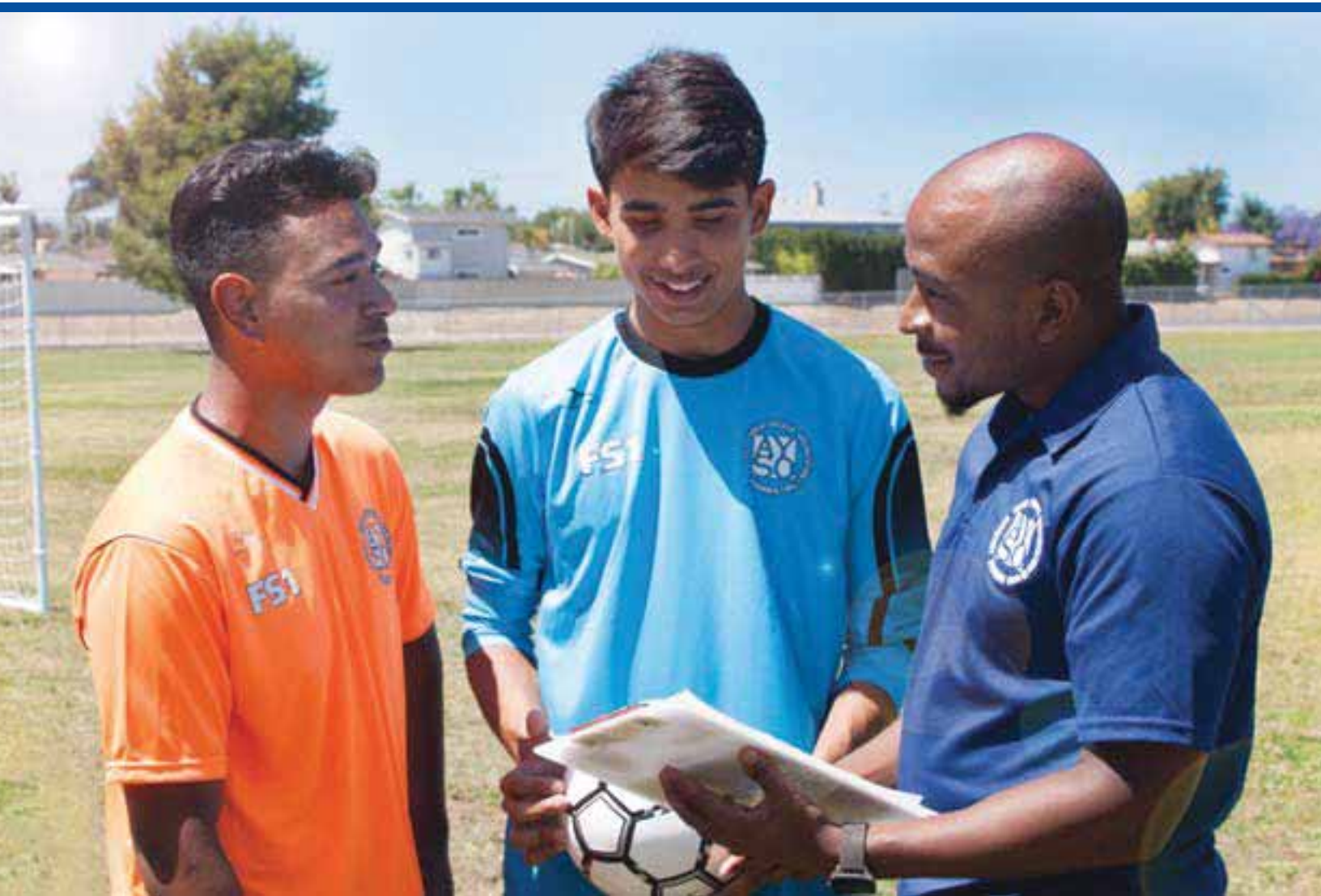


# INTERMEDIATE COACH



Complete "How-To" for Coaching Teenagers  
*Fine-Tune Technical Skills & Teach Tactical Awareness*



AMERICAN YOUTH  
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COACHING SERIES

# INTERMEDIATE COACH



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# CONTENTS

<b>WELCOME TO THE TEAM!</b>	<b>7</b>
THANK YOU FOR VOLUNTEERING!	7
<b>AYSO</b>	<b>8</b>
THE WORLD'S BIGGEST SOCCER CLUB	8
AYSO VISION	8
AYSO MISSION	8
AYSO SIX PHILOSOPHIES	9
<b>STEWARDS OF THE GAME</b>	<b>10</b>
APPLICATION ON THE FIELD	10
<b>KIDS ZONE®</b>	<b>11</b>
KEEP IT FRIENDLY	11
<b>INTERMEDIATE COACHING</b>	<b>12</b>
SHOWTIME!	12
<b>COACHING METHODOLOGY</b>	<b>13</b>
DEVELOPMENT OVER WINNING	13
CHARACTERISTICS OF SOCCER (VS. OTHER U.S. SPORTS)	14
CHARACTERISTICS OF EFFECTIVE COACHES	14
PREPARATION AND ORGANIZATION	15
EQUIPMENT	15
AGE APPROPRIATE UNDERSTANDING AND APPLICATION	16
COACHING MOMENTS	17
COACHING YOUR OWN CHILD	19
<b>AGE APPROPRIATE (PLAYER) DEVELOPMENT</b>	<b>20</b>
THE SCIENCE OF AGE APPROPRIATE TRAINING	20
KEY DEVELOPMENTAL COMPONENTS IN AYSO	21
INTERMEDIATE TRAINING	21
PERSONALITY TRAITS OF SUCCESSFUL ATHLETES	22
<b>ELEMENTS OF SOCCER</b>	<b>23</b>
OBJECTIVES OF THE GAME	23
PRINCIPLES OF PLAY	24
POSITIONS	28
TRADITIONAL NUMBERING SYSTEM	30
SYSTEMS OF PLAY	31
PROS AND CONS OF SOME POPULAR FORMATIONS	31
STYLE OF PLAY	35
<b>QUALITY TRAINING</b>	<b>36</b>
THE COACHING CYCLE	36
MATCH ANALYSIS TO REALITY-BASED TRAINING	37
FUNCTIONAL TRAINING	37
TEACHING PLAYERS TO READ THE GAME	38
PHASES OF PLAY AND TRANSITION	39
PERIODIZATION	41
TOPIC-BASED TRAINING	43
PROGRESSIVE (BUILD UP) TRAINING	43
UNEVEN TRAINING NUMBERS	44

