



Founded 1976

Sunnyvale Alliance Soccer Club Recreational Coaching Information



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COACHING



https://www.espn.com/video/clip/_/id/27374717

Coaching Roles

US Soccer identifies **6** tasks of a coach:

1. Coaching Practices (Preparation)
2. Coaching Games (Pre, During, and Post-game)
3. Leading Parents (Expectations)
4. Leading the Team (Culture)
5. Leading the Player (Individual development)
6. Leading Yourself (Self-reflection)



Know Your Players

US Soccer identifies **5** areas of development:

Social

Ability to build relationships & interact successfully

Emotional

Ability to master feelings and responses to events

Language

Ability to understand and verbally express themselves

Cognitive

Ability to think, learn & problem solve

Physical

Changes in size, shape, coordination & ability

Development is individual and influenced by a variety of factors:

Biological

Psychological

Cultural

Educational

Social...

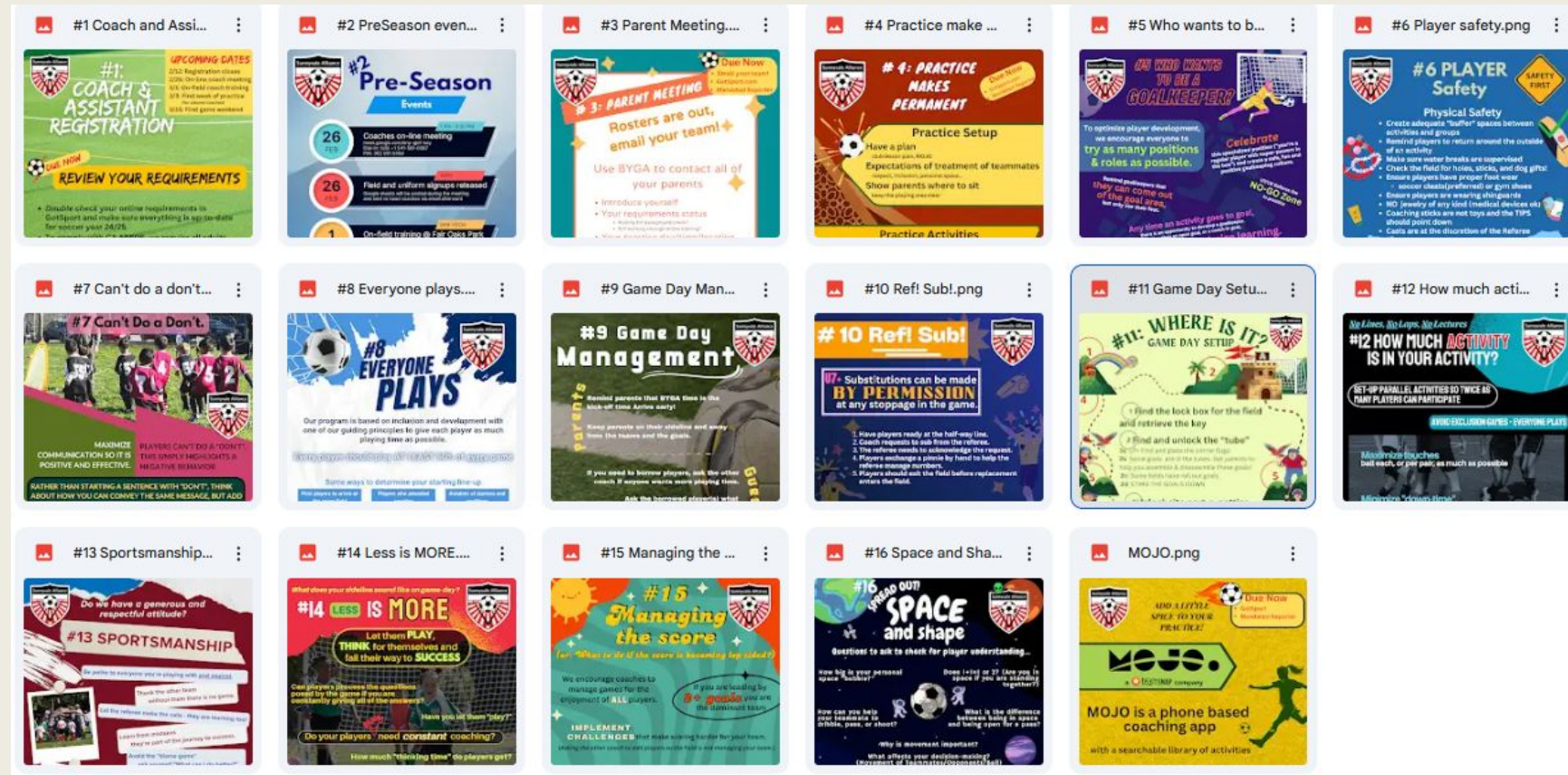


Adjust the learning environment & process to meet the players' needs.



