



U12/U14 Youth Module Recreational License

Presented By:
Illinois Youth Soccer

Program Philosophy



- **The Game in the Child**
- **Caution-Children at Play, Proceed with Care**
- **Educationally Grounded**
- **Developmentally Appropriate Activities**
- **Team Follows Player**

Player Development Model





The Game in the Child

- The youth soccer player is defined as any child playing soccer from pre-school through adolescence. It takes the approach that the **GAME WITHIN EACH CHILD**, is at the center of all beliefs, decisions, and actions taken by the child, coach, and organization. It is the ultimate goal of youth soccer development within the United States to unlock the game within each child to reach full soccer potential.

Principles of Youth Coaching

- Developmentally Appropriate
- Clear, Concise, Correct Information -
Brevity, Clarity, Relevance
- Simple to Complex
- Safe & Appropriate Training Area
- Decision Making
- Implications for the Game



QUESTION: WHAT IS YOUR NO. 1 QUALIFICATION AS A COACH?

FOR FIFTEEN YEARS AS A DRILL SERGEANT, I TURNED RAW RECRUITS INTO FIGHTING MACHINES.

INSPIRATION. I PLAYED PRO FOOTBALL.

EXPERIENCE. I PLAYED SOCCER ON MY PREP SCHOOL TEAM.

LEADERSHIP. AS V.P. OF A MAJOR CORPORATION, I HAVE THIRTY-SIX PEOPLE WORKING UNDER ME.

I WAS AVAILABLE.





No Lines

No Laps

No Lectures



Coaching Methods

- Coach = Facilitator
 - Makes the training player-centered
 - Asks guiding questions
 - Creates problem solving opportunities
 - Positively reinforces players
- Simple to complex activities
 - Time
 - Space
 - Players



Coaching Methods

- How to Coach...
 - Coaching at a stoppage
 - Coaching during flow of play
- Guided Questioning...
 - “How could you...”
 - “Is there another way to...”
 - “What happens if you...”



Typical U12/U14 Training Session

- Should not exceed 1 hour and 30 min.
- Warm-up, small group activities, stretching.
(15 min.)
- Introduce larger group/team activities (6-8 players).



Typical U12/U14 Training Session

- Continue with directional games. Play to targets and/or zones.

Conclude with small-sided game 8v8 with GK's.

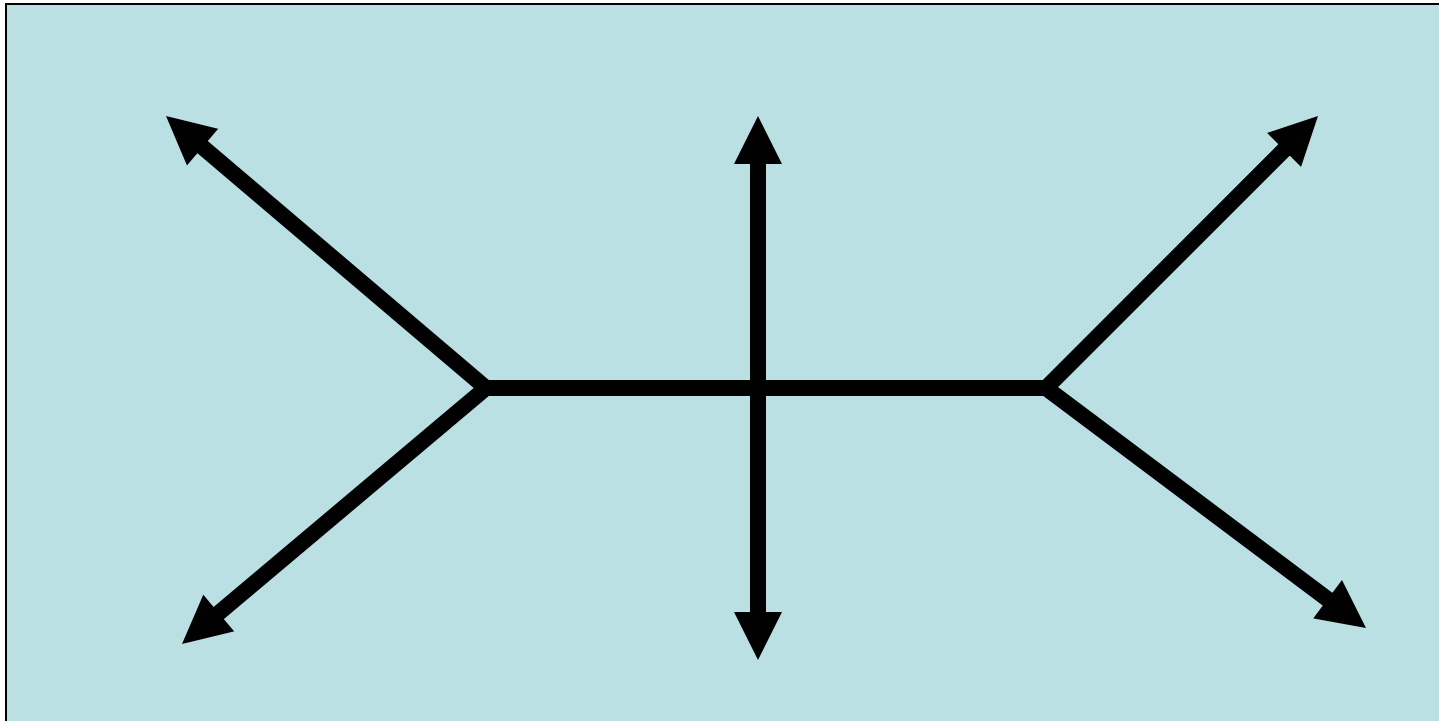
Finish with cool-down activity.

