



COACHING MANUAL

FOR COACHES OF PLAYERS U4 THRU U10

Created by Joshua Groves, Technical Director, NMYSA



NEW MEXICO YOUTH SOCCER

The governing body for youth soccer in New Mexico, affiliated with United States Youth Soccer, the United States Soccer Federation (USSF), and the Fédération Internationale de Football Association (FIFA)

Coaches:

Welcome to The New Mexico Youth Soccer Association (NMYSA). We are the only comprehensive youth soccer association operating in New Mexico, and we are the official youth representative of the United States Soccer Federation in New Mexico.

The New Mexico Youth Soccer Association offers a time-proven and comprehensive set of membership benefits designed for the 21st-century youth sports community, details of which can be found in the following pages. From medical and liability insurance to superb electronic access, from excellent educational opportunities to membership in worldwide organizations, and from expertly prepared publications and productions to progressive 21st-century governance and risk management. For more detailed information on member benefits and the programs we run, please visit our website at www.nmysa.net.

Many first-time coaches volunteer or are volunteered to the job. First things first ... relax. Relax and think about how much fun you are going to have with these young soccer players. This manual has been created to point you in the right direction and to give you some important information about the organizations you have just joined. We are here to help.

Your goal as a youth soccer coach should be to create a fun, learning soccer environment for your players in training and in games. The following are some suggestions to get you started:

- 1) Talk to a representative from your league/club to make sure you have an understanding of what you have signed up for and what resources are available to you.
- 2) Talk to other soccer coaches in your community who have worked with players of similar ages before.
- 3) Read the following manual and visit the NMYSA website for helpful coaching materials and coaching aids.
- 4) Contact the NMYSA office and ask to speak to the Technical Director regarding age-appropriate coaching courses and age-appropriate training materials.

You are about to embark on a truly rewarding activity that will likely impact the lives of many children. Be responsible and have fun.

Sincerely,

Joshua Groves
Technical Director
New Mexico Youth Soccer Association

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BENEFITS OF MEMBERSHIP



Here's a detailed look at the benefits of being a member of New Mexico Youth Soccer Association. The following are included with your registration:

Full Service Electronic Access

With one touch from the Home Page, NMYSA offers state-of-the-art electronic access to all of the common administrative functions:

- Registration
- Travel permission
- Risk management disclosures
- Guest player permission and certification
- Coaching education registration and online education
- ODP and YOP registration
- Club-oriented registration opportunities

Education, Publications & Productions

Internationally Recognized Coaching Education. NMYSA's coaching education program is affiliated with both US Youth Soccer and US Soccer. We offer age-appropriate National Level licensing courses ranging from a 6-hour U6/U8 Youth Module course to an 8-day National C License course and many others in between.

Referee Education. NMYSA co-sanctions the only body in New Mexico that certifies referees for participation outside their own organization—the road to FIFA officialdom starts here!

Publications and Productions. The US Youth Soccer bookstore of youth soccer oriented administrative, parenting and coaches' guides and videos is available at a discount (or free) only through us.

Risk Management

Bi-Annual Disclosure Requirements. Our Risk Management program requires all coaches, administrators and program directors to have a current NMYSA registration in the program.

Background Checks. All of the above have national, criminally sensitive background checks run on a periodic basis.

Other Risk Management Programs. Our Risk Manager and office staff provide access to the latest in insurance and risk tools for local leagues, communities and clubs – everything from goal-safety to coaching education that emphasizes the safety aspects of our programs.

Insurance

Secondary Medical Coverage. Covers players and coaches after the limits of their private policies are reached and protect the uninsured from catastrophic medical expenses. Unlike other youth programs, our insurance is aggregated only in New Mexico.

Liability Coverage. Standard youth sports liability coverage aggregated within NMYSA, for coaches, administrators and registered premises – rental facilities, practice fields, schools and public parks.

Directors and Officers Coverage. Errors and omissions coverage for state, league and club officials operating in their normal capacity as soccer administrators, again aggregated locally.

Recognized Portability of Insurance. With proper notifications and permissions (where required) NMYSA's insurance follows members around the world and from event to event!

Special Program Benefits:

- Olympic Development Program for elite players
- TOPSoccer for those with disabilities
- Soccer Across America for economically disadvantaged areas
- Open State Cup and the National Championship Series
- Kohl's American Cup recreational tournament
- Awards program for national recognition of New Mexicans
- Four state, regional and national workshops
- Parent education program

Programs only we can offer:

- Internationally recognized coaching education
- Internationally recognized referee education and certification
- National Championship Series
- Olympic Development Program

NMYSA CONTACTS



For a full list of Contacts including NMYSA District Commissioners, Committee Chairs and State Referee Contacts, please visit the NMYSA Directory on the “About Us” dropdown menu on our website (www.nmysa.net).

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RULES & CONDUCT



Soccer has 17 laws or “rules” by which the game is played. Most of these laws are easy to understand. The laws are designed to make soccer fun, safe, and fair for all participants. Later in this section, you can find a brief summary of the FIFA (**Fédération Internationale de Football Association**) rules. These laws are often modified so the game is more fun and better for young players. Each league should have a set of rules that it will follow—these rules should be distributed to each coach. If you have not received a copy of your league rules, you should request them from the league and look them over so that you fully understand them.

