

**MORONGO
BASIN
YOUTH SOCCER
ASSOCIATION**

**SPRING LEAGUE
COACHING
GUIDELINES**

2014-15

Guidelines for MBYSA Spring Season Coaches

Morongo Basin Youth Soccer Association is dedicated to providing the children of our community a healthy atmosphere to play soccer. Our focus is threefold; providing a safe environment, player development and having fun.

- ❖ Safety first- It is imperative to always make sure that a safe and age appropriate environment is set for practice and games.
- ❖ Player Development – Our goal is to teach our players the skills necessary to play soccer to the best of their ability and focus on the FUNdamentals. To accomplish this all players are to be given equal playing time and attention during games and practice. This cannot be accomplished without dedicated volunteers on the Board of Directors, coaches willing to have an open mind with enthusiasm to further their coaching education, players desiring to excel, and parents that understand the Association’s expectations of players, coaches and Board of Directors.
- ❖ Having fun – The number one reason to play is to have fun. The number one reason not to play is that it’s not fun. To promote fun we will encourage equal participation in practice and games, matching player’s ability to their challenges, and by helping set performance goals rather than outcomes goals.

The goal of this section is to:

- ❖ Establish clear age appropriate goals and objectives so our coaches, players, and parents know what we are working toward.
- ❖ Establish objectives so coaches have a common understanding of which skills players should have when they proceed to the next age division.
- ❖ Establish age appropriate priorities and focus areas in the four elements of the game (technical, tactical, psychological, and physical).
- ❖ Ensure consistency among our coaches so we are all teaching the same way and using the same vocabulary as not to confuse the players; which will reinforce learning as they progress through the divisions.
- ❖ Create confident, consist, and enthusiastic coaches that are better prepared.

There is a difference between a training session and practice. Practice is time with the ball that a player spends alone or with a friend or two. Players should be encouraged to practice on their own, knowing that self-motivation provides the best results from practice. A training session is with the team and the coach and should replicate the game. It is necessary to be realistic with the activities in a session plan according to the age group being instructed

What follows are tables that categorize the desired player development and those associated skills, and coaching emphasis that will be should be adhered to by all coaches in all age divisions in order to meet the Association’s focus. If it is determined that a coach is not adhering the provided guidelines during practices or players are not showing developed skills, then the Director of Coaches will provide the coach with additional guidance and resources to help determine if the reinforcement needs to be placed on the coach, the players or a combination of both to ensure the spirit of our Association of providing a safe environment, player development and having fun remains in focus.

"Teambuilding is a theoretical, well-structured process in which the coach has to understand the logical cohesion between the different parts – like a mechanic with a car."

- Rinus Michels, former Ajax Amsterdam and Netherlands National Team, coach

Transition is the most important moment in soccer -- the moment in the match when individual players switch their player role in the game from defense to attack or attack to defense. Transition is understood first by an individual player, followed by a group of players. Then the team learns to see the same tactical cues. That ability leads them to reading the game.

This moment of transition occurs first as mental recognition of the situation and then as a decision that initiates physical action. *The faster the recognition-decision-action connection is made, the more impact a player's performance will have.* Only once individual players are quickly making the transition from one phase of play to the next will it be possible for a team to execute quick and skillful transition from defense to attack or vice versa.

If transition does not happen fast enough for a player or team, they will always be a step or two behind the action. The speed of a player's transition is based on his or her tactical awareness. Tactical awareness is being mindful of where one is on the field, as well as the location of the ball, teammates and opponents. It is the ability to read the game, to anticipate what will happen next and not merely react to what just happened. In some soccer circles, this tactical awareness is called insight. In American soccer, this level of mental focus and tactical awareness is referenced as being soccer savvy.

