



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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CONTENTS



Content	Page
Benefits of Membership	2
NMYSA Contact Information	4
Rules and Conduct	5
Rules of the Game	7
Coaches Code of Conduct	10
Coaching	12
U4 and U5 Players	13
U6 Players	22
U8 Players	30
U10 Players	37
Team Management	44
Coach Education	46
Courses	46
NMYSA Minimum Coaching Requirements	48
Useful resources	(inside back cover)

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).

NMYSA Staff

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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)

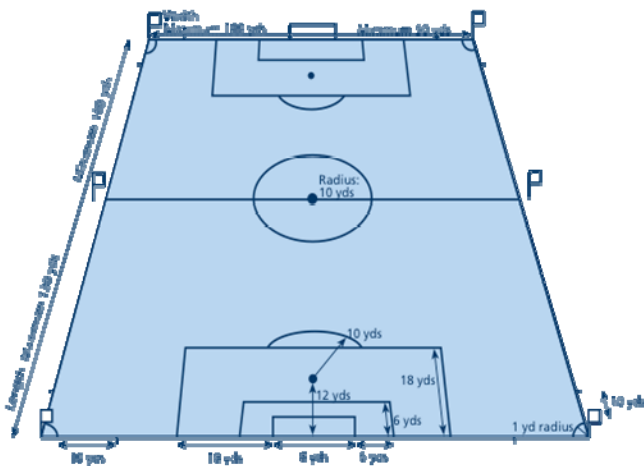
RULES



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

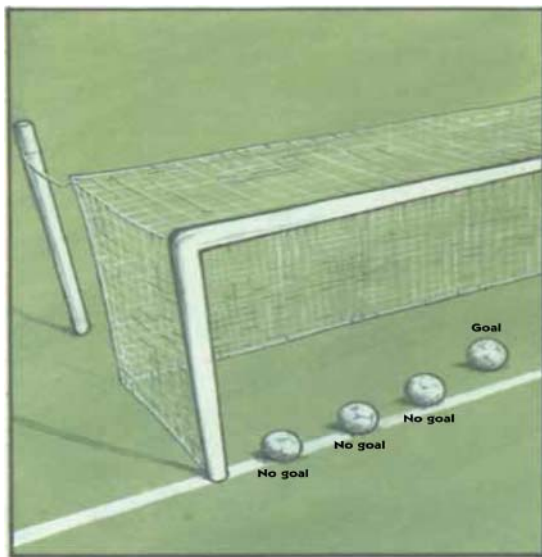
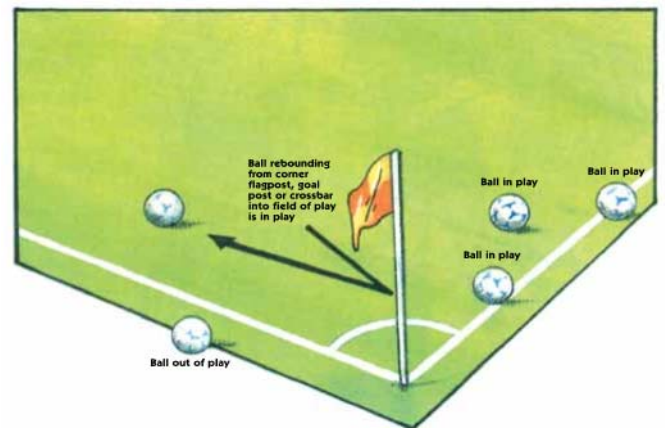
A game consists of 2 halves of 45 minutes each, with an interval (half-time) of a maximum of 15 minutes. The referee may add on additional time at the end of each half to compensate for time lost through injuries, substitutions and players' deliberate 'time-wasting.'

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.



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?



U6 ACTIVITIES



The FUNdamental Stage—to understand how best to approach U6 players, you must first understand who you are coaching. When you consider the following characteristics of U6 players, planning activities becomes easier.

