- As soon as possession is lost the team that has won the ball must try to get the ball as quickly as possible (can now play outside of the initial grid) to one of the players in the gates in the other grid (no more than 3 passes or 4 secs).
- The team that lost possession defends.
- 1 point for connecting to near gate. 3 points for connecting to deep gates.
- First team to 10 points wins.
- The activity is restarted by team who went on the attack.



COACHING POINTS

- Look for heads up and quick counters.
- Do not allow players to pause or stop playing when possession is lost.
- Look for quick thinkers.
- Look for quick team play.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
[aysou.video/int44](https://www.aysou.org/video/int44)

ORGANIZATION/RULES

- 30x25 grid w/ a goal & GK on each end.
- 1st team to 5 goals wins.
- 6v6 (3 in grid and 3 on end line) told what goal to attack.
- Coach serves ball to start activity.
- 3v3. Team w/ ball attacks, the defending team attempts to regain possession for a quick counter on other goal.
- If attacking team misses, defending team goes back to their end line. A new group of 3 players comes out with a ball and straightaway attacks the other goal.
- If GK makes a save he plays the ball to his teammates already on the field.
- Teams play until goal is scored or shot missed.
- Allow only 5 touches or 5 seconds for a shot on goal after possession has been gained.



COACHING POINTS

- Look for quick counters.
- Players must play as direct as possible.
- Shape/Organization should allow for quick transition.
- All players must play both sides of the ball if counters are going to materialize.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

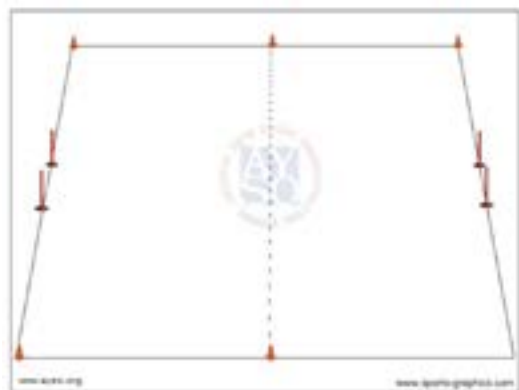
(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- Small-sided match with GKs.
- General rules apply.
- Vary the formations.
- Static stretching, brief review on session and any announcements.



COACHING POINTS

- Play!

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

SMALL GROUP PRINCIPLES OF ATTACK

CREATED BY
Dave Chesler, US Soccer,
Director of Coaching Development

STAGE 1

(Technical Warm-up)

- * Max. ball contact, repetition
- * Introduce topic
- * Physical prep. (dynamic)
- * Unopposed-opposed

To see this activity, visit:
aysou.video/int45

ORGANIZATION/RULES

- 3 Groups of 4 players organized as shown between 2 markers @ 35 yards.
- Players in functional positions as labeled.
- Approx. 15 reps., high intensity.
- > Progress from 2 to 1-touch passing.



COACHING POINTS

- Technical Mechanics: proper weight, accuracy of each pass. (varies by position)
- Timing of runs to support: constant movement.
- Disguise passing intent, e.g., Serve across your body/re-direct to opposite side.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 2

(Small-Sided Activity)

- * Individual & pairs
- * Competition & teamwork
- * 2v2 and 3v3...

To see this activity, visit:
aysou.video/int46

ORGANIZATION/RULES

- Distribute field players into 4 groups at either side of 2 facing goals w/ GK's.
- Play starts with 1st attacker running with the ball at an approaching opponent.
- Approx. 8 reps., high intensity.



COACHING POINTS

- Running with the ball- engage 1v1 and commit to the ball.
- (1st attacker) Dribble to create a passing channel, then pass to a space that his teammate may run on to and attack the opponents goal.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input type="checkbox"/>

STAGE 3

(Expanded Activity)

- * Opposition (attack & defense)
- * Directional play (w/ goals or targets)
- * Expanded numbers (3v3 to 7v7...)
- * Most game aspects

To see this activity, visit:
aysou.video/int47

ORGANIZATION/RULES

- Mark 3 zones within the playing area create a middle zone that is 10yd. deep.
- Attacking team unrestricted movement.
- Whites (def) must transition into a 3-2-1 & players must remain within their zone.
- Approx. 3 reps., med-high intensity.



COACHING POINTS

- Effective MOBILITY to effectively SUPPORT the teammate with the ball.
- Recognition of opportunities to overload with 1st- 2nd attackers supporting the ball carrier.
- Refine the movement and roles of the 6, 8 and 10 relative to one another.
- Connect the movement and roles of the 9 and 10 to one another. Example: When the 9 runs wide, 10 may choose to move into the highest central position.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

STAGE 4

(Small-Sided Match)

- * Unconditional
- * Emphasize topic
- * Age group laws
- * Formations
- * Let them Play!

Cool Down/Debrief

ORGANIZATION/RULES

- Focus Team: 1-2-1-3 system to reflect the attacking group of six.
- Opposition: 1-3-2-1 in order to challenge the roles of the 6, 8 and 10.
- FIFA Rules.

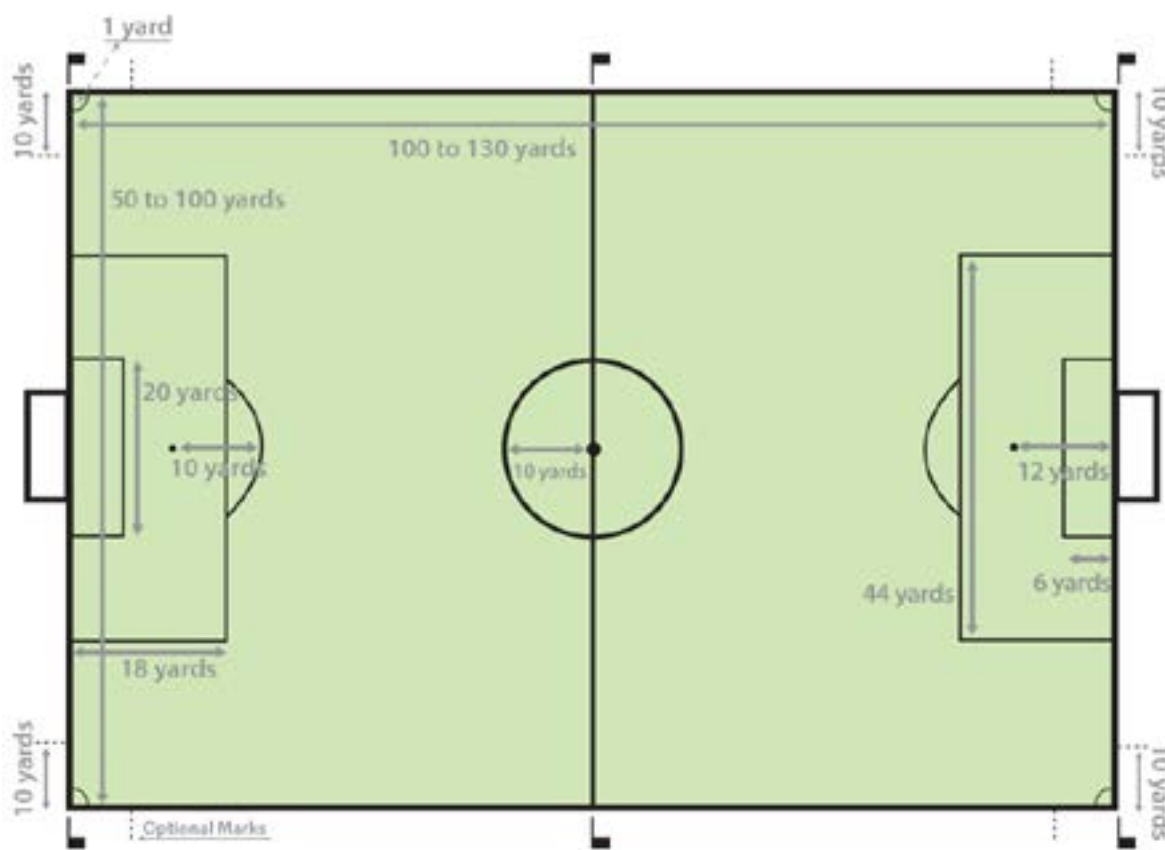


COACHING POINTS

- Observe and assess the movement and roles of the 6, 8 and 10 in attack.
- Observe and assess the combinations between the 9 and 10.
- Encourage ambitious flank play and quality service from the 11 and 7.

