



# U9/U11 Youth Module Recreational License

Presented By:

Barrington Area Soccer Association  
in collaboration with IYSA

# RECREATIONAL COACH'S PACKET

- Schedule
- Coaching Shirt Order Form (please wear to all games)
- Rules by age group
- BASA Night- September 16<sup>th</sup> 6pm
- Field Map
- Eye Glass Waiver
- U6-U9 Activity Sheets
- Preseason Friendly for U9 teams
- Newspaper Report
- Uniform pick up
- Picture Day- September 13<sup>th</sup>
- Equipment Pick up
- Age Specific Practice Plans Available
- Goalie Jersey's available- \$15 deposit

# 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?

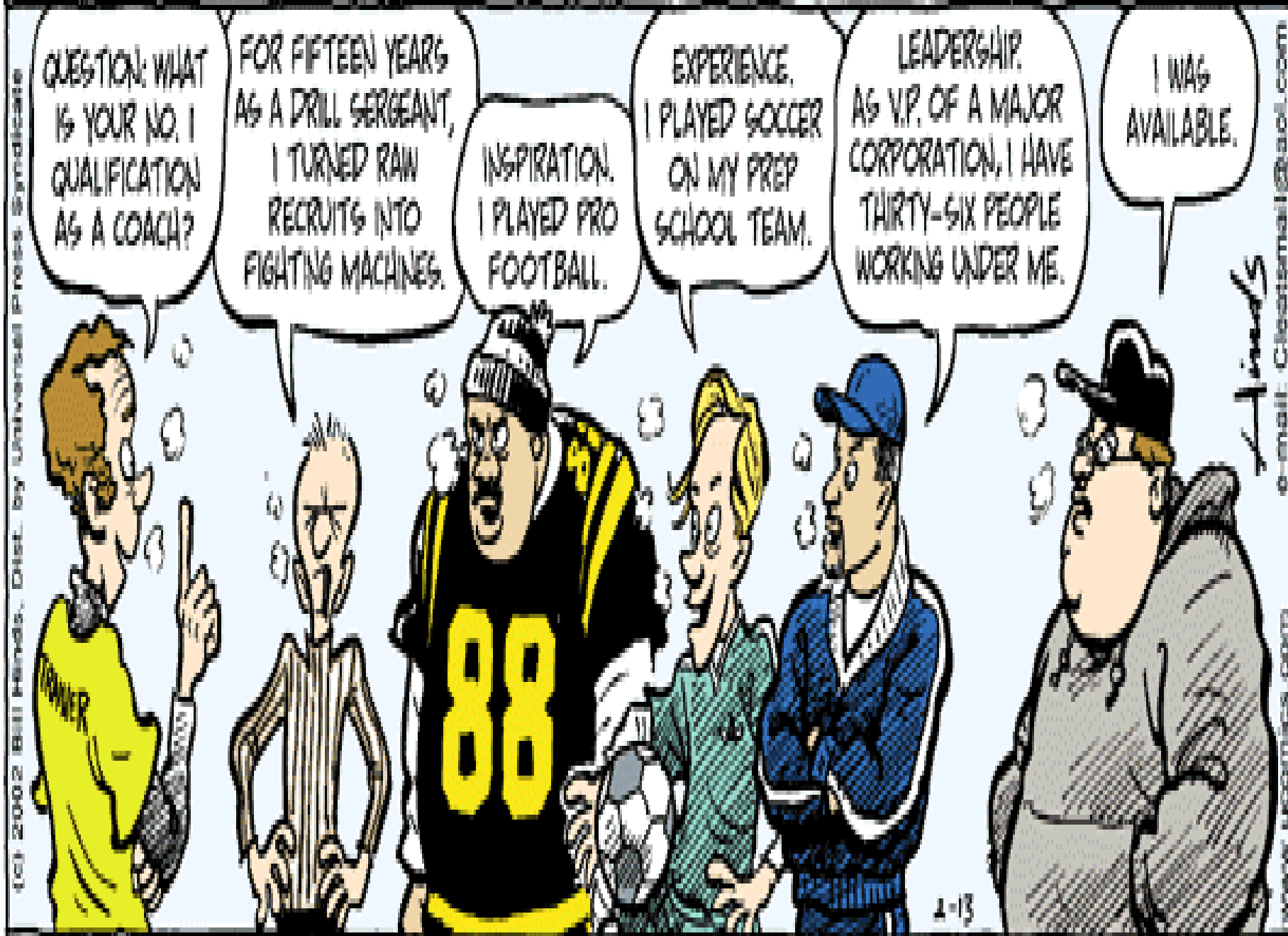
FOR FIFTEEN YEARS AS A DRILL SERGEANT, I TURNED RAW RECRUITS INTO FIGHTING MACHINES.

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



# GENERAL CHARACTERISTICS OF U9/U11 Players



# Characteristics of U9/U11 Children

- Lengthened attention span.
- Team oriented.
- Still in motion, but not as busy . . . Will hold still long enough for a short explanation.