General Characteristics of the U-6 Age Group

- Catching skills not yet developed
- Constantly in motion—love to run, jump, roll and climb
- Eye-hand and/or eye-foot coordination is primitive at best—not ready for bouncing or flighted balls
- No sense of pace—go flat out
- Physical coordination is immature—can balance on dominant foot
- Controlling the ball is a complex task
- Prefer large soft balls and foam balls
- Only understand simple rules
- Individually oriented (me, my, mine)—little or no concern for team activities
- Believes in Santa Claus, but will not discuss with peers—lofty imagination
- Physical and psychological development of boys and girls are quite similar
- Psychologically, easily bruised—need generous praise
- Short attention span—tends to one task at a time
- Limited understanding of time and space

Typical U-6 Training Session

- Should not exceed 45 minutes
- Every child should have a ball
- Free play or a warm-up, including movement education challenges and soccerastics—approximately 15 minutes
- Game-like activities, mostly body awareness and maze games—approximately 15 minutes
- Finish with a 3v3 game with two goals, no goalkeepers—approximately 15 minutes

This table shows the appropriate ball-to-player ratio for practices with players U6 thru U12

Age	Ratio
U6	1:1
U8	1:1 up to 1:2
U10	1:1 up to 1:4
U12	1:1 up to 1:6

Warm-Up
"I Can Do-Can U?"

Players are all inside a little area. Coach starts off by saying "I can do something without a ball-can u?". Then the coach performs a simple motion like hopping on one foot, walking and clapping hands in front and behind, walking and clamping hands between legs.

Then the coach says, "I can do something with a ball can you?"

The coach then asks the group "Who can show us something we can all try with a ball?"

LESSON PLAN: US COORDINATION



Listening
Coordination
Balance
Creativity

1st Activity "Shapes"

All players are in a grid. They dribble the ball around inside the grid. A coach will yell a shape. When a shape is called, dribble the ball and "paint" the shape.

So, if circle is called they have to dribble the ball around in a circle. Call triangles, diamonds, McDonald's arch, etc. Let them come up with their own shapes while dribbling a ball.

"What parts of the feet can we use to move the ball?" (outside, inside)



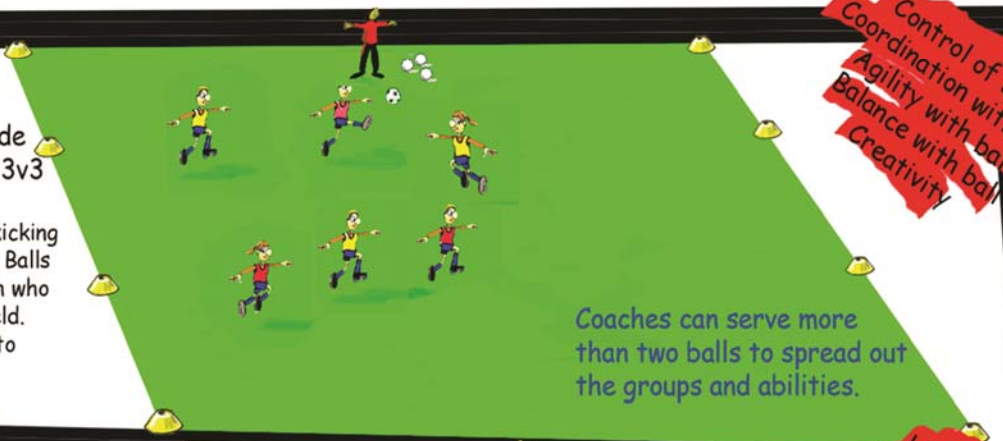
Control of Ball
Control of Body
Coordination
Agility
Balance
Creativity

2nd Activity

3v3 endline soccer

Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field.

A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield. Coaches can serve more than two balls to spread out the groups and abilities.



Coaches can serve more than two balls to spread out the groups and abilities.

Control of Ball
Coordination with ball
Agility with ball
Balance with ball
Creativity

Game

3v3 Game

Set up a 15 yd x 20 yd grid.

Divide the players into two teams.

Play 3v3 with no goalkeepers on the field.

A team scores by dribbling the ball or kicking

the ball over their designated goal. Balls are served

in one at a time by the coach who is positioned outside

the field at midfield. After a bit, tell them that "The boss is taking a break" and have them do their own kick-ins.