NMYSA mandates that member leagues use Small Sided Games for players U12 and below—these games use what we call modified rules. The small-sided environment is a developmentally appropriate environment for our young soccer players. It’s a FUN environment. On the next page, you will find an explanation of why we use small-sided games.

Below is a table that provides a quick summary of the important modifications to FIFA rules that NMYSA uses for the U6 thru U12 age groups.

Age Group	Ball Size	Players on Field	Field Size (Recommendations)	GK’s	Game Length
U6	3	3v3	Max 30 x 25 Yards Min 20 x 15 Yards	No	4, 6 min quarters
U8	3	4v4	Max 35 x 30 Yards Min 25 x 20 Yards	No	4, 12 min quarters
U10	4	6v6	Max 60 x 45 Yards Min 45 x 35 Yards	Yes	2, 25 min halves
U12	4	8v8	Max 80 x 55 Yards Min 60 x 45 Yards	Yes	2, 30 min halves
U13 and older	5	11v11	Max 130 x 100 Yards Min 100 x 50 Yards	Yes	Maximum 2, 45 min halves



Why Do We Play Small-Sided Games?

Here are some of the reasons why we believe soccer coaches, administrators and parents must guarantee that our young soccer players play small-sided games:

1. Because we want our young soccer players to touch the soccer ball more often and become **more skillful** with it! (Individual technical development)
2. Because we want our young soccer players to make **more, less-complicated decisions** during the game! (Tactical development)
3. Because we want our young soccer players to be more physically **efficient** in the field space they are playing in! (Reduced field size)
4. Because we want our young soccer players to have more **individual teaching time** with the coach! Less players on the field and less players on the team will guarantee this! (Need to feel worthy and need to feel important)
5. Because we want our young soccer players to have **more involved playing time** in the game! (More opportunity to solve problems that only the game presents)
6. Because we want our young soccer players to have **more opportunity to play on both sides of the ball!** (More exposure to attacking and defending situations)
7. Because we want our young soccer players to have **more opportunities to score goals!** (Pure excitement)

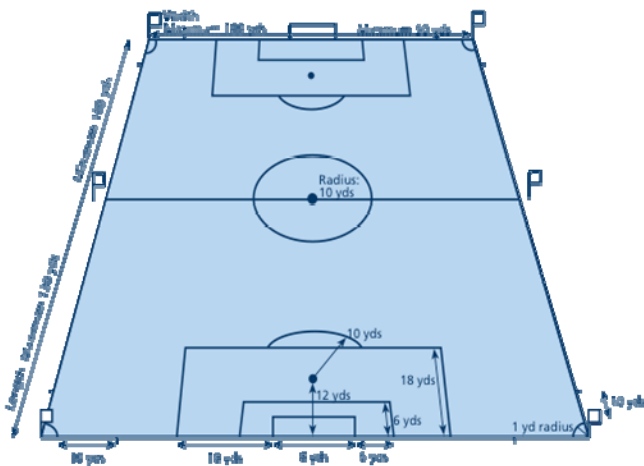
RULES



Here's a summary of the FIFA rules of soccer (you can find the official rules at www.fifa.com), this list is written in a simple to understand manner. As a coach you have the responsibility to understand each of these rules and be able to explain them to your team parents and young players.

1) The Pitch or Field of Play

The playing area (“pitch”) must be rectangular and be between 100 yds and 130 yds long and between 50 yds and 100 yds wide. The end lines are called goal lines and the sidelines are called touchlines.



2) The Ball

The ball must be spherical with a circumference of between 68cm (27in) and 70 cm (28 in) and a weight between 410 gm (14 oz) and 450 gm (16 oz). Leagues may use different size balls depending on the age of the players.

3) Teams / Players

A match (“game”) consists of 2 teams, each with no more than 11 players—including a goalkeeper (“goalie”)—and no less than 7 players.

4) Player's Kit or Uniform

Basic kit consists of a shirt, shorts, socks, shin guards and boots/shoes. Goalkeepers must wear colors different from other players—including their own side—and match officials.

5 & 6) The Referee & Assistant Referees

A referee supported by 2 assistant referees controls each match. He stops the game by means of a whistle for any infringement. He also acts as timekeeper. The assistant referees indicate by flag when the ball is out of play. They also flag when they see infringements that the referee may not have seen.