# Characteristics of U9/U11 Children

- Psychologically becoming more firm and confident.
- Boys and girls beginning to develop separately.
- Gross and small motor skills becoming much more refined.



# Characteristics of U9/U11 Children

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- **PACE FACTOR BECOMING  
DEVELOPED - DO THINK AHEAD.**

# Characteristics of U9/U11 Children



- Some are becoming serious about their play.
- Enjoy the uniforms, team association.
- Are now more inclined toward wanting to play rather than being told to play.

# 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 U9/U11 Training Session



- Should not exceed 1 hour and 15 min to 1 hour and 30 min
- Warm-up, partner and small group activities, stretching. (15 min.)
- Introduce small group activities (4-6 players).



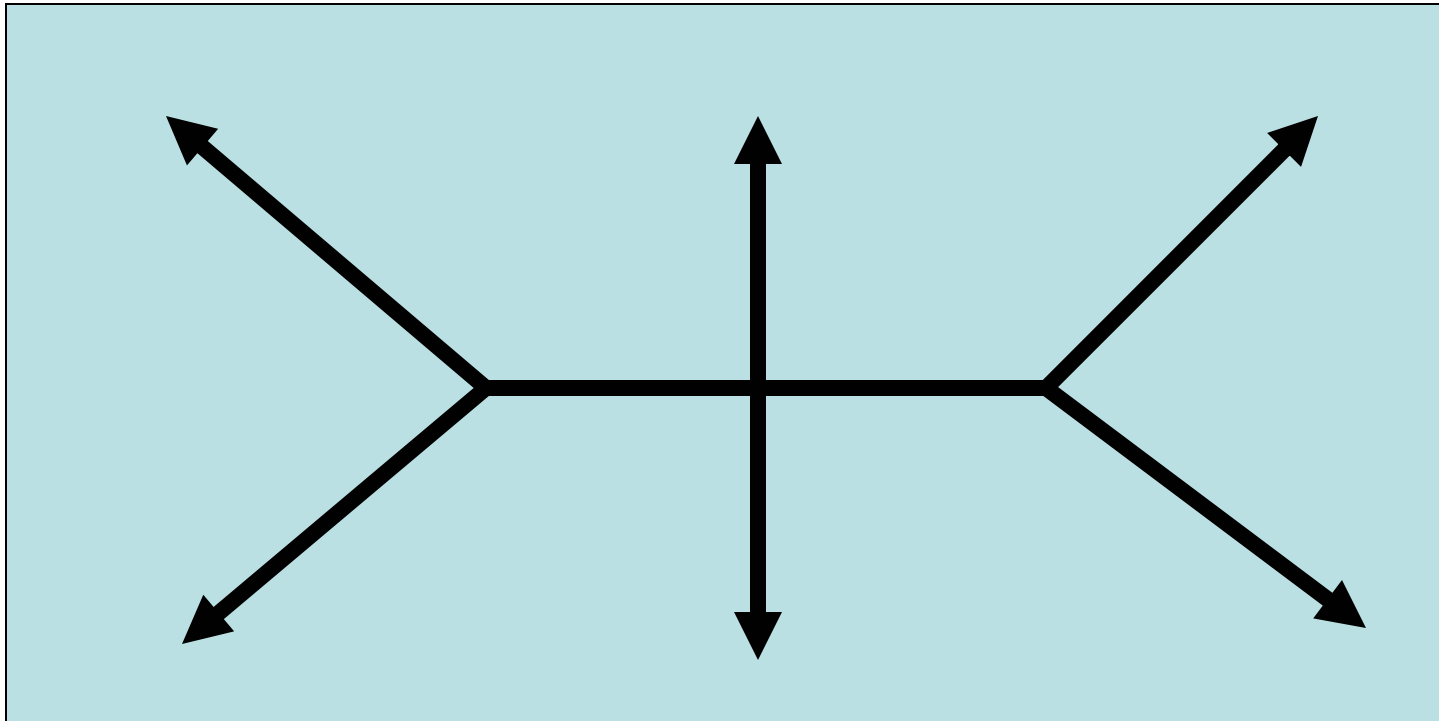


# Typical U9/U11 Training Session

- Add more directional games. Play to targets and/or zones. (25 min.)
- Conclude with small-sided game 6v6 with GK's. (25 min.)
- Finish with cool down activity (10 minutes)
- Great website for activities is [www.usyouthsoccer.org/coaches/coachconnect\\_lessonplans.asp](http://www.usyouthsoccer.org/coaches/coachconnect_lessonplans.asp)

# U9/U11 Tactical Sign

- Awareness of Width & Direction



# 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 (this is located on your coach's site, print out and carry with you at all practices and games)



# 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



# Team Management Game Organization

**Pre-game**...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.

To provide proper supervision for training and games.



# Risk Management

## *Physical...*

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 (have another parent wait with you until the last child leaves)



# BENEFITS OF SMALL SIDED GAMES AND PRACTICES



# Small-Sided Games

## *More Attacking Opportunities:*

dribbling to take on opponents

dribbling into open space

shooting and scoring

receiving

passing

heading (at older age groups)

goalkeeper distribution



# Small-Sided Games

***We want our young soccer players to have more opportunities to score goals!***

***(Pure excitement)***

The smaller field size and fewer players will foster more shooting.



