

Coaches, Welcome to the 2010/2011 Fall and Spring Season!

As Director of Coaching (DOC) for MYSA, I wanted to put together some goals, along with some information for us to help achieve those goals, so we will be more consistent as a league!

The ultimate goal is to help everyone develop our young players with the core skills they will need to progress when they reach the U9/U10 level. I want to help balance out the coaching and development of our players by sharing the drills, information, and coaching that many MYSA Coaches have learned in their certification classes. The other reason for having these goals, is we have a great Select program for our U9 players, that is run by MYSA and Premier UK, that is awesome!! As we grow as a league, we want to balance out the skill level at the younger ages to enhance overall participation in the select and travel programs.

This information is not the end all be all for information by any means. It will hopefully function as a great start for you for each season and to help calibrate you with what some of the seasoned coaches and Premier UK are working on. There is also a ton of information on our website pertaining to drills and sessions. There are also unlimited resources on the internet as well. So please don't think soccer stops with this, this is just the beginning. THE GOAL IS NOT TO JUST DO EVERY DRILL ATTACHED, BUT RATHER DO EVERY DRILL AS CLOSE TO 100% AS POSSIBLE, WITH EVERY PLAYER!!

As DOC, I am going to try and visit practices during the next two seasons, to see where everyone is with keeping their development of players balanced and to see if I can be of any assistance with practices, drills etc. I am always available via email or by phone, so do not hesitate to reach out with questions.

Andy Thompson, with Premier UK, is our technical director. He and I work very closely and are working on a project to help you out as well. We are working on sending out some drills or practice suggestions weekly to help everyone keep their season progressing with the right player development. More to come on this one...

Tips for overall practices/sessions:

Be prepared for each practice! Take 10-15 minutes before practice to plan out what your practice will be like. Get your drills prepared (even write them down) so you can set up your field before the players get there

Keep the kids moving! Have your drills set up ahead of time so you can go from one to the other. Use water breaks to set up the next drill. The more they stand still, the more distractions you will have in your practice.

The biggest take away I have had with working with our professional coaches and in certifications, is that each drill, even the basic ones, can be progressed in to more difficult drills. You can literally have one drill and one square and progress that drill for an entire practice. You simply add tougher steps throughout each drill (add left foot only, outside of foot, add defenders, and so on). So you will see "Steps" or progressions in some of these drills. That is how they work.

NO TOES and USE BOTH FEET!! These are two big ones that we really need to work on as a league! EVERY player should be able to kick with both feet and should not use their toes. This is simply repetition and each Coach's dedication to player development. PLEASE focus on this at ALL levels!

Space- We need to get the kids out of the "bunch ball/ameba ball" as soon as possible. Having our players understand what "Space" means, and that that soccer is easier to play in "Open Space", is an important concept.

At the end of each practice, you should scrimmage for 10-15 minutes to allow your players some time to work on their skills you have been working on with them. Celebrate a lot when players execute the skills you are driving in the games!

I am looking forward to a great season! Again, this is simply a guide to help you get started! There are tons of resources out there to help! Please reach out with questions!! Thanks, Dave

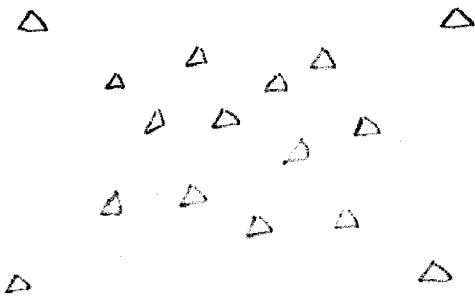
Goal is to keep the players interested, moving and having fun! Stay away from the line drills where there is a lot of waiting.

Recommended Skills to develop at this age (Best practice is to have your drills set up before your session):

1. Ball Possession
2. Using both feet to dribble with (no toes)
3. Using both feet to pass with

Drills to help with this: Δ = cone

Defeat the Aliens: Object is for Players to dribble around + knock down the cones or to "defeat the aliens"
20 x 20 square grid



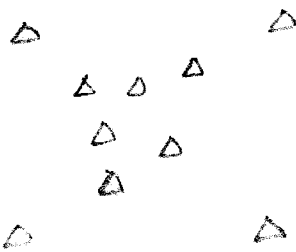
Tell a little story about how aliens are in the grass + growing up (cones). Tell them we need help defeating the aliens. The ball is the rocket.

