

**WALPOLE YOUTH SOCCER ASSOCIATION
IN TOWN PROGRAM
2006 / 2007**

Thank you for volunteering your time to coach soccer this year. The Walpole Youth Soccer Association (WYSA) will continue to grow and prosper if we can maintain the quality of our program and make it FUN for the players. Your ongoing assistance, suggestions, and support of WYSA are appreciated.

We ask that you emphasize the following skills this coming season:

- FUN
 - Why FUN first, well because most kids playing U8 & U10 are playing for FUN. Less than 10% will ever play Junior Varsity or Varsity at the High School level, less than 2% will play in College, way less than 1% will ever get a college scholarship, and no one that I know of has ever made it to MLS. If they have FUN this season, they will come back and play again next season, and so on, and so on. When they have a season that is not FUN, they will stop playing soccer. And remember that they do not need to win to have FUN, you can still have FUN even if you are not winning all the time.
- SPORTSMANSHIP
- FRIENDSHIP
- SKILLS DEVELOPMENT
- APPRECIATION OF THE SPORT
- “The Game is the Greatest Teacher”
 - No phrase better emphasizes our philosophy of coaching more than this. Children learn through playing. Through trial and error, players learn what works and what does not work. By playing the game, they will learn lessons to help them be more successful. That is not to say that we cannot provide guidance and insight when needed, however they need to experience those trials and errors in order to learn and to have fun. One thing we know for sure is that children know how to play without adult supervision. Therefore, our first task as a coach is to let the players play without too much intrusion.
 - Paragraph taken from MA Youth Soccer G training manual
- FUN
 - We begin with FUN, and end with FUN, because it is important to the kids. If for some reason you or your team is not having FUN, please let us know, and we will help you put the FUN back in soccer.

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CONTACTS

Please try e-mail first – this is the best way to contact coordinators – unless your issue is time critical. As busy as we all are, it is tough to get back to everyone during the few hours available to call each night. If you leave a message please indicate the best time to call you back.

IN-TOWN DIRECTOR

Point of contact for any unresolved questions and issues regarding U8 and U10. Please call your U8/U10 Boys/Girls coordinator first to get questions answered and issues resolved. Then refer unresolved questions, issues or ideas to

Mark Gallivan
508 668-6808 HOME
508-878-8261 CELL
micmarkg@aol.com

IN-TOWN REFEREE COORDINATOR

Handles issue regarding Referees / Rules. Please call your U8/U10 Boys/Girls coordinator with any issues regarding Referees / Rules. If they cannot resolve the issue or question they will coordinate with the In-Town Referee coordinator and get back to you.

Anne Dedrick
508 668-7179 HOME
617 899-6447 CELL
adedrick@comcast.net

WEBSITE

www.walpolesoccer.org

HOTLINE

(there is no longer a hotline – please go to the website for all updates)

BOARD MEMBERS

Tom Brady	President
Scott Samost	Vice President
Frank Waldron	Treasurer
Mark Comiskey	Secretary, Ways and Means Director
Mark Gallivan	In Town Program Director
Tom Grimes	Field Director
John Stadtler	Boys Travel Coordinator
Tom Grimes	Girls Travel Coordinator
Brian Weber	Equipment Director
Brian Weber	Registrar
Kathy Moser	Snackbar Coordinator
	Coach & Player Development
	Member Relations Director
	Tournaments Director

SEASON

The Fall season starts Saturday, September 9, 2006 and will include 8 scheduled games. The Spring season will start when weather allows, and will include 8 scheduled games.

RAIN OUTS

Rain outs will be called around 7:00 A.M on Saturday morning. The website www.walpolesoccer.org will be updated as soon as possible but definitely by 7:15AM. If it has been raining for a while check the website Friday night. If rain begins during the day on

Saturday, once games have started, the referees on the field will determine if games will be played or cancelled in consultation with the coaches.

MAKE UP DATES

The last week of the schedule is reserved for rain-outs. If an entire Saturday is rained out, then this day will be used for the first rained out game. The In-Town director will make the call on this.

U8 – Only one rainout is made up. If more than one rainout occurs, those games will not be made up.

U10 – If more than one game is rained out, those games are normally not made up. If teams would like to make up a rain out, contact the other teams coach and agree on a date, then contact the In-Town Director to arrange for a field, and Ann Detric to arrange for a referee. For each age group the program director has a list of head coaches and their phone numbers. If you need help rescheduling a game, contact your age group Coordinator or In-Town Director and we will try to arrange a make up game.