PSYCHOSOCIAL	<input checked="" type="checkbox"/>
PHYSICAL	<input checked="" type="checkbox"/>
TECHNICAL	<input checked="" type="checkbox"/>
TACTICAL	<input checked="" type="checkbox"/>

14U PROGRAM GUIDELINES



Goals

The maximum goal size is 7' high x 21' wide.

The recommended goal size is 6.5' high x 18.5' wide.

Ball

- Size 5

Players

- Number: 11 per team on field; one of which is a goalkeeper. 15 maximum on roster (12 minimum).
- Substitutions: Approximately midway through each half, at halftime and for injuries.
- Playing time: All players, unless injured, are required to play at least half of every game.
- Teams: Separate girls and boys teams should be promoted at all levels of play.

Players' Equipment

- Footwear: Soccer shoes are recommended (or similar athletic shoes).
- Shinguards: MANDATORY for both training sessions and games, and must be covered entirely by socks.
- Jerseys: Rolled or tied up sleeves are permitted, provided that the referee approves it is done in a safe manner.

Referee

- AYSO-certified regional referees or higher.

Maximum Duration of Half

- 35 minutes.
- Halftime shall be a minimum of 5 minutes and a maximum of 10 minutes. No added time.

MODIFICATIONS: As players get older, commitments and availability can be a challenge; therefore, with older ages to help create or maintain the program you can modify matches from 11 vs. 11 to 5 vs. 5, 7 vs. 7, etc. Just play!

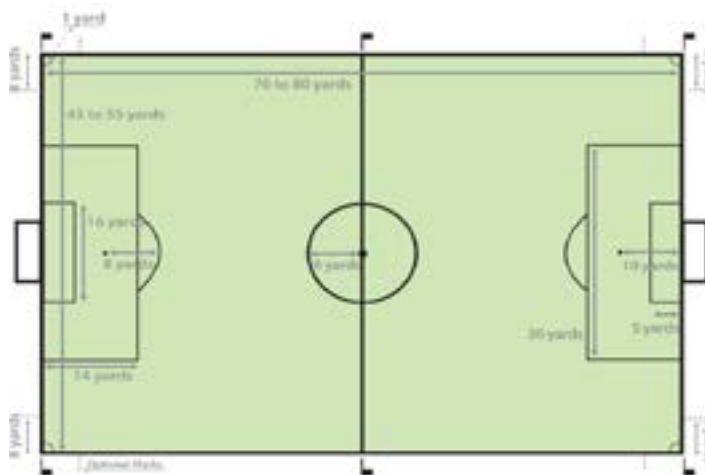
The duration of the game does not need to change, just the size of the field of play. Some “suggested” modifications:

8v8, 9v9, 10v10

Field Dimensions: 70-80 yds long x 45-55 yds wide.

Markings: Distinctive lines recommended.

- Halfway line the width of the field, marked equidistant between the goal lines.
- Center circle with an eight-yard radius in the center of the field.
- Corner arcs with a one-yard radius at each corner of the field.
- Goal area in front of each goal measuring 5 x 16 yards.
- Penalty area in front of each goal measuring 14 x 36 yards.
- Penalty mark ten yards from the goal line.
- Penalty arc extending in an eight-yard radius from the penalty mark.
- **Goals:** Maximum 7' high x 21' wide.

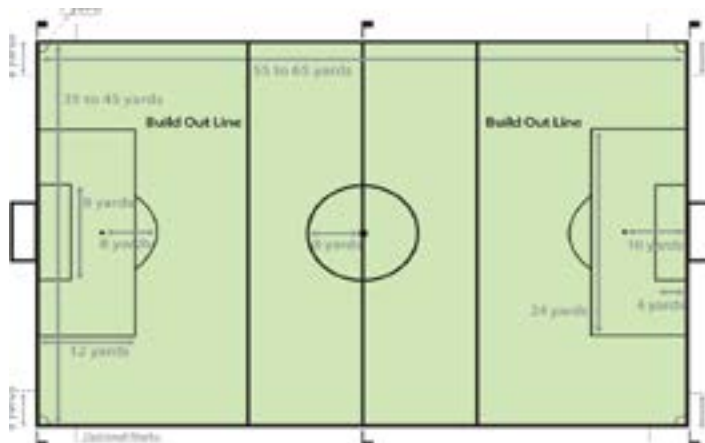


5v5, 6v6, 7v7

Field Dimensions: 55-65 yds long x 35-45 yds wide.

Markings: Distinctive lines recommended.

- Halfway line the width of the field, marked equidistant between the goal lines.
- Center circle with an six-yard radius in the center of the field.
- Corner arcs with a one-yard radius at each corner of the field.
- **Goals:** Maximum 6.5' high and 18.5' wide.

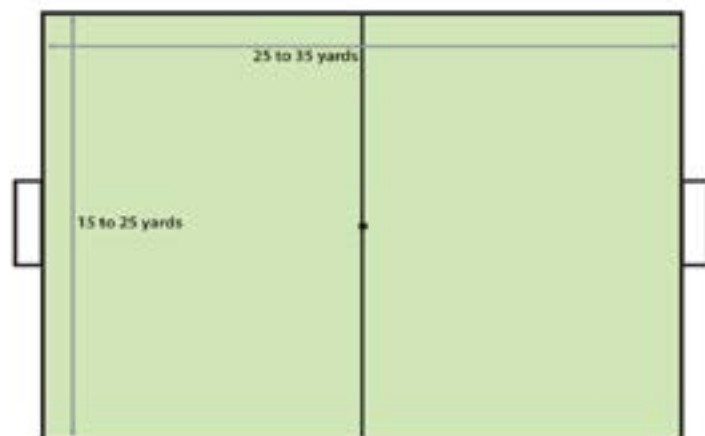


3v3, 4v4

Field Dimensions: 25-35 yds long x 15-25 yds wide.

Markings: Distinctive lines can be used but are not required. Field can be marked using 20 disc cones to mark all four sides.

- **Goals:** Maximum 4' high and 6' wide
OR four tall cones, two each set 6' apart.



14U LAWS OF THE GAME

INTRODUCTION

The AYSO National Coaching Commission in cooperation with the National Referee Commission has prepared this information to assist coaches in learning and understanding the *Laws of the Game*. As your coaching experience increases, so will your need for additional instruction. Our courses are designed to support those needs as they arise. You should obtain a copy of “Guidance for Referees and Coaches” to supplement your training and understanding of AYSO policies and interpretations of the Laws.

AYSO is an affiliate member of US Soccer, the national governing body of soccer in the United States recognized by FIFA (Federation Internationale de Football Association), the international governing body of soccer. All AYSO matches are played in accordance with the FIFA *Laws of the Game* and the AYSO National Rules and Regulations.

Since FIFA meets annually to consider changes to the Laws and AYSO considers proposed changes to its National Rules and Regulations each year at the AYSO Annual General Meeting, it is strongly recommended that each year you obtain the current AYSO edition of the FIFA *Laws of the Game* and the AYSO National Rules and Regulations to familiarize yourself with the most recent changes.

As you gain knowledge and experience as an AYSO coach you will find that your understanding of the *Laws of the Game* and of the job of the officials will increase. To truly understand officiating, we recommend strongly that you “walk a mile in his shoes”. That is, try your hand at actually refereeing some matches. Experience as a referee can only improve your skills as a coach and is well worth the effort. Thank you again for volunteering your time and talents.

