



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)

7) Game Duration

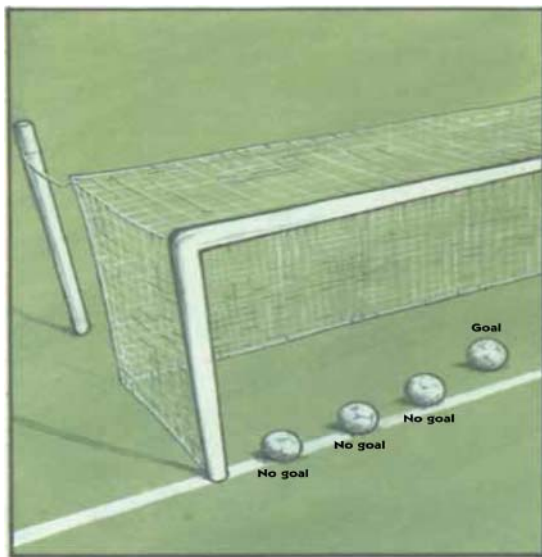
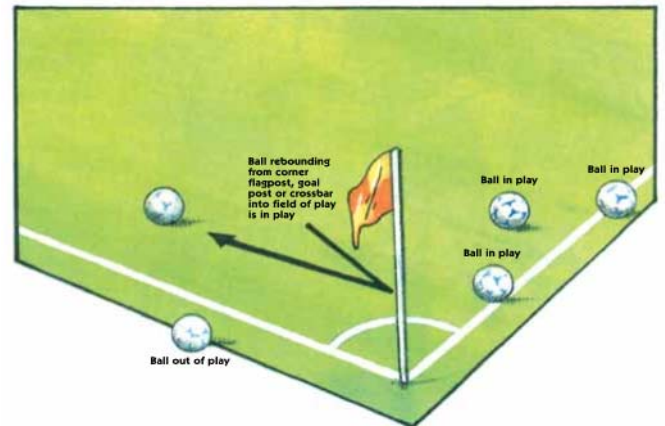
A game consists of 2 halves of 45 minutes each, with an interval (half-time) of a maximum of 15 minutes. The referee may add on additional time at the end of each half to compensate for time lost through injuries, substitutions and players' deliberate 'time-wasting.'

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.



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?



U10 ACTIVITIES



In this stage, children gradually begin to change from being self-centered to self-critical and develop the need for group games. The motivation to learn basic skills is very high at this age. The game itself should be central to all technical training.

General Characteristics of the U-10 Age Group

- Lengthened attention span—they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Team oriented—prefer team-type balls and equipment, enjoy the uniforms and team association
- Boys and girls beginning to develop separately
- Developing the pace factor—thinking ahead
- Gross and small motor skills becoming much more refined

Typical U-10 Training Session

- Should not exceed one hour and 15 minutes
- Free play or a warm-up (ball juggling), partner and small group activities, dynamic stretching—approximately 15 minutes
- Introduce small group activities (four to six players)
- Add more directional games. Play to targets and/or zones—approximately 25 minutes
- Conclude with a Small-Sided Game, 6v6, with goalkeepers—approximately 25 minutes
- Finish with cool down activities—approximately 10 minutes

Warm-Up (10 minutes)

U10 SESSION PLAN: DRIBBLING WITH HEAD UP

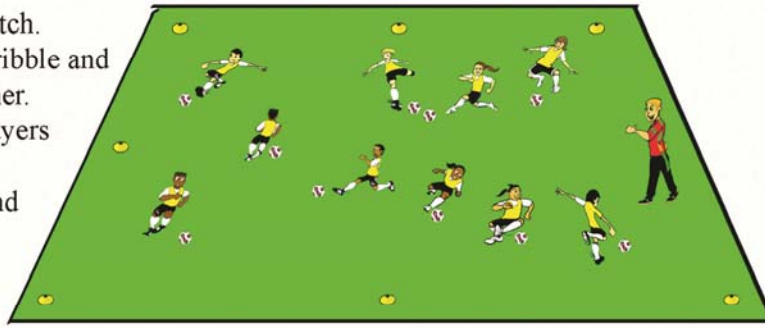
Grid Dribbling

All players have a ball inside a grid. If they don't all have a ball then share with someone.

After a bit, stop and stretch.

Instruct the players to dribble and stay away from each other.

After a short bit stop players and see if the group is equally spread out around the grid.



- Dribbling w/Head up
- Find the space.