COORDINATORS

Each age group has a coordinator to assist in the team placement process. Please feel free to contact your coordinator with any comments or suggestions. A listing of all the Coordinators and their email addresses is included below.

DIVISION COORDINATORS

U8 Girls	Mary Garrity Maura Ronan	garrity6@comcast.net maura@ronans.us
U8 Boys	Curt Stevenson	curtstevenson@yahoo.com
U10 Girls U10 Boys	Mark Gallivan Julie Corcoran	MICMarkG@aol.com jbruce@bermac-law.com

RULES:

THE BALL:

U8: Size 3

U10: Size 4

GAME REFEREE

U8: Each team will provide a coach who will referee the games.

U10: In-town officiating is done by WYSA players and former players. These are young referees, who are still in the learning process, and doing the best that they can. It is important to remember that the referee is in charge of the match. Referees are required to wear their referee uniform [black or yellow shirt] at all games. If the weather is cold they will wear a sweatshirt and long pants. Under no circumstances will verbal or physical abuse of the referees by players, coaches or parents be tolerated. Referees need time to develop, as do players and coaches. Referees are also required to be respectful of all players, coaches and parents at all times. The coaches are responsible for his/her conduct as well as the conduct of the players and parents.

The In-town Director and Referee Coordinator will review any incidents involving players, coaches, parents or fans. Please inform the In-Town Director if you encounter problems on the playing field and appropriate input will be forwarded to the referee coordinator.

COACHING ON THE FIELD

U8: Coaches are allowed to provide instruction on the field, if it is kept to a minimum and does not disrupt play. All other coaching must be done from the sidelines. Players and parents are not permitted on the end lines or at the goals.

U10: Coaches may only coach from **behind** the sidelines. The coaches are obliged to keep their staff, players, and parents away from the end lines and goals.

TEAMS AND SPECTATORS

Coaches and players must be on opposite sides of the field from the spectators. Parents should be encouraged to cheer and refrain from giving the children instruction from the sideline. Please remember that COACHES coach, PLAYERS play, and PARENTS stand and cheer.

PLAYER CLOTHING AND PROTECTIVE WEAR

All players must wear shin guards. All players will start the game with their shirts tucked in. Referees will check all players before the start of each game. Players may wear either athletic shoes (sneakers) or non-metal cleats. Cleats having a toe cleat will not be allowed (baseball shoes, etc.). Coats, sweaters, or sweatshirts must be worn under the uniform jersey at all times. Jewelry, especially earrings, cannot be worn during the game. Plaster casts are not allowed, even with parental or medical approval. Mouth guards are also recommended.

TIME OF PLAY

U8:	40 minute practice	30 minute game (breaks every 4-5 minutes)
U10:	Practice during the week	40-48 minute game (4x10 or 12 minute quarters)

HALF TIME PRACTICE

Half time should be used to gather your team together to discuss positive points of the game and play. Let the players make a point about how they used a skill they learned at practice in the game and how the next half they can build on that skill. This practice will build player and team confidence, motivate players and keep the players focused on the game of soccer. Oranges, grapes, apple slices and similar types of food should be the only energy booster snack given at half time. Players should bring their own water bottles for a drink. If coaches approve snacks then they should be distributed AFTER the game and should be a Healthy Snack as listed on page 10.

NUMBER OF PLAYERS ON THE FIELD

U8: games will be played 4 on 4; No goalies.

U10: games will be played 6 on 6 with goalies.

START OF THE GAME

The team that wins the coin toss chooses which end to defend. The team that loses the toss kicks off the first half. The fields are tightly scheduled. It is important the games start and end at the allotted field time without exception. Teams will switch the side of the field they are defending after half time.

KICK-OFFS

At the kick-off the opposing team should be 5-10 yards back from the midfield line. The ball must go in a Forward motion. The kicker may not touch the ball a second time until another player has touched it. A goal may be scored directly from a kick-off.

FREE KICKS

DIRECT – Goal may be scored directly

INDIRECT – Ball must be played by another player before passing through the goal in order to award the goal
Kicker may not second touch the ball

PENALTY KICKS

U8: Penalty kicks are not used at this level. All infractions in the goal box will result in an indirect kick from the designated penalty area. Players are allowed to position themselves anywhere on the field (including the goal box), before the kick.

U10: All major infractions inside the penalty area will result in a penalty kick from an area determined by the referee, directly in front of the midpoint of the goal. All other players must stand beyond the midfield line. The goalkeeper may move sideways along the goal line before the ball is kicked - but not forward of the line. The kicker may not second touch the ball, even if it rebounds off the goal post.

