



Oceana Soccer Club

Coaches Handbook

2009

**Travel and Instructional Soccer for Lower Cape Cod
Chatham * Harwich * Brewster * Orleans * Eastham
Truro * Wellfleet * Provincetown**

***Affiliated With:
South Coast Soccer League
Massachusetts Youth Soccer Association
United States Soccer Federation
Fédération Internationale de Football Association (FIFA)***

Greetings Coaches,

On behalf of the Oceana Board of Directors, the Players and their Parents, we thank you for volunteering your valuable time and energies towards our soccer program.

In the following pages we have provided you with information and several checklists to help you get your season underway:

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|---|---|
| <input type="checkbox"/> Preseason | <input type="checkbox"/> Post Game |
| <input type="checkbox"/> Practices | <input type="checkbox"/> Sample Parent's Letter |
| <input type="checkbox"/> Equipment | <input type="checkbox"/> SCSL Zero Tolerance By-Law |
| <input type="checkbox"/> Game Preparation-Field Preparation | <input type="checkbox"/> MYSA Coaches Code of Conduct |
| <input type="checkbox"/> Cancellations-Forfeits | <input type="checkbox"/> Oceana Dynamic Stretching |
| <input type="checkbox"/> Pre-game | <input type="checkbox"/> Sample Practice Plans |

We encourage you to make notes of issues that you run into as the season progresses and forward them to John Quigley or Rob Thompson so that this handout can be updated. If you have any questions please feel free to contact any of the following individuals:

General Club/Financial Issues

Bert Czuchra, President
H (508) 255-1540
Cell (508) 221-5070
bert.czuchra@christmastreeshops.com

Training/Practices Score Reporting Rescheduling

John Quigley
508-255-7025
12doors@verizon.net

South Coast Soccer League Score Reporting Rescheduling

Scott Anthony
(508) 896-6975
bsquam@comcast.net

Referee Issues

Tony Del Negro
(508) 247-8326
tdelnegro@aol.com

Registration/Rosters/Pass Cards Website Updates Coaches Handbook

John Lawless
(508) 255-5525
john.lawless@verizon.net

Preseason

This is a critical time. We must insure all of our players and coaches are registered properly. This involves obtaining two copies of the Massachusetts Youth Soccer application (MYSA Form), two copies of the player's birth certificate, a color passport/wallet size photo and registration fees.

All coaches must complete the online CORI/Kid Safe form at MYSA. Please see the Coaches page on our website for directions/link.

Unlike the recreation programs in our area, this is competitive travel soccer following the FIFA Laws of the Game. The South Coast Soccer League (SCSL) is very strict about clubs and teams being properly registered, the players properly dressed, and the Laws of the Game followed. Our preseason preparation makes for a smooth season.

In January we will ask you to register at the SCSL website (<http://www.scsl.org>). Under the menu select "Coaches Corner" and follow the instructions to register for website access. After you register then SCSL notifies our Training Director, he or she then activates your registration. Within 48 hours of every game you must log on to the Coaches Corner and report your game scores. Failure to do so will result in a fine for the club.

Once your roster has been finalized, usually at the January Coaches meeting where we assemble the pass cards, you should make contact with your players and their parents. Introduce yourself, verify their contact information, cell phones, and email addresses.

A preliminary schedule becomes available in January. Please do not release this to your parents until the final version is complete. It is very important before February 1st to determine if there are any major conflicts involving a large group of your players such as class field trips, confirmation, first communion, etc. Your team is allowed one reschedule and this must be submitted the first week in February via our Director.

Many coaches utilize **OneCall**, which is an inexpensive phone service permitting you to make one phone call to the service which forwards your message to your entire team automatically for schedule changes or important announcements.. Please see the Coaches page on the website for further details. (www.onecallnow.com)

Your team is allotted a separate page on our Oceana website to use as you see fit. At a minimum it will contain the coach's names and contact info and your schedule. You may add anything else (pictures, letters, special notices, etc.) as long as they are sent to our Webmaster digitally via email.