Pre-Season/Early Season Resources

Coach & Parent Newsletters



Newsletters sent via e-mail and also available on club website - always open to suggestions for new ideas!

Club Expectations

Games

- Play at least half of each game
- Play multiple positions
 - Opportunity to score
 - Opportunity to play in goal (u7+)
- Be a starter for half of the season
- Substitutions – when/how many?
- Model good sportsmanship
 - Can't do a don't!
- Game management
 - Adjust at +2 goals
 - Maximum +5 goals

Practices

- Organized
- Game-like
- Meaningful repetition
- Challenging/Fun
- Positive coaching
- Create a player-centric environment, emphasizing holistic development of the player and the person
- Safe, inclusive environment



Modified Laws of the Game

	U6	U7/8	U10	U12	U14+
Format	3v3 or 4v4 (no GK)	5v5 (4+GK)	7v7 (6+GK)	9v9 (8+GK)	11v11 (10+GK)
Duration	4x10' quarters	2x20' halves	2x25' halves	2x30' halves	2x35'-40' halves
Field size	30x20-yds	44x30-yds	up to 60x40-yds	up to 80x50-yds	up to 110x70-yds
Offside	N/A	N/A	@ Build-Out Line	FIFA	FIFA
GK Laws	N/A	"No-Go" goal area No punts Opponent retreats to half-way line	No punts Opponent retreats to build-out line	FIFA	FIFA
Game Laws	Kick-ins instead of throw-ins "Hockey" subs No heading Indirect free kicks No slide tackles	Add throw-ins and corner-kicks No heading Indirect free kicks No slide tackles	Add "obvious" offside No heading Direct & Indirect free kicks	No heading + FIFA	FIFA (Heading allowed)



Game Management

Blow Out Excuse

- I didn't realize what the score was..."
- I can't tell my kids not to score..."
- "I tried, but kids don't listen..."
- "I wanted to make sure we were up enough goals that the other team wouldn't come back..."
- "I said they could add a player..."

Challenge

- At **+2 goals**, you are the dominant team – the game needs new challenges
- Identify if an individual player or a team challenge is required (who is dominant?)
- Did you introduce game-day challenges in practice?
- Manage the environment = mixture of abilities/variety of positions/goals b4 goals
- Manage your own team
- Play with the other team – how can you help everyone to have a good time?





Play > Practice > Play

Play ($\frac{1}{4}$ - $\frac{1}{3}$)

- Small-sided games to activate players as soon as they arrive at field.
- Ask questions that players try to solve during play.

Practice ($\frac{1}{3}$)

- Activities based upon the theme of the session.
- Use appropriate part of field.
- Make session related to the game.
- Ask guided questions.

Play ($\frac{1}{3}$ - $\frac{1}{2}$)

- Divide players into two teams and “scrimmage.”
- Can players translate practice activities and themes into game play?
- Do players know how to restart?

* Introduce new activities and repeat previous activities to balance challenge & maximize learning.

Avoid lines, laps and lectures. **If in doubt, PLAY!**



Practice Variables

Players

Less players

- more individual
- play with a partner
- easier to understand

More players

- more options
- more game-like
- group concepts



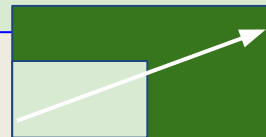
Space

Smaller space

- more intense
- simpler game
- more technical

Bigger space

- more time
- ball in play more
- more game realistic
- more tactical



Goals

Big goals

- GK development
- game realistic

Small goals

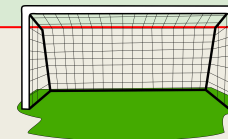
- emphasis on build-up play
- quality of finish

Multiple goals

- more options to score

End-Zones

Target Players



Rules

Free Play

- in/out/restart
- player safety

Challenges

- individual
- group/team

Game Play

- incorporate all game day laws



Practice #1 & #2 (before first game)

Practice 1

Get to know the players

- learn names
- play to see what do players know?
- play simple activities incorporating
 - dribbling & shooting (youngest players)
 - passing (intermediate players)
 - partners/small groups (older players)
 - go to goal as often as possible
- mini-game at the end - what do players do when they aren't coached? (observe)

Team name?