Let them play.
Tell them to be "smart" with the ball.



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LESSON PLAN: U6-U8 MOVEMENT

1 Goofy Says Activities

30x20-yard area
 Players move freely in the area w/o the ball
 Coach is named Goofy
 Players do what Goofy says

ADD VARIATIONS:
 CHANGE DIRECTION, BACKWARDS, ETC.



Coach demos log roll to players. On command, players perform log roll and back up and jog. On command, players jump up high off two feet, then jog. On command, players jump up high off one foot, then jog. On command, players run fast for 3 seconds (coach counts out), then jog. On command, they perform all tasks in a row.

MOVEMENT EDUCATION:
 JUMPING, ROLLING, CHANGE OF PACE.

2 Strawberry Farms

Set up 6 to 8 one-yard gates within a 20x30-yard area

All players with a ball

MORE MOVEMENT EDUCATION
 FAMILIARITY WITH THE BALL
 EYE-FOOT COORDINATION,
 AWARENESS.



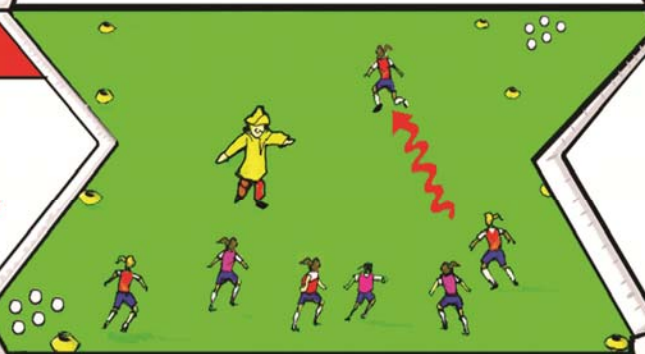
Coach asks players to collect as many strawberries as they can by dribbling their ball through a gate, bending down to scoop the strawberries. Next, the players must step on the ball and pull it back, because the road is closed on other side. Next, step on ball, do a front roll turn, and run back through with ball. Use your imagination.

U8 can take a few balls away; now must get ball to get strawberries.

3 Fisherman Game (Sharks and Minnows)

20 yards wide x 30 yards long
 Players w/o a ball
 Coach is the fisherman
 Players are the fish

DIRECTIONAL PLAY, CHANGE OF SPEED AND DIRECTION.
 LEARNING TO RUN WITH THE BALL,
 KEEP THE BALL, TAKE THE BALL ...



Players line up on end line (their pond, which has no more food). The coach (fisherman) is in the middle. The players attempt to run across the lake to the other pond that has more fish food. Fisherman attempts to tag players (fish); they become fisherman if tagged. Progress to players dribbling across. Fisherman must clear ball over any line (so fish could win it back if lose ball).

4 1 vs 1 to Goals

20 yards wide x 30 yards long (beginning in the middle of the side-line). Players line up on both sides of the coach.
 Balls are at coach's feet.

EMPHASIS ON AGILITY SKILLS:
 STOPPING, STARTING, AND CHANGING DIRECTIONS.



LEARNING TO COMPETE!
 DRIBBLING VS. AN OPPONENT

Coach explains to teams which direction they are going. Also explains if the other player has the ball, try to take it away and score on their goal. First player in each line goes after ball and tries to score when coach sends ball into play. Can have many of them at the same time. If they score, both come back to coach and get ready to go again. Progress to 2 vs 2.

5 3 vs 3 OR 4 vs 4: Boss of the Balls

LET THEM PLAY!

3(4) players enter field and play against 3(4) others to goals. If ball goes out of play the coach simply serves another ball into play. When all the balls are gone make subs and have the players collect the balls for you to have by your side to serve into next game



All facets of the game come into play

✓ Many chances to touch the ball in fun, fast-paced game

✓ Makes children think fast, as a new ball is played in.