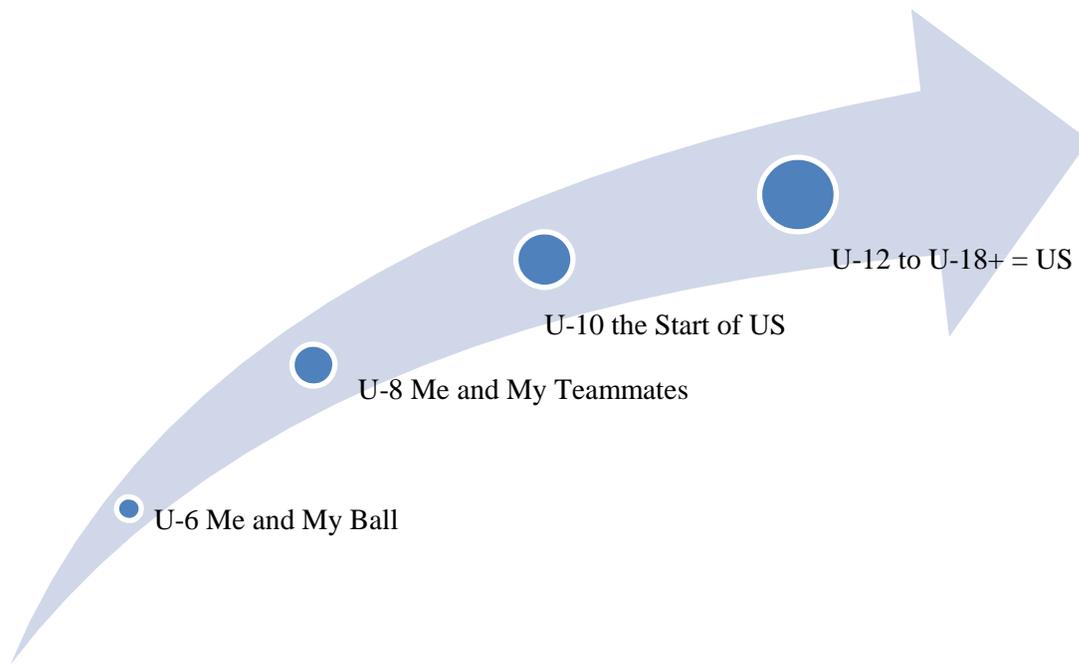
"The problem in the U.S.A. is they start travel soccer at too early an age. That's totally detrimental. It becomes more about winning and about collecting hardware than about having the kids play and learning from playing." - Alfonso Mondelo, Major League Soccer, director of player development

Players have no chance of becoming soccer savvy players if they are simply cogs in the team wheel. Transition in training session activities must become an ever increasing aspect as they mature. Players who are over-coached in matches become robotic in their performance and cannot make tactical decisions fast enough. Slow decision making leads to reaction players instead of anticipation players. The over-coaching comes not only from coaches, but spectators who constantly yell out to the players what to do and when to do it. This environment of coaches and parents making soccer decisions for the players during a match has led to a weakness in transition.

Successful coaches are effective communicators

For players to become self-reliant, the coach must not micromanage the game for them. As a player-centered sport, some coaches become disillusioned as they learn that they are the *guide on the side* and not the *sage on the stage*. In many sports the coach makes crucial decisions during the competition. This coach-centered perspective has been handed down to us from other sports and coaching styles of past generations.

"Talking too much is a big danger for a coach. The words get lost in the wind." - Sir Alex Ferguson, Manchester United Football Club, manager



Excerpts from US Youth Soccer Player Development Model; 2013

We must remember a player's development should coincide with the age appropriate tables which will be succinctly articulated. That equates to a player should master a majority of the skills in the appropriate age division before moving to the next division. This is the Association's, coach's and player's responsibility. These skill tables should be referenced and used as a building block approach in their development.

U6 ENDORSED SKILLS FOR YOUR SESSION

Beginner	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (with either foot) ➤ Keeping balance ➤ Ball Control ➤ Techniques in striking the ball- basic 	<ul style="list-style-type: none"> ➤ Getting comfortable with ball ➤ Change of direction ➤ Change of speed ➤ Coordination- move ball with various parts of the body)

U6 ENDORSED SKILLS FOR YOUR SESSION

Intermediate	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (with prominent foot) ➤ Ball Control (using different parts of the body) ➤ Techniques in striking the ball ➤ Introduction to defending the ball 	<ul style="list-style-type: none"> ➤ Body Movement ➤ Balance ball various body parts ➤ Proper placement of non-kicking foot ➤ Keeping other players from taking the ball

U6 ENDORSED SKILLS FOR YOUR SESSION

Advanced	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (in and out of cones keeping head up) ➤ Ball Control (using different parts of the body) ➤ Techniques in striking the ball-accuracy ➤ Introduction to Passing ➤ Defending the ball ➤ Introduction to shooting 	<ul style="list-style-type: none"> ➤ Don't knock cones over ➤ Keeping balance around other players ➤ Looking for space ➤ Accuracy of passes ➤ Keeping other players from taking the ball