First Activity (10 minutes)

Hospital Tag

All players have a ball inside a grid.

Players try and tag players in the arm.

If a player gets tagged on arm, they have to hold that arm.

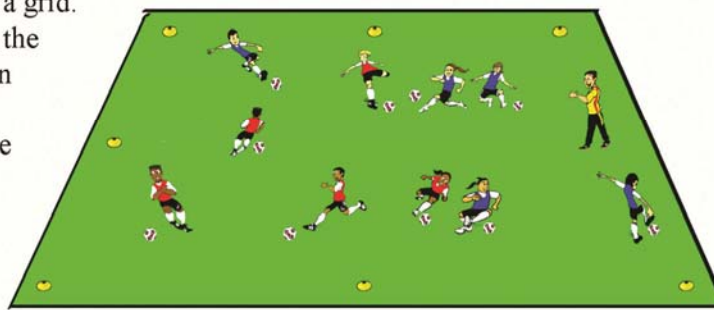
If they get tagged on the other arm they hold it.

Finally if they get tagged in the knee, they dribble

to a place outside the grid, do 10 touch-ups

(toe taps on ball) and then can go back in and tag people.

Play 2-3 rounds.



- Finding space to be safe
- Changing Direction
- Changing Speed
- Head up!

Second Activity (10 minutes)

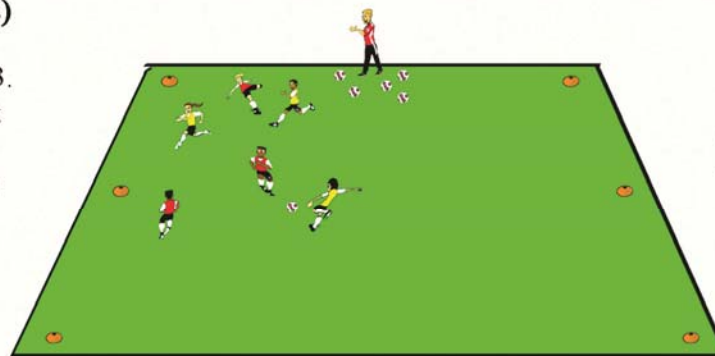
3v3/4v4 Endzones

Divide players into groups of 3.

Play 3v3 inside a grid of about 25x20.

A team gets a point if they can dribble to the endline and stop the ball.

Variation: Add a second ball.



- Finding Space with ball
- Changing direction

Game (20-25 minutes)

3v3-4v4 fewer players to get maximum touches.

Play to small goals. Just use the previous game and make two small goals on each end.



- Finding Space with ball
- Changing direction

Cool Down Juggling Challenge



Who can keep the ball up in the air the longest, only using their feet?



The goal will be to improve their juggling score each week.

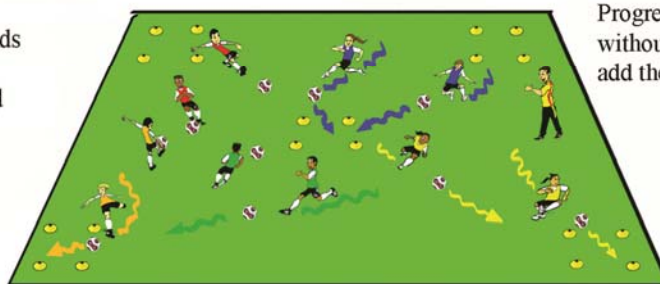
Wk 2 goal is 5 juggles.

U10 SESSION PLAN: FOOT COORDINATION AND SPEED



1st Activity (warm-up) Island Game

Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coach's signal everyone must dribble with speed to an island; however, only two people are allowed per island.



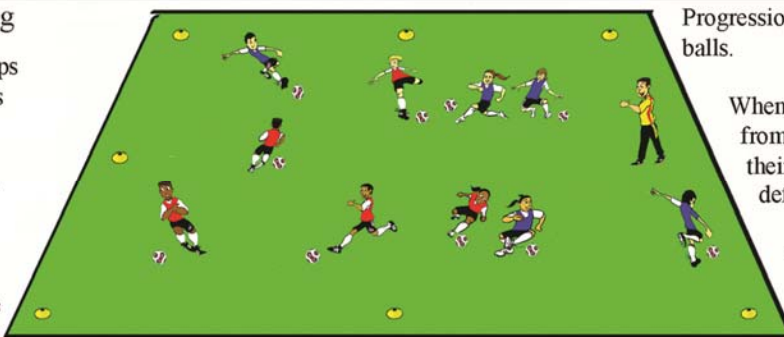
Progressions: Start game without balls and then add them.