GOAL KICKS

The ball may be placed anywhere inside the goal box and any player may take the kick. If the field is marked for BAYS 6 on 6 play, the ball may be placed from anywhere within 6 yards from the goal. Players on the opposing team must be down field of the kicker by at least 10 yards and the ball must clear the 12-yard line before it is touched or the kick will be taken over. The kicker may not touch the ball a second time until another player touches it. A goal may not be scored directly from a goal kick for in-town play.

CORNER KICKS

When the ball has completely crossed the goal line, but does not score a goal after being last touched by a player from the defending team, it is put back into play with a direct kick taken by a player of the attacking team from the corner nearest to where the ball went out of play. The corner markers may not be moved and the whole ball must be placed within the corner area. The defending team must keep at least 8-10 yards away from the ball until it is kicked.

GOALKEEPER

U8: No goalies

U10: When a keeper makes a save, play continues. The keeper may throw, kick or punt the ball away. The goalkeeper should release the ball within 6 seconds to prevent a delay of game penalty. Penalty for delay of game is an indirect free kick at the spot where the keeper is standing or the 6 yard line if inside the goal area. A keeper may not use their hands outside of the goal box. On a BAYS 6 on 6 fields the keeper may use their hands anywhere behind the 12-yard line. The goalkeeper may not accept a throw-in with his/her hands directly from a teammate. The goalkeeper may not accept with his/her hands a pass by foot from a teammate.

METHOD OF SCORING

Ball must wholly cross goal-line within the goal to be considered a goal.

OFFSIDE

There is no offside in In-town play.

SLIDE TACKLE

Slide tackling is **not** allowed.

Players in youth soccer should be taught to stay on their feet to tackle or control the ball. Players on the ground can not support their teammates. They are not improving their skills by sliding into a trap or to control the ball. As well, they are putting themselves and other players at risk of injury. If a player is on the ground then they can not kick or play the ball in any way. It is illegal to play the ball while on the ground.

THROW-IN

U8: The throw-in must be taken with both feet on the ground and off the field. The ball is thrown with two hands starting from behind the head. A goal cannot be scored directly from a throw-in. If the coach/referee detects an improper throw, the player will have an opportunity to throw correctly. If the player makes an improper throw a second time, the opposing team will be awarded a throw-in.

U10: The player will be allowed one chance for a proper throw. If done incorrectly the opposing team will be awarded a throw-in.
Early in the season - if the referee detects an improper throw, the player will have an opportunity to throw correctly. If the player makes an improper throw a second time, the opposing team will be awarded a throw-in

Receiving a throw-in: The goalkeeper cannot touch the ball with his hands directly after a throw-in by his/her teammate. Penalty for this offense will be an indirect free kick to the attacking team, at the spot the goalkeeper touches the ball or on the 6-yard line if inside the goal area.

SUBSTITUTIONS

U8: Substitutions should be made every five minutes or more frequently. Substitutions can be made at any point that the ball is out of bounds or play is stopped.

U10: **Substitutions** can only be made:
On either team's throw-in
On a goal kick by either team
Kick off after a goal is scored
Substitute for an injured player

The coach must signal the referee and get approval before subs can be made. Substitutes should be ready when the referee allows them onto the field.

DROP BALL

A drop ball will be used to restart play when an injury occurs. Ball will be dropped at the point where the play stopped unless in the goal area, then it will occur at the nearest yard line to where the play was stopped.

PENALTIES

U8: No penalty kicks

Coach referee should allow play to continue for minor infractions [when appropriate – to allow the game to flow smoothly], while at the same time giving instruction to the players. Example – Allow play to continue – but say to the player/players “Please do not use your hands to push” or on an inadvertent Hand-Ball “Please do not touch the ball with your hand”

Coach referee should stop play and discuss infraction with players for more serious issues and repeated infractions. Example – Pushing, Holding, Running Over another player, Dangerous Play, Kicking Player [not playing the ball], Hand Ball. If a player repeatedly commits infractions or acts in an overly aggressive way – the coach should rotate the player off the field and discuss with the player, allowing the player back on the field when they can play in control.