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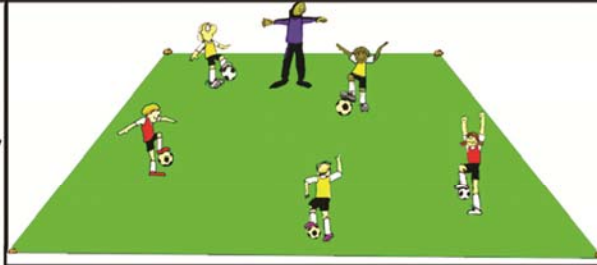
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U6 LESSON PLAN

1st Activity (warm-up)

Players run around area at random, coach calls out a group of players, or a player, who then become hunters. Who can tag the most players in a minute? Identifiers can be: hair color, t-shirt color, sock colors, letter of name, etc.

Progressions: Everyone has a ball; players dribble and "hunt" while keeping the ball close.



2nd Activity DOG AND MASTER

Each player (master) dribbles their ball (dog). The coach calls out various commands: keep him on a short leash, dog runs away - then catch it, master strokes dog, master jogs with dog, masters swap dogs, etc.

Introduce: tall cones as trees (stay away from trees); an evil dog catcher who kicks the ball out of the park (players have to see the park ranger (coach) to get back into the park)

"TIGERS IN THE JUNGLE"



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3rd Activity

Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal, only tigers are not allowed. The tiger is most feared and kicks the ball out of the jungle into the swamp. If a ball is kicked into the swamp, the animals must bring it back, but must stand with legs apart and ball in air. When another animal dribbles though their legs, they are free to play again.

Progressions: Animals dribble only using left foot, outside of the foot, etc.

4th Activity

"DISNEY GAME"



TWO TEAMS OF EQUAL NUMBER STAND AT EACH END OF A 25 X 18 AREA. GIVE EACH PLAYER A DISNEY CHARACTER NAME (MAKE SURE THERE IS A MATCHING CHARACTER AT EACH END). COACH SENDS IN A BALL AND CALLS OUT WHICH PLAYERS ARE TO PLAY.

Phase Two: After players play for a number of goals, minutes or until the balls goes out, the players return to their starting spots.

Progressions: Two names for 2 v 2. With older players try calling out two different names. (First name from one end, second name from other)

Don't be afraid to play more than one 1 v 1 at a time!

5th Activity (the game)

"LET THE PLAYERS PLAY!"



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LESSON PLAN; U6 BALANCE

1st Activity "Goofy Stop"

All players have a ball. They all dribble around and when the coach says stop, they have to stop the ball with the bottom of their foot and make a funny/goofy pose.

Warm-Up



2nd Activity "Body Parts"

Each player has a ball and dribbles the ball in an area. As a coach, you call out a "body part" for the players to stop the ball with.

3rd Activity (Direction Game) "Sharks and Minnows"



4th Activity 3v3 Game-no goalkeepers



LESSON PLAN: U6 DRIBBLING (HEAD UP!)

WARM UP: Retrieval Activity
Each player gives their ball to the coach. The coach tosses the ball out for each player to collect and bring back...

PURPOSE/ COACHING POINTS:
*INTRO TO DRIBBLING
*COORDINATION/BALANCE



2ND ACTIVITY: Maze Game

All players are in a grid. When the coach says, "Green" all players dribble their ball...

When the coach says, "Red" all players stop the ball with the bottom of the foot...

COACHING POINT:
KEEP THE BALL CLOSE



"Red Light-Green Light"

Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc...

The coach now doesn't say anything, simply holds up a color and the players must look up and react...

GUIDED DISCOVERY QUESTIONS:

WHAT PART OF YOUR FOOT CAN YOU USE TO DRIBBLE?
WHEN NO ONE IS TRYING TO TAKE THE BALL FROM YOU, WHERE SHOULD YOUR HEAD BE?

USE THE TOE LACES INSIDE, OR OUTSIDE!

3RD ACTIVITY: Direction Game

"Traffic" All players on the goal line. They must dribble from one line to the other.

The coach calls: **RED!!!** or **GREEN!!!**
Players dribble on Green, and stop on Red!
If a ball is not stopped, then the player goes back even with the last player...