Anyone who uses hands or goes out of the square/grid, reset + start again

Time it - give them "X" time + if they don't get them, all reset + start again

Treasures + Volcanos:

treasure/object



start here

Object is for players to dribble through the cones (volcanos) without knocking them down, and get to the other side + get the treasure.

Step 1: Have them just go 1 at a time

Step 2: Have them go thru and bring the treasure back thru.

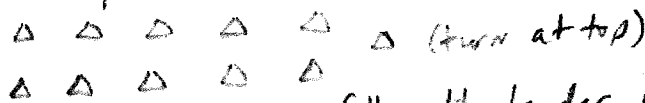
Step 3: Have 2 players go at the same time (race). Can't knock cones down

Step 4: Add a "Monster/Coach/Defender"

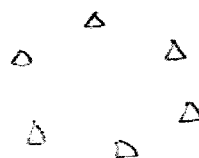
Space Invaders: Object is to catch the Alien with the tail (coach with a penny hanging off your shorts) while dribbling + not run into anyone

The crab: All players line up on one side of field. They have to dribble to the other side with out the "Crab/Coach/another player" getting their ball

Basic cone drill: Have players dribble up one line of cones + back down the other



Have Players play follow the leader. Put cones in a big circle. Have them switch directions.



Goal is to start working on proper technique and get the players more engaged with doing things the proper way. It is important to make sure your practices are continuous and again, stay away from the drills that have players waiting in lines.

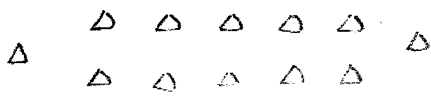
Recommended Skills to develop at this age (Best practice is to have your drills set up before your session):

1. Dribbling with both feet
2. Passing with both feet with correct technique
3. Shooting with both feet

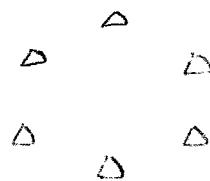
Work on pullback soccer move to help with changing directions and work on throw ins. Also, work on the team spreading out and finding space! Be sure your team knows how to start a game, do a goal kick and how to do a corner kick.

Drills to help with this:

Basic cone drills - Have Players start at a point. Dribble up one side + down other

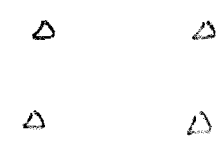


Step 2: Have them use right foot only
 Step 3: Have them use left foot only
 Step 4: Have them shoot at the point before they turn
 Step 5: Have them pass to coach for wall pass at the point



Have Players dribble in a circle around cones (no passing)
 Step 2: Change directions
 Step 3: outside of right foot
 Step 4: Outside of left foot

20 x 20 Grid



Have players dribble around in area + not run into anyone - dribble to space (open area)
 Step 2: Right foot only then left foot only
 Step 3: Incorporate a pullback - Left foot beside ball, Right foot on top of Ball, Roll ball back while turning right with your shoulder, keeping your back between the imaginary defender + the ball.
 Step 4: Play knock out - dribble around + knock others' ball out of grid

Passing - Very important that the technique is correct. NO TOES!!! Tony Chin is the famous passer → Toe pointing where you are passing, Knee over the ball and Chin over the ball.

- Step 1: Left foot pointing straight.
 - Step 2: Right foot at a right angle from your left foot
 - Step 3: Keep your chin/chest over the ball
 - Step 4: Strike the ball with the middle of the inside of your foot (Logo spot)
- } Invert steps for left foot passing

* IT IS IMPERATIVE THAT EVERY PLAYER LEARNS TO PASS PROPERLY WITH BOTH FEET!
 Best Place to practice this is up against a flat wall. Ball should come straight back to you if done properly.
 → If players struggle, take off shoes + socks + pass bare footed (Steps toe balls quick!)

U6

Drills:

Pair up and work on passing - Focus on Both feet 10-20 yards apart

Step 2: Have player dribble half way to other player, pass, and run back.

Step 3: Add a cone in the middle. Have player dribble around cone and pass

Step 4: Add a player in the middle. Pass to middle player. They receive, turn & pass to other player. Each player goes for 1-2 minutes.