The club requires all new coaches to take one of the many MYSA or NSCAA courses available locally. Coaches are always encouraged to continue their education by taking higher-level courses. Our club will pay for all coach licensing courses. We also recommend you sign up to receive one of the many coaching newsletters to help you prepare for the season.

Become a Referee! One of the best ways to learn the game is to become a Grade 8 or 9 Referee. This is a paid position with the club. Fees vary based on level of game officiated. Again, see the website for updated information.

Practices

All coaches are encouraged to hold a full player/parent team meeting early on during preseason. Insure your parents understand your expectations; how you will notify them about schedule changes; practice/game policies; have sign-ups for team Captains/snacks; what's available at the website; how to check schedules and standings at the SCSL website; and verify emergency contact information. Handout the Parent's letter (see back of handbook) and explain the SCSL Zero-Tolerance Policy.

Preseason indoor practices are limited due to facilities in our area. Regardless, we try to get in a couple in late February or early March. We try to set this schedule during the February meeting. As soon as the fields are clear and dry we want the players outside.

In February we will also establish an outdoor practice schedule. Coaches are allotted two days a week from approximately 5:30-7:00pm depending on the Nauset Middle School (NMS) sports schedule. We must not interfere or establish ourselves on the NMS fields until their practice/games are completed for the day. **At the end of each practice all soccer goals and anchors must be removed from the fields.**

We now emphasize Dynamic Stretching to slowly warm up before games/practice and static or slow traditional stretching after the game/practice. See the attachment at the end of this handbook for one example of Dynamic Stretching.

You are highly encouraged to prepare a lesson plan for each practice (see back of handbook). Examples of these practice plans are available at the MYSA web site under the coach's section.

All coaches are encouraged to take advantage of an outstanding instructional resource right here in our own club. John Quigley, Oceana Coaching Director, will be attending many of our practice sessions. John has asked that all Oceana coaches contact him to set up a mini-clinic during one of their practices.

If you have a particular area or skill you would like your players to receive extra help with please contact John to arrange a date and time frame in your practice. John has been with Oceana for 18 years and has over 21 years of soccer coaching experience. To contact John: 508-737-7381 or 508-255-7025

If you desire, you may arrange to practice at other fields in our adjoining towns. Please insure that this is agreeable with your parents and that you obtain permission from the agency that owns/controls those fields. For information on our insurance coverage for these agencies please contact the President.

Equipment

During our all club field preparation day you will be issued the following:

- Game Bag
 - Game Ball
 - Pump & Needle
 - Scrimmage Vests
 - Practice Cones
 - First Aid Kit
- Practice Balls
- Official Rosters
- Uniforms
 - Shirts
 - Black Team Shorts
 - Black Socks
- Pass Cards
- Checks for Home Game Referee fees
- SCSL Handbook-Club Survey

Uniforms: Our club provides a numbered uniform jersey, black shorts and black socks for each player. The jersey must be returned, cleaned at the end of the season. Keep a copy of your numbered roster to return with all of your jerseys. The shorts and socks are the players to keep. The players must provide their own legal shin pads. Cleats are recommended but not required. Metal cleats are prohibited.

The SCSL Handbook: It contains a copy of the SCSL Rules of Play, By-Laws and Constitution. It also contains the Club Surveys, which contain the contact information for every club and team in our league, as well as maps to various fields. Please read the book and become very familiar with the rules and procedures. Our club survey will be posted on the website under Spring Travel in March.

Once you have handed out your uniforms, **record the jersey numbers on one of the rosters and sign**. Make a minimum of two copies of this roster for each game scheduled-have a few extra as a back up. This is an official league document.

Game Preparation Checklist

___ 2-3 days before your game day make contact with the opposing head coach. If you are the home team, introduce yourself; verify the other team knows how to get to the Oceana fields; confirm how to reach each other on the day of the game should weather become an issue/somebody gets lost, etc.