****Skills and activities from U6 should be addressed and mastered before progressing to U8.****

U8 ENDORSED SKILLS FOR YOUR SESSION		
Beginner	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (in and out of cones keeping head up) ➤ Ball Control (using different parts of the body) ➤ Techniques in striking the ball-accuracy ➤ Introduction to Passing ➤ Defending the ball ➤ Introduction to shooting 	<ul style="list-style-type: none"> ➤ Getting comfortable with ball ➤ Change of direction ➤ Change of speed ➤ Looking for space ➤ Improved accuracy of passes ➤ Coordination- move ball with various parts of the body)

U8 ENDORSED SKILLS FOR YOUR SESSION		
Intermediate	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (keeping head up) ➤ Ball Control (using different parts of the body) ➤ Techniques in striking the ball-continued ➤ Passing-improve accuracy ➤ Shooting ➤ Defending the ball- 1 V 1 	<ul style="list-style-type: none"> ➤ Body Movement ➤ Balance ball various body parts ➤ Proper placement of non-kicking foot ➤ Keeping other players from taking the ball

U8 ENDORSED SKILLS FOR YOUR SESSION		
Advanced	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (increase speed changing direction) ➤ Ball Control (using different parts of the body) ➤ Techniques in striking the ball-advanced ➤ Passing to space and with accuracy ➤ Shooting- accuracy ➤ Defending the ball 1V 2 ➤ Receiving ball-ground 	<ul style="list-style-type: none"> ➤ Don't look at the ball ➤ Keeping balance around other players ➤ Looking for space-using whole field ➤ Accuracy of passes ➤ Keeping other players from taking the ball

****Skills and activities from U8 should be addressed and mastered before progressing to U10.****

U10 ENDORSED SKILLS FOR YOUR SESSION		
Beginner	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (increase speed changing direction) ➤ Ball Control (using different parts of the body) ➤ Techniques in striking the ball-advanced ➤ Passing to space and with accuracy ➤ Shooting- accuracy ➤ Defending the ball 1V 2 ➤ Receiving ball-ground ➤ Passing to space-introduce the push pass ➤ Shooting- accuracy ➤ Introduce names of positions- forwards etc. 	<ul style="list-style-type: none"> ➤ Getting comfortable with ball ➤ Change of direction/ speed ➤ Coordination- move ball with various parts of the body) ➤ Accuracy of passes ➤ Keeping other players from taking the ball ➤ Importance and relevance each position has to each other

U10 ENDORSED SKILLS FOR YOUR SESSION		
Intermediate	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling while changing direction ➤ Techniques in striking the ball-continued ➤ Passing- continued ➤ Shooting while changing direction ➤ Defending the ball (2v1, 1v2, 2v2) ➤ Receiving- with body ➤ Introduce attacking ➤ Develop self-esteem ➤ Introduce Goalie positioning 	<ul style="list-style-type: none"> ➤ Body Movement ➤ Balance ball various body parts ➤ Proper placement of non-kicking foot ➤ Keeping other players from taking the ball ➤ Foster positive feedback ➤ Explain importance of goalie – team communication

U10 ENDORSED SKILLS FOR YOUR SESSION		
Advanced	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Ball Control- receiving with body, at feet ➤ Techniques in striking the ball-advanced ➤ Passing with instep / outside of foot ➤ Shooting ➤ Defending the ball in the attack ➤ Introduce sports nutrition ➤ Running and turning with the ball ➤ Introduction to Heading- not as a primary means but as an alternate way of moving the ball ➤ Introduce crossing 	<ul style="list-style-type: none"> ➤ Don't knock cones over ➤ Keeping balance around other players ➤ Looking for space ➤ Striking the ball with force ➤ Accuracy of passes to open space ➤ Keeping other players from taking the ball ➤ Proper hydration and post-session food ➤ Importance of range of motion; flexibility

****Skills and activities from U10 should be addressed and mastered before progressing to U12.****

U12 ENDORSED SKILLS FOR YOUR SESSION		
Beginner	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Ball Control- receiving with body, at feet ➤ Techniques in striking the ball-advanced ➤ Passing with instep / outside of foot ➤ Shooting ➤ Defending the ball (2v1, 1v2, 2v2) ➤ Importance of sports nutrition ➤ Running and turning with the ball ➤ Introduction to Heading- not as a primary means but as an alternate way of moving the ball ➤ Introduce crossing ➤ Introduce man-to-man defense ➤ Tactics of the game of soccer 	<ul style="list-style-type: none"> ➤ Getting comfortable with ball ➤ Change of direction ➤ Change of speed ➤ Coordination- move ball with various parts of the body) ➤ Proper hydration and post-session food ➤ Importance of range of motion; flexibility ➤ Verbal and visual communication ➤ Introduce complex instructions