U10:

MAJOR FOULS (Restart = DIRECT free kick)

A direct kick (ball can be kicked directly into the net without touching another player) will be awarded at the location of the offense when a player:

- Kicks or attempts to kick a player
- Trips an opponent
- Jumps at an opponent
- Charges at an opponent violently
- Charging from behind
- Strikes or spits at an opponent
- Holds an opponent
- Pushes an opponent
- Uses his/her hand/arm to control the ball or cause the ball to change in direction

MINOR (technical) FOULS (Restart = INDIRECT free kick)

Dangerous Play

Obstruction

Charging the goalie

Goal keeper fouls include:

- Takes more than 6 seconds with ball

- After releasing the ball, touches it again with hands

- After kicking the ball, plays it again with hands

- Picks up ball or plays it with hands after teammate

- Has kicked it to him/her

Note: This kick must be INTENTIONAL and not a deflection and Goalie may play this ball with feet, chest, etc.

YELLOW AND RED CARDS

Not used in In-town soccer. That said, the coach is always responsible for maintaining control of his/her players, and always instructing them properly when they play out of control or lose control. If a player is out of control, just rotate them out of the game, give them a few minutes of rest, discuss with them what they need to change, then rotate them back on the field.

INJURIES

Play stops when a player is injured. The clock continues to run. All players must kneel on one knee until the player is deemed ok or substituted. Play resumes with a drop ball. Please report all serious injuries to the In-town Manager right away.

U8: First aid kits [Orange toolbox style] are available at each field [Mylod and Bird Park] They will be placed on the fields on Saturday morning when the goals are set up.

U10: First Aid kits are available with each coach.

IMPORTANT INFORMATION FOR ALL TEAMS AND COACHES:

□ **Coaches are reminded that it is their team's responsibility to clean the sidelines after each game and deposit all trash in the trash receptacles. This means both the players side of the field, as well as the parents side of the field.**

Many coaches are very courteous in leaving the field after a game in a clean and orderly condition with all trash in the trash receptacles. Cleaning up the bench area is the responsibility of the departing team and we would appreciate ALL coaches checking the bench area when your team is leaving to insure you have left the area clean even if the previous team wasn't as courteous. We will do our best to monitor the situation and if need be, report any team that continues to deface the property or leave trash behind when they are leaving.

□ **Walpole Youth Soccer Association** has a "**Zero Tolerance Policy**" with regards to verbal abuse of referees in any manner. Coaches are responsible for the conduct of their players, parents and spectators and at no time should parents, players or coaches be shouting or yelling anything to the referee before, during or after the game. It is the coach's responsibility to be sure the player's parents are aware of this as well. **Please report any issues involving coaches, parents, players to the Program Coordinator.**

□ **Coaches are reminded that the In Town program is for developmental purposes and coaches should exhibit good sportsmanship and be courteous when playing an opponent they are dominating by preventing their players from running up the score. Actually, we do not recommend keeping score in these games. If the kids want to keep score that is fine, but the emphasis should be on developing the players, and having fun, not winning the games.** Please remember that the vast majority of the kids who are playing soccer at U8 & U10 are playing for fun, less than 10% will ever play junior varsity or varsity in High School, and less than 2% will play in college. If a particular player needs more competition than In-Town soccer can provide, please remember that several other levels of soccer exist [in addition to In-Town soccer] for those who crave a more competitive environment including: club soccer [Maple League], district select, region one and ODP [MA youth soccer].

We know it is not always easy to control an enthusiastic team, but the following are some suggestions coaches may want to try to keep challenging their team without dominating the game on offense:

1. Insist that your players can only score after passing the ball 3 consecutive times.
2. Shoot only from outside the goalie area (18 yards out) and all balls must be cleared back behind this line before a second shot can be taken
3. Allow only your weaker players to play upfront
4. Allow only 1 touch or 2 touches per player maximum to help develop quick thinking and accurate passing for your team. No dribbling allowed.

HEALTHY SNACK & DRINK IDEAS

Snacks should be distributed after the game and not at half time.

SNACKS

Individual bags of popcorn, either Boston Lite or Smart Food
Nutrigrain Bars
Cut up watermelon, apples or oranges
Individually wrapped Teddy Grahams

DRINKS

Juice box drinks with less than 24gm sugar
Individual Gatorade Juice Boxes

Information provided By Mary Baublis, Registered Dietician

GUIDELINE FOR HEAD COACHES

Activities to be completed at the Coaches Meeting

1. Pick up a Coaches Handout
2. Receive your final team roster
3. Meet with your Division Coordinator
4. Receive schedule and practice times (if applicable) and field maps
5. Pick up your team uniforms
6. Pick up and sign for equipment