<b>BUILDING YOUR 14U TRAINING SESSION</b>	<b>45</b>
TECHNICAL WARM-UP	45
SMALL-SIDED ACTIVITY	46
WATER BREAKS	46
<b>TECHNICAL DEVELOPMENT</b>	<b>48</b>
DRIBBLING	48
<b>BEATING AN OPPONENT 50</b>	
BALL CONTROL	51
PASSING	53
HEADING	53
GOALKEEPING	55
<b>RESTARTS</b>	<b>63</b>
KICK-OFFS	63
THROW-IN	64
CORNER KICKS	65
GOAL KICKS	68
ATTACKING TACTICS	70
INTERMEDIATE TRAINING ACTIVITIES	73
<b>INTERMEDIATE GOALKEEPING ACTIVITIES</b>	<b>74</b>
SHOT STOPPING	75
GOALKEEPING (DISTRIBUTION)	76
ANGLE PLAY & STARTING POSITION	77
<b>INTERMEDIATE DEFENDING ACTIVITIES</b>	<b>78</b>
INDIVIDUAL DEFENDING	79
DEFENDING (COVER: SECOND DEFENDER ROLE)	80
DEFENDING (BALANCE: THIRD DEFENDER ROLE)	81
BACK 4 ZONAL DEFENDING	82
FUNCTIONAL TRAINING FOR WING BACKS AND FULL BACKS	83
TRANSITION TO DEFENSE (3V3 & 4V4)	84
PLAYING OUT FROM THE BACK (POSSESSION WITH ACCURATE PASSING AND COMPOSURE)	85
<b>INTERMEDIATE MIDFIELD ACTIVITIES</b>	<b>86</b>
PASSING AND RECEIVING (COMBINATION PLAYS)	87
GATE BALL! DECISIVE POSSESSION (POSSESS WITH PURPOSE)	88
ASSERTIVE AND DIRECTIONAL FIRST TOUCH (AND SWITCHING PLAY)	89
POSSESSION PLAY IN MIDDLE THIRD	90
21! ATTACKING POSSESSION (POSSESS IN FINAL THIRD)	91
3 TEAM POSSESSION (OFF THE BALL MOVEMENT)	92
SEQUENCE POSSESSION	93
ATTACKING FROM MIDFIELD (USING ATTACKING PRINCIPLES OF PLAY.)	94
<b>INTERMEDIATE ATTACKING ACTIVITIES</b>	<b>95</b>
1V1 DRIBBLING	96
DRIBBLING	97
DRIBBLING (SHIELDING)	98
DRIBBLING TO CREATE SCORING OPPORTUNITIES	99
TRANSITION TO ATTACK (ATTACK AND COUNTER ATTACK)	100
PENETRATION IN THE FINAL THIRD	101
PENALTY BOX FINISHING	102
CROSSING AND FINISHING	103
<b>INTERMEDIATE TRAINING PLANS</b>	<b>104</b>

<b>INTERMEDIATE GOALKEEPING TRAINING PLANS</b>	<b>105</b>
TRAINING PLAN DIVING TECHNIQUES	106
TRAINING PLAN DEALING WITH CROSSES	107
TRAINING PLAN GK 1 ON 1	108
<b>INTERMEDIATE DEFENDING TRAINING PLANS</b>	<b>109</b>
DEFENDING PRINCIPLES OF PLAY	110
GROUP DEFENDING	111
DEFENDING THE COUNTER ATTACK	112
<b>INTERMEDIATE MIDFIELD TRAINING PLANS</b>	<b>113</b>
RECEIVING	114
POSSESSION PLAY	115
POSSESSION PLAY	116
PASSING, RECEIVING AND TURNING	117
PASSING, RECEIVING	118
(COMBINATION PLAYS)	118
ATTACKING FROM MIDFIELD	119
(USING ATTACKING PRINCIPLES OF PLAY)	119
<b>INTERMEDIATE ATTACKING TRAINING PLANS</b>	<b>120</b>
SHOOTING/FINISHING	121
COUNTER ATTACKING	122
SMALL GROUP PRINCIPLES OF ATTACK	123
<b>14U PROGRAM GUIDELINES</b>	<b>124</b>
<b>14U LAWS OF THE GAME</b>	<b>126</b>
INTRODUCTION	126
LAW 1: THE FIELD OF PLAY	127
LAW 2: THE BALL	127
LAW 3: THE NUMBER OF PLAYERS	127
LAW 4: THE PLAYERS' EQUIPMENT	127
LAW 5: THE REFEREE	127
LAW 6: THE ASSISTANT REFEREES	128
LAW 7: THE DURATION OF THE MATCH	128
LAW 8: THE START AND RESTART OF PLAY	128
LAW 9: THE BALL IN AND OUT OF PLAY	129
LAW 10: THE METHOD OF SCORING	129
LAW 11: OFFSIDE	129
LAW 12: FOULS AND MISCONDUCT	130
LAW 13: FREE KICKS	131
LAW 14: THE PENALTY KICK	131
LAW 15: THE THROW-IN	131
LAW 16: THE GOAL KICK	131
LAW 17: THE CORNER KICK	132
<b>SAFETY AND RISK MANAGEMENT</b>	<b>133</b>
SAFE HAVEN INTRODUCTION	133
RISK MANAGEMENT BASICS	133
GENERAL GUIDELINES TO INJURY MANAGEMENT	134
<b>HEALTH, FITNESS AND NUTRITION</b>	<b>137</b>
STAYING HEALTHY	137
<b>DYNAMIC WARM-UP</b>	<b>139</b>
PHYSICAL PREPARATION	139

# GOALKEEPING

## Role and Requirements

Arguably the most specialized position on the field, the goalkeeper has three main areas of responsibility:

- Stop shots/crosses to prevent goals.
- Support defense.
- Initiate/participate in attack.

Goalkeepers should have a solid understanding of the *Laws of the game* (lack of knowledge can present goal-scoring opportunities for opponents).

## Psychosocial

More than any other position on the field, the goalkeeper must be strong psychologically. This includes being confident, courageous, and accepting responsibility. It is also important that the goalkeeper is secure enough to handle the reality that almost any mistake can end up in the back of the net.

## Physical

Modern goalkeepers require flexibility, strength, power, endurance, agility, quickness, and coordination of movement. They should be one of the fittest players on your team. Goalkeepers require thorough and specific warm-ups that should stress flexibility and agility exercises.

## Technical

While natural ability is relevant to this position; catching, punching, deflecting, distribution and diving require specialized techniques. Only through position-specific coaching and deep practice can the goalkeeper become competent in each discipline.

## Tactical

To anticipate opponents and make correct decisions when initiating the attack, the goalkeeper must be well versed in tactics to help direct their defenders in their positioning and roles.

## Basic “Set” Position

- Eyes on the ball.
- Feet shoulder width apart.
- Trunk bent slightly forward from hips.
- Forearms almost parallel to ground and elbows bent with hands slightly cupped and pointing slightly upward.
- Knees slightly bent for power and feet are pointing in the direction of the ball.
- Weight on balls of the foot.