# Small-Sided Games

## *More Goalkeeping Opportunities (U10 and older)*

Greater number of shooting opportunities gives goalkeepers more chances to actually improve their goalkeeping skills.



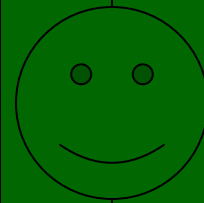
# Modifying the Game

Under 9/Under11 play 7v7 (*with a goalkeeper*)

Field Size: 55yds x 35 yds (U9)

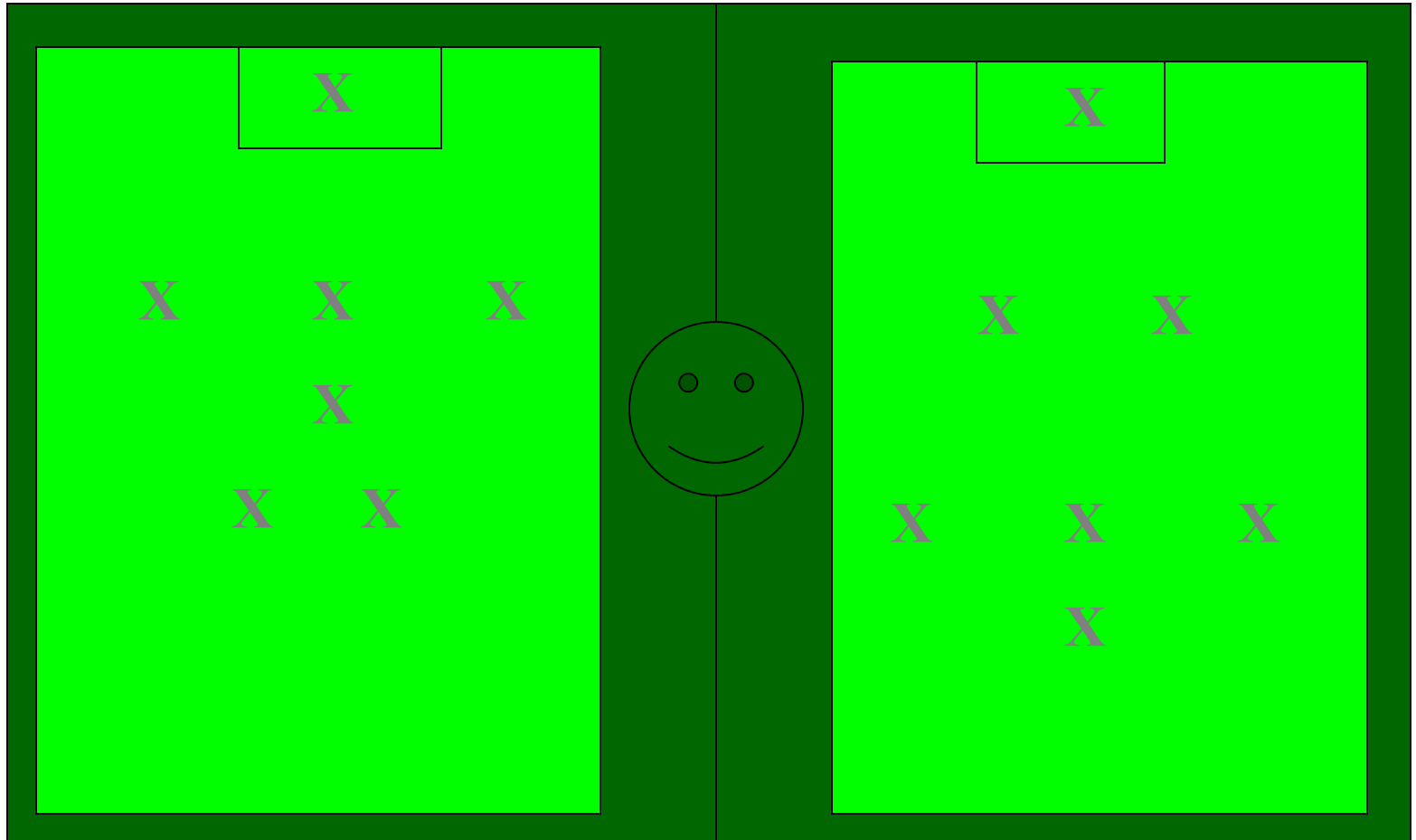
60 yds x 45 yds (U11) Ball : #4

7v7



7v7

# Possible 7 Player Formations





## Small-Sided Games

The “Small Sided” environment is a developmentally appropriate environment for our young players.

Players are:

More active, more involved, have more touches, have more scoring chances, have more defensive opportunities, no where to hide!!

It’s a FUN environment that focuses on the PLAYER!

It just makes sense...doesn’t it?





# 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](mailto:Emily-Snyder@ameritech.net) or (847)381-2272 ext. 11