Some Points of Difference (AYSO and FIFA)

LAW	FIFA	AYSO
#1 Field Size	Full	Modified pending age division
#1 Goal Size	Full	Modified pending age division
#2 Ball Size	Size 5	3, 4, 5 pending age division
#3 Substitutions	Up to 3 during play	Multiple per half

LAW 1: THE FIELD OF PLAY

Essential Facts About the Field of Play:

- Regular season play: Goal dimensions and field size at discretion of the region.
- Post-season play-off games: The field must conform to all requirements of Law 1.
- A coach's area shall be marked, where possible, ten (10) yards on either side of the halfway line, and at least one yard from the touch line.
- Touch lines: Define sides of the field.
- Goal lines: Define ends of the field.
- Goals: 8 feet high and 8 yards wide.
- Halfway line: Divides field in half and belongs to both halves.
- Center mark: Location for kick-off.
- Center circle: 10-yard radius from center mark.
- Penalty area: Area in which goalkeeper may use hands and where certain fouls result in a penalty kick.
- Penalty mark: 9-inch spot 12 yards from goal line indicates location for penalty kick.
- Penalty arc: 10-yard radius from penalty mark.
- Goal area: Defines location for goal kicks.
- Corner area: 1-yard arc defines location for corner kicks.
- Corner flag: At least 5 feet high with non-pointed top. Locates corner of field. May not be moved or removed during corner kicks.
- Optional equipment: Goal nets, halfway flags (1 yard outside touch line).

LAW 2: THE BALL

Essential Facts Regarding the Ball:

- The referee approves the game ball.
- Ball cannot be replaced without the referee's permission.
- The size used in AYSO matches is regulated according to age division: Size 3: 6U, 8U Size 4: 10U, 12U Size 5: 14U+

LAW 3: THE NUMBER OF PLAYERS

Essential Facts Regarding Number of Players:

- 11 a-side is the norm. AYSO Age Specific Recommendations: 6U/8U: 4 a-side; 10U: 7 a-side; 12U: 9-a-side; 14U+: 11 a-side.
- A player who has been sent off may not be replaced.
- Substitutes come under the jurisdiction of the referee.
- One player on each team must be designated as the goalkeeper.
- Field players may change places with their goalkeeper at any normal stoppage in play. The referee must be notified that the change is taking place.
- In AYSO, each team member must play a minimum of one half of the match.
- Play may be stopped at any time by the referee to attend to an injured player who may be replaced or the team may play short while the injured player recovers. Only the injured player receives credit for playing that quarter. A dropped ball is used to restart play if the ball was in play at the time of the stoppage.

LAW 4: THE PLAYERS' EQUIPMENT

Essential Facts Regarding Players' Equipment:

- Jersey, shorts, footwear, and shinguards covered by stockings are required. Rolled or tied up sleeves are permitted, provided that the referee approves it is done in a safe manner.
- Shinguards are required in all practices and games.
- The goalkeepers must be distinguishable from all other players on the field.
- Players may not wear anything that could endanger either themselves or another player.
- Casts or splints, jewelry, watches and articles of adornment are not allowed.

LAW 5: THE REFEREE

Essential Facts Regarding the Referee:

- Should interfere with the game as little as possible, penalize only deliberate breaches of the Law, and not whistle for trifling or doubtful offenses.

- Authority includes all pre-match, half-time and post-match activities.
- May refrain from penalizing if it is to the advantage of the team against which the offense was committed.
- Is official record and timekeeper, and may add any time lost through accident or other cause.
- May stop the match and suspend or terminate play for any reason deemed necessary such as: the elements, interference by spectators, or other cause.
- Shall submit a detailed report of any misconduct.
- Allows no person other than the players and assistant referees to enter the field of play without permission.
- May stop the match to have an injured player attended.

LAW 6: THE ASSISTANT REFEREES

Essential Facts Regarding the Assistant Referees:

- Indicate when the ball is out of play.
- Indicate which side is entitled to a goal kick, corner kick or throw-in.
- Indicate when a player may be penalized for being in an offside position.
- Indicate when a substitution is requested.
- Assist the referee in the control of the match in accordance with the Laws.
- May signal any misconduct, incident, or breach of the Laws which occurred out of view of the referee.
- Assistant referees' decisions may be overruled by the referee.
- Referee decisions may not be overruled by an assistant referee.
- Referees may consult with and accept the decision of neutral assistant referees to determine whether or not a legal goal was scored.

LAW 7: THE DURATION OF THE MATCH

Essential Facts Regarding the Duration of the Game:

- Matches should have two equal halves.
- The teams will defend each goal for one half.
- Halftime shall be a minimum of 5 minutes and a maximum of 10 minutes.
- Allowance shall be made, at the discretion of the referee, for time lost due to injury, substitution, time wasting or other cause.
- Time shall be extended to permit a penalty kick to be taken at or after the expiration of the normal time period.
- The referee is the sole timekeeper for the match.
- FIFA Law requires a match terminated by the referee for any reason to be replayed in its entirety. In AYSO, the referee submits a game report to the governing body (Region) who will determine whether or not the game will be replayed, if the score will stand, or if a team shall be declared in forfeit.

LAW 8: THE START AND RESTART OF PLAY

Essential Facts Regarding the Duration of the Game:

- Matches should have two equal halves not to exceed 35-minutes each.
- The teams will defend each goal for one half.
- Halftime shall be a minimum of 5 minutes and a maximum of 10 minutes. No added time.
- Time shall be extended to permit a penalty kick to be taken at or after the expiration of the normal time period.
- The referee is the sole timekeeper for the match.
- FIFA Law requires a match terminated by the referee for any reason to be replayed in its entirety. In AYSO, the referee submits a game report to the governing body (Region) who will determine whether or not the game will be replayed, if the score will stand, or if a team shall be declared in forfeit.

Essential Facts Regarding the Start of Play:

- Play is started with a kick-off from the center mark:
 - At the beginning of the match.
 - At the beginning of the second half.
 - Following a goal.
 - At the beginning of overtime periods.
- Play is restarted with a dropped ball where the ball was when the play was stopped while the ball was in play:
 - Following an injury where no foul occurred.

- For outside interference.
- For needed repairs to the ball or field equipment.
- For any cause not mentioned in the Laws.
- The team winning the coin toss chooses which goal it will attack in the first half. The other team must kick off.
- The ball is in play from a kick-off once it has been kicked and moves forward.
- Every player must remain in his own half of the field, and players of the team not taking the kick-off must remain at least ten yards from the ball until the ball is in play.
- The player taking the kick-off shall not touch the ball a second time until it has been touched by another player. The penalty for this “double touch” is an indirect free kick.
- A goal may be scored directly from a kick-off.
- The kick-off shall be retaken for any infringement occurring before the ball is in play.
- The dropped ball is in play once it has touched the ground.
- The dropped ball is retaken if it is touched by any player before it has touched the ground or if it goes out of play without being touched by a player.

LAW 9: THE BALL IN AND OUT OF PLAY

Essential Facts Regarding Ball In and Out of Play:

- The ball remains in play until the entire ball has crossed the outside edge of either the goal line or touch line either on the ground or in the air.
- It is the position of the ball and not the player playing the ball which determines whether or not the ball is out of play.
- The ball is out of play when the referee has stopped play.
- The ball remains in play unless signaled out of play by the referee.

LAW 10: THE METHOD OF SCORING

Essential Facts Regarding Method of Scoring:

- The ball must completely cross the goal line between the goalposts and under the crossbar for a goal to be scored.
- Only the referee may award or disallow a goal.
- The referee may accept the opinion of a neutral assistant referee regarding a possible goal that the referee did not see.
- The position of the ball is relevant when determining whether a goal has been scored, not the position of the goalkeeper.
- A goal should not be awarded if an outside agent (spectator, dog, etc.) has interfered with play prior to the ball entering the goal.
- A goal should not be awarded if the *Laws of the Game* were violated by the attacking team immediately prior to the ball entering the goal.
- The referee may reverse his decision regarding the scoring of a goal as long as play has not yet been restarted.

LAW 11: OFFSIDE

Essential Facts Regarding Offside:

- A player is in an offside position if he is nearer to the opponents' goal line than both the ball and the second to last defender being in an offside position in itself is not an offence. A player is not in an offside position if:
 - He is in his own half of the field of play or
 - He is level with the second last opponent or
 - He is level with the last two opponents
- The player in an offside position is only penalized if, at the moment the ball is touched or played by a teammate, the referee considers him to be actively involved in the play by:
 - Interfering with play or
 - Interfering with an opponent or
 - Gaining an advantage from being in that position
- There is no offside offence if a player receives the ball directly from:
 - A goal kick or
 - A throw-in or
 - A corner kick
- The punishment for being offside is an indirect free kick for the opposing team.
- The indirect free kick is taken from the location of the offside player.