Again, progress to the coach raising a colored t-shirt, cone, towel, etc. The players must look up and react to the coach's instruction AND avoid potholes!

4TH ACTIVITY: 3v3 Game (No Gk's)

Encourage them to be brave with the ball!

Let them play!

3v3 is really 1 against 5 at U6

GUIDED DISCOVERY QUESTIONS:

HOW FAR AWAY SHOULD THE BALL BE FROM YOU? (Close enough so that you can control it!)
WHY DO YOU WANT TO AVOID THE POTHOLES? (So that you don't get a flat!)

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NEW MEXICO YOUTH SOCCER

LESSON PLAN: U6 STRIKING THE BALL

Warm-Up

"Network"

Place two different colors of cones around field.

Each player stands by a cone. Players dribble their ball from same color cone to same color cone. Progress to players "striking" the ball at their colored cone.



COACHING POINTS:

- *Awareness
- *Introduction to striking the ball.

NOTE:
DON'T WORRY ABOUT MECHANICS AT THIS AGE...

1st Game

"Moving Goal"

Every player has a ball. Two adults hold a "pool noodle" by each end. Players with the ball follow the coaches around and strike the ball between the adults and below the "pool noodle". Adults walk around to encourage the players to run and strike the ball.



COACHING POINTS:

To spread out the players even more, there could be more than one "moving" goal.

- Running with the ball
- Striking the ball
- Scoring goals
- FUN!



NEW MEXICO
YOUTH SOCCER

2nd Game

"3v3"

(No goalkeepers)

Two goals are placed on the ends. Two teams of 3. Each team is attacking a goal and defending a goal. Coach has a collection of balls and is the "boss". Coach will always make sure that there are always two balls in play at a time.



COACHING POINTS:

- *Scoring goals
- *Concept of parallel play
- *Break up the groups with multiple balls to get more repetition.

Game "3v3"

(No goalkeepers)

Play 3v3 game where a goal is worth "ONE MILLION" POINTS!

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COACHING POINTS:

Note:
3v3 is really 1 against 5 with U6's!

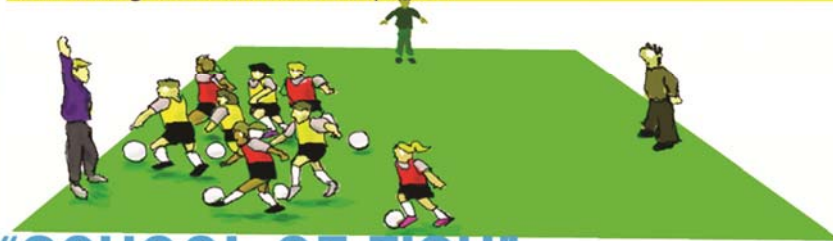
Let the players play!



LESSON PLAN; U6 DRIBBLING CHANGE OF DIRECTION

All players in the middle without a ball. Four people (coaches and/or parents each on a side of the square.)

The parents/coaches raise their arms (on cue from coach) and when the players get close, put their arm down. Another parent/coach then may raise their arm up. The players must run towards the arm that is up. Progress to all players dribbling to the arm that is "up".



"SCHOOL OF FISH" "GATES"

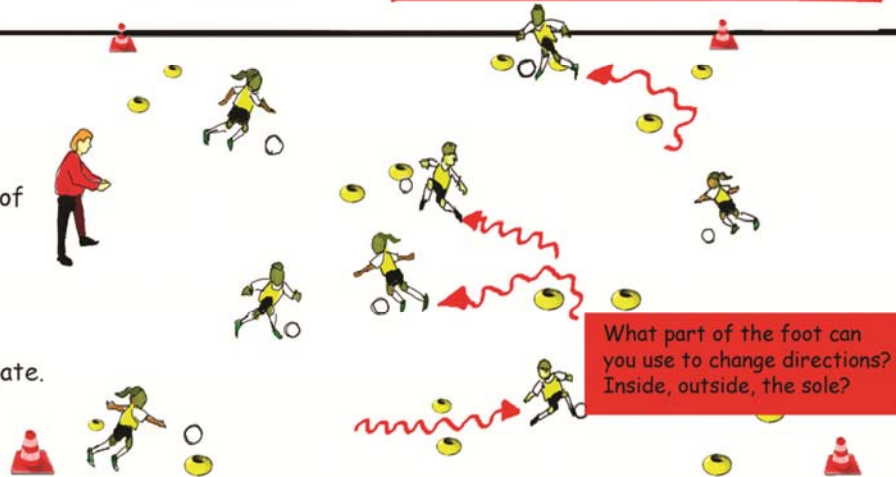
"How can you change direction with or without the ball?" (plant your feet and turn your body)