7) Game Duration

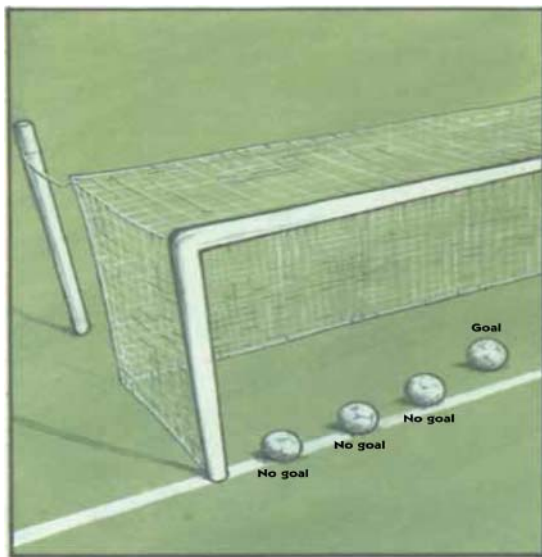
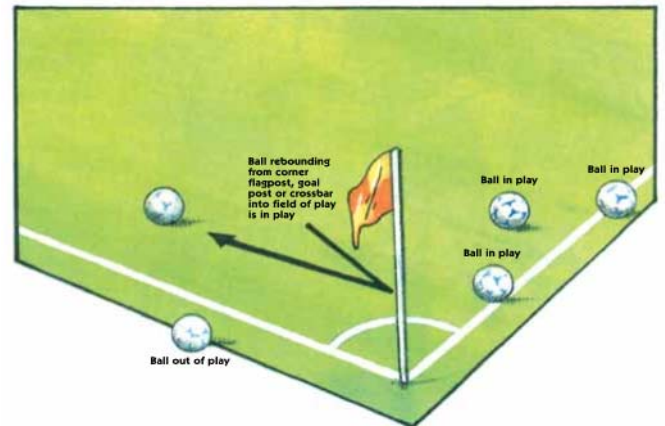
A game consists of 2 halves of 45 minutes each, with an interval (half-time) of a maximum of 15 minutes. The referee may add on additional time at the end of each half to compensate for time lost through injuries, substitutions and players' deliberate 'time-wasting.'

8) Starting the Game

A coin is tossed to decide which team gets to choose which goal to attack. The losing team gets to take the kick-off to start the game. The team's change ends for the second half. A kick-off is also used after a goal is scored.

9) Ball Out of Play

A ball is out of play ('out') when the whole ball has crossed the goal line or touchline.



10) Goals

A goal has been scored when the whole ball has crossed the goal-line between the goal-posts. The team scoring the most goals wins. If both teams score the same number of goals—or neither team scores—the game is tied.

11) Offside Rule

A player is penalized for offside if at the instant the ball was played by a teammate, the player was actively involved in the play and did not have 2 opposing players between him/her and the opposition's goal line. The player is not in an offside position if he/she is in his/her own half; or is level with the second-last opponent; or receives the ball from a goal kick, corner kick or throw-in. An indirect free kick is awarded for offside.

12, 13 & 14) Fouls, Free Kicks and Penalty Kicks

There are “direct” and “indirect” free kicks. These are just some of the offences for which a direct free kick is awarded: hitting, kicking; tripping; pushing; deliberate hand ball; etc. Similarly for an indirect free kick, we have: dangerous play; impeding an opponent (“obstruction”); a goalkeeper holding the ball for more than 6 seconds; a goalkeeper handling the ball after it has been passed to him by a teammate, etc.

At the subsequent free kick, all opposition players must be a minimum of 10 yds from where the ball is placed. A penalty kick is awarded for any infringement that takes place inside the penalty area for which a direct free kick would normally have been awarded if it had occurred outside the area.

15) Throw-ins

Awarded to a team when the whole ball crosses a touchline after having been touched by a member of the opposing team.

16) Goal Kicks

Awarded to the defending team when the whole of the ball crosses the defending team's goal line—not between the goal posts, because that is a goal—after having been last touched by an attacking player.

17) Corner Kicks

Awarded to the attacking team when the whole of the ball crosses the defending team's goal line—not between the goal posts, because that is a goal—after having been last touched by a defending player.



You can find the US Youth Soccer Official Rules of Small Sided Games at the following link:

<http://www.usyouthsoccer.org/coaches/RulesSmallGames.asp>

COACHES' CODE OF CONDUCT



We all have a responsibility to promote high standards of behavior in the game.

In various national surveys, behavior was the biggest concern in the game. This included both the abuse of match officials and the unacceptable behavior of over competitive parents, spectators and coaches on the sidelines.

The NMYSA “Caution: Children @ Play” program goals are to:

- 1) Provide all children a positive sports experience free from all forms of abuse.
- 2) Promote exercise and sports participation for the development of healthy lifestyles that will promote wellness through the lifespan.
- 3) Provide a safe environment for learning positive life skills and the enjoyment of spare time in a sports experience.
- 4) Develop awareness of what constitutes maltreatment or abuse.

Accomplishing these goals will result in players having more fun, developing sound character, building self-esteem, increasing confidence, creating lasting friendships, and improving trust.

Every parent, coach and player is asked to abide by a Code of Conduct during all NMYSA activities, from State-sanctioned tournaments to regularly scheduled League matches through team practices and activities. These Codes of Conduct are available on the NMYSA web site: www.nmysa.net . Help us meet the number one goal of the “**Caution: Children@Play**” program by providing all children a positive sports experience free from all forms of abuse.

On the following page you will find the NMYSA Coach and Team Official Code of Conduct, please visit the Parent Education Page of our website at www.nmysa.net to download Codes of Conduct for Parents/Spectators and Referees in addition to the Coach/Team Official.

**CAUTION:
Children @ Play**



**CAUTION:
Children @ Play**



**CAUTION:
Children @ Play**

Coach and Team Official Code of Conduct

We all have a responsibility to promote high standards of behavior in the game.

The NMYSA “**Caution: Children @ Play**” program is aimed at tackling unacceptable behavior across the whole game.

Play your part and observe this Code of Conduct for coaches, team managers and club officials at all times.