Give out uniforms



Practice 2

Get to know the game

- 1v1, 2v1, 2v2+ activities (promote challenge)
- divide players in half and play a game
- incorporate age-appropriate restarts (kick-offs, goal-kicks, corner-kicks) and appropriate laws (throw-in technique, no-go zone, build-out lines, goalkeeper distribution, etc.)
- include goalkeepers (u7+) and rotate players through this position



Grassroots Soccer - Summary

US Soccer - Grassroots Roadmap, Player Actions

4 v 4 / 5 v 5		7 v 7	9 v 9	11 v 11
U-6, U-7, U-8		U-9, U-10	U-11, U-12	U-13+
ATTACKING	U-6	• Shoot • Pass or dribble forward • Spread out • Create passing options	• Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions	• Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions
	U7/U8	• Spread out • Create passing options • Support the attack		
A>D	DEFEND AS QUICKLY AS POSSIBLE			
DEFENDING	U-6	• Protect the goal • Steal the ball • Make it compact • Keep it compact	• Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent	• Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area
	U-7/U-8	• Pressure, cover, balance • Outnumber the opponent	• Stay involved • Mark the player/mark the area	
D>A	ATTACK AS QUICKLY AS POSSIBLE			



Club Resources - club website

Recreational Soccer ▼

Program Overview

Key Dates

Game Schedules/Fields

Age Group Rules

U6-U8 Program Information

Information for Parents

Information for Coaches

Online Coaching Resources



Date	Session Plan		Supporting videos
Practice plan #1 (weeks 1-2)	U6	U6 Intro to Soccer	Cones warm-up Going to Goal (1+ball; 1v1) Going to Goal: 1+ball Going to Goal: 1v1 1v1 - Boss of the Balls 3v3 game
	U8	U8 Intro to Soccer	Cones warm-up Shooting vs. GK 2v2 game (1v1+GK) 4v4 game
Practice plan #2 (weeks 3-4)	U6	U6 practice plan	Cones warm-up Dribble and Shoot Gates 1v1 - Boss of the Balls 3v3 game
	U8	U8 practice plan U8 Spread Out	

Supplemental Material	
This is additional material that may be of use for this season.	
Name	Description
GK restarts for U7-U10	Video: Restarts for GK, when the build-out line is in effect
Restarts	Restarts: what to work on during scrimmages Video: Kick-off/Kick-in Video: Throw-ins
Shape	How do I teach players to spread out?
Game Day Challenges	Do you have a dominant team, or dominant player(s)?
U6 - Game Day Challenges	Suggestions specific for U6 to help challenge a stronger team
Introducing Challenges	Using small-sided games to practice introducing challenges

Resources for 7v7 (U10+)
These are practice plans based on the US Soccer "Play-Practice-Play" methodology for 7v7 game format (U10+):

Sunnyvale Alliance Soccer Club - Recreational Soccer Program

U6 Practice - "Intro to Soccer"

Play (Gathering activity or simple small-sided game)

Cones

Set up a grid with randomly scattered cones. Players perform a variety of moves throughout the area:

- (a) Without a ball – forwards, sideways, backwards, around, over...
- (b) With a ball –
 - Dribble between cones and avoid other dribblers
 - Dribble to a cone and turn (sole of foot)
 - Dribble around a cone (inside/outside/left/right)
 - Stop ball by a cone, leave it, find another ball

Practice (Develop a theme)

Dribbling & Shooting: "Going to Goal"

Set up a grid with small goal(s) at one end. Both players play towards the same goal(s).

- (a) Each player dribbles a ball towards a goal and attempts to score.
- (b) The coach passes a ball between two players and they compete to try and score a goal.

Teach player to return around outside of activity rather than through the middle.

1v1 - "Boss of the Balls"

Set-up a small field (up to 20x15-yds = play across half of a regular field) with a PUGG goal at each end. The coach serves a ball on to the field and a player from each line plays 1v1 and attempts to score. (Multiple 1v1 games can occur at same time.)

- (a) Players may score at either end.
- (b) Players score in opposite goals/direction.