Make gates inside the grid 3 yards apart. You can even let the players do it for you. Make at least one more gate than the amount of players.

Players are instructed to dribble through as many gates as possible.

After several rounds-add gate blockers in which players/coaches run and simply block a gate.

The player arriving at that gate has to go to a new one.



What part of the foot can you use to change directions? Inside, outside, the sole?

"FROGGER"

All players have a ball and line up on a line facing a direction.

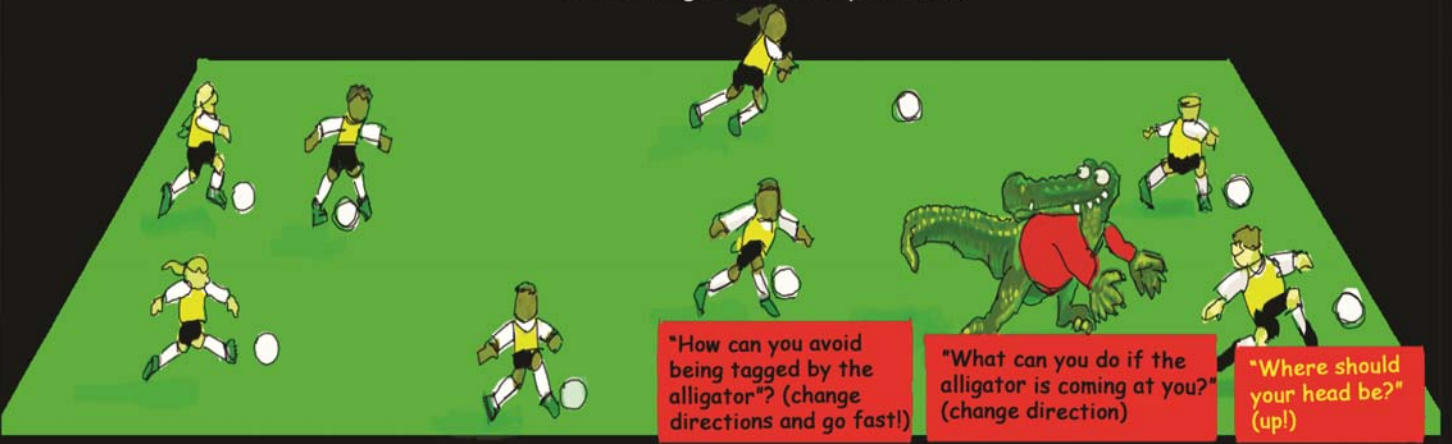
The players are the Frogs.

The coach and several parents are in the middle. The coach is the alligator and parents are the "logs".

The "logs" walk back and forth and the "alligator" tries to tag the "frogs".

The "frogs" try and cross without the "alligator" tagging them.

The "frogs" can use the "logs" to help them get across. If the "frogs" get next to a "log" they are safe. If a "frog" gets tagged they are then next to the "alligator" and help him/her.



"How can you avoid being tagged by the alligator?" (change directions and go fast!)

"What can you do if the alligator is coming at you?" (change direction)

"Where should your head be?" (up!)

Play 3v3 game with no goalkeepers



LET THEM PLAY!

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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

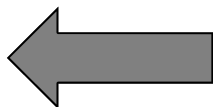
NMYSA strongly recommends that all coaches achieve a level of coaching certification appropriate to the age and level of the players they teach. There are many reasons why coaches should seek coaching certification:

- 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

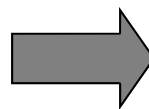


www.nmysa.net

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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