___ Verify with your team the report time for the game. As a minimum they should arrive 30 minutes early to be properly warmed up (earlier if you have to set up the field).

Cancellations

In the event of heavy rain, dangerous weather conditions or if the field is unplayable, the Director of the home club must notify the Referee Assignor and opposing coach three (3) hours before playing time. This is not your decision to make. If a coach deems a field unplayable due to unsafe field conditions, he must notify the field referee that the match site is under protest. He must follow the outlined procedure in Rule #11 (see SCSL policy manual and Rules of Play) as to protests. Make up games shall be scheduled per section 115 in the SCSL Policy Manual.

Forfeits

As with failure to report a score there are large fines for forfeits. These fines more than double the closer you are to the end of the season. Please do not forfeit. If it is inevitable, please contact the Oceana President before scheduled game day.

Field Preparation

Just before the season begins we hold a club wide Field Prep day on a Saturday from 8:00 to 12:00. During the season we need to redo our lines on a weekly basis. This task is divided between the teams.

When it is your turn to line the fields, it's best if you try to accomplish the re-lining on a Thursday or Friday AFTER the fields have been mowed by the town. We keep boxes of field spray paint and the lining machine in the shed adjacent to the tennis courts across from the School Administration building-current combination is 22-28-6. Please do not share this combination. Be sure to lock up the shed when you are finished.

It's very important we keep the fields accurately lined. This includes the corner arcs, penalty marks, and substation box. Time permitting inspect the goals and nets and advise the club President.

If you or a parent volunteer cannot get the fields lined you must trade dates with another coach and please let the club know of any problems.

Game Day Checklist

___ If you are the home team it is your responsibility to have the goals and corner flags in place. The coach of the first game of the **day** on a particular field sets it up; the last game of the **day** (not the weekend) removes the goals and anchors from the field and returns the corner flags to the shed. Print out a copy of the "Home Field Schedule" from the SCSL website for reference. Know before your game if you are the last game of the day. Use adults to move the goals, not children. All goals must be weighted down/anchored to avoid injury.

Here are some other things to consider regarding the playing field:

Goal Post Safety

Are goals properly secured and anchored

Does goal appear to be structurally sound and free from sharp corners?

Ensure no horseplay on or around goals.

If goals must be moved, ensure adequate numbers of people are used in order to safely move the goal.

Field Safety

Inspect for foreign objects, holes or ruts

Make sure sprinkler heads are seated

Ensure field is playable

Player safety

Ensure proper supervision at all scheduled activities.

Never be left alone with player at field waiting for parent to pick up child

Ensure players always wear shin guards

Ensure jewelry is removed

Immediately evacuate field in the event of severe weather

Always have cell phone handy (ensure sufficient battery charge to make emergency call)

Have a first aid kit handy

Always best to have two adults present, in case of an emergency and one has to take child to hospital

Game Checklist

___ Your players should arrive at least 30 minutes before kick off to insure they are properly warmed up and ready to be checked in by the Referee. We now emphasize Dynamic Stretching to slowly warm up before games/practice and static or slow traditional stretching after the game/practice. See the attachment at the end of this handbook for one example of Dynamic Stretching.

___ Teach your players to show up well rested, hydrated and fed. They should eat no less than an hour before game time. This applies especially to away games, where players sometimes show up just having eaten too much fast food in the car.

___ Have a spot picked out in your gear bag for everyone to store jewelry, i-pods, etc., so you don't end up with these items in your pocket that night. Let your players be responsible for their belongings.

___ Players must be properly equipped (shin guards, no metal cleats), no jewelry except medical alert bracelets, no casts of any kind, and shirts tucked in for the Referee inspection.

___ Especially with younger players, be sure their shoes are properly tied to avoid untied laces during the game. Laces need to be snug all the way up the shoe, not just at the top. Tape chronically loose shoelaces prior to the game if you have to with duct tape.