- The referee may or may not declare a violation of the Offside Law depending upon his judgment of the circumstances.

LAW 12: FOULS AND MISCONDUCT

Essential Facts Regarding Fouls:

There are two categories of fouls; direct free kick fouls from which a goal may be scored directly and indirect free kick fouls from which a second player on either team must touch or play the ball before a goal may be scored. If a direct free kick foul is committed by a player in his or her own penalty area, the opponents are awarded a penalty kick (see Law 14).

Essential Facts Regarding Direct Free Kick Fouls:

There are ten direct free kick fouls of which the following seven must be considered by the referee to be careless, reckless or done with excessive force:

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Charges an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent
7. Tackles an opponent

The other three direct free kick fouls require only that they be committed.

1. Holds an opponent
2. Spits at an opponent
3. Handles the ball deliberately (except for the goalkeeper inside his own penalty area)

Essential Facts Regarding the Indirect Free Kick Fouls:

The following are the eight indirect free kick fouls:

1. Plays in a dangerous manner
2. Impedes the progress of an opponent
3. Prevents the goalkeeper from releasing the ball from his hands
4. Commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player
5. Goalkeeper controls the ball with his hands for more than six seconds before releasing it from his possession
6. Goalkeeper, having released the ball into play, touching it again with his hands before it has been touched by another player
7. Goalkeeper touching the ball with his hands after it has been deliberately kicked to him by a teammate
8. Goalkeeper touching the ball with his hands after he has received it directly from a throw-in by a teammate.

Essential Facts Regarding Cautionable Offenses:

There are seven reasons a player may be cautioned and shown a yellow card.

1. Unsporting behavior
2. Dissent, by word or action,
3. Persistent infringement of the *Laws of the Game*
4. Delays the restart of play
5. Failure to respect the required distance during corner kicks, free kicks or throw-ins
6. Enters or re-enters the field of play without permission of the referee
7. Deliberately leaving the field of play without the permission of the referee

Essential Facts Regarding Sending-Off Offenses:

There are seven reasons a player may be sent off the field and shown a red card.

1. Serious foul play.
2. Violent conduct.
3. Spits at an opponent or any other person.
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball.
5. Denies an obvious goal-scoring opportunity to an opponent moving toward the player's goal by an offence

punishable by a free kick or a penalty kick.

6. Using offensive, insulting, or abusive language and/or gestures.
7. Receiving a second caution in the same game.

LAW 13: FREE KICKS

Essential Facts Regarding Free Kicks:

- Direct free kicks are awarded for direct free kick fouls and a goal may be scored directly against the opponents
- Indirect free kicks are awarded for indirect free kick fouls and certain technical infractions. After the ball is in play, it must touch or be played by a second player from either team before a goal can be scored.
- The opposing team must remain at least ten yards from the ball until the ball is kicked into play.
- The ball is in play from a free kick once it has been kicked and has moved or, in the case of the defending team taking the kick from within their own penalty area, when the ball completely leaves the penalty area.
- The player taking the free kick may not play the ball a second time until it has been touched by another player. The penalty for violation is an indirect free kick for the opponents from the point of the infraction.

LAW 14: THE PENALTY KICK

Essential Facts Regarding Penalty Kick:

- A goal may be scored directly from a penalty kick.
- The kick is taken from the penalty mark located twelve yards from the goal line.
- The ball is in play once it has been kicked and moves forward.
- All players must be on the field of play, outside the penalty area, ten yards from the ball, and must stand behind the penalty mark, except for the kicker and the opposing goalkeeper.
- The defending goalkeeper remains on the goal line between the goalposts facing the kicker until the ball has been kicked.
- The kicker must wait for the referee's signal before taking the kick.
- The player taking the penalty kick may not play the ball twice in succession without it first touching another player (penalty is an indirect free kick for the opposing team).
- For infringements of the Law by the defending team, the kick shall be retaken if a goal has not been scored.
- For infringements of the Law by the attacking team, except for the kicker playing the ball twice in succession, the kick shall be retaken if a goal was scored.
- For infringements of the Law by both teams, the kick shall be retaken regardless of the outcome.

LAW 15: THE THROW-IN

Essential Facts Regarding Throw-In:

- The throw-in shall be taken from the point at which the ball left the field.
- The thrower must face the field and part of both feet must remain on or behind the touchline.
- The ball must be thrown with both hands from behind and over the head.
- Opposing players must stand no less than 2 yards from point at which the throw-in is taken.
- The ball is in play as soon as it is both released and has entered the field of play.
- The thrower may not play the ball a second time in succession (penalty is an indirect free kick for the opposing team from the point of the infraction).
- If the ball is improperly thrown in, it shall be retaken by a player of the opposing team.
- A goal may not be scored directly from a throw-in.
- Exception to Offside Law is permitted for the first person to receive the ball from a throw-in.

LAW 16: THE GOAL KICK

Essential Facts Regarding Goal Kick:

- The ball may be placed anywhere within the goal area.
- The ball is in play once it has been kicked beyond the penalty area.
- Opposing players must remain outside the penalty area until the ball is kicked into play beyond the penalty area.
- A goal may be scored directly from a goal kick, but only against the opposing team.
- The player taking the goal kick may not play the ball twice in succession (penalty is an indirect free kick for the opposing team).
- Exception to Offside Law is permitted for the first person to receive the ball from a goal kick.

LAW 17: THE CORNER KICK

Essential Facts Regarding Corner Kick:

- The ball is placed within the corner arc at the nearest corner flag post.
- A goal may be scored directly from a corner kick.
- The ball is in play after it has been kicked and moves.
- Opposing players must remain ten yards from the corner arc until the ball is in play.
- The corner flag must not be moved or removed during the taking of the corner kick.
- The kicker may not play the ball twice in succession (penalty is an indirect free kick for the opposing team).
- Exception to Offside Law is permitted for the first person to receive the ball from a corner kick.

SAFETY AND RISK MANAGEMENT

SAFE HAVEN INTRODUCTION

Agreeing to a background check is required for each volunteer. Safe Haven® is both a child AND volunteer protection program.

The child protection aspect is intended to prevent child abuse, promote education and awareness, enforce policies and screen and train volunteers. It includes proactive steps that promote a positive, healthy environment for children. Volunteer protection comes into play as a result of volunteer training, certification and continuing education. The Volunteer Protection Act of 1997 provides certain legal protections for volunteers *who have been trained and certified and act in accordance with a written job description*. Safe Haven includes these three elements, giving volunteers the highest degree of protection available under the law.

To coach in AYSO, you MUST complete this course!

KEEP IN MIND



To ensure the safety of both children and volunteers, each volunteer is **required** to take a class or online training session called AYSO's Safe Haven® focusing on safety and appropriate behavior with children as well as other on-field issues.

RISK MANAGEMENT BASICS

Covered in detail within our Safe Haven course, below are some general excerpts regarding risk:

Supervision

- One adult for every 8 or fewer children.
- **At least 2 adults present at ALL times.**
- At least 1 adult of the same gender as players.
- Adults should never be alone with a child except their own (including transporting a child in a car).
- Team Coach is responsible for players on team until they are picked up or otherwise leave the area.
- **No child shall be left unsupervised** after a game or training session.
- When necessary to speak privately with a child, select a spot out of earshot but within sight of others.
- The AYSO "Buddy System" requires a minimum of 3 players whenever children are allowed to enter a restroom alone, etc. Necessary for preventing player-on-player abuse.
- Adult supervisors of children must ensure that players are not allowed to abuse other players during AYSO activities.

Physical contact with children should be:

- In response to the need of the child only.
- With the child's permission.
- Respectful of any resistance or hesitation.
- Careful to avoid private parts (hug from the side only).
- In the open, never in private.
- Brief in duration.
- Age and developmentally appropriate.

Social Media!

To help address the growing need to protect children from abuse, which includes the invasion of privacy rights and/or volunteers from misunderstandings and false accusations, the following recommendations are suggested for electronic communications and the use of social media sites, such as Facebook or Twitter.