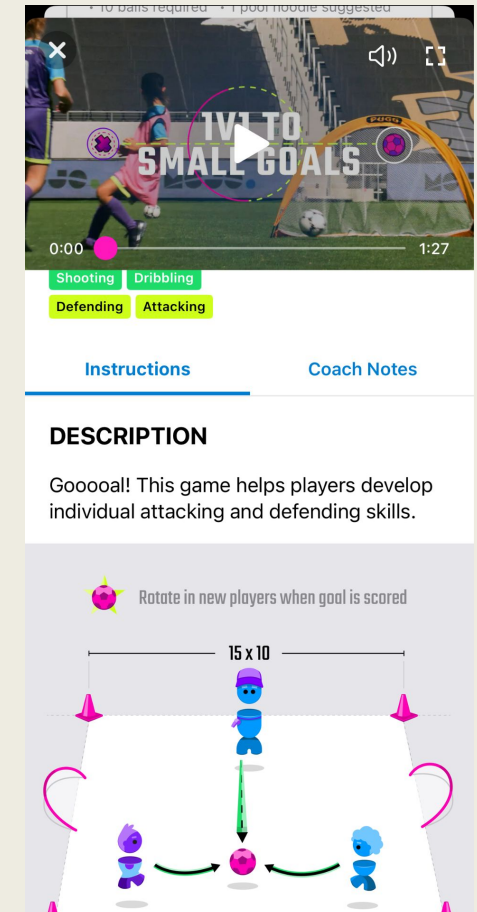
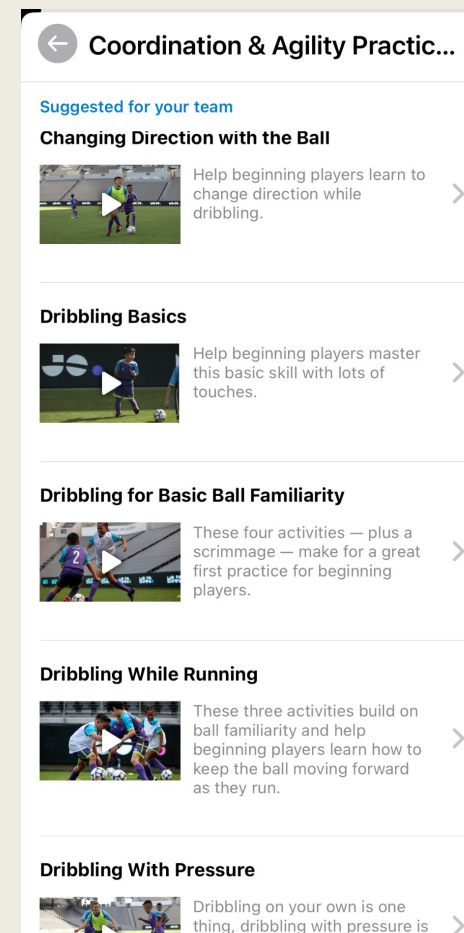
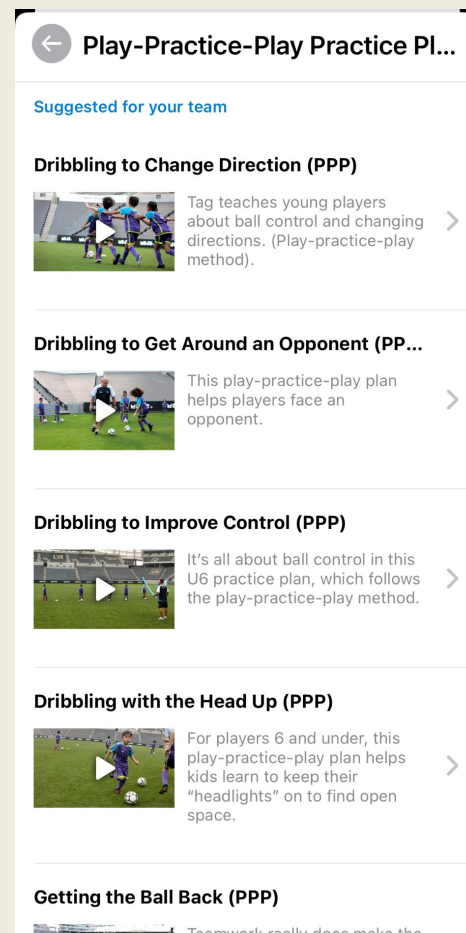