___ If you are the home team, have the Referee's Fee (Oceana issued checks) ready. These will be provided to you with your game bag. Give the checks to the Head Referee for distribution.

___ The Referees will want to check your team 10-15 minutes before kick off. Handout each player's pass card and have two copies of **your signed and numbered roster** for the officials. No player may play without a pass card. No team may play without a roster signed by the league. You will receive a copy of the roster from the other team. Have your team line up. The Referees will call each player's name off the roster. Have your player then hand his/her card to the Referee as the Referee verifies jersey numbers against the roster and players name-picture against the pass cards. The Referee will then inspect the players to insure they are properly dressed/equipped. Most Referees will give the pass cards back to you to hold onto but will ask for them back if they issue a yellow/red card during the match. **Remember to get your pass cards back before you leave the field!**

___ You may inspect the pass cards of the opposition before or after the game. If a player is challenged as not being of appropriate age, the coach must provide a birth certificate within three (3) days. Contact our Registrar and President if you are challenged.

___ About three minutes before kick off the Referees will call for Captains and do the coin toss.

___ Have your starting lineup ready, along with a "schedule" of substitutions. It helps to have a timer or chronograph-wristwatch to monitor game time. Although this is a competitive league wherein you have an obligation to the club to try and win games, obviously all your players must have significant playing time depending on the disciplinary criteria you have set (missing practices, misbehaving during practices, etc), if any.

___ If you have an assistant coach, decide who will be in charge of substitutions so players go in fairly and regularly. A close game tends to go by very quickly. Be sure one of you is always watching the game.

___ Parents and friends must remain on the opposite side of the field from the teams. No one is permitted to stand behind or near the goals. Please see the Parent's Section.

___ One technique for game drinks/snacks is to have two Captains per game. The parents of the Captains are responsible for game day snacks. One set of parents brings a half-time drink and healthy snack and one set brings an end of game drink and healthy snack. Coordinate these with player's birthdays. It also helps to bring these snacks in a cooler with ice. Several small freezer bags of ice will help supplement the ice packs in your first aid kit. Don't forget a trash bag.

Post Game

___ After the match, all players and coaches shake hands. Encourage your players (at a minimum, the Captains) to thank the Referees with a handshake.

___ **Get your pass cards back from the Referee.** Complete any paperwork he/she might have for you. If a protest is in order, this is the time to notify the Referee and opposition and complete the paperwork in your SCSL handbook (this is very rare).

___ **Confirm the final score of the game with the officials and other coach** and record it on your copy of the other teams roster. You will need to record the score later at the SCSL website.

___ After the formalities are complete have your players cool down and stretch. Many teams will do a slow jog as a team across the width of the field towards their parents once or twice followed by a slow-static stretch as a group. This is also a perfect opportunity for the coaches to sum up the game, and pump up the players. A good technique if you must offer criticism is the “sandwich approach”: Tell them something positive, discuss what needs improvement, and finish it with positive comments.

___ Remember, if you are the last game of the DAY (not the weekend), please move the goals and anchors off of the fields and return the corner flags to the shed and lock it.

___ Please pick up your trash. It is a privilege to use these fields, be respectful and proud of our facilities.

___ During pre-season you registered with SCSL to record your scores online. This must be accomplished within 48 hours or the club faces stiff fines. If you absolutely cannot make the deadline please contact John Quigley or Scott Anthony-their numbers are in the front of this handbook.

End Of Season

Congratulations! Just a couple of items to take care off: Please return all jerseys, cleaned, in a bag with a copy of your numbered roster. Turn in your pass cards, as well. Jerseys not returned will be charged to the respective family. Return all game bags, balls, and equipment to the club. Now go have an end of season celebration with your team! They deserve it and so do you!

Information For Your Parents

The following is a sample letter you might consider copying and distributing to your parents. Further information is available on the parents page at the Oceana website.