### Collecting Position

- Body behind ball.
- Waist bent.
- Feet slightly apart.
- Palms stretched outward to roll ball up into chest.
- More difficult balls may require dropping on one knee - perpendicular to path of ball and rolling ball up into body.

### Catching

Basics rules for catching include:

- Hand positioned in a “W” or “butterfly,” thumbs behind the ball.
- Body behind ball.
- Catch on fly (not on bounce) if possible, and guide catch into body.



To see this in action, visit:  
[aysou.video/tech22](https://aysou.video/tech22)



### Catch at Waist

- Control ball by bending trunk.
- Keep elbows in.
- Palms up.
- Roll ball from palms to body to absorb shock.

### Catch at Chest

- Palms downward and elbows slightly in front of chest.

### Catch At/Above Head

- No margin of error.
- Make sure hands are properly placed.
- Concentrate on strength of hands.
- Keep forearms parallel.
- Bring ball into body quickly.

### Putting the Ball Away

Regardless of the type of shot, keepers should always finish the save by “putting the ball away.”

Once the save is made:

- Keep eyes on ball while “hugging” into chest.
- Breathe and look around for teammates.
- Distribute the ball.



To see this in action, visit:  
[aysou.video/tech12](https://aysou.video/tech12)

## Punching

Punching is used when a ball is uncatchable due to speed, pressure, or risk. When in doubt, punch out!

- Clench fists to make flat surface.
- Use two fists when possible.
- Hit ball slightly below center.
- Never punch across mouth of goal.
- Direct your punch to start attack.
- Moving forward, punch forward and vice versa.
- Deflect with open palm if necessary.

## Parrying and Tipping

If a goalkeeper cannot catch the ball, or is uncertain, they should parry or tip the ball to safety.

- When diving, the goalkeeper can parry with one or two hands depending on the type of shot.
- Height and speed of the ball determines whether the goalkeeper catches or deflects and whether they can use one or two hands.
- If the ball is moving away from the body at pace, the goalkeeper will usually extend with one hand to give them more reach. If the shot is closer to the body but has too much pace, the goalkeeper may use two hands.
- The goalkeeper should use the hand closest to the ball. If the ball is over shoulder height, the goalkeeper will deflect using the top hand, if it is below shoulder height, the goalkeeper will typically use the lower hand.
- When the ball is above the head and the goalkeeper is unsure if they can catch the ball safely, the goalkeeper should use a large surface area (open hands) to tip the ball over the bar.



## Diving

Diving is a lateral movement to reach the ball when there isn't time to move the ball any other way.

**Diving Forward (smother):** Used to deal with challenging low shots and also in fast conditions, i.e., rain.

- Arms and hands extend to meet the ball, wrists and elbows close together, palms up.
- While capturing the ball, the goalkeeper stays low to the ground as possible and pushes body forward, through the save, sliding onto the forearms (keeping forearms close together).
- Hips stay low throughout.
- Goalkeeper will typically take a wider stance (higher risk) when making this save.
- The goalkeeper must safely control the ball with the hands first and then smother the ball.



To see this in action, visit:  
[aysou.video/tech23](https://www.aysou.video/tech23)



**Diving To Save Low Balls:**

- The body stays low to the ground and the eyes view the ball through the space (window) created by the arms as the save is being made.
- Shoulders are low and close to the knees (the further apart, the slower the goalkeeper will be to execute).
- Hands point forward, slightly in front of the body to meet the ball in a contour shape.
- Take a lateral step to the side that the ball is going.
- Toes should be face where the ball has come from, not the direction that the body is moving to (if the toes point to the side the hips will rotate).
- When diving right, step with the right foot and keep the right shoulder close to the right knee (and vice-versa).
- Secure the ball with one hand behind the ball and one hand on top. The ground should act as the third hand.

**Diving To Save Mid-range Balls:**

- Shoulders are low and close to the knees (the further apart, the slower the GK will be to execute).
- Take a lateral step to the side that the ball is going.
- Toes should be face where the ball has come from, not the direction that the body is moving to (if the toes point to the side the hips will rotate).
- Hands point forward, slightly in front of the body to meet the ball in a contour shape.
- When diving right, step with the right foot and keep the right shoulder close to the right knee (and vice-versa).
- Goalkeeper must hold their upper body higher and control the ball while in the air. One hand behind the ball the other on top.
- Goalkeeper saves and places the ball on the ground as they make contact with the ground.

**Reloading (getting back to feet after a dive)**

- Goalkeepers must be able to get back to their feet quickly, especially if they have given up a rebound or deflection.
- From a diving position, the goalkeeper should kick their top leg forward, away from their body to provide momentum and lift the upper body off of the ground.
- Chest, hands and head face the field of play.
- Goalkeeper may use a fist to support their weight and help them push the body up into a kneeling position (one knee in the ground and one up). From there the goalkeeper should stand and be in the set position, facing the field and ready for the next play.

## Dealing With Crosses

### Catching Crosses:

- Goalkeeper should assume the correct starting position in relation to the ball and the goal.
- The body position should be an open stance in order to see the ball and to see position of attacking players inside the area.
- Assess the flight of the ball.
- Communicate early, clear, and concise to defenders.
- Attack the ball (late, hard and fast – quickest and shortest route).
- Take off inside leg. Momentum of jump should propel you upward and forward (or upward and backwards if moving towards the back post).
- Take the ball at highest point, elbows flexed, and watch the ball into the hands.



To see this in action, visit:  
[aysou.video/tech24](https://aysou.video/tech24)

### Punching Crosses:

- Punch through the bottom and middle of the ball.
- Punch for good height, distance and width.
- Recover quickly to defend the goal.

### General:

- If the goalkeeper's decision is not to come for the cross the priority is to defend the goal.
- The goalkeeper should practice catching crosses from different angles, distances and trajectory.
- Introduce attackers and defenders only when the goalkeeper is comfortable and confident in coming to catch the cross.

## Distribution

The goalkeeper starts the attack by throwing or kicking the ball back into play. Accuracy and maintaining possession are the prime objectives. Distance is secondary.

### Throws:

- Underhand roll (bowling): quick, short and accurate. Ball shouldn't bounce.
- Sidearm (sling style): distance, accuracy and quick distribution with a spin.
- Overhand (arc style): most distance, less accurate, may take too much time, allowing for interception.



To see this in action, visit:

[aysou.video/tech13](https://aysou.video/tech13)

### Kicks:

- Volley (punt): greatest distance, less accurate, can relieve pressure or create numerical advantage.
- Half-volley: played low to give accuracy and less distance.
- Right foot kick: serve ball with left hand and vice-versa.
- Check out the training activity on page 76 to help develop goalkeeping distribution.



To see this in action, visit:

[aysou.video/tech14](https://aysou.video/tech14)

## Positioning and Angle Play

The only time the goalkeeper's feet should be on the goal line is during a penalty kick (FIFA Law 14 requires the goalkeeper to have a part of each foot in contact with the goal line until the penalty-kick is taken).