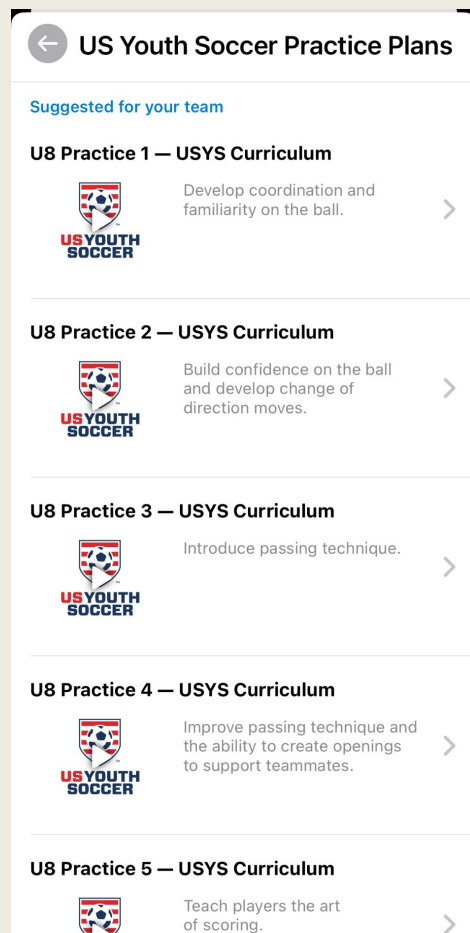
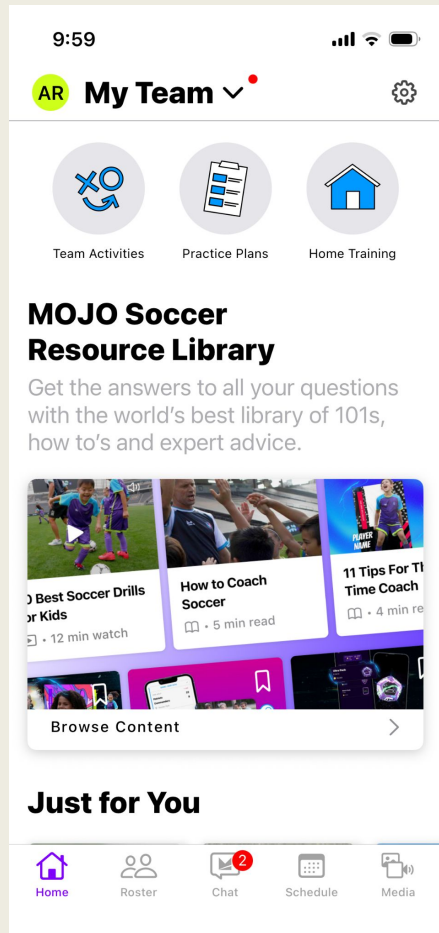
(Game) Play (Observe players in action)