When dribbling for speed the players do not have to dribble the ball as close. There should be about five or six steps in between each touch of the ball.

The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.

2nd Activity Ball Stealing

Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession.



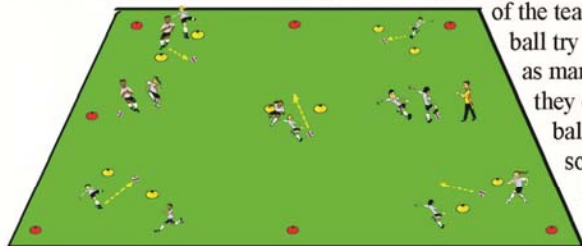
Progressions: Rotate who starts with the balls.

When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender?

If you are going to lose your ball can you find a teammate to give your ball to?

3rd Activity Everyone vs. Everyone

Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score.



Play multiple games and allow everyone to have a chance to beat their own score. Progressions: Define how goals are scored - by dribbling or shooting.

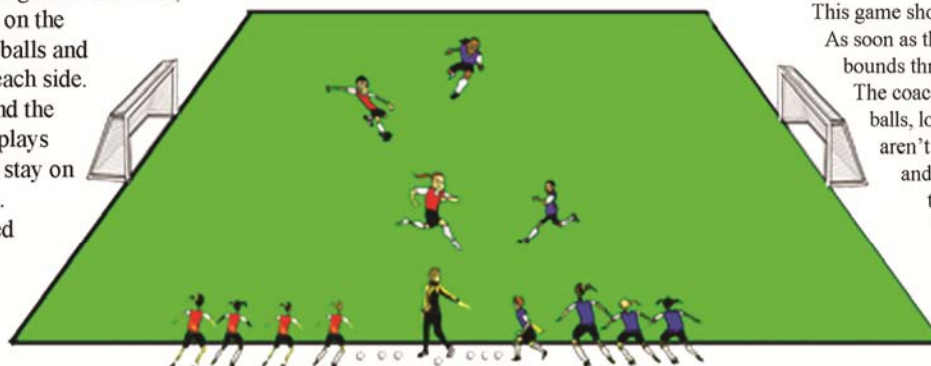
4th Activity Edge of the World

Each player gets a ball and stands on one sideline of an area. The goal is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players get points for getting their ball within one yard (distance depends upon ability) of the line without going over.



5th Activity (the game) Outta There

In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game.



Progressions: Start with 1v1 and progress to 2v2.

This game should be very fast paced. As soon as the ball goes out of bounds throw another ball in. The coach is the master of the balls, look for players who aren't having a lot of success and distribute the ball straight to them. Vary how balls are distributed into the playing area.

If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.

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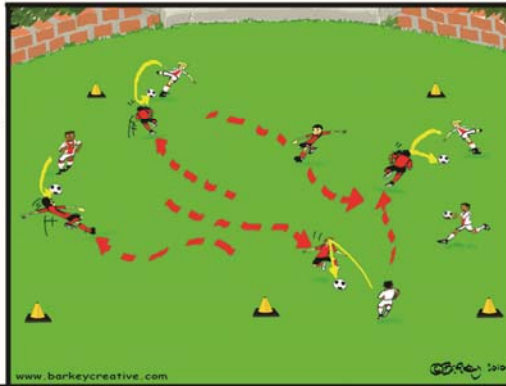


U10 SESSION PLAN: HEADING ON GOAL



WARM UP:

Takes place in a 20x20 area marked with cones. Players on the outside will be serving the ball (under handed – to their target's chin) to a player in the middle who'll perform the skill. The players in the middle cross the area in search of the next service. Attack the ball!



Basics- Feet shoulder width apart. Heels off the ground, knees bent with the hips and belly forward.

Contact with the ball takes place on the forehead just above the eyes. Eyes are to be kept open, mouth closed as the back whips while the forehead makes contact just above the center of the ball. Head the ball down!

FIRST ACTIVITY– 2v2 heading tournament.

Pairs play in a 10x10 area. One team stands defending their goal line (where they must stay until they have the ball). The other tosses and heads back and forth on the way to their opponents goal line. If the ball is dropped, the ball changes hands.