- Maintain transparency in communications with children while protecting children's identity and privacy. It is the responsibility of adults to maintain appropriate boundaries!
- All communications regarding AYSO activities and participation in the program must be directed to parents and guardians including voice messages, e-mails and text messages (it is up to the child's parents to communicate necessary information).
- If, for older players or youth volunteers, parents/guardians allow direct communications with a player or youth volunteers, parents must still be copied on any and all messages.
- Adults should refrain from private, personal, on-going electronic conversations with children.
- It is not advised to provide player access to your personal social media site (i.e., Facebook). Settings should be set to 'Private.'

The lines between personal, private and public are becoming very thin in today's tech-dominant world, please be responsible and fully aware of the challenges!

GENERAL GUIDELINES TO INJURY MANAGEMENT

In dealing with injuries, the coach must be competent and in control of the situation and remain calm to prevent panic. When at all unsure, GET professional help!

DO NOT

- Try to diagnose a serious injury.
- Touch the injury, but rather ask the injured player to move the affected area.
- A serious injury will not allow movement by the injured player and will give the coach a clue to the seriousness of the injury.

DO

- Seek professional help for all but minor injuries.
- Put the child's welfare ahead of the team's needs. AYSO philosophy emphasizes healthy competition in a proper perspective. Playing youngsters with serious injuries is incompatible with our value system.

Is a player ready to return to play?

- Can the player walk without limping?
- Can the player run in a straight line? Or cut from side to side?
- Can the player execute other demands of the game?
- Is the player safe from further injury?
- If the answer is no to any of these, do **not** return player to the game. If in doubt, sit them out!

General Care and Treatment of Injuries or Conditions

Injury	Treatment
Blisters	Don't pop blister or cut dead skin away. Cover with Vaseline. Apply blister-specific Band-Aids or moleskin (cut piece out to surround blister, do not place directly on blister).
Sprain (Ankle, Knee, Wrist, Elbow)	Pressure wrap, ice for 20 minutes per hour during first 48 hours. Elevate when possible. RICE - Rest Ice Compression Elevation
Muscle Strain (Pull)	RICE
Contusion (Bruise)	RICE
Cramp	Apply light pressure with hand. Stretch muscle with steady pressure. Ensure player is well hydrated.
Nose Bleed	Direct pressure (pinch nostrils.) Sit player up. Don't blow nose.
Bleeding	Apply direct pressure. Bandage. If continues, get professional help.
Cut or Abrasions	Stop bleeding with direct pressure. Wash with antiseptic. Close with adhesive strip or butterfly. Cover with dry sterile dressing.
"Wind Knocked Out"	Lie on side or back. Encourage slow, relaxed breathing. Try to reduce anxiety.
Heat Exhaustion - Player Feels Cool, Clammy and Damp. Pale.	Move to shade. Douse with cool water. Loosen restrictive clothes. Give fluids.
Unconsciousness	Check airway, breathing, and pulse. Don't move (risk of spinal injury). Get help!
Concussion (Possible With or Without Consciousness)	Look for loss of memory, confusion, headache, dilated pupils, nausea. Do not send player back into game. Refer to CDC's signs & symptoms. If any doubt, get help.
Choking - Object Blocking Wind Passage	Use Heimlich Maneuver. Get help!
Fracture/Dislocation	Immobilize area. Professional help immediately!
Heat Stroke - Player Feels Hot, Dry, Dizzy, Shallow Breathing.	Professional help immediately!
Hypothermia	Shield from wind and cold, wrap in warm blankets and cover head. Get Help!

When at all unsure, GET professional help!

In addition to the Universal Safe Haven Module required for this course, we strongly suggest a coaches' first aid class or certification.

CONCUSSION AWARENESS (Summary From Cdc Heads Up Initiative)

- A concussion is a brain injury caused by a bump or blow to the head area.
- Even a mild bump or blow to the head can be serious.
- You cannot see a concussion, but you can recognize the symptoms.
- Symptoms can show up right after the injury or sometimes not until after days or even weeks.
- If a player reports any symptoms of a concussion, or if you or a parent notices any symptoms, seek medical attention right away!

Symptoms Observed By Athlete:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right”.

If you think a player has a concussion:

- Remove player from play.
- Inform player’s parents or guardians about the known or possible concussion and inform of the symptoms listed above.
- Ensure player is evaluated by health care professional (don’t try to judge severity of injury yourself).
- Allow player to return to play only with permission from an appropriate health care professional.

To prevent concussions:

- Ensure that they follow their coach’s rules for safety and the *Laws of the Game*.
- Practice the use of proper soccer techniques, especially when heading the ball.
- Practice good sportsmanship at all times.
- Wear the proper protective equipment.
- Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Be aware of all the signs and symptoms of a concussion.

Note: Heading for players in 14U is limited to a maximum of thirty (30) minutes per week with no more than 15-20 headers, per player. There is no restriction on heading in matches.

HEALTH, FITNESS AND NUTRITION

STAYING HEALTHY

Fitness

Fitness can be defined as a combination of speed, strength, stamina, suppleness and skill and should be specific to meet the demands of the sport. Speed and stamina are two main components of fitness that all soccer players require (and vary depending on the player's role in the team). There are two types of stamina that we will address: aerobic and anaerobic.

Aerobic Conditioning

Aerobic fitness uses oxygen to perform exercise. Physical exercise such as jogging constantly improves the body's ability to transport oxygen to the muscles and allows the athlete to work at a constant rate without being completely fatigued. Aerobic exercise helps to build athletic stamina for sustained performance.

Anaerobic Conditioning

Anaerobic fitness is high intensity exercise without the use of oxygen. High-energy activities such as sprinting and jumping require the use of energy (ATP, glycogen) that is stored in the muscles. This happens when the body needs to get energy quickly. Anaerobic capacity can be improved by performing high intensity exercises for short durations.

Soccer-Specific Fitness

Soccer players need a combination of aerobic and anaerobic fitness. Some positions require a higher level of aerobic fitness, while others require more anaerobic-specific fitness.

Midfield Players tend to cover the most distance during a game as they are expected to continuously link with the offense and defense. Because of this, midfield players need a more all-round fitness profile with an emphasis on both aerobic and anaerobic capacity.

Attackers and Defenders need more training that prioritizes speed. Although defenders and attackers can often get more rest time than midfielders, they are also required to perform sprints at a faster speed to be successful in their crucial phases of play. For improvements in acceleration, repeated sprints of around six seconds in duration will be effective.

Hydration

With 70-75% of your total weight made up from water, it is essential to stay hydrated throughout the day, not just prior to activity. Ultimately, fluid intake is based on the size of the player, temperature, humidity and length of game (minutes played) or practice. In general, players need:

- 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.

Children don't sweat as effectively as adults and without adequate fluid replacement, fatigue can quickly set in (when the body loses as little as 5% of its water it can reduce physical performance by 20-30%). Therefore, it is essential for soccer players to regulate their fluid intake in order to play at their top level. Water is adequate before a game, while sports drinks can be used at halftime or after the game to help replenish lost electrolytes and carbs (they also taste good so kids are more likely to drink them).

The Importance Of What We Eat

Soccer players require the right level of energy, which can be produced from eating a balanced diet high in carbohydrates. Carbohydrates provide the most energy to the body and can be split into 'simple' or 'complex'. It is important to know the right types of foods to eat and which foods provide the best source of energy.

'Simple' carbohydrates (sugar) can be found in candy, soda, sweets and cakes, and while they can provide energy, players can experience highs and lows from this type of food. Simple sugars are still a good source of energy but should be consumed from natural foods such as fruit and vegetables.

Complex' carbohydrates (starches) take longer to break down providing a longer lasting energy source. Starches include grain products such as bread, crackers, pasta and cereals. Eating whole grain starches also provides the body with fiber, which is another important nutrient to aid digestion.

Foods that contain protein such as meats are an integral part of an athlete's diet. Foods rich in protein help to build, maintain and replace damaged tissues. While all meats contain protein, there are some that are easier to digest than others. White meats (chicken and fish) are easier to digest than red meats (beef) and can be eaten to provide the right protein levels. Milk, yogurt, eggs, soybeans are also good sources of lean protein.

