

Byron Youth Soccer Association



**Byron Youth Soccer Association
Coaching Manual**

Coaching Behavior

Thank you for coaching for BYSA! This manual is designed to help you be successful while coaching your team. As you read through this manual, please remember:

- Player development is more important than winning!
- Grow the players' love for the game of soccer.
- Allow players to be creative.
- Mistakes will be made, which is how they learn!
- Allow players to make decisions themselves through practice and activity design.
- Question players throughout the practice activities.
- Be enthusiastic, energetic, and positive. Players mirror coaches' behavior.
- Age specific training is vital! They are still children, and we need to treat them as such.

Coaching can be an emotional time; however, it is key to remember that youth soccer is for children to have fun, develop and learn new skills. Our job as coaches is to develop players' ability as well as their love for the game.

Questioning:

Instead of always telling players what to do or what not to do, try questioning them as well. You will be surprised with how much they know! Questioning will help to accelerate the players' learning as they are analyzing, thinking, and developing an answer, rather than being told.

Age Specific Training:

Training must be specific to age group. U6s do not need to be taught how to defend with a back four or on the counter – dribbling would be more appropriate for example.

Coach Feedback to Players:

When giving feedback to players, try to keep it positive and constructive. If they have tried the same pass 3 times and it isn't working, ask them what they could do next time or why it isn't working. Try to avoid phrases such as 'don't, can't, won't' as these will stop players from trying new things.

Age-appropriate training

U4-U6: Working with the ball

- Ball Mastery
- Fundamentals
- 1v1 attacking

U7-U8: Working with the ball

- Ball Mastery
- Fundamentals
- 1v1 attacking
- 1v1 defending

U9-U10: Working with a buddy

- Ball Mastery
- Fundamentals
- 1v1 attacking
- 1v1 defending
- Passing
- Receiving
- Attacking as a small group
- Defending as a small group

U11-12: Working as a Team

- Ball Mastery
- Fundamentals
- 1v1 attacking
- 1v1 defending
- Passing
- Receiving
- Attacking as a small group
- Defending as a small group
- Team possession

U13-15: Working as a Team

- Ball Mastery
- Fundamentals
- 1v1 attacking
- 1v1 defending
- Passing
- Receiving
- Attacking as a small group
- Defending as a small group
- Team possession
- Tactical Play

Technical/Tactical Key Coaching Points/Topics

Ball Mastery: Players getting used to having the ball at their feet. Lots of small touches. Different surfaces of the foot. Lots of touches, moves, tricks. Learning to handle the ball and slowly scanning the field and space.

Fundamentals: These are basic fundamental movements children should use to improve their agility, balance and coordination. For example: running, jumping, hopping, kicking and changing direction.

1v1 attacking: This incorporates beating an opponent in a 1v1 situation. This includes: dribbling, running with the ball, facing an opponent, back to opponents, turning, jockeying, holding the ball, creativity, turns and tricks.

1v1 defending: This includes: facing an attacker, attackers back to defender, body position, forcing away from goal, delay, deny, press, speed of approach, distance, shut down, slow down, win the ball.

Passing: to retain possession, to penetrate. Passing to feet or to space. Combination play, weight of pass, distance of passing, 1 and 2 touch passing.

Receiving: body positioning, half turn, receiving in space, receiving under pressure, holding off players, back to goal, facing the goal, turning, scanning, movement into space and away from defenders.

Attacking as a small group: working in 2v2 or 4v4. Creating overloads for offense and underload for defense, depending on the session. Focus on creating space, finishing, counter attacking.

Defending as a small group: Small group 2v2 or 4v4. Focus on pressing, covering, marking, closing passing lanes, compactness, delaying.

Team Possession: Team possession should involve the team learning how to keep possession. This should incorporate all previously taught skills and putting them together as a team. Topics include: combination play, retaining possession, when to penetrate the defense and build up play from the back.

Tactical Play: Tactical play should contain sessions that look at the tactical principles of the game. Activities should involve 2 units at a time. For example, defenders and midfielders or midfielders and attackers. Topics used are like attacking and defending in small groups, just on a bigger scale. Focus on team set up and style of play. For example, high press, low block defending, attacking on the flanks or through the middle, using target player offensively, etc.

Transition: Defensive transition, which is the first few seconds after the team loses the ball. Offensive transition, which is the first few seconds after the team regains the ball. Try to incorporate transition to all sessions to help players recognize and react quickly to either scenario.

In Possession: Create space by dispersing with width and depth. Penetrate forward when possible, via dribble, pass or shot. Movement to create space for themselves or teammates. Support the player on the ball. Creativity and invention with passing, dribbling, shooting or movement off the ball.

Out of possession: Delay attackers by pressing to slow down rather than tackle. Compactness from team by becoming narrow. Depth by covering space behind pressing defender. Balance by defenders away from the ball covering important areas of the field. Control and restraint to remain patient with tackling.

Importance of small-sided games:

- Demands high Intensity
- Improves communication
- Encourages creativity
- Improves agility, balance and coordination
- Quick transitions
- Creates more attacking and defending situations
- Improves decision making
- More 1v1
- Repetition of skills and techniques
- Realistic to the game
- Enjoyable for players
- More touches on the ball
- Fun competition