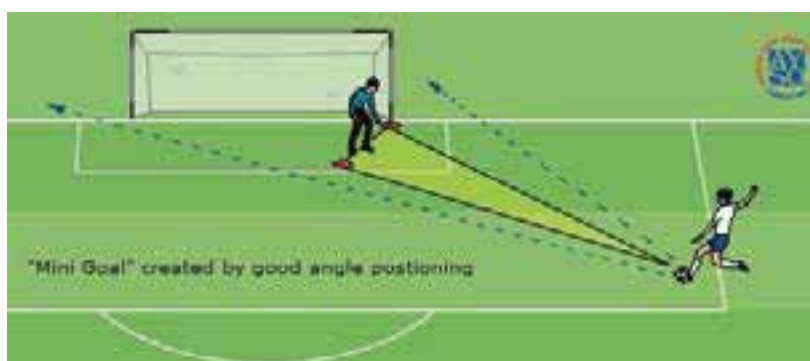
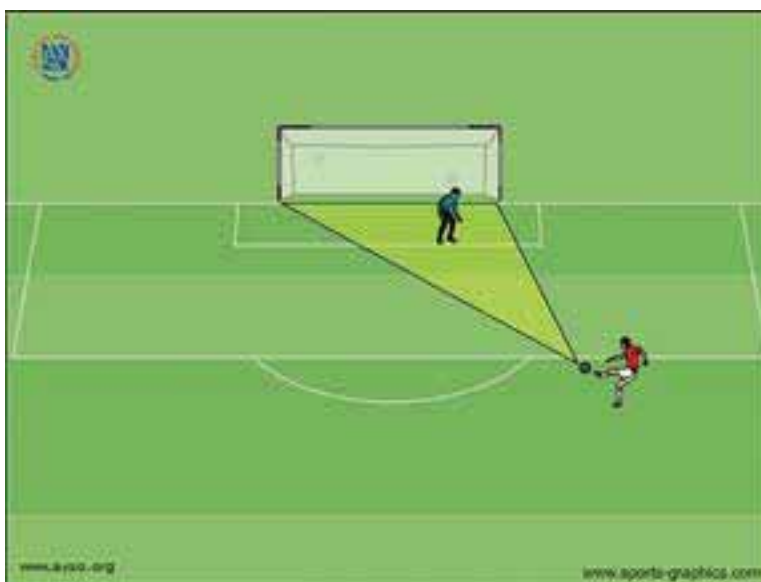
Other times the goalkeeper should use angle play to improve the chances of making a save. Angle play means reducing uncovered goal-area available to the shooter by moving toward the shooter.

The basic rule of angle play is to draw an imaginary line from each goal post to the shooter, forming a triangle. Move out from goal line thus reducing size of triangle (i.e., creates two triangles of smaller size, one on each side of goalkeeper).

### Coaching Points:

- Always protect the near post, so move forward favoring the near post until you can touch both imaginary lines from shooter to each goal-post.
- If not time properly, coming out will expose the goal to a chip or loft shot.
- Goalkeepers should position themselves to utilize defenders to block part of the goalmouth.
- Position body in the "Ball Line" (in line with ball and the middle of goal).
- Remaining in the "Ball Line," Goalkeeper can come out as far as they feel they cannot be beaten at the near post (post nearest to the ball).
- Ensure the save is made in the "Mini Goal" (imaginary small goal created by having the goalkeeper positioned in line with ball and middle of goal. If a shot goes wide of the "Mini Goal" one can assume the ball will be wide of the real goal).
- Always execute correct saving techniques, ensuring any loose balls are away from danger.
- 3 times a goalkeeper can start getting off the goal line:
  1. When the ball is too far to get chipped.
  2. When there is a defender in the way, so they can't get chipped.
  3. When the forward is facing away from goal so they can't get chipped.

Check out the training activity on page 77 to help develop goalkeeping angle play.





### 1 v 1 Situations

- The goalkeeper must get to the ball before the opponent shoots.
- The goalkeeper must be decisive by moving out on the proper angle, covering the goal with a parallel dive, and having the hands toward the near post.
- Encourage the goalkeeper to play up between the goals and penalty-line when the ball is in the opponents' half of the field, moving back as necessary.
- Body position should be on the front foot in anticipation of the through ball.
- The goalkeeper should advance when the ball is out of the attackers feet (shooting distance) putting the burden on the attacker while watching for a poor touch as their chance to attack the ball.
- Delaying and staying "big" for as long as possible will also give defenders a chance to recover towards the goal or even win the ball from the attacker.



### Misc. Goalkeeping Coaching Tips:

- Goalkeeper should direct defenders.
- Encourage players to listen to the goalkeeper on commands to mark, cover, pass back, etc.
- Teach players and goalkeeper how to pass back without violating the Laws.
- Rotate younger goalkeepers. Always have two or three in reserve.
- Involve your goalkeeper in all field drills, as well as goalkeeper drills. Playing with their feet is part of the modern goalkeeper's game.





# GOAL KICKS

A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team. A goal may be scored directly from a goal kick, but only against the opposing team.

## Attacking Tactics

- The most common goal kick is the long goal kick that plays the ball as far up field as possible to play the ball into the opponents' half of the field and increase the chances for an attack.
- One of the disadvantages of this kick is the accuracy to maintain possession.
- When making a long goal kick, the kicker should use an instep drive.
- Especially in the lower age divisions, the ball should be played to the wings to prevent a direct shot on goal if possession is lost (risk diminishes as ball can be kicked further up field).
- Attacking players should look for open areas of the field to become targets to receive the ball.
- The player receiving the ball should be quick to move to the ball, and teammates should move to supporting positions.
- Alternatively, the short goal kick is used to play the ball out to a teammate who is "unmarked" and who can then begin the attack from the defensive half of the field.

## Defending Tactics

- Each of the defending players should have a specific assignment on goal kicks.
- Although the Laws permit it, tactically it is not a good idea to have defenders within the goal area.
- Each attacker should be kept in view and marked by a defender.
- It is important to mark the attackers closely but not so tightly that the player can move off into open space.
- Defenders also must be careful not to give attackers too much space to operate in.
- After the goal kick has been taken, the defender should move to the ball and attempt to control it.
- If the defender is unable to control the ball, then pressure should be applied to minimize the options of the opposing player receiving the ball.

## FREE KICKS

A free kick is awarded for either a penal or non-penal foul and other technical infractions.

The free kick is used to put the ball into play by shooting or passing to a teammate.

A penal foul results in a direct free kick from the spot of the foul, and a goal may be scored directly from that kick. If the defense commits a penal foul in its own penalty area, a penalty kick is awarded to the attacking team.

Non-penal fouls result in the awarding of an indirect free kick. An indirect free kick must touch another player from either team before a goal can be scored.

The greatest concern by the defense should be for those free kicks that are awarded near the penalty area. This is where the attacking team can most effectively attack the goal.