Wall Pass

Two lines 10-15 feet apart. Have players pair up. Pass back and forth from one side of field to the other. Stay in same lines and turn around and come back. Works both feet. * Keep players spread out!

Monkey in the middle



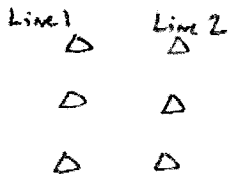
Have one player in the middle. Players on the outside have to pass the ball to an open player and call out their name. Switch when defender wins the ball. Players should take 1 touch on the ball then pass. Calling out the name really helps communication.

Shooting

It is important that players are not using their toes! Players should be using their laces to shoot with. Non kicking foot is beside the ball. Lean over the ball (chin/chest) & strike with the laces.

Long Passing (same motion as shooting) is a good warm up for shooting.

Two lines at mid field. Have player dribble through 3 cones and go and shoot. Have players switch lines after each shot.



Step 2: Be sure that Line 1 uses their right foot and line 2 uses their right foot



Goal is to really start perfecting some technique and getting the players to start understanding positioning on the soccer field and how to really work in space. Players should be able to directions while dribbling and focus on passing with the team.

Recommended Skills to develop at this age (Best practice is to have your drills set up before your session):

1. Perfect technique for dribbling, passing, and shooting with both feet
2. Work on space and passing
3. More advance soccer moves

Work on formations on the field (defender, midfield, offense). Be sure your players know how to execute a corner kick, goal kick and throw in. Also, be sure you are working on your team spreading out and finding space.

Drills to work on this:

- 20 x 20 Square Grid
- △ Have players dribble around the grid - dribble into space inside the grid.
- Step 2: Right foot only, left foot only
- Step 3: Incorporate a pullback. Player needs to explode for 5 yards after the pullback. (see U6 for pullback info)
- △ Step 4: Incorporate a stepover (stepover inside to outside - ex: left foot steps around the ball with the outside of their left foot moving around the ball.)
- Step 5: Double stepover or scissors
- Step 6: Knock out - dribble around + knock other players ball out.

* You can always use either cone drill from the U6 page in. (see U6)

Get in to pairs. Have them spread out facing each other. Have players dribble half way towards each other + do a pullback before they meet.

Step 2: Have them dribble toward each other and do a stepover around each other

Passing - very important that the technique is correct. NO TOES!! Tony Chin is the famous passer → Toe pointing where you are passing, knee over the ball and chin over the ball

Step 1: Left foot pointing straight

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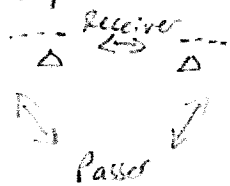
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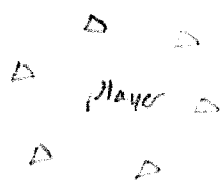
U7 Drills:

* See the passing drills for U6! They all apply to U7.

Two players about 10 yards apart. Put two cones in front of one partner about 7 yards apart. The passer will feed the ball to the outside of one cone. The receiver runs over, takes a touch, & plays it back. They then run to the other cone where the passer will be feeding the next pass. This works both feet passing. Do for 2 minutes & switch.



Monkey in Middle Progressed:



Have one player in the middle. Players on the outside have to pass the ball to an open player and call out their name. Switch when defender wins the ball. Players should take 1 touch on the ball then pass. Calling out the names really helps communication.

Step 2: Add two extra cones than players. After pass player must run to an open cone.

Step 3: Add two defenders (make circle bigger)

Wall Pass Progressed - (see U6)

Step 2: Add a defender/coach between the lines to pass around. Just jog up and down in the middle of the two lines so they will pass around you/defender

50/50 drill:

This is simple but it really helps the kids. Have the kids stand in two lines facing each other about 7 yards apart. Put a ball in the middle. Say ready, set, go, and have them race to win the ball. This really helps them get used to contact and attacking the ball.

Step 2: Progress to have them do this near a goal so they can go score when they win the ball.

Shooting - See U6 Drills *

1 v 1 - set up a small field 20x20 with two goals (real or cones). Play the ball into one player. Have them battle 1 v 1. After they are done, play the ball into other player to start.

Step 2: Make sure they do a soccer move before scoring

Step 3: Do 2 v 1

Step 4: Do 2 v 2