



**THE
COACHING
MANUAL**

*Age-appropriate
activities to meet your
players' needs*

WE HAVE DESIGNED SESSIONS THAT ARE SIMPLE, INCORPORATE DIFFERENT TECHNICAL SKILLS, AND ARE FUN AND ENJOYABLE FOR AYSO PLAYERS TO DEVELOP AND IMPROVE PERFORMANCE



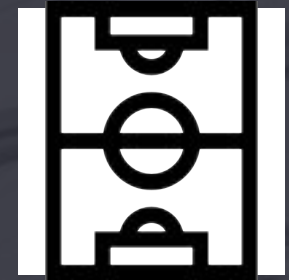
Why The Coaching Manual

TECHNICAL



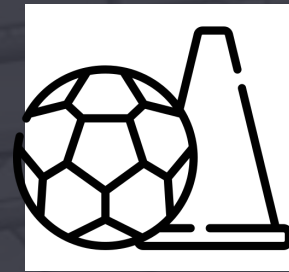
Best in Class: The Coaching Manual

Why The Coaching Manual



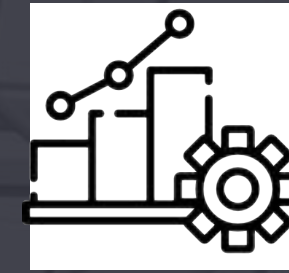
01

Start every session with arrival games of 2v2 or 3v3, allowing the players to practice their technique and get touches on the ball, as well as kick starting each session with an enjoyable game.



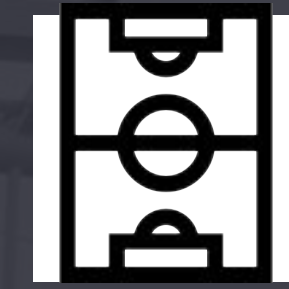
02

The Practice stage should be for the players to be introduced to the topic and theme they will be working on. Depending on age and ability players may practice different technical skills starting with or without opposition.



03

Once players are getting comfortable with the session we should introduce challenges to them. This could be through adding opposition (if not done already) or conditioning the practice to test the players and their skills.



04

Finish off with another game to see if the players can put what they have learned into practice!

This could be a normal game or a conditioned game, again, depending on the challenges already set and the progression of the players.

Play

Practice

Progress

Play

Organisation

Management

Coaching

Characteristics and Needs of players

Characteristics and Needs of Players: Psychosocial

- Interested in new experiences and adventures
 - Shy, Inquisitive
 - Able to answer simple questions
 - Creative in their fantasy play and story telling
 - Often able to distinguish between fantasy and reality
 - Have challenges with sharing
 - Follow three-part instructions
 - Able to count
- May have fear of failure, not being liked, etc.
 - Enjoy talking and being with friends
 - Like to be a coach's helper
 - Feelings can be easily hurt (need reinforcement).
 - Recall details with considerable accuracy
 - Willing to join in games that require a moderate strategy.
 - Skill building is best achieved in non-competitive games.
 - Can be self-critical, so be positive



- Some players may now be in between childhood and adolescence
 - Players are ready to learn!
 - Can process more abstract thought and handle more complex tasks
 - More analytical which boost their tactical awareness and understanding
 - Early or late puberty can impact self- esteem and relationships
- Self-focused and self-conscious
 - Concerned about physical changes, they often compare themselves to others.
 - Strive for independence, but still need guidance with decision-making and judgments
 - Concerned about fitting in
 - Demonstrate mood shifts and increased defiance
 - Find justice and fairness to be important.
 - Consider the world beyond their own community
 - Can mentally manipulate abstract ideas

Characteristics and Needs of Players: Physical

- Walk forward/backwards, hop, climb
- Stand on one foot (for approximately five seconds)
- Kick ball forward
- Throw ball overhand
- Catch a bouncing ball (most of the time)
- Motor skills are developing
- Short bursts of energy, but tire quickly
- Can't sit still for long

- Increased large muscle coordination
- Jump and skip
- Increased stamina
- Increased reaction time
- Speed, balance, and agility separation
- Acceleration/deceleration
- 180 degree turns