Oceana Soccer Club
P.O. Box 2643
Orleans, MA 02653

Dear Parents,

The coaches are excited and pleased to have your children on our team. We will try our best to do all the right things for the team and your child. We will teach them good sportsmanship, how to work together as a team, how to improve their soccer skills through practice, hard work, and hustle, and most of all, have FUN.

We will try the best we can to give all players as much playing time as possible. The exceptions to this rule are if players are consistently late or exhibit inappropriate behavior. Our philosophy is to try to expose players to as many positions as their ability allows as well as their physical safety.

Oceana will provide your child with a team jersey (which must be returned at season's end), black soccer shorts and black team socks. Please see below for additional equipment requirements. All the coaches are volunteers who are willing to devote a lot of time and effort to work with your child. We are licensed by the Massachusetts Youth Soccer Association (MYSA) (www.mayouthsoccer.org).

You can help us in the following way:

For All Practices

Please be on time, players dressed appropriately, with plenty to drink. No jewelry of any kind is allowed. Please try to let us know if your player will be absent.

For All Games

Again, please be on time and call your coach if your child will be absent. Players should arrive a minimum of 30 minutes before game time for warm-ups.

Required equipment: team jersey, black soccer shorts, black socks, shin guards, soccer cleats, and water bottle. No jewelry of any kind is allowed.

During The Game

Parents and friends must remain on the side of the field opposite the teams. Please do not stand behind the goals or allow siblings to do so.

Encourage your players in every possible way. Please do not coach from the sidelines-it is very distracting to the players.

All cheering and fan support should be in the form of positive encouragement. We ask that parents and fans refrain from negative criticism, especially of the referees (please read the "Zero Tolerance Policy" for coaches and parents), who after all, are only trying to do the very best job they can. Coaches are responsible for parent's behavior at games. If the referee complains to the coach, the offending parent will have to leave the field or the team will forfeit the game.

We ask that you support the MAYSAs methods of teaching and coaching even if you disagree. We welcome any discussion of our philosophy. However, for consistency, we want all the players working with us together.

Please keep abreast of team news, announcements, and the upcoming schedule at our web site. We will always phone you personally with any last minute scheduling changes. We welcome and encourage your input. Feel free to contact any one of us either personally, by phone or email. We will try to address your concerns as best we can.

Thank you for the opportunity to coach your children! It is a privilege.

Your Oceana Coaches

SCSL Zero Tolerance By-Law

Section 13. Zero Tolerance

<http://www.scsl.org/ftp/docs/constitution.pdf>

13-1 General

All persons responsible for a team and all the spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for players, the referee and all the other participants and spectators.

13-2 Addressing the Referee

No one shall address the referee during a game except as allowed in the SCSL Policies Manual. Any violation shall result in penalties as specified in the SCSL Policies Manual .

South Coast Soccer League Policy Manual

Section 900 - Zero Tolerance <http://www.scsl.org/ftp/docs/policies.pdf>

901 General

All persons responsible for a team and all the spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for players, the referee and all the other participants and spectators.

902 Addressing the Referee

No one is to address the referee during the game except as allowed below.

1. Coaches and Managers During the Game:

- a) May respond to a referee initiating a communication
- b) May ask for substitutions
- c) May point out emergencies or safety issues

At halftime or at the end of the game:

- a) May ask a referee to explain a rule(s) in a polite and constructive way
- b) May give a polite and friendly feedback to the referee
- c) Absolutely no sarcasm, harassment or intimidation is allowed in any conversation with the referee

Penalties:

- a) 1st Minor Infraction - The referee should ignore
- b) 1st Serious Infraction - Caution or ejection depending on the seriousness of the infraction (FIFA)
- c) 2nd Minor Infraction - A verbal warning
- d) 3rd Infraction - Caution
- e) 4th Infraction - Ejection

2. Spectators During the game:

- a) May respond to a referee initiating a communication
- b) May point out emergencies or safety issues

Penalties:

- a) 1st Infraction - Referee should stop the game and ask the coach to quiet the offending spectator
- b) 2nd Infraction - A verbal warning. Referee should stop the game and ask the coach to warn the spectator that the next infraction will be an ejection or the referee will abandon the game.
- c) 3rd Infraction - The referee shall instruct the coach to direct the spectator to leave the field. The referee should abandon the game if the spectator refuses to leave the field.
- d) If the referee abandons the game, the referee shall file a report and the SCSL may impose a forfeit on the spectator's team.