In most cases a wall should be used to defend in this situation.

In order for players to distinguish between a direct and indirect free kick, the Laws require the referee to raise his hand for an indirect kick and to keep it raised until the ball is played by a second player.

### **Defensive Wall**

#### **Attacking Tactics**

- It is often advantageous to try to take the kick quickly before the defense has time to set up the wall.
- If the wall is already set, be sure that all the attacking players understand their responsibilities.
- Most effective techniques involve plays designed to go around or over the wall. This could be a chip shot over the heads of the defenders in the wall or a pass to a teammate making a run to a predetermined position (use decoy runs if you choose this option).

#### **Defending Tactics**

- As soon as a free kick is awarded near enough to the goal to present an immediate threat (this will vary with the age and skill level of the players), the defending team should begin setting up a wall between the ball and the goal to prevent a clear shot at goal.
- FIFA Laws require the defenders to be ten yards from the ball.
- The goalkeeper is responsible for determining how many players are needed in the wall to best defend the situation. The closer to the goal and the center of the field, the more defenders required in the wall. The goalkeeper should move to the near post and direct the end person in the wall so that the near post is sufficiently protected, then move to a position halfway between the remaining vulnerable area (between the far post and the nearest point in the wall).
- The players in the wall line up next to one another, shoulder to shoulder, with their hands positioned for protection. They should attempt to keep opponents out of their wall to prevent shots made through the wall.
- One technique you may consider is to number your defending players, or those players likely to be nearby, if a wall is needed. Then the goalkeeper can simply state the number of players to be in the wall, and the correct players can immediately move into position.
- For obvious reasons, the players you choose to be in the wall must have a fair amount of courage to defend the kick.
- The remaining defenders should be positioned to defend a specific area around the wall or mark up man-to-man. They should be careful, though, not to be too close to the goal line than the wall to keep the attackers concerned about offside.
- The nearest defender not in the wall should be responsible to directly attack the ball and pressure the shooter.

### **Direct Kicks**

Awarded when a penal-foul is committed, the direct kick is indicated by the referee blowing the whistle and pointing toward the goal of the offending team.

# INTERMEDIATE GOALKEEPING ACTIVITIES



## Graphic Legend



Passing



Player running



Dribbling



Disc cone

>

Progression/variation



Tall cone

# SHOT STOPPING

by: Marty Walker, Assistant Coach,  
YALE University Men's Soccer, CT

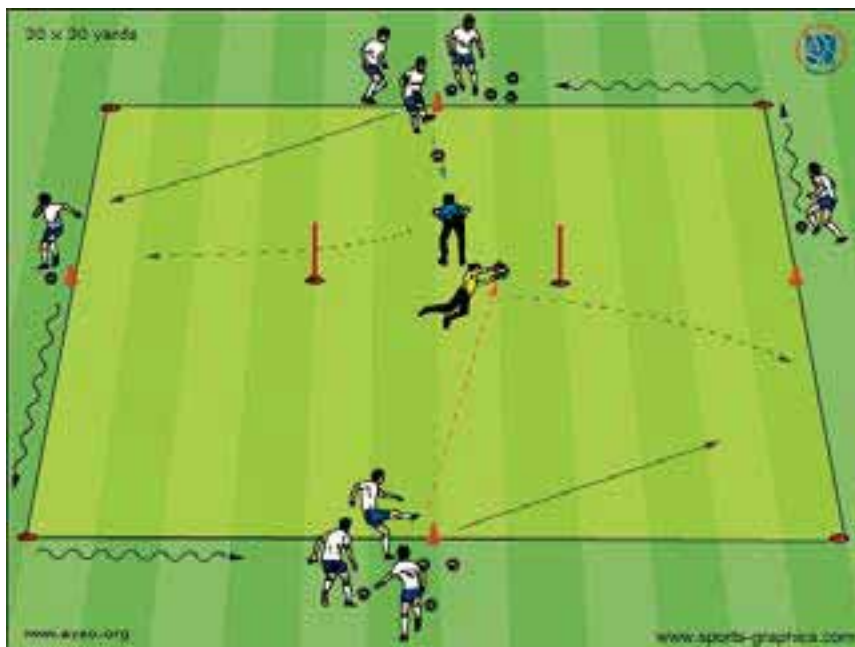
## STAGE 2: SMALL-SIDED ACTIVITY

### ORGANIZATION:

- 30 x 30 grid with central goal marked with poles.
- 2 GK's, 12 field players.

To see this activity in action visit:

[aysou.video/shotstop](https://www.youtube.com/watch?v=aysou.video/shotstop)



### INSTRUCTIONS

- Players strike balls towards centrally located gates.
- GK's save, then serve ball wide to moving player who receives on the move (shown in diagram).

### VARIATIONS/ PROGRESSIONS

- Vary strikes, i.e., drives, curved, chips, high/low, left, right, etc.
- Vary distribution, i.e., underhand "bowling" throws, sidearm "sling" throws, overhand "arc/sling" throws.

### COACHING POINTS

- GK must "set" before ball is struck: weight forward balanced on balls of feet; head relaxed; feet shoulder width apart; knees bent; bent at waist; hands out in front w/ palms diagonally down and slightly towards each other; elbows slightly in front of trunk.

#### Correct handling techniques:

##### Scoop

- Collapse leg & bend knee 'K' position to throw body weight forward.
- Shoulders forward, elbows in.
- Palms towards ball 'little fingers touching.' Lead with hands.
- Soft hands strong wrists.
- Hand & arms form ramp for ball to be taken into the body and secured.
- Head steady eyes on the ball Utilized for driven shots along ground.

##### Basket

- Hands & arms parallel.
- Fingers point towards the ground.
- Feet in split stance.
- Body behind the ball.
- Basket is formed by upper body (flexed at waist; the arms & hands).
- Ball is brought into body to secure it.
- Utilized for driven balls mid-trunk height or lower.

##### High Contour

- Spreading hands as wide as possible in a contour to fit around ball, with fingers up & thumbs almost touching.
- Utilized for receiving high balls – chest level and above.

##### Low Contour

- Formed like high contour but with fingers down & pinkies almost touching.
- Utilized for receiving low balls – waist level and below.
- Face opposition at all time and adjust body position for angled shots adjusting to ball line and arc accordingly.
- Regardless of the type of save, GK's should always finish the save by "putting the ball away" by "hugging" into chest.
- Hold, deflect or parry.
- Ensure any loose balls are away from danger.
- Because it is a quick-fire game, goalkeepers must stay focused at all times.
- Goalkeepers must recover and react after shot and/or save.
- Discuss footwork, i.e., shuffle: used when to travel a short distance in their goal quickly. Level hips, don't cross feet.