I will:

- Show respect to others involved in the game including match officials, opposition players, coaches, managers and spectators
- Adhere to the Laws of the Game
- Display and promote high standards of behavior
- Always respect the match officials' decisions
- Never enter the field of play without the referee's permission
- Never engage in public criticism of the match officials
- Never engage in or tolerate offensive, insulting or abusive language or behavior

When working with players, I will:

- Place the well-being, safety and enjoyment of each player above everything, including winning
- Explain exactly what I expect of players and what they can expect from me
- Ensure the parents/guardians of all players under the age of 18 understand these expectations
- Refrain from and refuse to tolerate any form of bullying
- Develop mutual trust and respect with every player to build his/her self-esteem
- Encourage each player to accept responsibility for his/her own behavior and performance
- Ensure all activities I organize are appropriate for the players' ability level, experience, age and maturity

I understand that breaches of the Code may result in action being taken by my League and/or my State Association.

**CAUTION:
Children @ Play**



**CAUTION:
Children @ Play**



**CAUTION:
Children @ Play**

COACHING



On the following pages you will find pages of activities, lesson plans and a few coaching tips for players aged 4 thru 10. These session plans should be used to build your own practices. We hope that you will recognize the importance of creating a fun and enjoyable environment for players in these age groups.

Below is a checklist to guide you in your planning of activities. If you are interested in learning more about coaching visit our coach education webpage for more resources and a guide to the coach education courses that we offer. You will find more information on our Coach Education Program later in the manual.

Activities Checklist

- ✓ Are the activities fun?
- ✓ Are the activities organized?
- ✓ Are the players involved in the activities?
- ✓ Is creativity and decision making being used?
- ✓ 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?



U8 ACTIVITIES



Igniting a passion for the game must be the number one objective for coaches of this age group. The aim of the coach is to keep their soccer experience fun, enjoyable and to foster a desire to play.

General Characteristics of the U-8 Age Group

- Like to show skills—need approval
- Beginning to develop some physical confidence (most can ride a bicycle)
- Lack sense of pace—go flat out, chasing the ball until they drop
- Still in motion—twitching, jerking, scratching and blinking are all second nature physical movements
- Still into running, jumping, climbing and rolling
- Boys and girls are still quite similar in physical and psychological development
- Attention span is a bit longer than the U6 age group
- Developing playmates
- More into imitation of the big guys (sports heroes becoming important)
- Still very sensitive—dislikes personal failure in front of peers, making ridicule from the coach in front of the group very destructive
- Still do not believe in the concept of the team at all costs
- Inclined more toward small group activities

Typical U-8 Training Session

- Should not exceed one hour
- Free play or a warm-up, each player with a ball, dynamic stretching and soccerastics -approximately 15 minutes
- Some individual body awareness activities
- Introduce partner activities
- A mixture of individual and partner activities. Add more maze-type games. Introduce target games with a variety of player combinations: 1v1, 2v1, 1v2 and 2v2—approximately 25 minutes.
- Game of 4v4, two goals and no goalkeepers—approximately 20 minutes

Warm-Up "Buddy Up"

LESSON PLAN U8
"STRIKING THE BALL"

Players are in pairs, each pair has one ball. One partner kneels/sits and rolls ball to their partner. The partner standing then passes ball back to the kneeling partner and then goes to a new person.

"BUDDY UP"

- a) Inside of foot
- b) Laces (just introduce)
- c) Go to kneeling partner who rolls ball between legs. Standing partner then chases, turns and passes ball back.



Introduction to mechanics of striking the ball
Note: Don't get too caught up with them using their laces.
Can they get it back to the kneeling partner without making them move?

1st Game Junkyard Soccer

Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach.



Variation: Require a pass to be made to a teammate before the ball can be struck back to the other half.

The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time.

Introduce mechanics of striking the ball
Strike the ball for a purpose.
They should be trying to strike the ball where the other team can't get it back quickly.

2nd Game "Shootout"
No Goalkeepers

Two goals are placed on the ends. Two teams of 4-6. Each team is attacking a goal and defending a goal. Two teams each take a place behind the goals. The coach will yell out a number of players and a direction like "2 Right".

"SHOOTOUT!"



Two players from each team run by the right side of the goal and then come in. The coach can call any number and direction. After the coach yells out a number and a direction, they roll in a ball for the players. Play for time or a certain amount of points.

Scoring goals
Concept of parallel play

Game 4v4
No goalkeepers

4v4
JUST LET 'EM PLAY!!!

PLAY A 4v4 GAME WHERE 1 GOAL EQUALS "ONE MILLION" POINTS!



US LESSON PLAN: PASSING



Warm-Up

Retrieval activity in pairs -- getting them to work together. Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) picking up the ball and running back to the coach; 2) picking up the ball and hopping back to the coach; 3) picking up the ball and skipping back to the coach; 4) running after the ball and passing the ball back to the coach. The coach walks around while the players dribble the ball back to them.



2ND ACTIVITY

"Marbles"

Players get into pairs. Each player has a ball. One player starts by passing his/her ball out front. The other player attempts to pass their ball and hit the other player's ball for a point. If a ball gets hit, then the player who hit the ball starts off with another "break." Progress to moving quicker. Give two points if the players can pass and hit a moving ball.



3RD ACTIVITY

Gates Passing

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

Variation: a) players work in pairs and must pass through a gate to their teammate who is on the other side.



4TH ACTIVITY "Gates"

4 Gate/Goal Game

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc., in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score through any of the 4 corner goals. The only way to score is to pass the ball through the goals.