Activities to be completed before first practice

1. Call your team's parents as soon as possible
 - Inform assistant coaches of position and your expectations
 - Feedback any problems to your league coordinator
2. Organize a meeting with the parent and players.
 - Prepare a coach's letter to the parents (see sample)
 - Review with the parents your expectations of the parents and team
 - Appoint team parents
 - Inform parents of required personal equipment
 - Shin guards, proper size ball, water bottle, and proper shoes
 - Encourage mouthguards
 - Inform parents to be supportive of players or referees
 - Inform fans to sit on the opposite side of the field from the players
 - Distribute field maps
 - Get/confirm contact information and email addresses
 - Hand out master list of players, shirt numbers, and parents' names
 - Let parents know about scheduled clinics and that players are expected to participate if at all possible
3. Learn the rules of the game
4. Plan out your practices
5. Sign up for coach development clinics when possible

GENERAL RESPONSIBILITIES FOR HEAD COACHES

1. Create an atmosphere of fun and sportsmanship.
2. Stress the development of basic player skills, knowledge, and teamwork.
3. Constantly give positive feedback and encouragement to all players evenly.
4. Set expectations for players at the beginning of the season; enforce expectations throughout the season.
5. Address parent's concerns throughout the season
6. Ensure all children play at least one half of the game and ideally all play an equal amount of time.
7. Arrive to practices and games on time and be prepared.
8. Be supportive of the referees. It is your job to calm parents if referees ask for your assistance.
9. Be open minded to assistant coach's suggestions for drills/games and areas to development

SPECIFIC RESPONSIBILITIES FOR HEAD COACHES

Practices

1. Control and run practices, use drills that keep everyone moving, high touch drills, no lines, no standing around, no running laps, everything should be done with a soccer ball, just like in a game
2. Organize players; get them moving right away on warm ups
3. Determine when drills/games will switch from one to another
4. Demonstrate and explain drills/games
5. Limit instructions when explaining drills/games; let them play through once, then adjust
6. Focus on the basic technical and tactical skills of play, slowly introducing new concepts

Field Maintenance

1. During practices and games, please limit the use of the area directly in front of the goal to preserve the grass. Help keep the fields in good shape for games.
2. Remind players not to climb on goals or nets.
3. Clean up your trash
4. Do not practice on any of the 11v11 fields

Game Day

1. Arrive early to game and be prepared to start on time.
2. Home team must bring a properly inflated ball for the game.

GUIDELINE FOR ASSISTANT COACHES***Expectations for Practices***

1. Support the head coach in demonstrating drills/games
2. Re-iterate key points for each drill/game in line with what was planned and explained by the head coach
3. Provide constant feedback to players as drills/games are being executed
4. Help keep players focused while drills/games are being explained
5. Presence on the field is focused on motivating players ; keeping players on their toes
6. Assistant's instruction to players will be focused on the basic technical skills of play, to keep the players focused doing the basics correctly examples: "try making a cushion with your foot when you trap the ball"; "toe down, lock you ankle and follow through for your shots"
7. Help keep players having fun while learning, lighten up the players if you see them getting frustrated while at the same time keeping the practice from being out of control in terms of fooling around

RECOMMENDED EQUIPMENT AND MATERIALS FOR COACHES AND PLAYERS

The following are lists of recommended equipment and materials for coaches and players for both practices and games. Items marked with an asterisk (*) are required.

Players-Practices

1. Shin-guards*
2. Personal water bottle*
3. Appropriate footwear (no metal-tipped athletic shoes, baseball spikes, or football cleats)*
4. No jewelry, earrings, or hard materials in hair*
5. Comfortable clothing
6. Personal soccer ball*

Coaches-Practices

1. Practice plan*
2. Extra balls
3. First Aid equipment*
4. Ice and tape
5. Cones
6. Whistle
7. Practice jerseys
8. Pump for balls
9. Soccer rulebook
10. Paper and pencil
11. Game schedule

Players-Games

1. Shin-guards*
2. Personal water bottle*
3. Appropriate footwear (no metal-tipped athletic shoes, baseball spikes, or football cleats)*
4. Comfortable uniform*
5. No jewelry, earrings, or hard materials in hair*
6. Mouth guards – recommended
7. Personal soccer ball*

Coaches-Games

1. Goalkeeper shirt*
2. Game ball*
3. First Aid equipment*
4. Ice and tape
5. Cones
6. Pump for balls
7. Soccer rulebook

COACH AND PLAYER DEVELOPMENT

Welcome to Walpole Youth Soccer. It is our hope that coaches and players will have a positive experience playing soccer in Walpole. To help the players enjoy the game of soccer, learn the skills to develop their abilities, self-esteem, character and sportsmanship, we have a few tips for the coaches.