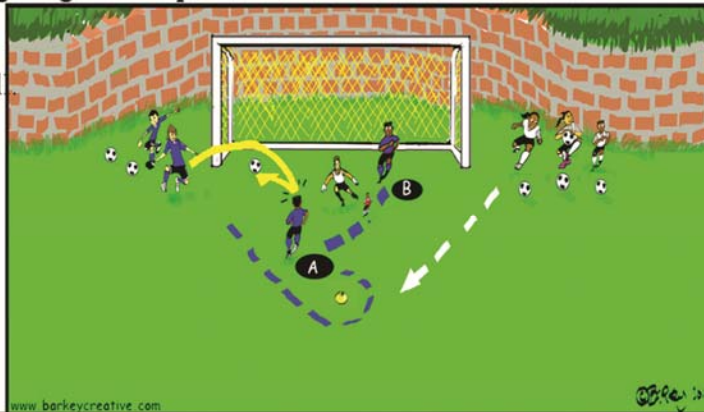


Again, players must concentrate on whipping their back into the ball.

Make contact over the center-line of the ball to direct it down, away from the goalkeeper's arms.

SECOND ACTIVITY– Heading on goal competition.

Both teams stand next to the goalposts, each player with a ball. One player starts in goal, while the opposing team's first player in line sprints around a cone on the top of the goal area. Once the sprinting player turns, a ball is served from the next player in line from the same team.



The service is headed down (back where it came from) into the goal. Once the player heads the ball, they are to become the goalkeeper against the next opponent's attempt.

FINAL ACTIVITY- 5v5 Half field with goalkeepers and two neutral wingers on each side.



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Neutral players guarantee that each team has numbers up, and can create crossing situations.

Remind players to:

Attack the ball!
Whip their back!
Head it down!

U10 SESSION PLAN DAY OF DUELS



WARM UP- Players pair up, with a ball between them in one 30x40 area. The pair brings the ball to the coach, who sends it out for them to battle for. The winner is the player who brings it back.



Coaching Points: Turn and face the defender when you have the ball. If you can't turn protect it by screening.
Questions for players: What moves can you use when the defender is in front of you? Next to you? Or behind you?

FIRST ACTIVITY: Similar to the warm up, except you have 2 teams, one on either side of the coach.

The coach stands on the side of a 30 x 40 yard area with at least 5 gates set up with cones.

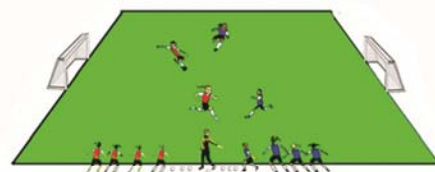
The ball is served from the coach and the first two in line duel for the ball, trying to take it through one gate to end the game. Progress to two gates.

Send multiple groups to play at one time, make them aware of the other players around them.



Coaching Points: Turn and face the defender when you have the ball. If you can't turn protect it by screening.
Questions for players: What moves can you use when the defender is in front of you? Next to you? Or behind you?

SECOND ACTIVITY: Similar to the first activity, except when the ball is played out, the team that wins the ball first gets an extra player. If the ball changes hands, add a player to the team that wins it, etc. You may end up with all your players on the field.



Coaching Points: Quick thinking, both from the player with the ball and the players in line. Concentrate on what's going on! Support the player with the ball by running where you can help them score: angle, distance.

Questions for players: Where should I run to help another player with the ball? Where should I run if I don't have the ball?

THIRD ACTIVITY: Half of the teams in pennies in the same area.

This is a game where one team is linked in pairs (by the arms or pennies) for two minutes.

They are the "Glob" team. The other team tries to move the ball around, into as many gates as possible in that time. Switch roles.

Variation: One team has to assign a player to each corner for two minutes. This will give one team a numerical advantage.



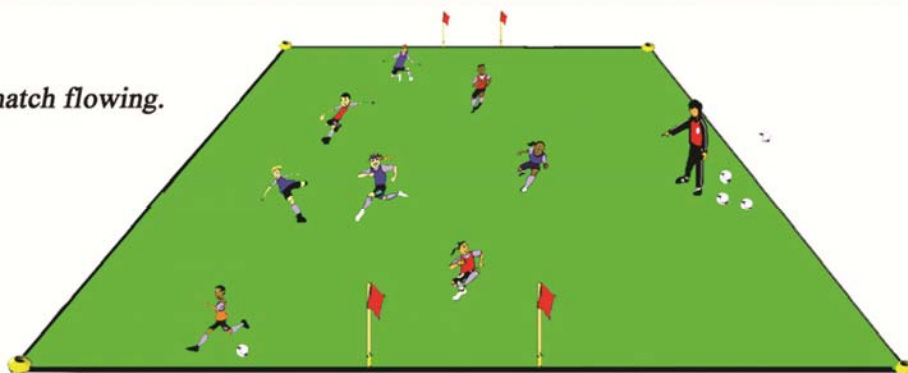
Question for players: Who can run faster, you or the ball?

Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

"CELEBRATE"



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U10 SESSION PLAN DRIBBLING TO BEAT A DEFENDER

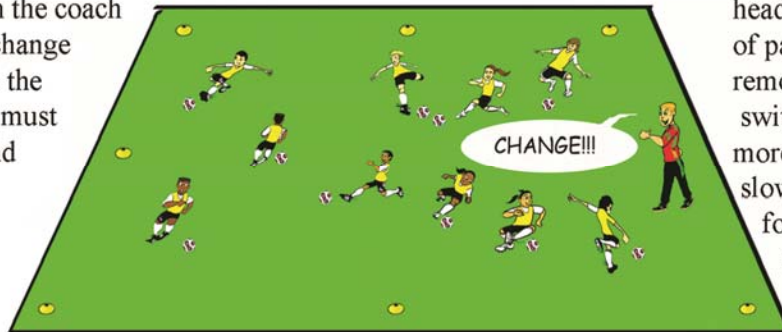


WARM UP:

Players dribbling in grid and trying different moves under coach's order.

Progress to 'Musical Balls':

Each player with a ball when the coach calls 'change' players must change direction with the ball, when the coach calls 'switch' players must leave their ball where it is and go and find someone else's ball as quickly as possible. Players again dribble the new ball in the grid.



Requires dribbling with head up and quick change of pace. Coach can then remove a ball after yelling switch so that there are more players than balls so slowest player has to do a forfeit (3 star jumps) for ending up without a ball. Coach then throws ball back in to play again.

FIRST ACTIVITY-

1v1 to Multiple Goals

The area is about half of the field, with three goals (or more) on the top of the penalty box and matching goals 20 to 30 yards away. Players pair up with an opponent. One defends one side's goals (all of them) and the other defends all of their goals.



The only player that can take the ball is their opponent. Other pairs have their own games, and can't interfere with anyone else's. At every opportunity, the player with the ball must face their opponent and take them on, attacking one goal, and change to attack another!

SECOND ACTIVITY-

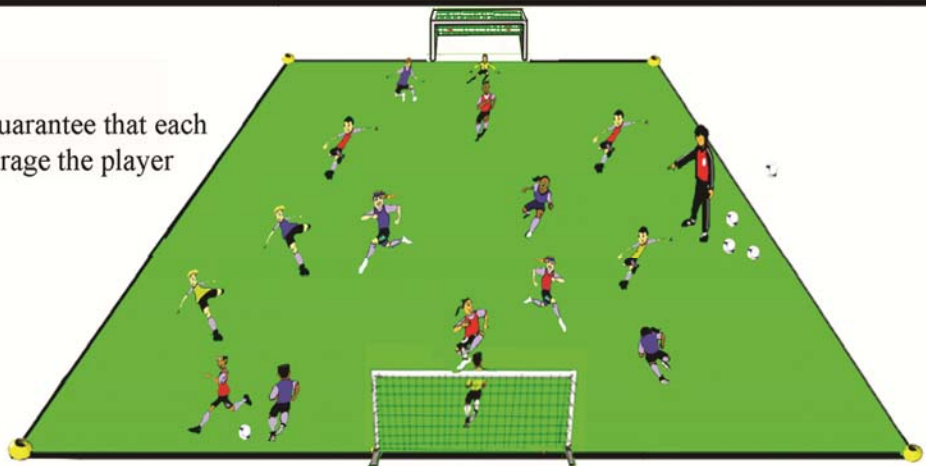
3v3, team that shoots stays on the field 36 yard field (box on box) with two portable goals. Each team is divided into smaller groups of three. On the field the objective is to beat an opponent, take a shot and score. The team that shoots or scores stays on the field, the other is eliminated and goes behind the goal to wait for the next game.



Urge players to take on players in front of them. Players with the ball should turn and face their opponent, and if they can't beat them to take a shot, they should play to a player who can shoot.

Final Activity-The Match

6V6, half field with goalkeepers and two neutral wingers. Neutral players guarantee that each team has numbers up. This will encourage the player with the ball to take on defenders.