- U12 and U14 practice plans available
- Great website for activities is

www.usyouthsoccer.org/coaches/coachconnect_lessonplans.asp

U12/U14 Tactical Signi

- Dawning of Tactical Awareness





Coaching Activities Checklist

- Are the activities fun?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?



Coaching Activities Checklist

- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Is the coach guiding or controlling the players in the activity?
- Are there implications for the game?



Team and Risk Management

Coaching Education Department
Illinois Youth Soccer



Team Management

Developing a philosophy of coaching

- Player development
- Coach development

Answer the question,

“Why am I coaching?”



Team Management

Coaching-Your-Own-Child Meeting

Advice when coaching your own child:

- Meet with your child before any team or parent meeting.
- Explain that when you both step out of the car onto the field, that you change into a coach and your child changes into a soccer player.



Team Management

Coaching-Your-Own-Child Meeting

Advice when coaching your own child:

- Explain to your child that you will treat them like every other player.
- Explain to your child that they must treat you like one of their teachers.



Team Management

Coaching-Your-Own-Child Meeting

Advice when coaching your own child:

- Keep the discussions in the car light and airy...don't begin coaching your child in the car.
- Ask them what they liked best about the practice or what they might like to do next practice.



Team Management

Pre-Season Parent-Coach Meeting

- Discuss coaching philosophy and goals
- Discuss what is expected of parents and players
 - Transportation
 - Communication
 - Sportsmanship
 - Coach/player meetings (ind./group)



Team Management

Pre-Season Parent-Coach Meeting

Collect information such as:

- Medical information
- Parent skills inventory



Team Management Equipment Needs

Players

Ball, shin guards, proper shoes, clothing appropriate for training in climate, water bottle.

Coaches

Cones, bibs/vests, extra balls, air pump, first aid kit, ice and bags, water, nets, portable goals.



Team Management Game Organization

Pre-game...player passes, field directions, uniform choice, players arrival time, etc.

Half-time...location, water, injuries, etc.

Post-game...regeneration, water, injuries, announcements, ***NO MATCH ANALYSIS!***



Risk Management

To provide proper instruction for the activity.

Club to provide certified age appropriate coaching staff.

To provide proper supervision for training and games.



Risk Management

Physical...

To make reasonable selection of players.

To take proper precautions to guard against post-injury aggravation.

To provide proper equipment for the activity.

To provide a safe and appropriate training area.



Risk Management

Legal...

Never leave a player alone after training or games.

Be certain that players depart with their parents or designated individual.

Avoid being left alone with players who are not your children.



The Game

Under 12's play 9v9 (*with a goalkeeper*)

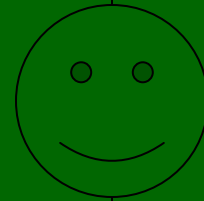
Field Size: 90 yds x 50-55 yds Ball: #4

Under 14's play 11v11 (*with a goalkeeper*)

