

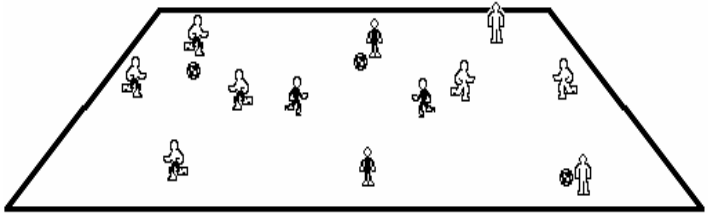
Minnesota Youth Soccer Association - 2010 Winter Coaches Symposium

TOPIC: Mine! Ours! And YOU can't have it!


Peter McGahey

6-Feb-10

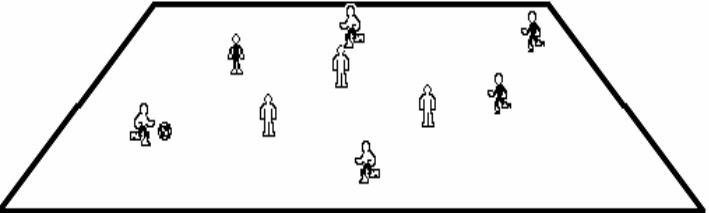
Warm-up: Passing & Moving - 'Keep it'

| | | |
|---|--|---|
|  | <p>Organization:</p> <p>Divide into 3 groups of 4 1 ball per group Pass & move around field - cover full field</p> <p>Coach - says 'Keep it' players sprint together for a game of 3v1</p> | <p>Key Coaching Points:</p> <p>Mentally & physically prepare for training Technical quality - Passing technique Communicate w/ runs off ball Intro. Outside of foot pass Intro. Spin</p> |
|---|--|---|

1 v 1 Series

| | | |
|---|---|---|
|  | <p>Organization:</p> <p>Divide into pairs with 1 soccer ball and 2 cones Play 1 minute 1v1 games 2 ways to score: Hit cone = +1 / Player in ball possession @ end = +2 Rotate after 1 minute Winner stays - loser moves on - tie to player w/ball</p> <p>Play set # of games Utilize active recovery if needed</p> | <p>Key Coaching Points:</p> <p>Encourage competition - Making teammate better "Regain possession" Choice? "Scoring or keeping possession" Technical hints</p> |
|---|---|---|

Nucleus #1: 3-team-keepaway (6v3)

| | | |
|---|---|---|
|  | <p>Organization:</p> <p>Divide into 3 teams of 3 Designate 1 team a 1 touch restriction Two teams (one touch restriction & another team) play together (6 players) - 5 passes = 1 goal One group (3 players) - score on two side small goals</p> <p>Play for 3 to 4 minutes change roles</p> | <p>Key Coaching Points:</p> <p>Technical quality Players off ball body shape Visual cues of build-up Rhythm/Speed of play Team Shape #'s up vs. #'s down possession</p> <p>Coach individuals during flow & team during change overs</p> |
|---|---|---|

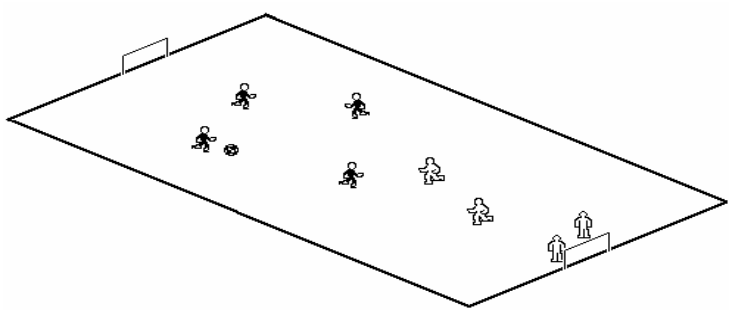
Minnesota Youth Soccer Association - 2010 Winter Coaches Symposium

TOPIC: Mine! Ours! And YOU can't have it!

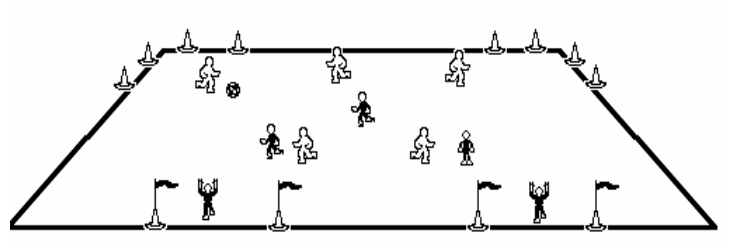
Peter McGahey

6-Feb-10

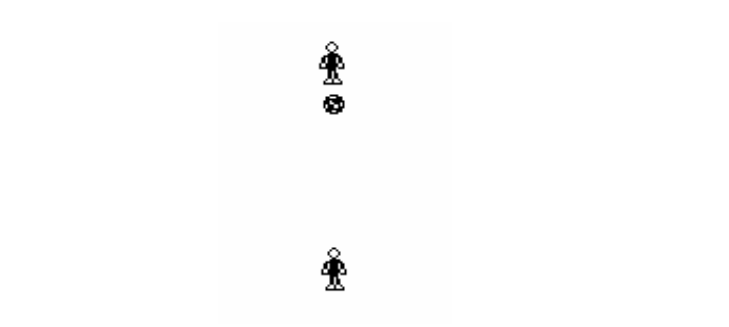
Nucleus #2: 4 vs 2 + 2

| | | |
|---|--|--|
|  | <p>Organization:</p> <p>Divide into 2 teams of 4 2 large goals 4 players attack vs 2 players defend on field & +2 defend on goal line NO quick counter attacks</p> <p>Variations: Vary types of finishing Add offside law</p> | <p>Key Coaching Points:</p> <p>Technical quality Visual cues of build-up Rhythm/Speed of play Team Shape</p> <p>Coach individuals & team during flow and natural moments, limited stop freeze.</p> |
|---|--|--|

Nucleus #3: 5 v 3 +2

| | | |
|---|--|---|
|  | <p>Organization:</p> <p>Divide into 2 teams of 5 2 large goals & 4 small counter goals 5 - attack 2 large goals 3 (+2 Gks) - attack small counter goals</p> <p>A. 5 - goals - 3 passes or less = +1 / 3 passes or more = +3 3 - counter goals = +2</p> <p>B. 5 - goals = +1 3 - counter goals = +2</p> | <p>Key Coaching Points:</p> <p>Visual cues of build-up Rhythm/Speed of play Team Shape - #s up vs. #s down possession #s up vs. #s down possession</p> <p>#s down - regain possession</p> <p>Coaching over the game allowing the players to put it together.</p> |
|---|--|---|

Cool Down: 'Fix it'

| | | |
|---|--|--|
|  | <p>Organization:</p> <p>Pairs with a ball Passing back and forth one touch Either player can play a bad touch & say 'Fix it' Player takes 2 touches (fixes it) & passes back Game continues</p> | <p>Key Coaching Points:</p> <p>Stretch periodically. Server test teammate with difficult touches</p> |
|---|--|--|

Critical Points to Remember

What is the purpose of possession? What is the desired outcome?

Challenge players technically by demanding quality and presenting new ideas

Empower quality decision making by teaching the principles

Encouraging quality soccer is critical

Importance of 1v1

Feedback