U12 ENDORSED SKILLS FOR YOUR SESSION		
Intermediate	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Dribbling (keeping head up) ➤ Heading to score- safely ➤ Introduction to combination passing ➤ Goalie-positional play- penalty kick ➤ Moving throw-ins ➤ Receiving with either foot ➤ Crossing to near post ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Man-to-man defense ➤ Introduce the Laws of the Game 	<ul style="list-style-type: none"> ➤ Dynamic Stretching ➤ Body Movement ➤ Emphasis on verbal and visual communication ➤ Goalie communication with defense ➤ Goalie control of the ‘box’ ➤ Reinforce principles of the defense ➤ Verbal and visual communication

U12 ENDORSED SKILLS FOR YOUR SESSION

Advanced	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Crossing to near post ➤ Moving throw-ins ➤ Receiving with either foot ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Goalie-positional play- penalty kick ➤ Goalie-under arm bowling throw ➤ Goalie- basic angle play ➤ Introduction to chipping to pass ➤ Receiving bouncing ball with thigh and chest ➤ Introduce half volley & volley shooting ➤ Near and far post play ➤ Defending 2v1 ➤ Attacking 2v2 ➤ Man-to-man defense-progressed ➤ Introduce each player to every position ➤ Laws of the Game 	<ul style="list-style-type: none"> ➤ Proper warm-up ➤ Dynamic Stretching ➤ Keeping other players from taking the ball ➤ Player positioning ➤ Goalie communication with defense ➤ Goalie control of the ‘box’ ➤ Reinforce principles of the defense ➤ Self-motivation ➤ Reinforce teamwork ➤ Agility, at speed (sharp turns) ➤ Verbal and visual communication ➤ Foster a desire to play ➤ Proper cool-down ➤ Static stretching

****Skills and activities from U12 should be addressed and mastered before progressing to U14.****

U14 ENDORSED COACHING SKILLS		
Beginner	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Crossing to near post ➤ Moving throw-ins ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Goalie-positional play- penalty kick ➤ Goalie-under arm bowling throw ➤ Goalie angle play ➤ Introduction to chipping to pass ➤ Receiving bouncing ball and air balls ➤ Introduce half volley & volley shooting ➤ Near and far post paly ➤ Defending 2v1 ➤ Attacking 2v2 ➤ Introduce chipping to shoot ➤ Introduce each player to every position ➤ Laws of the Game- Fun Quiz 	<ul style="list-style-type: none"> ➤ Proper warm-up ➤ Dynamic Stretching ➤ Keeping other players from taking the ball ➤ Player positioning ➤ Goalie communication with defense ➤ Goalie control of the ‘box’ ➤ Reinforce principles of the defense ➤ Self-motivation ➤ Reinforce teamwork ➤ Proper cool-down ➤ Verbal and visual communication ➤ Introduce importance of sportsmanship

U14 ENDORSED COACHING SKILLS		
Intermediate	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Crossing to near post ➤ Moving throw-ins ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Goalie-positional play- penalty kick ➤ Goalie-under arm bowling throw ➤ Goalie angle play ➤ Introduce kick saves ➤ Organization for corner kicks 	<ul style="list-style-type: none"> ➤ Goalie communication with defense ➤ Dynamic Stretching ➤ Goalie control of the ‘box’ ➤ Reinforce principles of the defense ➤ Goalie control team-corner kicks ➤ Continue to reinforce sportsmanship

U14 ENDORSED COACHING SKILLS

Advanced	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Refine volley shooting ➤ Crossing to near post ➤ Moving throw-ins ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Goalie-positional play- penalty kick ➤ Goalie-under arm bowling throw ➤ Goalie angle play ➤ Continue kick saves ➤ Goalie long over arm throws ➤ Individual and group tactics ➤ Angle play ➤ Receiving crosses 	<ul style="list-style-type: none"> ➤ Goalie control of the ‘box’ ➤ Dynamic Stretching ➤ Reinforce principles of the defense ➤ Goalie control team-corner kicks ➤ Continue to reinforce sportsmanship ➤ Acceleration, cardio capacity ➤ Assertiveness ➤ Lateral movement ➤ Mental focusing