4v4 game with no goalkeepers.

Play 4v4 game with no goalkeepers

LET THEM PLAY!



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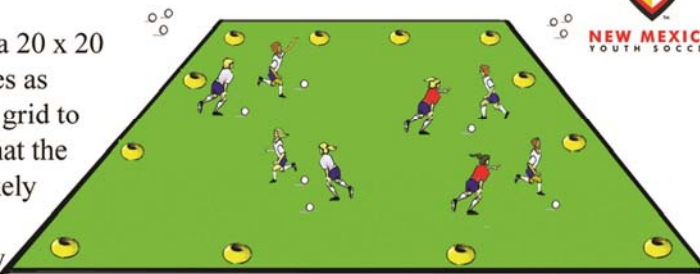
U8 LESSON PLAN: BALL POSSESSION



WARM UP TAG

The coach picks two people who must chase everyone else and tag them. Tagged players can't move until you allow them. The chasers don't have a ball; all others do.

For the U8 age group go to a 20 x 20 yard grid. Use as many cones as needed to clearly define the grid to the players. Keep in mind that the younger they are the less likely they are to comprehend boundaries. Don't be overly concerned when they dribble out-of-bounds. Simply corral them back toward the grid.



This game improves dribbling in a fun; competitive environment.

2ND ACTIVITY BALL RETRIEVE

The coach has a pile of 6 or 7 balls. The coach kicks or throws these in all directions. The players should chase any ball and dribble it back to the pile at the coach's feet. Never letting the pile get down to zero is the player's objective. Balls are thrown or kicked 10-20 yards.

The space is a 20 x 20 yard grid. Use tall cones to designate the corners. For the U8 age group more cones will be necessary along the border lines to concretely designate the grid.

The emphasis here is on visual tracking and dribbling to a designated place.



3RD ACTIVITY DRIBBLE TO THE CONE

Put out as many cones or markers as there are players. Have the players dribble randomly until you command they dribble to a cone. They should all run to the nearest marker and freeze with the ball.

Beyond the dribbling and movement enhancement you are asking the players to expand their decision making process.

Use either a 10 x 10 yard or 15 x 15 yard grid as you see appropriate for the players' abilities.



4TH ACTIVITY 1 VS. 2

In groups of 3, play 1v2. The one who has the ball must dribble and keep it. Those who don't have a ball try to get one.

The activity creates situations in which players become familiar with the pressures of the game. Speed of response and the ability to beat an opponent are emphasized.

For the U8 age group use a 10 x 10 yard space or up to 15 x 15 yards.



5TH ACTIVITY 50/50 BALL

Set up a game in which two teams of 3-4 players line up across from each other at a distance of 15 yards. On command (call players by name), one player from each side runs to win the ball and dribbles it back to the team. The other player tries to prevent this from occurring and attempts to dribble back to the other line. Keep score when playing this activity with the U8 age group.

In this activity players become familiar with:

- The pressures of the game.

- Speed of response and the ability to beat an opponent

Don't start with a ball in the middle. Roll or kick it out so they must react to it.

Use a 20 x 20 yard grid in which are the two 15 yard lines. When a player dribbles back across his or her team line they should try to keep the ball from going out of the grid.



LESSON PLAN: US RECEIVING



Warm-Up:

“Juggling Balloons or Beach Balls”

Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up and try again.



- Follow object/ball with your eyes
- Move to get behind and in line with it
- Don't stretch for it

2ND ACTIVITY:

“Juggling with a Partner”

Same as warm-up, but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3-minute period.

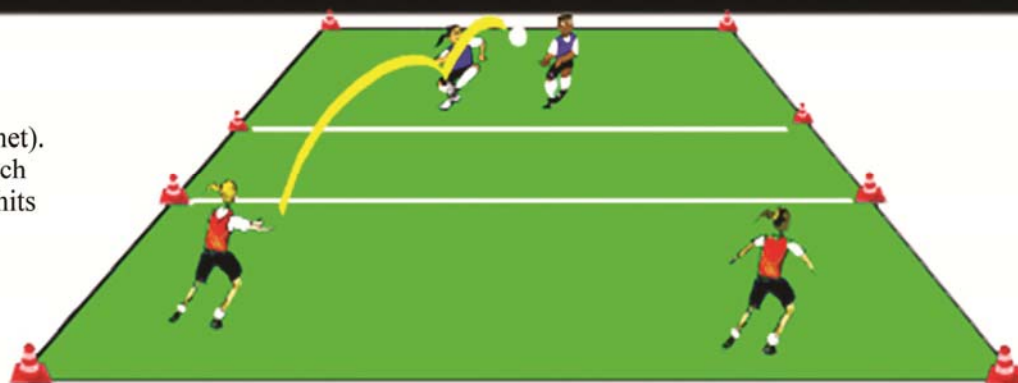


- Move to get behind and in line with object
- Select the surface quickly

3RD ACTIVITY:

“Soccer Newcomb”

(use size 3 ball, not too inflated)
20x15 (one yd. “dead space” for net).
2 teams of 2 play toss-receive-catch over the net. If caught, point; if hits ground, no point -- toss it over. Allow 1 bounce. Partner helps catch/control.