Healthy Snacks

Many younger soccer players run from school directly to practices or games and have no time to stop for a highenergy snack to boost energy for performance. To stay fueled, players should keep water and healthy snacks accessible in their backpacks, lockers and coolers. Some healthy suggestions:

Bananas and other whole fruits, low-fat muffins, trail mix, whole grain crackers and cheese, fruit snacks, raisins, yogurt, carrots, apple wedges with peanut butter, granola bars, string cheese, and pretzels.

NOTE: At your team meeting, find out about any food allergies, i.e., peanuts, to avoid dangerous situations.

Recovery Tips

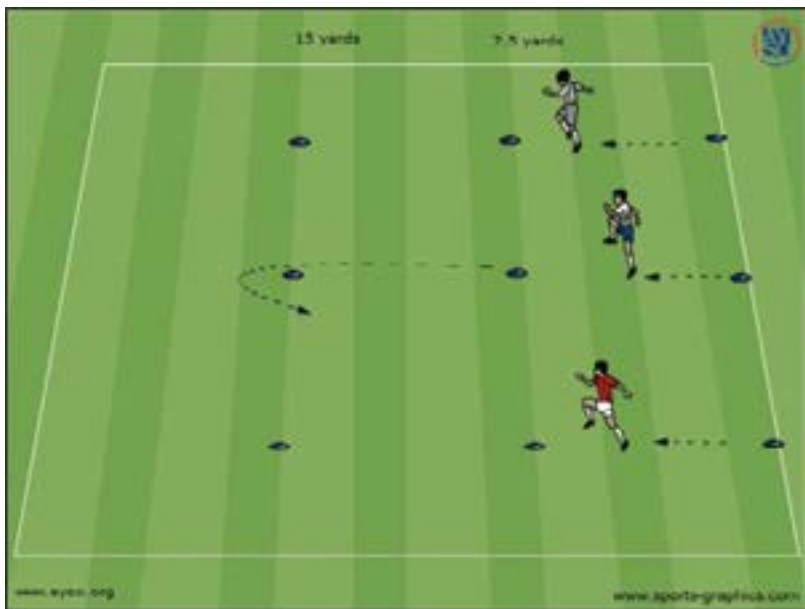
Vital for 14U players, recovery techniques should be applied before, during and after each game or training session to maximize performance and reduce injuries.

- Players need up to 72 hours between sessions to fully recover.
- Experts suggest eating carbohydrates and protein within 30 minutes after intense activity to replenish energy stores and speed recovery. Instruct your players to eat a sandwich, fruit or other snack right after a game.
- Sleep is vital for recovery and maximum sports performance. Youth soccer players typically need seven to nine hours of sleep. Not usually an issue for 14U players, encourage your players to get the sleep they need.
- Skim chocolate milk is an effective drink to boost recovery.

DYNAMIC WARM-UP

PHYSICAL PREPARATION

Dynamic movement and stretching helps prepare the muscles, increase the range of motion and warm up the body. Exercises can be incorporated into your technical warm-up and 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 (For short video demonstrations visit [aysou.video/stretches](https://www.ayso.org/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).

TEAM MANAGEMENT

ORGANIZING THE TEAM

1. Develop a Team Goal.

“Development over Winning” or “Total Player Development” are good bases for a team goal. Develop in conjunction with your players and parents.

2. Develop a Coaching Philosophy.

You can base your personal coaching philosophy on your own perspective or the AYSO Coach Pledge (see Appendix C).

3. Conduct a Parents’ Meeting!

- Discuss AYSO’s Vision, Mission and Six Philosophies! Remember, **this is what makes AYSO unique!**
- Explain your Coaching Philosophy. Your guidelines and expectations (share your coaching experience or lack thereof), and team policies regarding:
 - Equipment brought to practice by each player: water, ball (properly inflated), shin guards, appropriate clothing, footwear, (sunscreen), etc.
 - Attendance at practices and games.
 - Player and parent behavior. You can discuss expectations of players and parents based on the Player and Parent Pledges as well as introduce Kids Zone.
- Discuss the team’s goal(s).
- Educate parents briefly on the *Laws of the Game* specific to this age group. Distributing the ABC’s of AYSO (contact your Regional Commissioner for more info) is a great way to introduce new parents to soccer and AYSO.
- Encourage parents to keep you informed about player health/readiness to participate.
- Review CDC Concussion Signs & Symptoms and direct parents to the Safe Haven for Parents site.
- GET HELP – You will need:
 - Assistant Coaches
 - Team Manager for administrative duties such as phone calls, coordinating carpools, etc.
 - Team Parent to develop snack schedule, plan social activities, etc.

MATCH DAY MANAGEMENT

Prior to Match Day

- Remind parents where and what time your team will meet.
- Ask parents to have players arrive approximately 30 minutes prior to kick-off in order to account for late arrivals, warm-up and prepare accordingly.

Match Day

- **Check Your Equipment Before You Leave Home:** make sure you have all the equipment you need.

Before the Match

- Arrive early: at least 10 minutes before the time you expect your players.
- Gather team: begin “free play activity” as players arrive.
- Conduct a warm-up, which should include a ball per player or pair. Avoid long lines. Players need to get moving and familiar with the ball.
- Remind them to have fun and to do their best!
- Review training that was practiced and how it should be integrated into the game.

After the Match

- Limit any post match speeches! At the most a very brief review of what went well.
- Ask if anyone is hurt.
- Thank the players for participating and congratulate players who worked particularly hard.
- Remind players (and parents) of next practice or match.
- Wish them well for the remainder of their weekend!



APPENDIX A: PLEDGES

AYSO COACH PLEDGE

In my words and action, I pledge to:

1. Enthusiastically support and practice the AYSO mission to “enrich children’s lives” by embracing our Philosophies of: **Everyone Plays®, Open Registration, Balanced Teams, Positive Coaching, Good Sportsmanship and Player Development.**
2. Stay informed about sound principles of coaching and child development.
3. Respect the game and know the Laws.
4. Emphasize to my players that they must abide by the *Laws of the Game* at all times.
5. Develop a true respect for all referees judgments.
6. Develop a team respect for our opponents and each other.
7. Ensure a safe environment for my players.
8. Never yell at or ridicule a player.
9. Always set a good example.
10. Remember that soccer is a game and all games should be fun.
11. Let the players play without constant instructions or commentary from sidelines.
12. Role model good sporting behavior.

AYSO PLAYER PLEDGE

In my words and action, I pledge to:

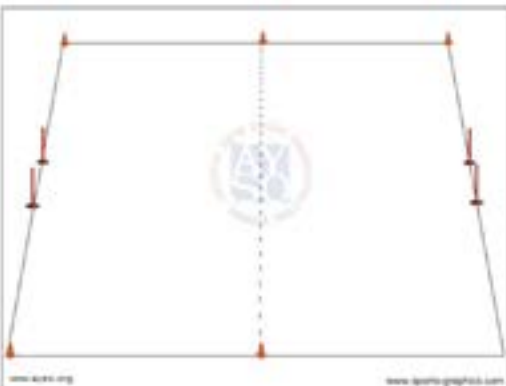
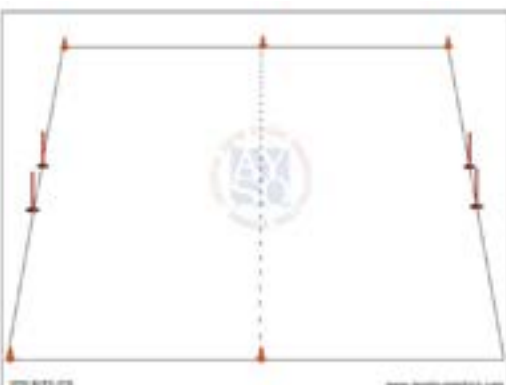
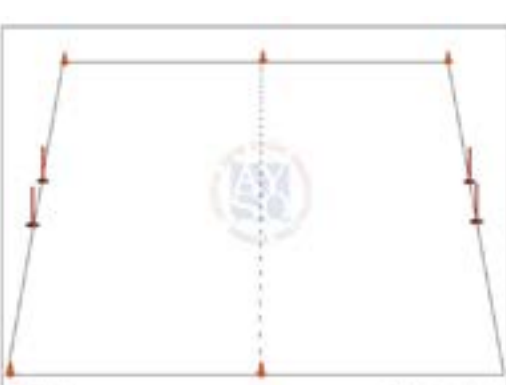

1. Play for the sake of playing a game, not just to please a parent or coach.
2. Always give my best effort and work as hard for my teammates as I do for myself.
3. Treat all players as I would like to be treated.
4. Be a team player.
5. Be a good sport and support good plays whether they are made by my team or my opponents.
6. Abide by the *Laws of the Game*.
7. Cooperate with my coaches, teammates, opponents and the referee.
8. **Never argue with or complain about referee calls or decisions.**
9. Control my temper when I feel I have been wronged.
10. Not use offensive or abusive language.
11. Remember that the object of the game is to win, but the goal is to enjoy myself and give my best effort.