3v3/4v4

Play a 3v3 game in a 30x20-yd area with a 6-ft wide (PUGG) goal at each end.
Play all restarts – kick-off, goal-kicks, kick-ins.



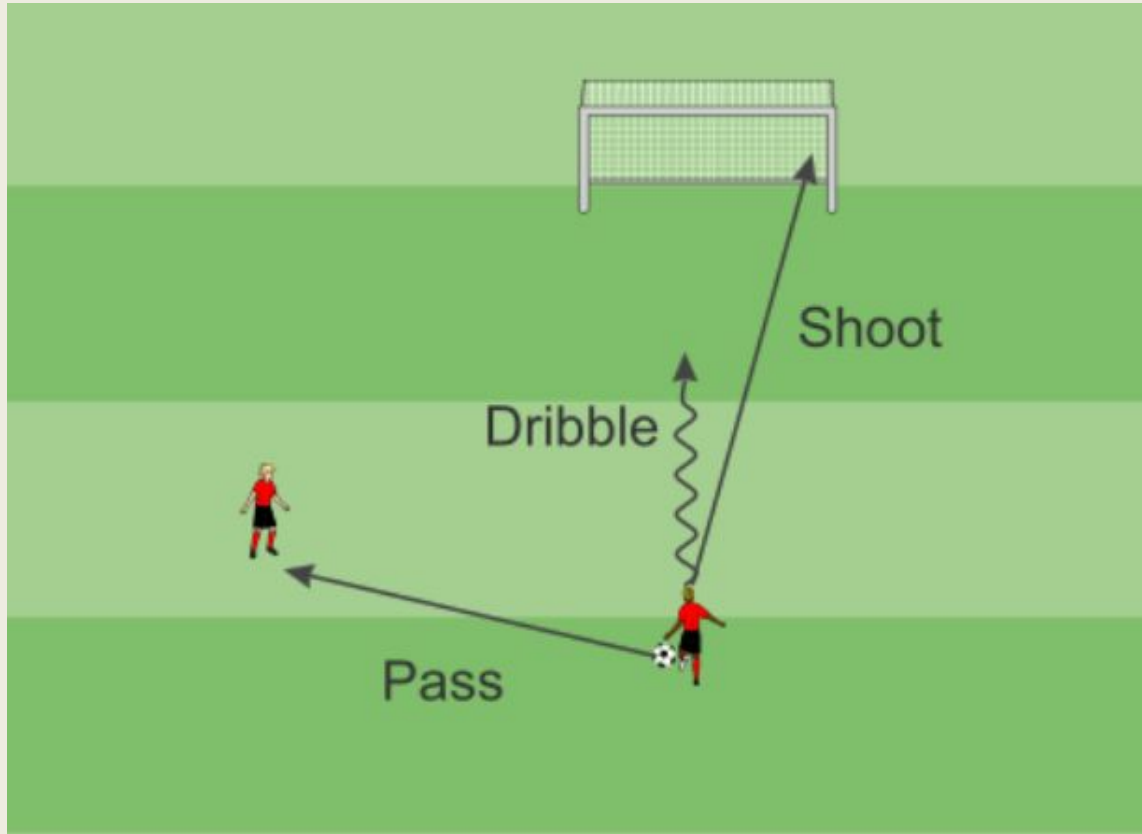
Club Resources - MOJO



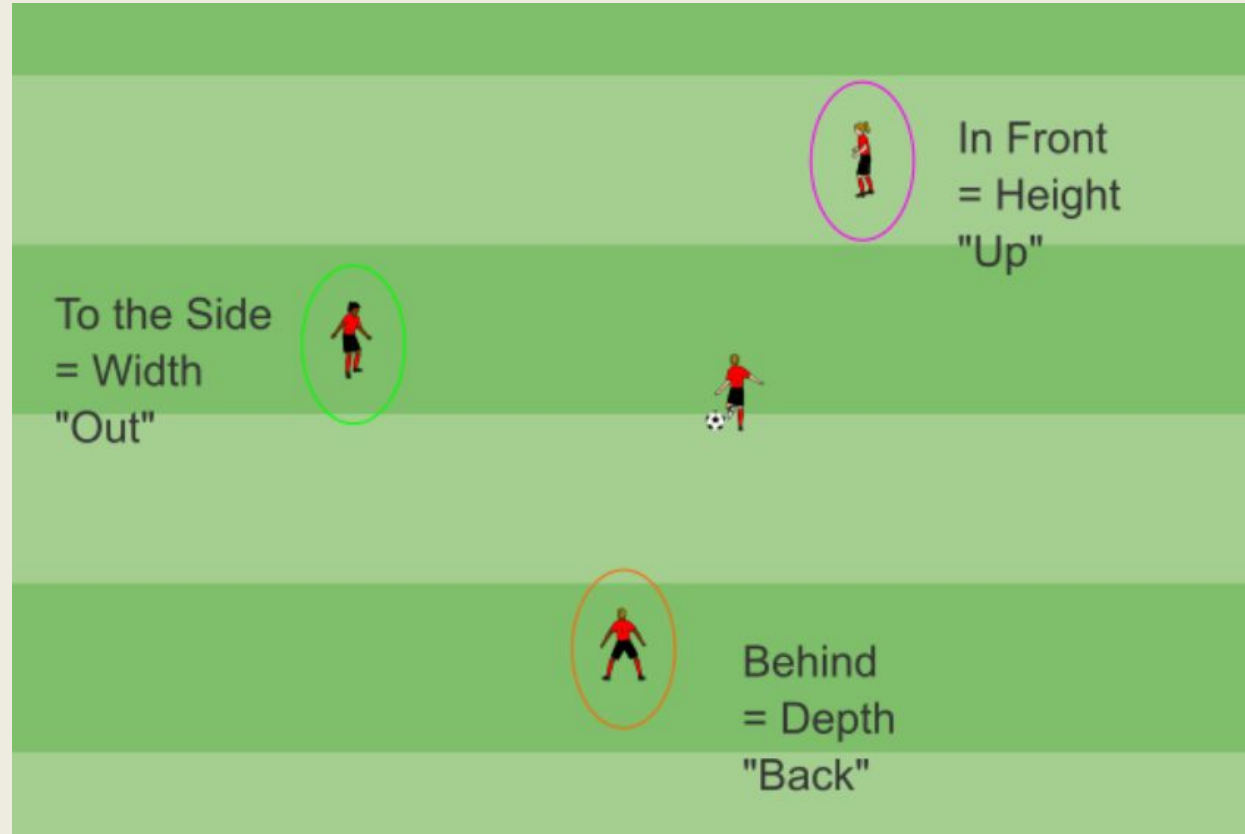
Search by age group, practice type, topic, or individual activity.
Includes description, equipment needs, diagram and video.