- Move quickly to get behind and in line with flight of ball
- Select surface early
- “Withdraw” on contact

4TH ACTIVITY:

“Toss-control-catch”



- Move to the ball
- Select surface early
- Look, get heads up quickly
- Move to open space

4v4 in 40x30-yard area (includes 5 yd. end-zone on each end).
Toss-receive-catch to advance ball.
If ball drops to ground, goes to other team.
Score by receiving and catching in your end zone.
Opponent cannot block the toss.

5TH ACTIVITY:

“The Game”



- Move to the ball
- Move to open space
- Look
- Choose surface early

4v4 in 45x30 with 4-yd-wide goals, no GK.
Coach is Boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.



U-8 LESSON PLAN: COOPERATIVELY COMPETING (EMPHASIS ON DRIBBLING)



Warm-Up

“Paint The Square”

Players pair up with a teammate. They each have a soccer ball. Tell them to pretend the ball is a paint brush and as a pair try and paint the entire square by dribbling the ball around the square. Progress into having them create or “paint” a picture with the ball by dribbling. Like “follow the leader”. Make sure you have them switch who the leader is.

Guided Discovery question: How can you and your partner “paint” more of the field?

Answer: Communicating and getting our head up while we dribble.



1st Activity-

Buddy “Gates”

Players are still paired up with their teammate. Small goals (gates) are created in the field. Each pair scores a point when either of the two dribbles through a gate. After they dribble through they need to find their teammate so they can pass the ball to them. Progress to adding parents/coach blocking a gate so they have to choose another one.



Guided Discovery question: How can you and your partner score more points?

Answer: By getting our head up after we dribble through the gate to score.

2nd Activity “Two headed Sharks”

This is a variation of “sharks and minnows”. Players are paired up with a teammate and share one ball. Two players are in the middle and each share a bib, towel, etc (do not link arms). The “two headed” shark can not split up. The two players in the middle are it. They are trying to tag someone who has a ball. If a player gets tagged then they along with their partner are it and become a two headed shark as well. The paired up players that are not “it” try to get their ball from one end to the other end without getting tagged by a “two headed” shark. The one rule is that both players in a pair must dribble the ball to the other line. This will force them to play with their teammate.



Guided discovery question: How can you and your partner make it easier to not get tagged?
Answer: By spreading out and also coming to help when they are about ready to be tagged.

3rd Activity

“Matthews” Line Game

This is a 4v4 game but it is always played with 2 balls going at the same time. The object is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball that is delivered by the coach. An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.

Guided Discovery Question: How do you know when to dribble and when to pass?

Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.

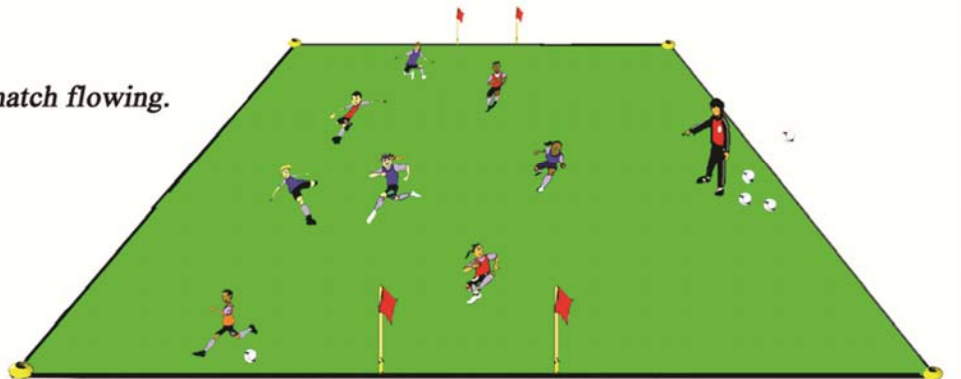


Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

“CELEBRATE”



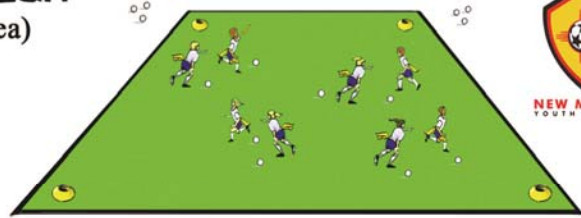
US LESSON PLAN



1st Activity (warm-up)

TAIL TAG (in a defined area)

Each player has a vest/bib tucked into the back of their short. They dribble around until the game is started by the coach. When the game starts, the goal is to steal as many tails as possible. (Keep playing if yours get stolen.) Who grabs the most? Then, play again to see who grabs the most and who is the last to lose their tail!

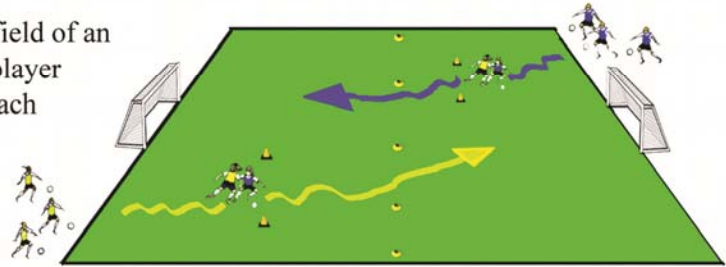


Progressions: Each player dribbles a ball, too. Players dribble the ball in a specific method.