Coaches Code of Conduct

Massachusetts Youth Soccer Association

The Board of Directors of Massachusetts Youth Soccer Association, Incorporated (Mass Youth Soccer) and the leaders of the affiliated Leagues are concerned about the conduct of all coaches and referees during games at all levels, from recreational to premier to ODP.

We want to ensure that games are fair, positive and enjoyable experiences for all of the children and adults involved. A soccer game should be friendly and unifying - a spirited social and athletic occasion for players, coaches, referees and spectators.

To clarify expectations of coach conduct, we jointly expect all coaches to conform to this code of conduct.

- Before, during and after the game, be an example of dignity, patience and positive spirit.
- Before a game, introduce yourself to the opposing coach and to the referee.
- During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game at least long enough for him/her to calm down.
- During the game, you are also responsible for the conduct of the parents of your players. It is imperative to explain acceptable player and parent behavior in a preseason meeting.
- Encourage them to applaud and cheer for good plays by either team. Discourage them and you may need to be forceful and direct from yelling at players and the referee.
- During the game, you are also responsible for the conduct of spectators rooting for your team.
- During the game, do not address the referee at all. If you have a small issue, discuss it with the referee calmly and patiently after the game.
- If you have a major complaint, or if you think the referee was unfair, biased, unfit or incompetent, report your opinion to your League. Your reactions will be taken seriously if they are presented objectively and formally.
- After the game, thank the referee and ask your players to do the same.

We stress two points:

Referees - especially young and inexperienced ones - are like your players and yourself, in that they need time to develop. You can play an important role in helping them to improve by letting them concentrate on the game. You can help by encouraging them, by accepting their inevitable, occasional mistakes and by offering constructive post-game comments. On the other hand, you could discourage and demoralize the referees by criticizing their decisions, by verbally abusing them and inciting - or even accepting - your own players' overly aggressive behavior.

Your example is powerful, for better or worse. If you insist on fair play, if you concentrate on your players' enjoyment of the game and their overall, long term development, and if you support the referee, your players and their parents will notice. If you encourage (or allow) your players to play outside the rules, if you're overly concerned about results, and if you criticize the referee harshly, your players and their parents will also notice.

Think about what you're doing during a game! Uphold the Spirit of the Game! If you follow the expectations described above, the spirit of the game will be alive and well in Massachusetts and will grow, along with the enjoyment of all.

Coaches who don't follow the expectations described above will be disciplined or removed.

OCEANA DYNAMIC WARM-UP

Team forms two lines of players led by that weeks Captains. Create 2 warm-up lanes by placing 2 cones per line of players 10-15 yards apart. Players perform the warm-up move down the lane and do a slow jog back to the starting point. The emphasis is on a slow warm-up utilizing the movements of the game to allow the body to reach “game temperature” in approximately 10-15 minutes. Static stretching is performed after the game only.

1. Form run twice around the cones
2. Diagonal slide 2 rt. & 2 1ft. -jog back
3. Side step shuffle swing arms facing same way up and back
4. Karaoke Step Over – facing same way up and back (front –back step over)
5. High heels jog back
6. High knees jog back
7. Skip and swing arms
8. Lift knee and roll hips, outside-in/ alternating, jog back
9. Extend leg and role hips outside-in/ alternating, jog back
10. Lift knee and roll hips, inside-out / alternating, jog back
11. Extend leg and role hips inside-out / alternating, jog back
12. High kick alternate legs -jog back
13. Backward shuffle 2 rt. 2 1ft. - jog back
14. Rapid/Tiny lift knees and arms, body forward -jog back
15. Tuck jump over-back-over (like jumping over a cone), sprint to far cone - jog back
16. Running fast feet and hand movements / Fwd-back-2x, sprint to cone –jog back.
17. Jump / head / land feet in stride / sprint to cone -jog back
18. In pairs facing each other, jump / head and sprint to cone-jog back.