AYSO PARENT PLEDGE

In my words and action, I pledge to:

1. Attend and participate in team parent meetings as requested.
2. Be on time or early when dropping off or picking up my child for training or game.
3. Ensure my child is supported and encouraged by family or loved ones at games.
4. Encourage my child to have fun and keep sport in its proper perspective.
5. **Define winning for my child as doing his/her very best and appreciate Development over Winning.**
6. Endeavor to understand the Laws (rules) of soccer and support the efforts of referees.
7. Honor the game and show respect for all involved including coaches, players, opponents, spectators and referees.
8. **Applaud and encourage players from both teams and not yell out instructions** (as this causes confusion to the players and ultimately hinders development).
9. Refrain from making negative comments about the game, coaches, referees or players, especially from the sidelines.
10. Encourage others to refrain from negative or abusive sideline behavior.
11. As parents, keep the game in perspective for our children (as a pastime, sport, fun, exercise).
12. Abide by the tenets of Kids Zone for appropriate sideline behavior and support AYSO's vision to enrich children's lives.

APPENDIX B: TRAINING PLAN

<p>STAGE 1 Technical Warm-up</p> <ul style="list-style-type: none"> * Max. ball contact, reps. * Introduce topic * Physical prep. (dynamic) * Unopposed to opposed 	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>
<p>STAGE 2 Small-sided Activity</p> <ul style="list-style-type: none"> * Individual & pairs * Competition & Teamwork * 2v2 & 3v3.. 	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>
<p>STAGE 3 Expanded Activity</p> <ul style="list-style-type: none"> * Opposition (attack & defense) * Directional play (w/goals or targets) * Expanded #s. (3v3 to 7v7...) * Most game aspects 	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>
<p>STAGE 4 Small-sided Match</p> <ul style="list-style-type: none"> * Unconditional * Emphasize topic * Age group laws * Formations * Let them Play! <p>Cool Down/Debrief</p>	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>

APPENDIX C: PLAYER EVALUATION

Player: _____ Number: _____ Age: _____ Position: _____

TECHNICAL	RATING	COMMENTS
Ball Control	1 2 3 4 5	
Receiving	1 2 3 4 5	
Passing	1 2 3 4 5	
Dribbling	1 2 3 4 5	
Running with the Ball	1 2 3 4 5	
Finishing	1 2 3 4 5	
Creativity	1 2 3 4 5	
TACTICAL		
Offensive Awareness	1 2 3 4 5	
Defensive Awareness	1 2 3 4 5	
Position-Specific Awareness	1 2 3 4 5	
PHYSICAL		
Agility & Balance	1 2 3 4 5	
Speed	1 2 3 4 5	
Endurance	1 2 3 4 5	
Strength	1 2 3 4 5	
Explosiveness	1 2 3 4 5	
Perception & Awareness	1 2 3 4 5	
PSYCHOSOCIAL		
Competitiveness	1 2 3 4 5	
Confidence	1 2 3 4 5	
Teamwork	1 2 3 4 5	
Leadership	1 2 3 4 5	
Communication	1 2 3 4 5	

1: Needs Improvement

2: Below Average

3: Average

4: Above Average

5: Skill Mastery

APPENDIX D: COACH REFLECTION

Technique/Topic: _____

PREPARATION: Did I...	YES	NO	COMMENTS
Prepare a written training plan			
Arrive timely to prepare coaching area			
Use Free Play (upon player arrival +)			
Introduce objective/topic			
COACHING: Did I...			
Effectively demonstrate where possible			
Involve player(s) where possible			
Observe and correct			
Effectively present coaching points			
Progress/modify activity (speed, space, opposition)			
Scrimmage (emphasize topic but let them play!)			
ASSESSMENT: Did I...			
Minimize verbal instructions			
Teach appropriate laws where possible			
Minimize use of 3 Ls			
Provide adequate water breaks			
Engage and inspire the players			
Educate!			
Accomplish the goals of my training plan			
Finish on time			

One thing to improve for next training session: _____

APPENDIX E: VIP

VIP PROGRAM

Integrating the “VIP” Player into Your Region

A VIP (Very Important Player) is a player whose physical and/or mental challenges make it difficult to successfully participate on a mainstream soccer team.

What is successful participation? It should be defined by the player’s enjoyment and the safety of all team members.

The player who has only a physical disability is likely to have many of the expectations and capabilities of a non-disabled player and should be coached accordingly. Every effort should be made to integrate these players into mainstream teams, as much as safety allows.

VIP is an AYSO program designed to provide a quality soccer experience for VIP players. VIP teams offer many players with disabilities the least-restrictive and safest environment in which to learn and enjoy the game of soccer.

Contact your Regional Commissioner, Regional Coach Administrator, Regional VIP Administrator or the AYSO National Office to obtain AYSO’s special VIP training materials and information on how to begin a VIP program.

APPENDIX F: AYSO COACHES CORNER, Q&A

QUESTIONS & ANSWERS

My team is very strong and often is many goals ahead early. Understanding a blowout doesn't really help anyone, what can I do to contain it within reason?

This is a delicate topic but a very important one. Although we do not have an official policy on this, from a coaching perspective, the challenge is *not* to penalize the winning or scoring team (the purpose of the game after all), but not humiliate or discourage the opposing team who are being easily beaten. A few pointers for consideration:

- Coaches should be proactive *early* in the game if they see an obvious disparity.
- Winning team should *not* be penalized, i.e., reducing players, stopping scoring or sitting better players.
- Losing team should *not* be patronized, i.e., blatant efforts like playing two players down.
- Rather, we should look at some *proactive and challenging coaching conditions* for coaches potentially *about* to run up a score:
 - Rotate players' positions on winning team (GK plays striker, strikers play GK/defender, etc.)
 - Introduce a specific number of passes to score (again, a reasonable challenge that is less noticeable).
 - Ball needs to be played "wide" before being put into offensive area.
 - Selected players can only shoot using weaker foot.
 - Players must perform a specific turn or move, i.e., step-over before shooting.

In actuality, there is no guaranteed way to lessen a blowout or ensure it doesn't happen; however, a proactive awareness and effort by the winning coach *can* help lessen the impact. It should also be noted that prioritizing "development over winning" from day one could help the player's perspective.

Why do we have to be trained to coach the kids?

Age appropriate training and certification benefits *all* members of the organization. Most importantly, **our players** receive age appropriate and current coaching methods, which ultimately boosts their soccer (and personal) development, as well as their overall AYSO experience.

Our volunteer coaches are given insight to the modern game; learn about our wonderful organization (what makes AYSO unique); and are introduced to the most innovative and current coaching methodologies and activities. This not only provides great education, but also a comfort level to coaching their selected age group (maximizing their volunteer experience). After all, coaches need to have fun as well!

Coach training provides **our parents** with the comfort of knowing that the individual working with *their* child is age appropriately trained and qualified. As well as soccer-specific training, the fact each coach has been trained and certified in our child and volunteer protection course, Safe Haven, further promotes a confidence level for our parents when they hand over their precious ones each week.

Locally, we create a strong reputation for quality programming for our **Regions** to stimulate their volunteer and player base. And finally, **nationally**, requiring age-specific coach training separates ourselves from other youth sports groups in our resolute commitment to Player Development.

In conclusion, coach training is a major component in ensuring our players; parents and coaches enjoy their AYSO experience to the max!