# GOALKEEPING (DISTRIBUTION)

by: Niall Foy, AYSO Section 12  
Resource Specialist

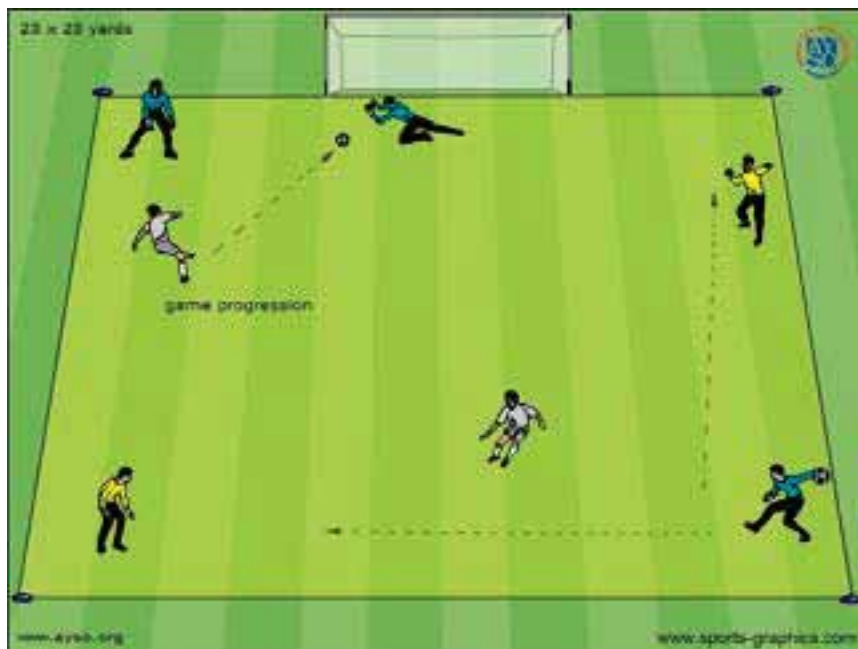
## STAGE 1: TECHNICAL WARM UP

### ORGANIZATION:

- 25 x 25 yard square.
- Players work in pairs.

To see this activity in action visit:

[aysou.video/distribution](https://www.aysou.com/video/distribution)



### INSTRUCTIONS

- Players lightly jog through grid bouncing, catching and exchanging ball with their partner. Players should perform dynamic stretching to make sure back, shoulders, neck, etc., are appropriately warmed up.
- GK's line up 10 yards opposite partners and throw & catch in pairs. Rolling the Ball: The ball should be thrown from a low position with a straight arm.
- Players will roll the ball back and forth in pairs, then have the target player moving and make sure the goalkeeper throws to reach partner in stride, like a good pass.
- Sidearm Throw: The ball being thrown from the side of the body at waist height with a straight arm to generate a more powerful action. Again in pairs, practice the throw first to a stationary partner, then moving.

### VARIATIONS/ PROGRESSIONS

- Goalkeeper Possession Game Throwing Square (shown in diagram) Four GK's in a square with one defender in the middle. Extra GK and defender added when required.
- GK's throw the ball around the square, using a roll or sidearm throw to teammates on either side, or an overhand throw to the player diagonally across, keeping the ball away from the defender.
- GK's receive the ball with their feet before picking it up to throw; if the ball can't be received cleanly the defender may challenge for the ball. If the defender in the middle are GK's, they can exchange places with an outside GK if they win the ball. You can vary the number of players outside and number of defenders based on ability and the number of players available.
- If defenders win the ball, they can take a shot on goal. If the GK saves the ball, the game restarts.

### COACHING POINTS

- Roll: GK's should receive the ball with their feet, like a field player, then pick it up for their throw. The release point of the ball should be low, so the ball rolls smoothly. Rolls should get there as quickly as possible, put some speed on the ball! A moving receiver should be able to take the ball in their stride.
- Side Arm: As before, the release point should be low. The ball should not be high and looping; it should hit the ground 2 to 3 yards away from the target so it has time to settle. Some backspin on the ball will help this happen. Again, the throw should have some pace on it. GK's receive the balls with their feet.  
Game: Encourage quick decision making- find the open player fast, before the defender closes down.
- Throws should find their teammates feet and be on the ground (not bouncing) to prevent loss of possession.



# ANGLE PLAY & STARTING POSITION

by: Leon Othen, Goalkeeper Director,  
Everton America Soccer Club

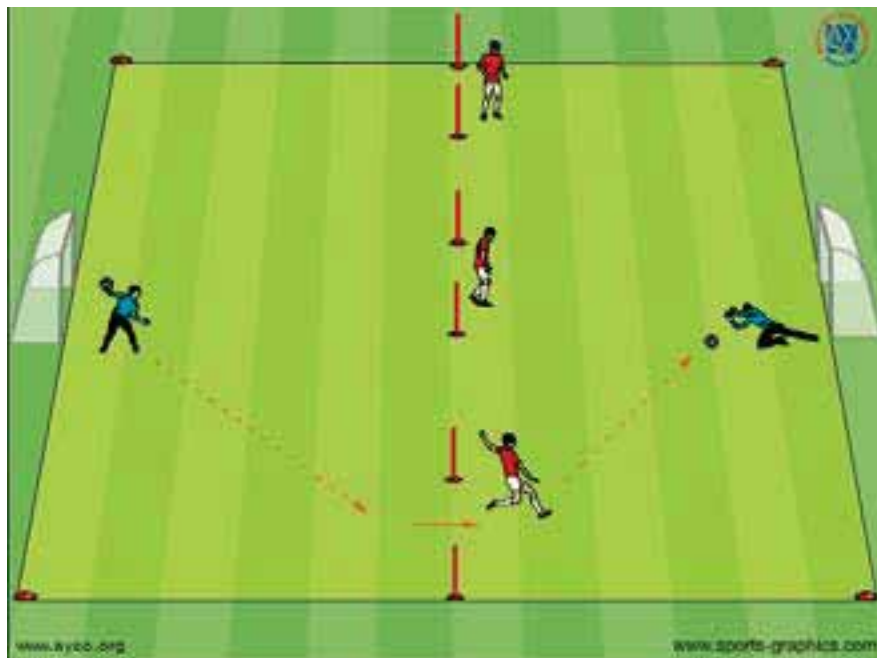
## STAGE 2: SMALL-SIDED ACTIVITY

### ORGANIZATION:

- Area the size of 2 penalty areas (depending on age).
- Ideally, 2 goals.
- Cones or poles to create 3 gates.

To see this activity in action visit:

[aysou.video/angle](https://www.aysou.video/angle)



### INSTRUCTIONS

- GK distributes ball to server 1, 2 or 3.
- Server must control the ball and take a heavy touch through their gate and shoot at opposite goal.
- Note: If all players are GK's, middle players must make the save before turning and shooting.
- Coach can work on different positioning by dictating how many touches servers have before shooting.