2nd Activity

ENTRANCES AND EXITS

Divide players into two groups, one on each end line of a field of an appropriate size. The two teams face each other and each player has a ball. Mark the centerline with a flag or tall cone on each sideline, calling the line between the flags the "bridge". Place one defender on each bridge at the entrance. The players have to dribble past the guard to get to the other side to shoot. Then let 4 roam inside the two bridges.

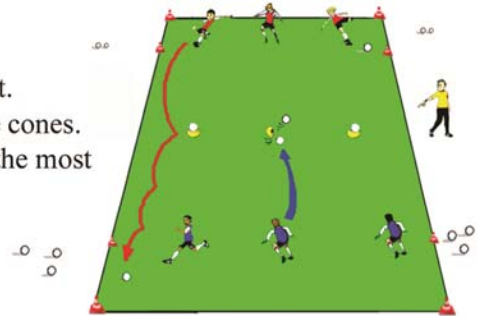


Progressions: At the start allow players to go through as a group. Then have them try to get through individually.

3rd Activity

BALL HUNTING

On the baseline of a rectangular area are 6-8 players. In the middle of the playing area are three cones, each with a ball on top of it. The players shoot from the lines simultaneously trying to knock balls off the cones. Balls that are knocked off are immediately put back on the cones. Who hits the most balls in two minutes?

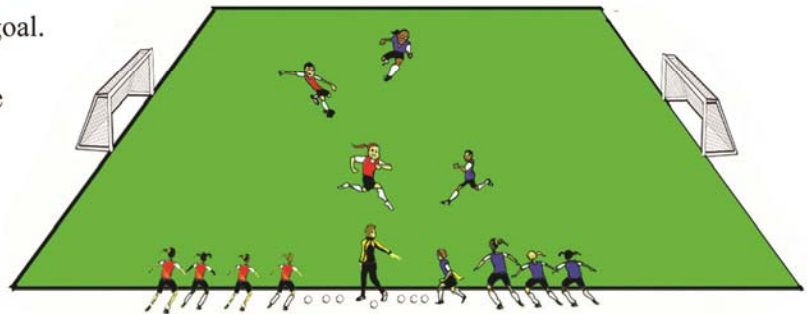


Progressions: Shoot using any surface, shoot using laces, shoot using inside of foot, etc.

4th Activity

"OUT OF THERE"

Reds attack the left goal, and Blues attack the right goal. If a ball goes over a sideline or end-line everyone is "outta there"! If a team scores they stay on and the other team swaps two players in ASAP. The coach throws balls in quickly as possible as demanded by the game. The coach doesn't say anything when throwing balls in, they control who is out!



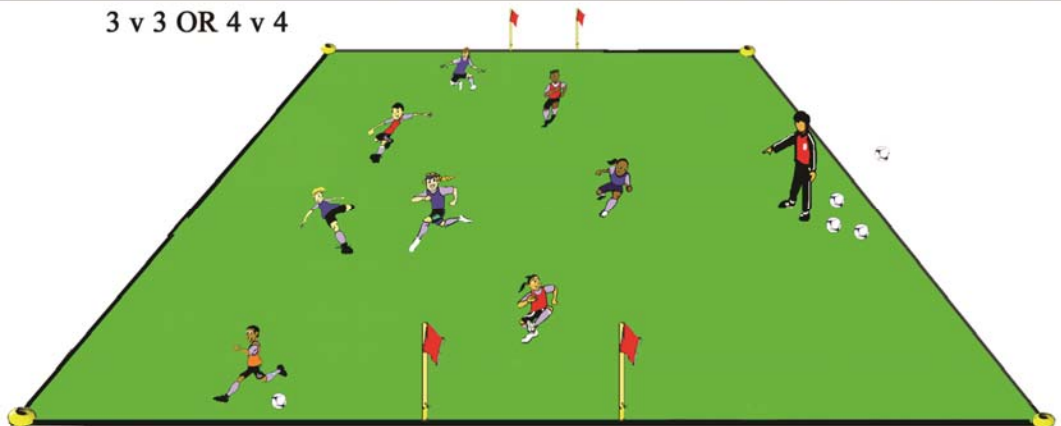
Progressions: Play 1 v 1 then 2 v 2

5th Activity (the game)

3 v 3 OR 4 v 4



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TEAM MANAGEMENT



Being a good coach is about more than just being able to run a good practice. Below is a list of factors to consider with regard to managing your group of players. This is not an all-encompassing list but should provide you with an initial framework for staying on top of the other pieces of being a coach.

1) Organize/Prepare – If practices flow easily from one activity to another with minimal down time, the players are able to stay focused and will spend more time engaged in the fun activities. Use a practice plan, like the ones included in this manual to plan out your training sessions.

2) Choose your activities carefully - There is nothing worse than putting players through “boring” drills that are inappropriate to their playing ability either by being too difficult or too easy. Activities should be fun and challenging. Even young players will engage themselves in a great game.

3) Develop your own personal coaching philosophy - all coaching actions are preceded by a decision. Any decision you make is based on your philosophy. A coach’s philosophy should encompass their personal beliefs, motivation, experiences and methods. Ask yourself some important questions: Why are you coaching? What were your experiences as a player? What is your coaching style? How will you define success?



4) Open lines of communication – hold a meeting with the parents of the players on your team. During this meeting you should discuss many things including your coaching philosophy, aims and goals for the season, parent and player expectations, practice and game logistics, rules and regulations of league/club and help needed from each parent (give them roles, like team administrator, social coordinator, team referee, uniform coordinator etc.)