****Skills and activities from U14 should be addressed and mastered before progressing to U16.****

U16 ENDORSED COACHING SKILLS		
Beginner	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Refine volley shooting ➤ Crossing to near post ➤ Moving throw-ins ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Goalie-positional play- penalty kick ➤ Goalie-under arm bowling throw ➤ Goalie angle play ➤ Goalie long over arm throws ➤ Individual and group tactics ➤ Angle play ➤ Receiving crosses ➤ Continue kick saves ➤ Goalie long over arm throws ➤ Individual and group tactics ➤ Angle play ➤ Receiving crosses ➤ Setting the wall for free-kicks 	<ul style="list-style-type: none"> ➤ Goalie control of the ‘box’ ➤ Dynamic Stretching ➤ Reinforce principles of the defense ➤ Goalie control team-corner kicks ➤ Continue to reinforce sportsmanship ➤ Acceleration, cardio capacity ➤ Assertiveness ➤ Lateral movement ➤ Mental focusing ➤ Stress importance of sportsmanship ➤ Stress respect towards all game officials

U16 ENDORSED COACHING SKILLS		
Intermediate	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Setting the wall for free-kicks ➤ Develop group tactics ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Goalie-positional play- penalty kick ➤ Goalie-under arm bowling throw ➤ Goalie angle play ➤ Continue kick saves ➤ Diagonal passing ➤ Switching point of attack ➤ Range of motion exercises without a ball 	<ul style="list-style-type: none"> ➤ Acceleration, cardio capacity ➤ Dynamic Stretching ➤ Assertiveness ➤ Lateral movement ➤ Mental focusing ➤ Stress importance of sportsmanship ➤ Stress respect towards all game officials ➤ Personal accountability for all actions ➤ Goalie- initiate the attack ➤ Vertical jump ➤ Emotional management

U16 ENDORSED COACHING SKILLS		
Advanced	Skill / Activity	Emphasis
	<ul style="list-style-type: none"> ➤ Develop group tactics ➤ Crossing to far post ➤ Penalty shot positions ➤ Passing with both feet ➤ Goalie-positional play- penalty kick ➤ Goalie-under arm bowling throw ➤ Goalie angle play ➤ Continue kick saves ➤ Diagonal passing ➤ Switching point of attack ➤ Range of motion exercises without a ball ➤ Chipping to score ➤ Scissors volley ➤ Laws of the Game Test 	<ul style="list-style-type: none"> ➤ Assertiveness ➤ Lateral movement ➤ Mental focusing ➤ Stress importance of sportsmanship ➤ Stress respect towards all game officials ➤ Personal accountability for all actions ➤ Goalie- initiate the attack ➤ Vertical jump ➤ Emotional management

Conclusion

It is important to develop a coaching philosophy when getting started in coaching. For that matter, even experienced coaches may want to re-evaluate their philosophy.

A coach's philosophy has an impact on daily coaching procedures and strategies. A coach's philosophy is actually a very practical guide. The beginning coaching philosophy usually comes from our former coaches. This is a natural start because it is the approach with which we are most familiar and comfortable.

A positive coach has the following traits:

- ✓ Puts players first
- ✓ Demonstrates consistent actions
- ✓ Develops character and skills
- ✓ Sets realistic goals
- ✓ Treasures the game
- ✓ Creates an enjoyable partnership with the players
- ✓ An ethical coaching philosophy
- ✓ A coaching philosophy compatible with the individual's personality
- ✓ Fair play is a top priority in the coaching philosophy
- ✓ Approach to coaching is educationally sound and appropriate for players

“Once they cross that line, it's their game. It's not about us as coaches; it's about them being able to make decisions.” - Jay Hoffman, US Youth Soccer Region I ODP Boys, former head coach

“The most successful coaches are not necessarily the ones who win the most games. Coaches who have successful experiences focus on team cohesion. The desire to see the players learn and improve their skills is the key to effective coaching. Coaches should commit to using all of their knowledge, abilities and resources to make each player on the team successful. The focus is to promote an atmosphere of teamwork, mutual respect and commitment. By achieving this, the coach will be successful and also win.” *Developing a Coaching Philosophy* (2007), Steve Mergelsberg

They won't care what you know until they know that you care! Good Luck Coaches!