

Appendix – Youth Classroom

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A. Small-Sided Games

“More Opportunities” and “Why?”

1. *Touches*. There is little time to sit back and watch the game. It’s always moving and the game does flow.
2. *Changes – Transitions*. It goes back and forth. Make out of bounds quicker with “New Ball” game.
3. *Scoring Chances*. Isn’t this what we are trying to do.
4. *1 v 1 Challenges – Offense and Defense*. This is soccer at its simplest. Try a different move?
5. *Use of skills*. Faced with using a greater variety of services and collecting the ball with multiple parts of the body.
6. *Decision – Making*. If praised for effort then players will take more risks to be successful at learning.
7. *Efficient Use of Space*. We do not need a full field to play.
8. *Individual Instruction*. Coach, you are on. This is your chance to teach within the activity.
9. *Excitement – Fun*. Yup! That’s what kids want. The ball is the “toy”. They get to play with it more often.
10. *Feeling of Worth – Value*. They feel good about themselves and that motivates them to play some more. This is all because of #1 - #9.

Comparison of Benefits Between Small and Large-Sided Game

Contrasting the : 4 v 4 vs 8 v 8

- 135% more passes
- 260% more scoring opportunities
- 500% more goals scored
- 225% more 1 v 1 encounters
- 280% more dribbling skills to be conducted

If players are having more ball touches, scoring more, being able to challenge more and learn more then:
Can we assume they are having more fun!

B. Team Shape vs Formations

U6 – Play Individual with a ball

- Train in ones
- Big Game – 3 v 3 no keepers

U8 – Play Partners

- Train in ones and twos
- Big Game – 4 v 4 no keepers
- Frame of reference – Side to Side and Forward to Backward

U10 – Play Individual to Small Group

- Train in ones to threes
- Big Game – 6 v 6 with keepers
- Simple Lines – Forwards, Midfielders and Defenders

U12- Play Individual to Team

- Train in ones to fours
- Big Game – 8 v 8 with keepers
- Width – Length – Depth
- Simple Formations

Unique Training Days

1. Soccer In The Streets
2. Play Days – Free Choice
3. Story Games – Challenge Quest. “Yellow Brick Road”, “Shrek’s Adventure”, “Raiders of the Lost Ark”
4. Parent Practice
5. Player Created Games

C. Team Management

1. Safety For Everyone. Get guidance from your club director of coaching. Know the laws.
2. Divide the Labor – “Help”
3. Beliefs – Values – Goals
4. Communicate – How and when to contact you.
5. “Nuts and Bolts” – Hard to think about anything else until we have a good handle on logistics.
6. Basic Care and Prevention
7. Study – Ask? Seek out advice around you.
8. Be Honest
9. Master “Care, Competence, and Choice” - Essential tools of the trade.
10. Team Meeting - Conduct this indoors and not casually at the field. All coaches, players and at least one parent should be present. Introduce yourself and others and then cover this outline.
 - a. Your Philosophy of Coaching
 - b. Your Plan for game time practices and requirements.
 - c. Define what skill development and realistic outcomes could be for their child and team.
 - d. Team Work – Identify team tasks. Get volunteers assigned.
 - e. Four Hats – Roles at the field. Player – Coach – Parent – Referee. Each is unique. We wear only one hat at the field. The happiest field is when each of us assume our roles based on the hat we wear.
 - f. Can and Can’t Control. Brainstorm within each group what they can and cannot control.
 - g. Discuss Positive Sideline. Brainstorm cheering words vs coaching instructional words. Who says what? Parents have some “lollipops” available for over excited parents. Or a code word.
 - h. Discuss the Ride Home. Blessings and Pitfalls. See MYSA website cartoon.
 - i. Schedules and Calendar – practice expectations
 - j. Communicate phone numbers and when to contact you.
 - k. Invite private talk – Special needs of the children.
 - l. Remind all – Why we are together? Be pro-active.

Have Lots of Fun!

D. Youth Soccer Books

The Peak Performance - Soccer Games for Player Development
Dr. Ron Quinn

Coaching Youth Soccer
Bobby Clark

Great Soccer Drills
Tom Fleck and Dr. Ron Quinn

Coaching Girls’ Soccer
Drayson Hounsome

Coaching Six and Under Soccer
David Williams and Scott Graham

Soccer Coaching Made Easy U6-U12
Tom Goodman M.Ed