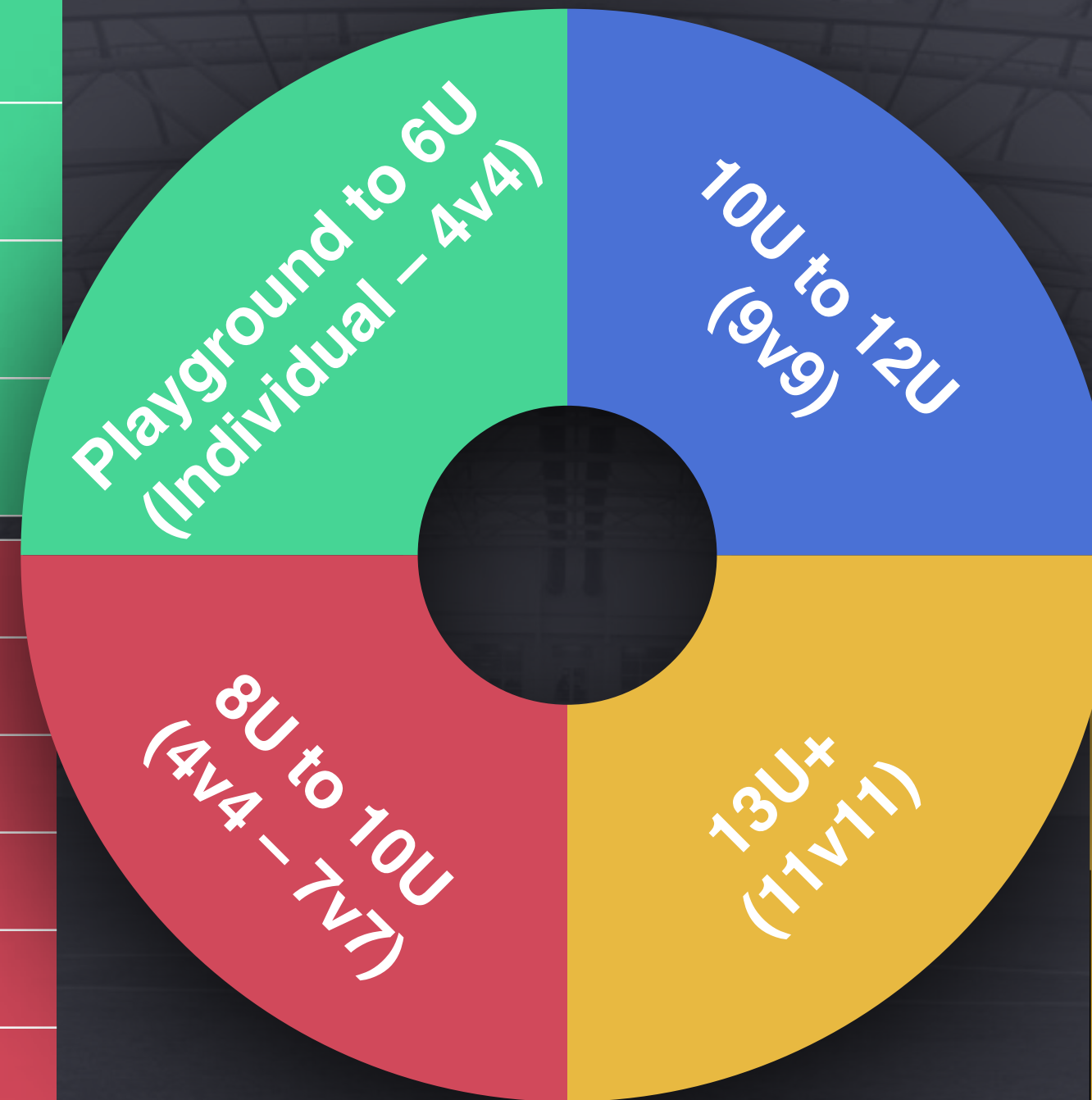
- Strength, stamina and power increase, as well as coordination.
- Your own expectations can increase, from endurance to psychomotor, players should be able to execute with more confidence and capability.
- Observable differences in genders start to develop

- Changes in physical appearance can cause self-consciousness
- Puberty is a time of dramatic change for both boys and girls
- Hormone-driven changes are accompanied by growth spurts that transform kids into physically mature teens
- Boys may mature as much as 2 years later than girls
- Rapid muscular growth
- Fatigue and overtraining can be an issue at this stage so rest and recovery become important elements
- Physical appearance can cause misconceptions regarding actual maturity

Characteristics and Needs of Players: Technical

- Instep Kick
- Dribbling
- Ball mastery
- Shooting

- Throw-in
- Inside of the foot-push pass
- Inside of the foot-ball control
- Top of the thigh-ball control
- Juggling
- Tackling-front block
- Defensive positioning
- Goalkeeping



- Beat the player moves
- Laces shot
- Driven pass
- Lofted pass
- Top of the thigh-ball control
- Juggling
- Crossing
- Goalkeeping
- Volley

EVERYTHING!

Characteristics and Needs of Players: Tactical

*Not a priority at this age

- | | |
|----------------------|-------------------|
| Attacking Objectives | • To Score |
| Attacking Principles | • Penetration |
| Defending Objectives | • Prevent Scoring |
| Defending Principles | • Pressure |

- | | |
|----------------------|--|
| Attacking Objectives | • To Score
• Maintain possession |
| Attacking Principles | • Penetration
• Support |
| Defending Objectives | • Prevent Scoring
• Regain possession |
| Defending Principles | • Pressure
• Cover |



- | | |
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| Attacking Objectives | • To Score
• Maintain possession
• Advance ball forwards |
| Attacking Principles | • Penetration
• Support
• Mobility
• Width
• Creativity |
| Defending Objectives | • Prevent Scoring
• Regain possession
• Delay opponents |
| Defending Principles | • Pressure
• Cover
• Balance
• Compactness
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Age-Appropriate Activities

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Based on the characteristics and needs of players, coaches should aim to create learning environments, through age-appropriate activities, that meet these needs

Playground to 6U

8U to 10U (4v4 – 7v7)

10U to 12U (9v9)

13U+ (11v11)

- 1 player: 1 ball activities

- Basic motor skill development: physical literacy exercises

- Basic technical skills

- Small-sided games mixed with activities and exercises

- FUN!

- Continue with 1 player: 1 ball activities

- Continue to provide motor skill development: physical literacy, play in motion

- Development of basic and introduce more advanced technical skills

- Small-sided games (2v2, 3v3, 4v4) mixed with activities and exercises

- Begin to introduce formations and the associated roles/responsibilities at 7v7

- FUN!

- Mixture of small-sided games (2v2, 3v3, etc) as well as uneven games (3v2, 6v4)

- Continued development of motor skills (Physical literacy, play in motion)

- Use of formations that will relate to the game (with defined roles/responsibilities)

- Create soccer-specific problems so that players can quickly make decisions

- Allow players to take initiative

- FUN!

- Mixture of small-sided games (2v2, 3v3, 5v5, 7v7, 8v8, 9v9)

- Allow players to learn to deal with outnumbered situations (3v2, 6v4)

- Continued development of motor skills as bodies continue to develop

- Use of formations that will help align roles between lines

- Create more advanced soccer-specific problems

- Allow players to take responsibility and have ownership

- FUN!