U10 SESSION PLAN: PRACTICE GAMES



Game 1

Island Tag.
Organize in pairs
"Islands" standing or lying on the ground.

Island Tag. Coach breaks one pair apart and designates one to be "it" who chases and tries to tag the other player.



The player being chased may join another island before being tagged, but only two are allowed on the island, so the one on the end must leave.

Add more chasers and/or add a ball.

Game 2

Knock Out. All players with a ball. Try to knock the other player's ball out of the area.
Continue until all balls are out. Repeat.



- *Change of direction and speed
- *Mobility, agility, quickness – general soccer fitness
- *Spatial awareness and decision making
- *Intrinsic motivation and competition

Game 3

Three Zone Challenge.
Organize three teams of three or four (three 20 x 15 yard areas or as needed).

Object is for one team to pass the ball through the center zone to the team on the opposite side.



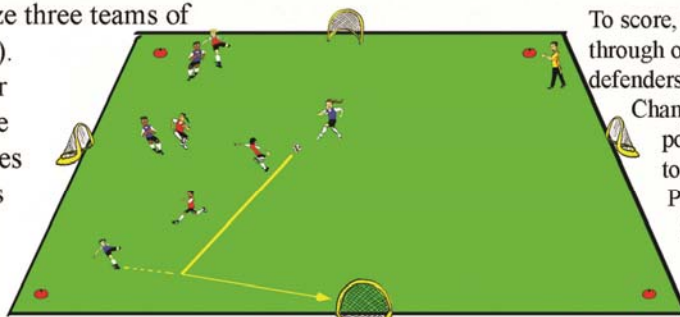
Progress by allowing one player from the center team to play in each end zone creating a 3 v 1. Same rules as above.

Limit touches on the ball if necessary.

- *Passes to feet versus passes to space Visual and verbal cues to split defenders. Quality of passing and receiving.
- *Decision making: speed of play and thought, but be patient and don't force the pass.

Game 4

4 v 4 Four Goal Game. Organize three teams of four (30 x 40 area or as needed).
Once one team scores, the other team immediately rotates on the field and the scoring team rotates off. First team to score 10 goals wins.

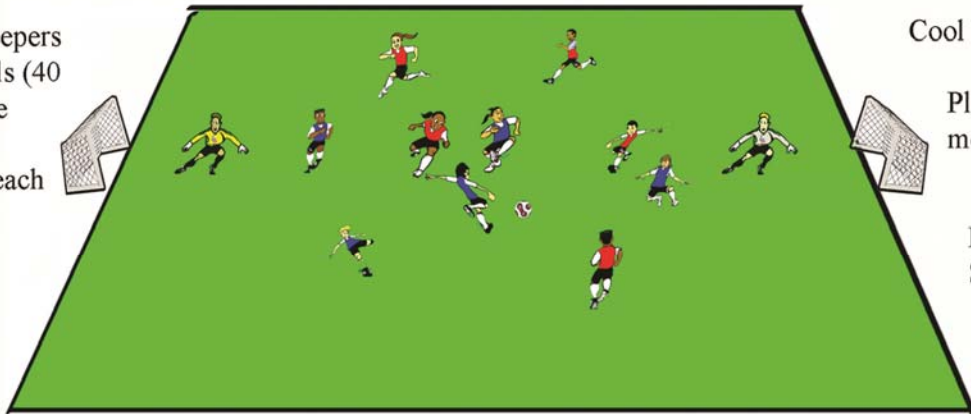


To score, the attacking team must pass the ball through one of the four small goals. If the defenders win the ball, they become the attackers.
Change the restrictions and award two points to dribble through and one point to pass through.
Play until one team has scored (dribbling or passing) through each of the four small goals.
Rotate players and teams accordingly.

Awareness of space and time – speed of thought, team transition, support the ball in possession, defend around the ball when not in possession.
Encourage creative and instinctive play. Tactical application of technique

Game 5

6 v 6 with goalkeepers to two larger goals (40 x 60 area). Define direction and organization for each team.
No restrictions.
Keep it FUN!



Cool Down

- Players jog (dynamic movements). Stretch.
- Reduce Heart Rate
- Static Stretching

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

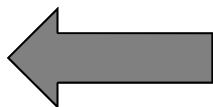
NMYSA strongly recommends that all coaches achieve a level of coaching certification appropriate to the age and level of the players they teach. There are many reasons why coaches should seek coaching certification:

- 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

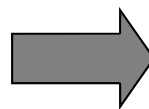


www.nmysa.net

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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