Field Size 100-120 yds x 60-70 yds Ball: #5

U12

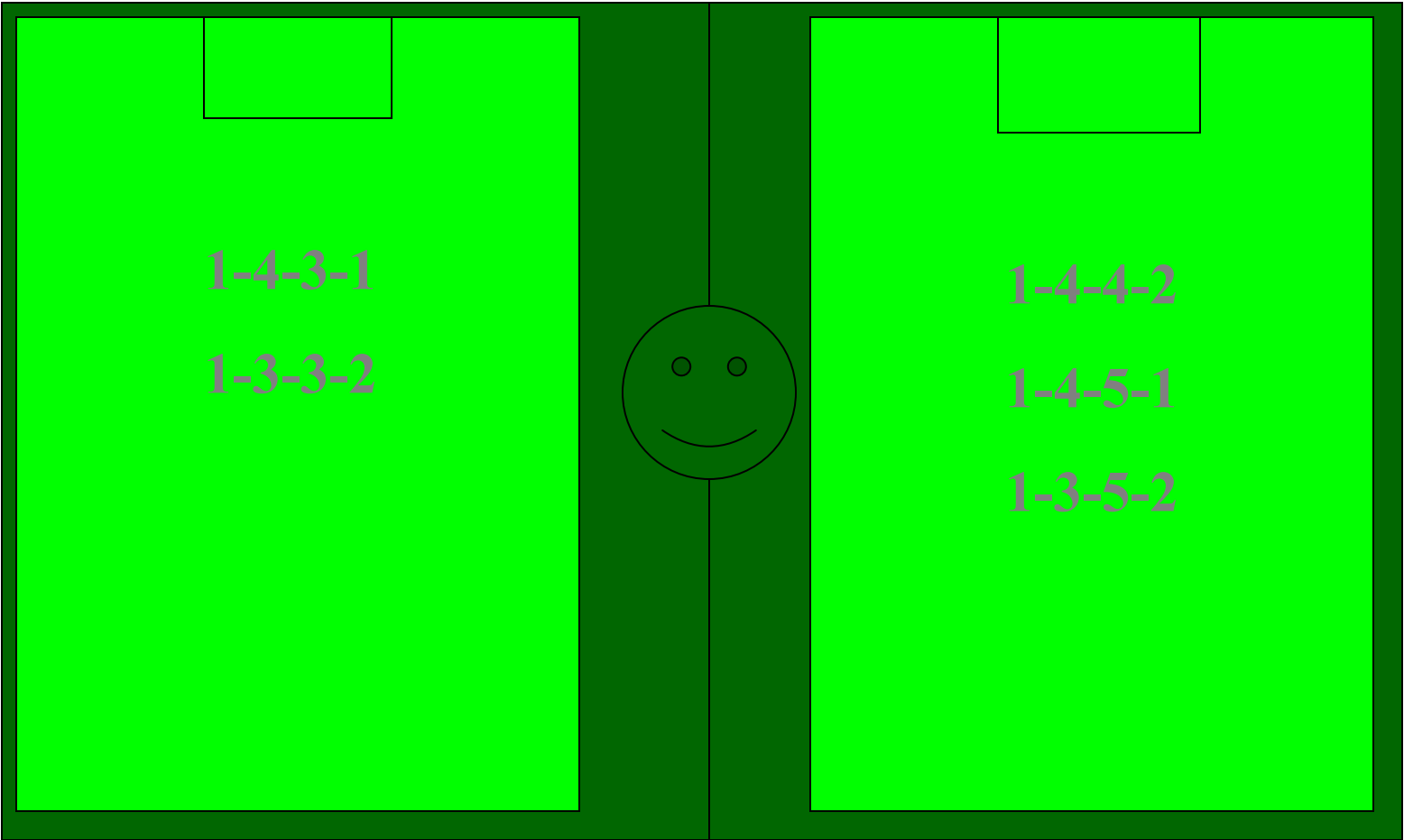
9v9



U14

11v11

Possible 9 and 11 Player Formations



1-4-3-1

1-3-3-2

1-4-4-2

1-4-5-1

1-3-5-2



Prevention and Care of Injuries

A First Aid Guide for the Youth Coach



Emergency Action Plan

- Have and know how to use the following:
 - First Aid kit
 - Ice and plastic bags for emergency use
 - Team safety and medical waivers



Emergency Action Plan

- Stay calm and reassure the player
- If necessary send someone to call 911.

Emergency Action Plan



- Always err on the side of caution!

Common Injuries in Soccer



Treatment R.I.C.E.

R – Removal from the activity and rest

I – Ice

C – Compression

E – Elevation

Prevention and Care of Injuries



- Always err on the side of caution.
- Be first aid and CPR certified.
- Record the incident and note all actions you took and how the injury occurred.
- Follow up with a phone call to check on the players condition.

Acknowledgements:

American Medical Association; First – Aid guide

- THANK YOU FOR VOLUNTEERING YOUR TIME TO COACH FOR BASA
- Let's make this a great fall season for every player.
- Look forward to seeing you out on the fields
- If you have any questions or concerns please email or call me @ Emily-Snyder@ameritech.net or (847)381-2272 ext. 11