Decisions (Attacking)



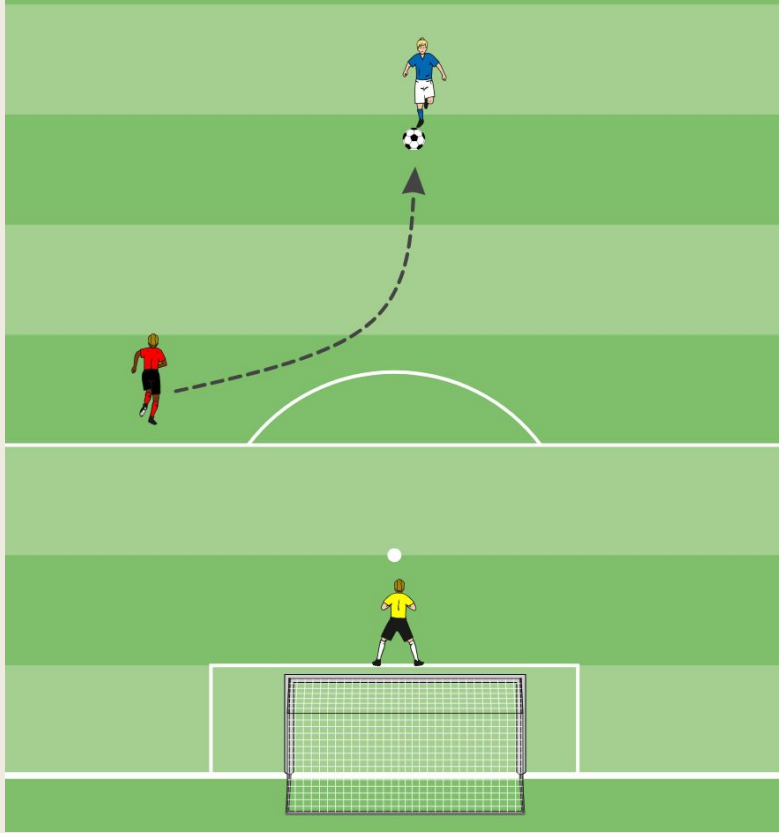
Player with the Ball
(*scanning*)



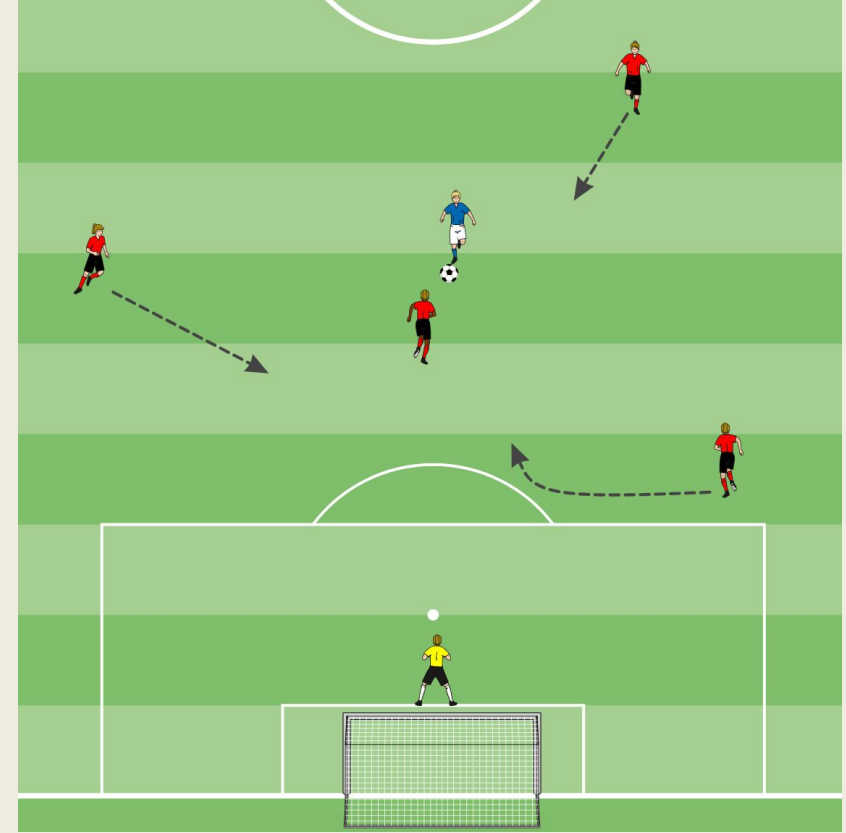
Supporting Teammates
(*move to make the field "big"*)