The jogging and “form run” is always using the correct running form with arms going from shoulder socket to hips!

Oceana End of Game-Practice Static Stretch Cool Down

Have players, as a team jog the width of the field slowly 1-2 times. Circle up and slowly, static stretch all major muscle groups.

Coaches, conduct a post game team meeting

Sample Lessons-Practice Plans

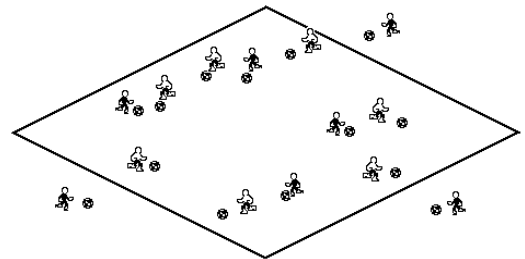
(See http://www.mayouthsoccer.org/pages/2302_practice_sessions.cfm for other downloadable plans)

U-8 Session 1

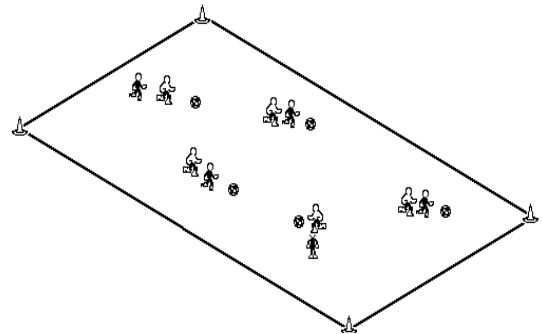
Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting, and receiving. (*Sessions should be about 45-60 minutes in duration.*)

- 1) Tag**---Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. *Version 2:* Players must tag other players on their knees. (10 minutes)
- 2) Free Dribble**---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 minutes)

- 3) Knock Out**---In same space as previous activity, have players dribble balls while trying to knock other player’s balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times). (10 minutes)



- 4) Shield-Steal**---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. ***Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield.*** (10 minutes)



- 5) 4v4 Game**---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

U-10 Combination Play

By Mario Prata, MYSA Development Coach

OBJECTIVE: Improve passing technique. Introduce and train combination plays (double pass and overlap/run around). Recognize the visual cues, correct timing and options to combine.

The double-pass combination

- ☒ A double pass is an UP BACK and THROUGH ball.
- ☒ Player B (back to opponent's goal) checks on an angle to Player A (facing opponent's goal); this is the visual cue that the double-pass is **ON**.
- ☒ Player A passes the ball to the feet of Player B;
- ☒ Player B one-touches it back to Player A and spins past the defender into the space behind the defender created by his original checking run;
- ☒ Player A one-touches the ball into the space, ahead of and leading Player B.
- ☒ Players perform this combination when one Player (Player B) is tightly marked from behind and is trying to make space live (open) behind the defender.

The overlap/run-around combination.

- The first attacker dribbles the ball on an inward angle directly at the 1st defender and in the direction of his 2nd attacker (supporting attacker); this is a visual cue to the 2nd attacker to run around behind the 1st attacker into the space being created by the 1st attacker's dribbling action.
- If the defender stays in position to block the first attacker's path to the goal, the ball can be played into the space, created by the 1st attacker's dribbling action, to the overlapping player.

Some general points:

- Double pass and overlap are most effective in the attacking half of the field
- Attackers should try to increase the momentum and the speed of the attack. A delay or slowing down favors the defense.