APPENDIX G: GLOSSARY

Activity: Drill or exercise.

Balance: Reading the attack and providing an equal or greater number of defenders than attackers at the point of attack, while simultaneously covering the vital area near the goal.

Center: To pass the ball from a wide position on the field into the penalty area, i.e., crossing.

Clear: A throw or kick by the goalkeeper or a kick by the defender in an attempt to get the ball away (clear) from the goal area.

Control/Restraint (Composure): Staying calm, disciplined and organized in the face of an attack by maintaining proper defensive techniques and positioning.

Resraint: proper defensive techniques and positioning.

Combination Play: Passing combinations executed by two or more players, i.e., wall pass.

Compactness: Compressing or restricting the space the attacking team has by “shepherding” them into a confined area makes it easier to defend and regain possession of the ball.

Corner kick: Awarded to the opposing team when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least ten yards from the ball when the corner kick is taken. Refer to the *Laws of the Game* for further details.

Cover: A player creates a second defensive line in order to provide defensive support of a teammate or teammates.

Delay: Slowing down the attack by closing the gap and denying space to allow the defense to get organized.

Dribble: A way of advancing the ball by a series of short taps with one or both feet.

Dynamic: Moving, i.e., dynamic stretching (during warm up).

Far Post: Side of the goal or goal post farthest from the ball.

Forward: Striker. Primarily an attacking player.

Functional Training: Training the specific demands of a position or a role. This can be for an individual player or for a group (i.e., forwards playing together as a pair in a 4-4-2). Functional training should take place in the area of the field where that scenario would occur in a real game.

Goalkeeper: The last line of defense. The goalkeeper is the only player who can use his hands within the field of play (limited to within the penalty area).

Goal line: Define ends of the field.

Grid: A marked (usually with cones), restricted playing area.

Half-volley: Kicking the ball just as it is rebounding off the ground.

Handball: Illegal act of intentionally touching the ball with the hands or arms.

Heading: A method of scoring, passing, and controlling the ball by making contact with the head.

Inside of the Foot – Push Pass: This technique is used to advance the ball or to maintain possession by passing to a teammate.

Inside of the Foot – Ball Control: Technique used to control the ball using the inside of the foot in order to maintain possession and prepare for the next move.

Instep Kick: Technique used for long passes and strong shots on goal using the instep of the foot.

Lob: Or chip. A high, soft kick, which lofts the ball over the heads of the opponents or goalkeeper.

Match: Game.

Marking: Guarding an opponent.

Midfielder: A player who is primarily responsible for moving the ball from the defenders to the forwards.

Mobility: Players changing positions (filling in for one another when necessary) and moving off the ball creates numerical advantages and thereby attacking/scoring opportunities.

Near Post: Side of the goal or goal post closest to the ball.

Obstructing: Preventing the opponent from going around a player by standing in the path of movement.

One-Touch Pass: A pass made without controlling (trapping) it first.

Overlap: The attacking play of a defender or midfielder going down the touch-line past his or her own winger.

Penetration: Advancement. Moving the ball and/or players past an opponent in order to get into position to shoot and/or score, and is achieved by shooting, dribbling, and passing.

Periodization: Planning and management of our players' global training and playing cycle. From seasonal planning (including transitional periods and off-season), to macrocycle planning (12-week season programming), to microcycle planning (weekly programming), to individual session planning (considering content and load).

Pitch: Another name for the field of play.

Pressure: Action of a defender to restrict time and space available to the offensive player.

Physical: A player's physical attributes: speed, agility, endurance, strength and power, etc.

Psychosocial: Respect, motivation, confidence, cooperation, competitiveness, etc., and how these emotions and feelings impact a player's development. Includes a player's ability to reason, learn and solve problems.

Screen / Shielding: Retaining possession and protecting the ball by keeping your body between the ball and opponent.

Set Play: A planned offensive movement to be executed at a free kick or corner kick.

Shoulder-Charge: Legally upsetting an opponent's balance by shoulder-to-shoulder contact.

Sliding Tackle: Attempting to take the ball away from the opponent by sliding on the ground and using the feet or legs to block and hold the ball.

Static: Stretching against muscle and holding for approximately 30 seconds (suited for coll-down).

Striker: A central forward position with a major responsibility for scoring goals.

Support: Supporting teammates by creating safe options for the player with the ball or movement to influence opponent's position to help a teammate receive the ball.

Tackling: Attempting to or taking the ball away from an opponent when both players are playing the ball with their feet.

Tactical: A player's capacity to use their skill and ability within a game environment (competition), i.e., playing out of the back, possession and transition, offense/defensive and quick transition, etc.

Takeover: A 2 vs. 1 combination play in which the two offensive players move toward each other and the ball is transferred from one player to the other.

Technical: A player's ability to master ball skills, i.e., ball control, shooting, etc.

Through Pass: A pass that goes between two players and behind the defense.

Throw-In: Used to restart the game after the entire ball has crossed the touchline, whether on the ground or in the air.

Touch line: Define sides of the field.

Training (team): Practice (individual).

Trap: Controlling a ball by means of the feet, thighs, or chest.

Two-Touches: One touch is used to control the ball and the second touch is used to pass the ball.

Volley: Kicking the ball while it is in flight.

Wall Pass: A pass to a teammate, followed by a return pass on the other side of the opponent. Also called "give-and-go" or "one-two."

Warm-Up: The warm-up activity should physically prepare your players for the session as well as introduce the technical component of your session, i.e., dribbling or ball control, etc.

Width: Attacking on a broad front (players spread out) stretches the defense and creates space for players to advance.

Wing: Area of the field near the touch-line.

Winger: Name given to the right and left outside forwards.

ACKNOWLEDGEMENTS

THANK YOU!

AYSO National Coaching Advisory Commission
John Ouellette

AYSO Soccer Camps / UK International Soccer

(Stewart Boniface, David Lavery, Marty Walker, Nik Alsop,

Gary Gamble, Marc Davis, Niall Foy, Neil Graham, Roy Collins, Lee Hartley, James Harrop, Nathan Ellis)

Dave Chesler, Director of Coaching Development, US Soccer

Scott Flood, Manager of Coaching Programs, US Soccer

Ian Barker, Director of Coaching of Education, NSCAA

Richie Williams, Anthony Latronica, Former US 17U Men's National Team

Robert Benavidez, AYSO Region 677

Adam Arentz and Mike Gassner, AYSO Section 1

Michael Blair, AYSO NCAC, AYSO Flagstaff Revolution

Jock Hamilton, AYSO Section 2 Coach Trainer, Staff Research Associate IV,

Supervisor Neurobiology, Physiology and Behavior, University of California, Davis

John Kerr and Mike Brady, Men's Soccer, Duke University

George Kuntz, Men's Soccer, California State University Fullerton

Scott Juniper, Women's Soccer, University of California at Irvine

Chris Volk, Men's Soccer, University of California at Irvine

David Thorburn, Technical Director, Whitby Iroquois Soccer Club, Canada

Leon Othen, Goalkeeping Director, Everton America

John Pascarella, Assistant Coach, Sporting KC, MLS

Austin Daniels, Technical Director, AZ Youth Soccer

Adrian Parrish, Technical Director, KY Youth Soccer

Bryan Alcantara, Coaching Coordinator- Training and Development Programs, NY Cosmos, NASL

Tim Penner, National Academy of Sports Medicine

Tony Lepore, US 14U BNT, The Power of Planning a Practice

Players: Jillian Nelson, Jorgia Jasper, Olivia Snyder, Maddie Snyder, Jarod Fountaine, Nathan Miller,

Ikaika King, Tim Suh, Connor Masterson, Katherine Demirjyn, Morganne Welsh, Jett Hayes

Search Institute® for Mentoring Partnership of Minnesota. (www.searchinstitute.org)

Wade Gilbert, PhD, California State University, Fresno, Kristen Dieffenbach, PhD, West Virginia University

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

AYSO VISION

is to provide world class youth soccer programs that enrich children's lives.

AYSO MISSION

is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

AYSO SIX PHILOSOPHIES

- Everyone Plays®
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development



AYSO National Office

19750 S. Vermont Ave., Suite 200, Torrance, CA 90502



everyone plays®