5) Get Equipped - make sure you have the correct sized balls for your age group. You will also need a pump, some cones for laying out activities and colored pennies (bibs/vests). Portable goals are useful but not essential. Bring a spare pair of shin guards and some extra water to every practice/game in case one of your players forgets to bring their own.

6) Be Prepared for Injuries – soccer is a contact sport and therefore injuries are likely. You should always have your players' medical release forms with you during practice and games. You should also keep a fully stocked first aid kit with you that should include: cold compress packs, Band-Aids, antibiotic ointment, sting-relief ointment, antiseptic wipes and bandages.

7) Remember: You Are The Role Model - It is always good to remember that our actions are speaking so loudly that the players cannot hear what we are saying. If we ask for respect, but show that we don't respect others (e.g., the referee) then we are asking for problems. Model appropriate behavior and get it in return.

COACH EDUCATION



NMYSA offers a comprehensive, age-appropriate coach education program across the state. Many of our courses are free to attend. We offer a simple online registration system known as eCertification, which allows us to issue and track all certifications electronically. For more detailed information on all of our courses please visit the coach education page of our website. We currently offer the following courses:



Online Youth Module 1

- Aimed at coaches of players U5 thru U8
- The course has been developed to allow coaches to take a coaching certification course through a virtual online classroom from the comfort of your own home and at your own speed
- The course consists of text, audio and video
- Coaches can quit and save their progress and come back to the same point at a later date
- On completion coaches will find their course license and the entire course manual available to download

Youth Module 1 (Physical Version)

- 6 hours in duration, 3 hours classroom, 3 hours field activities
- Aimed at coaches of U5, U6, U7 and U8 teams
- Field sessions with players and with candidates

Youth Module 2

- 6 hours in duration, 3 hours classroom, 3 hours field activities
- Aimed at coaches of U9, U10, U11 and U12 teams
- Field sessions with players and with candidates

USSF E License

- 18 hours in duration, combination of field and classroom sessions
- Aimed at coaches of U9 to U12
- Candidates are required to participate in field sessions

USSF D license

- 36 hours in duration, combination of field and classroom sessions with written, oral and practical exams
- Aimed at coaches of U12 to U14
- Candidates are required to participate in field sessions

Goalkeeping Level 1

- 6 hours in duration, 2.5 hours classroom, 3.5 hours field activities
- Aimed at coaches of U10 thru U13

Goalkeeping Level 2

- 6 hours in duration, 2.5 hours classroom, 3.5 hours field activities
- Aimed at coaches of U13 and up

NATIONAL COURSES



National Youth License

- The National Youth License is designed to provide club directors of coaching, youth coaches, physical education teachers, and soccer administrators with the knowledge to successfully structure soccer environments for children aged 4-12
- Takes place over 5 days
- Combines field and classroom activities



USSF C License

- The National "C" License course is designed to introduce concepts that are targeted toward coaching players ages 11-14. The course focus is on getting coaches to think about, discuss, and recognize the recurring concepts or themes that exist in soccer.
- Takes place over 8 consecutive days
- Combines field and classroom activities

Minimum Coaching Requirements

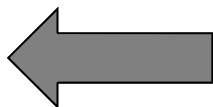
NMYSA strongly recommends that all coaches achieve a level of coaching certification appropriate to the age and level of the players they teach. There are many reasons why coaches should seek coaching certification:

- 1) To increase your effectiveness as a volunteer or paid coach by enhancing your knowledge of fundamental coaching concepts such as:
 - Philosophy of coaching
 - Age appropriate training of children
 - Prevention of injuries
 - Care of injuries
 - Team management
 - Risk management issues
- 2) To protect you from civil lawsuits. If you are ever sued for an injury to one of your athletes (although rare), you can present a much better legal defense as a result of being educated and trained.
- 3) To increase your knowledge on how to properly teach technique and tactics.
- 4) To ease the worry of volunteer coaches who have never played or have limited experience in the game.
- 5) To arm the coaches with activities (not drills) that will provide for a safe and fun learning environment.
- 6) “There’s no substitute for an educated coach”.

NMYSA Strongly recommends the following minimum coaching requirements:

Age Group	Minimum Certification
U4 – U8	Youth Module 1 (Online or Physical)
Recreational U9 – U12	Youth Module 2
Competitive U9 – U12	USSF E License
Competitive U12 – U14	USSF D License
Competitive U14 – U19	USSF C License
Directors of Coaching / Pro Coaches	National Youth License plus Age-appropriate License

USEFUL RESOURCES

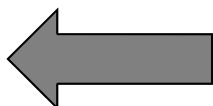
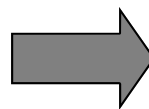


www.nmysa.net

Here you will find all the information regarding New Mexico Youth Soccer, our programs, members, tournaments, as well as session plans, articles, videos and links to many other coaching and soccer resources.

www.usyouthsoccer.org

This extensive webpage covers nationwide programs, includes soccer blogs and many coaching parent and administrator resources including a large range of DVDs and books. You can also find detailed information on rules, small-sided games, coaching conventions and many other youth soccer related features.



www.ussoccer.com

This site provides great coverage of US Youth and Adult National Teams in addition to information on referee development and National Coaching Schools.

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