First, attend offered coaching clinics and coaching courses. These courses will be available to you through Massachusetts Youth Soccer (www.mayouthsoccer.org). Walpole Youth Soccer will make efforts to bring these courses to Walpole for your convenience from time to time. We will also try to offer clinics for players and coaches during the season in Walpole. Please encourage all players and coaches to attend our clinics. These clinics/courses are an excellent way to help you understand how to coach children in soccer.

A guideline for coaching licensure is as follows:

AGE GROUP	SUGGESTED LICENSE FOR RECREATIONAL {TRAVEL}
U-8	G. Certificate (4 hour course)
U-10 & U-12	F. Certificate (8 hour course) {E}
U-14 & Above	E. Certificate (16 hour course) {D}

Second, visit our library for the following resources now available (more resources including DVD and Videos will be coming)

ACE COACHING CARDS

Teaching the Skills of Soccer, by Jose Segura Rius

Dutch Soccer Drills Vol 1- 3, by Richard Kentwell

101 Youth Soccer Drills: Ages 12-16, by Malcom Cook

Soccer: Secrets to Success- Things Great Players and Coaches Should Know , by Laureano Ruiz

Champion Within, by Lauren Gregg

The Rules of Soccer Simplified

101 Youth Soccer Drills Ages 7-1, by Malcom Cook

Coaching Soccer The Official Coaching Book of the Dutch Soccer Association, by Bert van Lingen

Coaching 6,7, & 8 year olds, by Waiters and Howe

Coaching the Team Player, by Bobby Howe

Coaching 9, 10, & 11 yr, by Tony Waiters

Coaching the Goalkeeper, by Tony Waiters

Coaching the Team, by Tony Waiters

21st Century Player Development Manual, Michael Singleton

Third, use the web to visit www.walpolesoccer.org for updates and links to soccer resources. Also, Mass Youth Soccer (www.mayouthsoccer.org) has a free newsletter. Free Kick which has brief articles regarding coaching youth soccer.

Fourth, remember they are children wanting to have **FUN**. Everyone should have the chance to touch the ball often and frequently during practice. Allow them equal playing time during games and the chance to experience ALL positions. As stated by Mike Singleton, State Coach for Mass Youth Soccer, in the 21st Century Player Development Manual, .At the youth level, **the player should come first** .The coach should help the player choose what is best for the player. The team is there to serve the player's ambition, not the other way around.. In addition, team building and character building are important: cooperation, helping teammates, trust, respect, responsibility, and dedication.

Finally, the development of the players should be your mission and measure of success, not the number of games won. Based on the recommendations of Mass Youth Soccer these are general guidelines for the development of skill priorities in each age group:

Age Group	Skill Priorities
U-6	Dribble with all sides of both feet Dribble out of trouble Dribble past someone Soft first touch No kicking allowed except when shooting on goal Field positions
U-8	Dribble with all sides of both feet Dribble out of trouble Dribble past someone Soft first touch Introduce proper shooting technique Introduce passing only to the players who can dribble out of trouble Field position
U-10	Continue with focus on dribbling Passing with inside and outside of both feet Shooting with both feet Receiving the ball with all parts of body Proper 1 vs 1 defending Teach concept of obstruction
U-12	Continue with all U-10 foci Basic combination play Proper 2 vs. 2 defending
U-14 & up	Continue with foci of U-12 Team defense Team offense Coaching from the game

PLAYER DEVELOPMENT MODEL



Players need quality coaching to help them learn the skills and keep the game fun. Players need to learn the basic skills: dribbling, passing, receiving, shooting, and heading before they learn the tactics of the game. Heading is not really encouraged before U12, if you want to teach them heading, make sure you know how to teach it or bring in someone who does. Use partially inflated soccer balls, so that they are not hard. During practice, the more touches with the ball the better they can become at improving their technique. **NO STANDING AROUND, NO STANDING IN LINES, KEEP THEM MOVING, BE ORGANIZED WITH A PRACTICE PLAN. GIVE WATER BREAKS. TALK LITTLE. HAVE FUN. HAVE FUN. HAVE FUN.** Try to set up practice so that each player gets at least 500 touches of the ball during every half hour of the non-scrimmage part of practice.

COACHING OBJECTIVES BY DIVISION

U 5 & U6

For the Pre-K and Kindergarten division, soccer is about getting to know the rolling, bouncing ball; dribbling it, kicking it, chasing it, kicking it some more. Tumbling in the grass, daydreaming, getting the first feeling about the game, and most importantly, having fun. Learning to be "friends" with the ball, moving and changing direction.