### VARIATIONS/ PROGRESSIONS

- Add speed with Wide v Middle game: when GK distributes wide, the middle player can defend. When GK plays to middle, both wide players defend.
- If defender wins the ball then they attack the other goal.

### COACHING POINTS

- Position body in the "Ball Line" (in line with ball and the middle of goal).
- Ensuring you are still in the "Ball Line," you can come out as far as you feel you cannot be beaten at the near post (post nearest to the ball).



- Ensure the save is made in the "Mini Goal" (imaginary small goal created by having the GK positioned in line with ball and middle of goal. If a shot goes wide of the "Mini Goal" one can assume the ball will be wide of the real goal).
- Correct saving techniques, ensuring any loose balls are away from danger.
- Identify the 3 times a goalkeeper can start getting off the goal line:

1. When the ball is too far for you to get chipped.
2. When there is a defender in the way, so you can't get chipped.
3. When the forward is facing away from goal so you can't get chipped.

# INTERMEDIATE TRAINING PLANS

It is a great pleasure to present a collection of 14U Training Plans from all across the soccer globe, including AYSO, Division I Universities, US Soccer, and the NSCAA. This broad perspective from top level youth coaches is representative of today's game and will give you a solid base to use for your in-season training sessions or a solid framework to help design your own plans.

The Training Plans focus more on functional training for specific demands of a position or role, either for an individual player or unit, i.e., midfield players. The Plans are grouped by topic and generally progress from simpler to more challenging. Functional training should ideally take place in the area of the field where that scenario would occur in a real game.

Please note, as with all sessions, you will need to customize and adapt each session and activity to your own players' stages of development and levels of ability (grid size, numbers, equipment, etc.) Some activities will work more effectively than others, pending numerous variables, so try them out and have fun with it.

# INTERMEDIATE GOALKEEPING TRAINING PLANS



## Graphic Legend



Passing



Player running



Dribbling



Disc cone



Progression/variation



Tall cone

# TRAINING PLAN DIVING TECHNIQUES

CREATED BY  
Leon Othen, GK Director,  
Everton America

## STAGE 1

(Technical Warm-up)

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

To see this activity, visit:  
[aysou.video/int1](https://www.youtube.com/watch?v=aysou.video/int1)

## ORGANIZATION/RULES

- Diving preparation.
- GK's in pairs (or with a coach).
- One GK working:
  1. GK sitting down. Server throws ball to either side.
  2. GK on knees. Server rolls ball to either side.
  3. GK on one knee. Server throws head height ball to side that foot is on floor.
- Alternate GK's after each exercise.
- GK specific dynamic movement, stretching and activation.



## COACHING POINTS

1. Two hands to catch, roll on soft parts of body.
2. Try to save the ball in front of knees. Go with two hands. Bottom hand is aimed to stop the ball, top hand on top to stop ball coming loose.
3. Push off on standing leg, ensuring foot is facing forward.

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/int2](https://www.youtube.com/watch?v=aysou.video/int2)

## ORGANIZATION/RULES

- GK shuffles from post around a cone placed in the middle of the goal and dives to save thrown serve at post.
- Ensure both sides are worked.
  - Low service.
  - High service.
  - Various service from kicked ball.



## COACHING POINTS

- Ensure leading foot comes forward and faces server.
- Bend inside leg knee to get low and push off that leg.
- Elbows out from under your body.

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

## STAGE 3

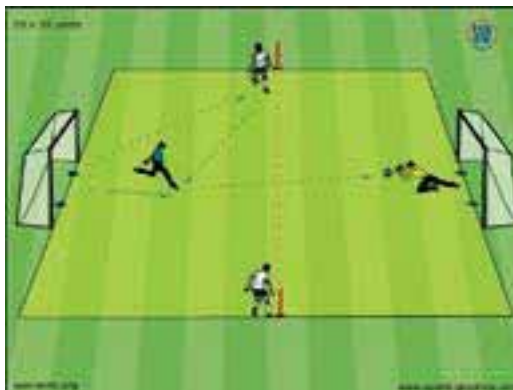
(Expanded Activity)

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

To see this activity, visit:  
[aysou.video/int3](https://www.youtube.com/watch?v=aysou.video/int3)

## ORGANIZATION/RULES

- GK rolls to wide server, server sets to GK who shoots at other GK.
- Coach dictates if this is done first time or with two touches (wide server must set ball in same half that it came from).
- Points awarded for hitting corners of goal to encourage dive.



## COACHING POINTS

- Be "set" as the ball is struck
- Bodyweight forward.
- Good decisions in handling: catch, tip or parry the ball.

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

To see this activity, visit:  
[aysou.video/int4](https://www.youtube.com/watch?v=aysou.video/int4)

## ORGANIZATION/RULES

- 2 v 2 plus Goalkeepers.
- Players can't cross half way line.
- One player may cross halfway line
- 2 v 2 free play.
- Static stretching with additional focus on upper body and back, brief review on session and any announcements.

Player leads static stretching, *brief* review on lesson and any announcements.



## COACHING POINTS

- Constantly moving into position based on position of ball.
- Ensure any parry's are away from danger.
- Second save if necessary.

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

# TRAINING PLAN DEALING WITH CROSSES

CREATED BY

John Pascarella, Asst. Coach,  
Sporting KC, MLS

## STAGE 1

(Technical Warm-up)

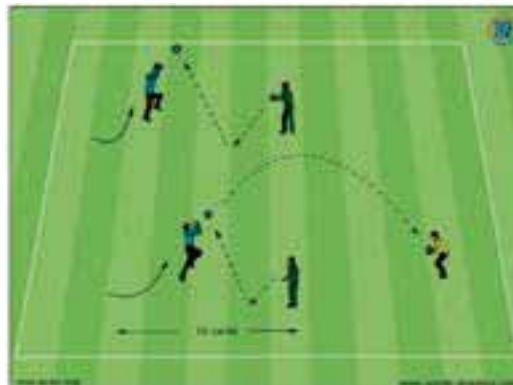
- \* Max. ball contact, repetition
- \* Introduce topic
- \* Physical prep. (dynamic)
- \* Unopposed-opposed

To see this activity, visit:

[aysou.video/int5](https://www.youtube.com/watch?v=aysou.video/int5)

## ORGANIZATION/RULES

- Basic catching and activation for crossing.
- GK stands across from a partner or coach roughly 10 yards apart.
- Coach bounces the ball hard off the ground between them.
- GK must time his steps and jump toward the ball so as to take it high and with his weight/momentum moving him forward as well as upward to catch.
- > Moving backward.
- > Punching & catching in groups of 3 (shown).



## COACHING POINTS

- Rhythm and timing of attacking the ball high in the air.
- Momentum of the jump should take you upward AND forward

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/int6](https://www.youtube.com/watch?v=aysou.video/int6)

## ORGANIZATION/RULES

- Crossing with pressure.
- Service (from hands initially) from wide areas into the near post, mid-goal area and back post area:
  - No pressure
  - Passive pressure
  - Full pressure from attackers
- > Serves now come from 2 touch crosses from foot service.
- > GK must successfully distribute ball to either of the 2 target players.
- > Change sides.