Colors-Warm Up (15 minutes)---Half of the players in red pennies, half in blue. Teams playing together in the same space combine passing. Ball can never stop, players can never stop moving, and ball cannot leave area of play. Use entire space, half with balls and split groups into two with pennies. Pass and move variations: 1-pass and move by passing to anyone, 2-pass and move by only passing to same team, 3-pass and move practicing the double pass combination, 4-pass and move practicing the overlap combination.

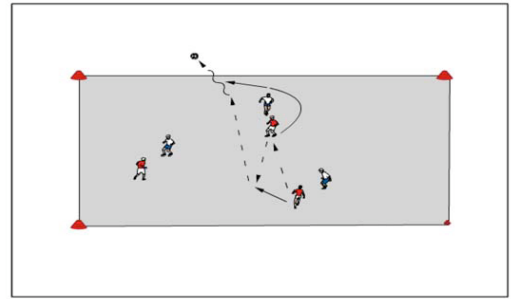
Coaching Points:

- ☒ Stress passing and receiving techniques...use of the inside and outside of the foot, and the toe when passing
- ☒ Reinforce the double pass and over-lap coaching points
- ☒ Coach non-verbal cues...angle and timing of runs with and without the ball
- ☒ Coach verbal cues..."Hold!"

3 vs. 3 To Lines (10 minutes)---In a 20 X 25 yard grid, two teams of three play to the opposite lines. When the ball goes out of bounds it can be passed or dribbled into play. If attackers combine with an over-lapping run or double-pass before they cross the endline, they receive 2 points... otherwise they receive 1 point.

Coaching Points:

- ☒ Reinforce the double-pass and over-lap coaching points from above.



3v3+1 to goal. (10 minutes) In a 25X 30 grid add two 3 yard goals on each end line. The attacking team must set up an over-lap, take-over or wall pass before scoring.

Coaching Points:

- ☒ Reinforce the double-pass and over-lap coaching points from above.



4v4+1+2GK'S to two goals. (20 minutes) Two teams of 4 + 2 GK's and a neutral player that plays for the attacking team. In a grid 30X45 yards with 2 (U10) regular size goals in each end line. The attacking team gets 1 pt for a goal and 2 pts if they combine with the double-pass or overlap before they score.

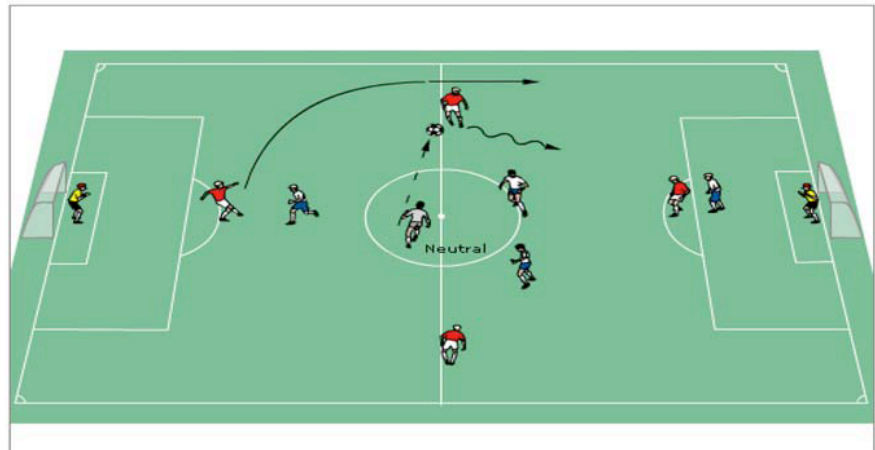
Coaching Points:

- ☒ Reinforce the double-pass and over-lap coaching points from above.

5v 5 + GK's Game(30 Minutes)

Coaching Points:

- ☒ Reinforce the double-pass and over-lap coaching points from above.



Cool Down (10 minutes) – Controlled juggling (thigh-thigh-foot-foot) or any combination of 4-6 juggles that will challenge the players. Statically stretch the large muscle groups.