Main Objectives:

1. Get to know the ball (It's round and that makes it hard); how it rolls and bounces. Lots and lots of touches!
2. Changing direction with the ball.
3. Kick at some targets for accuracy.
4. Go ahead, do it some more! (Encourage, Encourage, Encourage)
5. General field positions

Excellent Activities:

1. Four Squares.
2. Dribbling around and turning with the ball in a small area.
3. Kicking a ball back and forth, at targets, with a partner.
4. 3 v 3 (Usually turns into 1 v 3 plus 2!)
5. Moving Target, moving goal.
6. Target Ball, tag, with and without the ball, knockout.
7. Dribble with a friend.
8. Dribble and shoot -- in a relay race setup.
9. Multiple goal game or wickets.

Four Big Ideas:

1. When your team has the ball, try to keep it moving up the field. (That way, not this way.)
2. If you lose the ball to the other team, try to take it back. Don't take it away from kids on your team.
3. Soccer never stops. Your team has the ball -- try to score. You lose the ball -- try to get it back.
4. Yes. Run up and down the field.

Recommended Resources:

Coaching 6-8 Year Olds by Tony Waiters, FUNdamental Soccer Practice by Karl Dewazian, FUNdamental Soccer Guide by Karl Dewazian, Fun and Games (Tapes) from Success in Soccer

Recommended Coach Education for this Age Group:

1. Under 6 Specialty Clinics or Model Training Sessions -- (Do as a minimum)
2. MYSA G License Course (4 hour course – This training must be taken before the F)
3. MYSA F License Course (Good knowledge to have, a little ahead of this age group)

Recommended Equipment:

1. Mini Balls for dribbling practice.
2. # 3 Balls for games.
3. Collapsing or flat cones for targets and goals. No rigid tall cones.

U8 (formerly called E Level)

For the 1st and 2nd Grade division, soccer is about continuing to get good with both feet, controlling and moving the ball better, kicking it harder (and softer) and more accurately, developing touch on the ball, having a better sense of how soccer works. Now kids are training their nervous system to make quicker, more exact movements with and without the ball, trying things out, running all over the field. The young player has to acquire a vast array of special movements (technique) and actions. Anything missed at this age will be acquired with much more difficulty later.

Main Objectives:

1. Develop balance, coordination, and agility.
2. Getting better at guiding and dribbling the ball and turning with it.
3. Kick (pass and shoot) with more accuracy and "measure" on the ball.
4. Have more awareness of the difference between attacking and defending, keeping the ball, trying to take the ball.
5. Fine tuning field position

Excellent Activities:

1. Fast feet, by yourself and with a partner.
2. 2 v 2 line soccer.
3. Target practice, always kicking a moving ball.
4. 4 v 4 with no keepers.
5. Wickets and multiple goal game.
6. Tag, with and without the ball.
7. Knockout
8. 1 v 1 to goals, no keepers.
9. 2 v2 to goals, no keepers.

Four Big Ideas:

1. Try to score a lot of goals. Shoot a lot, every time you have the opportunity.
2. Spread out when your team has the ball, come a little closer when you lose the ball.
3. Soccer never stops. Your team has the ball -- try to score. You lose the ball -- try to get it back.
4. Relax when you have the ball, enjoy it. Do something with the ball, don't just kick it!

Recommended Resources:

Coaching 6-8 Year Olds by Tony Waiters, Practice of Champions by Karl Dewazian, Fun and Games (2 tapes) from Success in Soccer, Basic Training from Success in Soccer.

Recommended Coach Education for this Age Group:

1. Under 8 Specialty Clinics or Model Training Sessions (Do this as a minimum)
2. MYSA G License Course (4 hour course – This training must be taken before the F)
3. MYSA F License Course (8 hours, Good license to have, good for this age group)

Recommended Equipment:

1. Mini Balls for dribbling practice.
2. # 3 Balls for games. Players should all own a ball.
3. Collapsing or flat cones for targets and goals. No tall rigid cones.

U10 (formerly called D Level)

Third and Fourth grade division. Most kids in these age groups will probably have played for a couple of seasons, have a feel for the ball, and the environment on the field. At this age, they should be most concerned with continuing to improve their techniques, guiding the ball, faking with it, passing and controlling, shooting, beginning to learn to head it, and learning a little about goalkeeping (everyone should learn about goalkeeping!). In their small sided games on weekends, they should be starting to make passing combinations, to play together, and to bring into action more and more basic tactical principles (protect the ball, help your team-mate, look ahead and try to play deep, pressure the ball and fight to get it back as soon as you lose it).