Decisions (Defending)



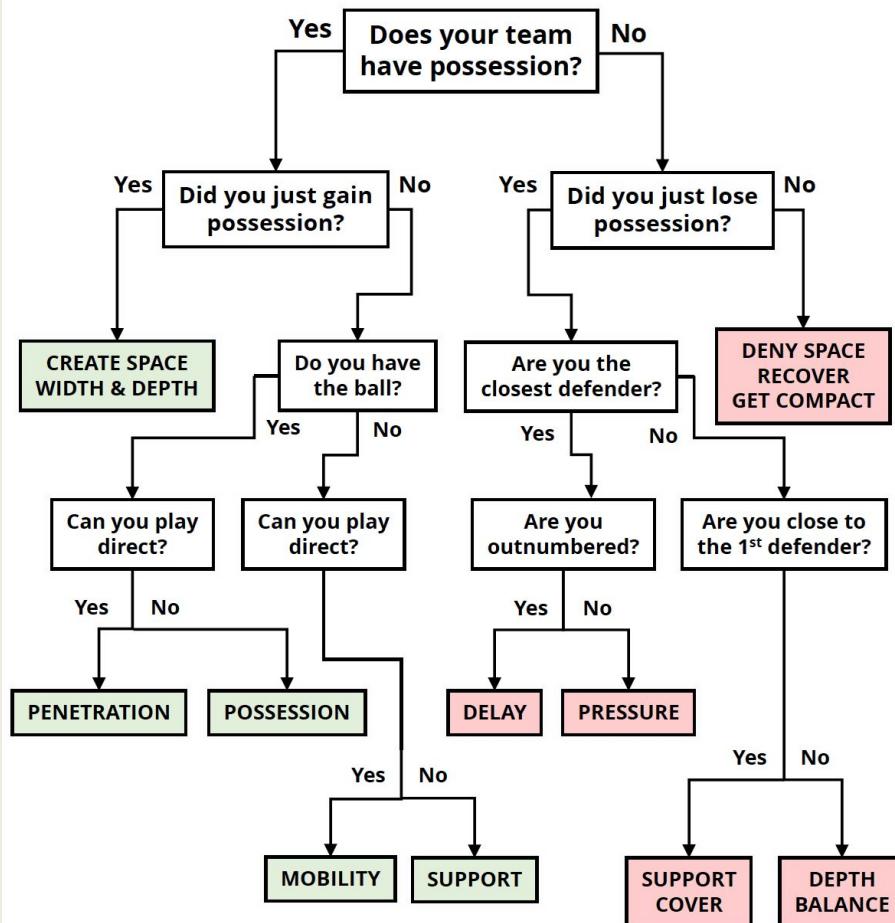
Player closest to the Ball
(pressure / deny the shot)



Supporting Teammates
(delay = move to make the field "small")

Decisions

SOCCER DECISION MAKING FLOWCHART



Tactics

What is appropriate for your players?

- Attacking / Defending
- Individual / Group / Team

Decisions are typically based on:

- Who has the ball?
- Position of the ball on the field
- Position of teammates
- Position of opponents





Coach Education

- US Soccer Federation (USSF) has a free 2-hour online course:
 - Introduction to Grassroots coaching
- SASC will reimburse the cost of our rec coaches taking the following courses:
 - USSF Grassroots: 4v4, 7v7, 9v9 or 11v11
 - Can be taken online or in-person
 - Coaches must submit application form before taking class in order to get SASC reimbursement

(General Information → Tools/Resources on the SASC website)

- Additional coaching assistance is available if needed. Please contact Andrew via email:

- DOC@SunnyvaleSoccer.org



Reminder



- Kids aren't small adults
- It's their only childhood
- This is a game
- Mistakes are part of learning
- Referees are human
- Coaching should be fun too!

Be Realistic

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Questions?