## COACHING POINTS

- Taking up the correct starting position.
- Rhythm and timing of attacking the ball high in the air.
- Momentum of the jump should take you upward and forward to catch; and upward and backward when moving backward (toward the back post). This momentum is important to fight off challenges from the opposition and is less forceful when jumping straight upward to catch.

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/int7](https://www.youtube.com/watch?v=aysou.video/int7)

## ORGANIZATION/RULES

- Crossing activity with distribution, backpass and switching play.
- Server A crosses the ball to the GK.
- After he collects the cross he throws wide (and supports his pass) to Server B on the opposite side.
- Server B takes the ball forward a few steps and then turns and plays ball back to the GK.
- GK collects the back pass in 1 touch and plays a diagonal pass to the original server with the 2nd touch.
- Following this action, reverse sides.



## COACHING POINTS

- Taking up correct starting position.
- Rhythm & timing of attacking ball high in air.
- Momentum of jump should take you upward and forward to catch; and upward & backward when moving backward (toward back post). This momentum is important to fight off challenges from the opposition & is less forceful when jumping straight upward to catch.
- Realistic throwing into path of teammate and support position for the back-pass.
- Good kicking technique when switching play.

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

To see this activity, visit:

[aysou.video/int8](https://www.youtube.com/watch?v=aysou.video/int8)

## ORGANIZATION/RULES

- Channel Game with GKs.
- General rules apply.
- Regular small-sided game with incentive of having wide players who can cross, unopposed, into the penalty area.
- Static stretching, brief review on session and any announcements.



## COACHING POINTS

- Constantly moving into position based on position of ball.
- Ensure any parry's are away from danger.
- Second save if necessary.

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



# TRAINING PLAN GK 1 ON 1

CREATED BY  
Marty Walker, Asst. Coach,  
Yale University, CT

## STAGE 1

(Technical Warm-up)

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

To see this activity, visit:  
[aysou.video/int9](https://www.aysou.com/video/int9)

## ORGANIZATION/RULES

- Use penalty box.
- 10 balls, 2 GK's working.
- GK's move around the box in GK motion.
- On coaches command, GK's either "close" a ball down or "claim" a low ball.
- > Add double saves to coach command.
- GK specific dynamic movement, stretching and activation.



## COACHING POINTS

- On the "close" command, GK should approach the ball lowering GK position with hands lowered by side.
- On the "claim" command, GK leads with forward foot towards a ball to "claim" at the feet of an attacker.

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

## STAGE 2

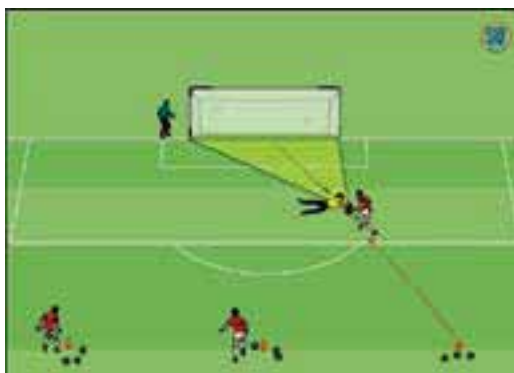
(Small-Sided Activity)

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

To see this activity, visit:  
[aysou.video/int10](https://www.aysou.com/video/int10)

## ORGANIZATION/RULES

- Field players (attackers) positioned from various starting points drive to goal to take on the GK 1 on 1.
- Rotate GK's.
- Upon save, GK distributes ball back to starting cone.
- > Alter the attackers' starting points.
- > Alter the distance of the attackers' starting point.



## COACHING POINTS

- Defend goal & defend space behind defenders.
- Anticipate & assess through ball.
- Starting position related to ball.
- Advance when ball is out of attackers feet. Be confident.
- Delay, stay big, put onus on attacker.
- Force attacker wide or back.
- Body position: front foot. Lead with hands 'looking through the window.'
- Head should be tucked in behind hands.

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

## STAGE 3

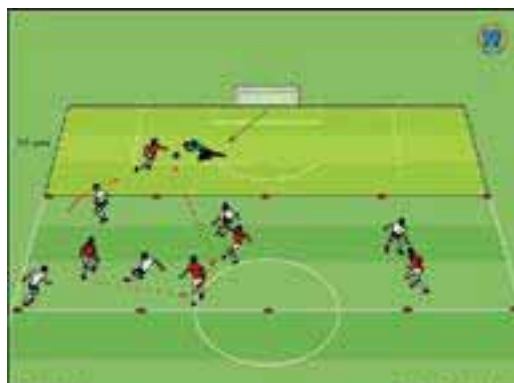
(Expanded Activity)

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

To see this activity, visit:  
[aysou.video/int11](https://www.aysou.com/video/int11)

## ORGANIZATION/RULES

- Approximate half field with a marked 20 yard zone.
- Possession game. GK's protect 1 goal, 10 field players. Rotate GKs.
- When either team combines for 3 passes, on the third pass, they can release a player into 1 on 1 with GK.
- On save, GK distributes ball back to the attacker's opponents.
- > Vary the number of passes required to release the striker.
- > Allow a defender to track attacker.
- > Add second goal at opposite end.



## COACHING POINTS

- GK focuses as play develops and anticipates a through ball.
- Focuses on decision-making based on starting position related to ball.
- Advance when ball is out of attackers feet. Be confident. Delay, stay big, put onus on attacker.
- Force attacker wide or back.
- Body position: front foot. Lead with hands 'looking through the window.'
- Head should be tucked in behind hands.

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

## STAGE 4

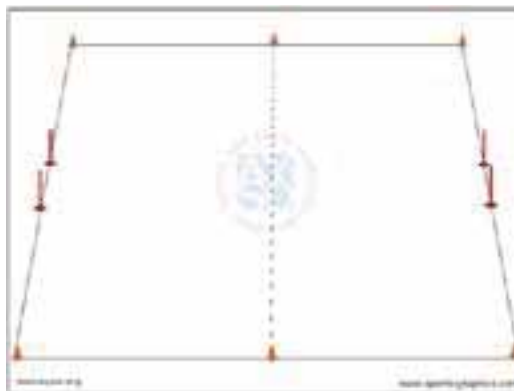
(Small-Sided Match)

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

Cool Down/Debrief

## ORGANIZATION/RULES

- 60 x 40.
- 2 goals with GK's.
- 6 v 6.
- Open play match with rules and general formations.
- Static stretching with additional focus on upper body and back, *brief* review on session and any announcements.



## COACHING POINTS

- Play!
- Encourage quality starting position, anticipation of shots or through balls.
- Concentration.
- Quality approach and execution of save.

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

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