Main Objectives:

1. Begin to show mastery of the ball on the ground: dribbling, guiding, kicking, receiving, and controlling the ball with all surfaces of both feet.
2. Understand basic tactical principles as an individual, in two's, and in three's.
3. Play all over the field: in front, in the middle, in the back, and in the goal.
4. Use the body to protect the ball and to win the ball. Keep the body between the ball and your opponent.

Excellent Activities:

1. 1 v 1: Attacker v keeper, in both directions.
2. 2 v 1 plus keeper, continuous play.
3. 4 v 4, back player is the keeper.
4. 5 v 1 keepaway.
5. 3 v 1 plus 2 keepers.
6. Knockout, Breakaway.
7. 5 v 2.

Four Big Ideas:

1. Technique is the key for this age group. They have to learn to control the ball with every surface of both feet in all directions.
2. Stay involved (alive and alert) in the action at all times, don't switch off.
3. Make passes with proper direction, lead, and pace.
4. Try everything out, don't be afraid to make mistakes!

Recommended Resources:

Coaching Soccer by Bert Van Lingen, Basic Training from Success in Soccer, Coaching Under 9's Video, The Dutch 4 vs 4 Training Method Video.

Recommended Coach's Education for this Age Group:

1. Model Training Session (Go to one as a minimum)
2. MYSA G License Course (4 hour course – This must be taken before the F)
3. MYSA F License Course (8 hour course, recommended license for this age group)
4. MYSA E Course (16 hour course, good knowledge to have for this age group)

Recommended Equipment:

1. Mini Balls for dribbling practice.
2. # 4 Balls for games. Players should all own a ball.
3. Collapsing or flat cones for targets. No rigid cones.
4. Flag or Coaching Stick set.

U11, U12, U14 [Town Travel Teams]

Players should be concerned with refining their techniques, becoming quicker and more precise and more efficient. Now they should aim to play with a little flair, using their skills to dominate their immediate opponent, win duels, and score a lot of goals. When they lose the ball, they should use their athleticism, tackling techniques, and persistence to win the ball back. Players at this age should be playing with composure, not giving the ball away because of anxiety or carelessness. If their weekend game is 6 v 6 to 8 v 8 or 11v11, they should aim to combine effectively when they have the ball, use space on the field intelligently, and attack the goal as much as possible. When they lose the ball, they should pressure it as a group and try to make the field small.

Main Objectives:

1. Strive to become quick, exact, and technically efficient.
2. Learn to play together, communicate, and operate efficiently in small groups, as blocks, or around the ball.
3. Improve tackling and individual defending.
4. Practice heading as a consistent part of training sessions.
5. Players should learn to form triangles when they have the ball. The diamond is the strongest formation because it allows multiple triangles.

Excellent Activities:

1. 4 v 4.
2. 5 v 2.
3. 4 v 2 with Keepers and Wingers passing as team, and 2 attackers trying to win ball and shoot.
4. 3 v 3 zone soccer.
5. 2 attackers v 2 keepers heading game.
6. 2 v 2 to goals, with keepers.
7. 2 v 2 to goals, with 4 neutrals.
8. 1 v 1: side to side, face to face (No Crossing line -- beat to spot)
9. Monkey in the middle is excellent for learning to pass in triangles

Four Big Ideas:

1. Appreciate and understand the functions of the different positions: striker, wing, midfielder, defender, and keeper.
2. Play as many positions as possible, including keeper.
3. Get used to playing at a higher speed, with more pressure and more vigorous physical challenge.
4. Develop the various techniques of striking the ball, instep, driving, chipping.

Recommended Resources:

Coaching Soccer by Bert Van Lingen, Coaching set plays by Tony Waiters, Success in Soccer (Bi Monthly Magazine from Success in Soccer), Advanced Technique Training (Videos #3 and #4), and the book Advanced Training, Five Videos from International Tactics, Individual Attacking, Individual Defending, Group Attacking, Group Defending, and Methods of Coaching.

Recommended Coach's Education for this Age Group:

1. MYSA Specialty Clinics (Learn more about specific areas)
2. MYSA F License Course (8 hour course, You should have this license)
3. MYSA E Course (16 hour course, excellent license to have for this age group)
4. MYSA D Course (32 hours, good knowledge to have if you can fit in 32 hours)

Recommended Equipment:

1. # 4 Balls for games. Players should all own a ball. Special balls for special drills.
2. Collapsing or fat cones for targets. No rigid cones. Coaching Sticks or flags.