



Soccer Coaching Manual for Ages 12 – 14

6th - 8th Grade: Midget Division

Session Plans, Drills, and Evaluation Tools

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Introduction

This Soccer Coaching Manual has been designed to assist you with: planning, choosing appropriate drills, and evaluating a session (the learning cycle: planning, execution, reflection). To assist with planning there is a basic guide to what should be involved in a session plan, and a basic template. To assist with choosing the correct drills you will find a coaching database that is divided by age, and by skill. To assist with gaining a reflection you will find a self-evaluation and peer evaluation form.

A good coach should:

1. Create an effective learning environment.
2. Start a session with an introduction which includes aims and objectives.
3. Use demonstrations where possible (a picture paints a thousand words).
4. Allow adequate time for practice of skills and techniques.
5. Give constructive and positive feedback.
6. During drills a coach should analyze the participant's strengths and areas for improvement.
7. A coach should give guidance.

A good coach should demonstrate the following transferable skills: time management, communication skills (verbal and non-verbal), role model, presentation skills, a good knowledge of the sport, organizational skills, planning, listening skills, leadership skills, and the ability to evaluate.

The roles of a coach are: advisor, assessor, counselor, demonstrator, friend, facilitator, fact finder, fountain of knowledge, instructor, mentor, motivator, organizer/planner, and supporter.

Ethical responsibilities include subjects such as: competence, humanity, relationships, commitment, cooperation, integrity, advertising, confidentiality, abuse of privilege, and safety.



Dribbling and Technique Drills

Free Dribbling

SET UP: Playing grid 20 by 30 yards.

DESCRIPTION: Have players dribble freely inside grid(20 by 30 yards), have players perform turns, tricks, use different surfaces of foot. I.e.: Dribble with right outside foot only, switch feet, drag-back turn, etc.

PROGRESSION: Coach comes in and challenges players to keep the ball.

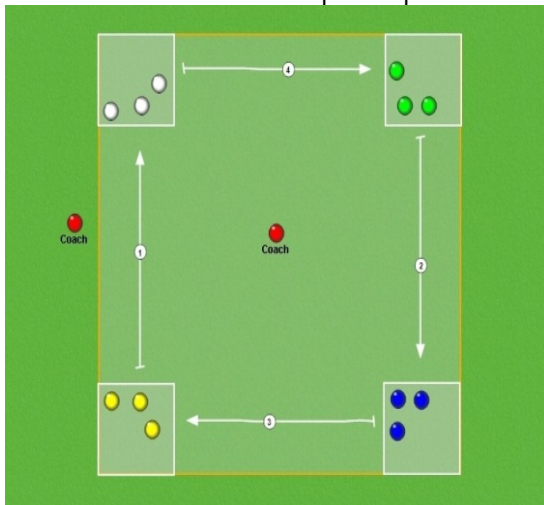
4 Corners

SET UP: Playing field is 30 by 30 yards with 4 small squares on each corner (see image below). Split the group in 4 teams (each team goes to a square, which will be numbered 1,2,3,4).

EQUIPMENT: 16 markers and a soccer ball for each player.

DESCRIPTION: Have each team go to their square #1. Coach will call out a different number each time, the whole team must move to that square. Last player to arrive is out of the game.

PROGRESSION: 1. Have participants running to squares. 2. Dribbling.



3v3

SET UP: 3 v 3 with two small goals (20 x 30 area or as needed). Set up more fields if needed.

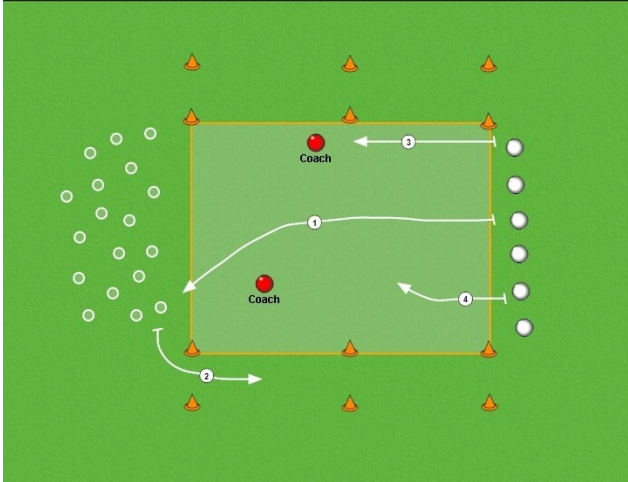
DESCRIPTION: Scrimmage. Quickly make playing area as big as possible – width and depth. Play the ball deep whenever possible. Encourage campers to find out when to dribble when to pass.

Get a Cone

SET UP: Square 15 by 15 yards. Drop cones randomly on other side of field (see image).

EQUIPMENT: 30 markers

DESCRIPTION: Participants try to reach other side without getting tagged by coach, grabbing a cone each time they succeed. If a player gets tagged must come back to starting line and try again. Game ends when there's no more cones. Campers count their points.



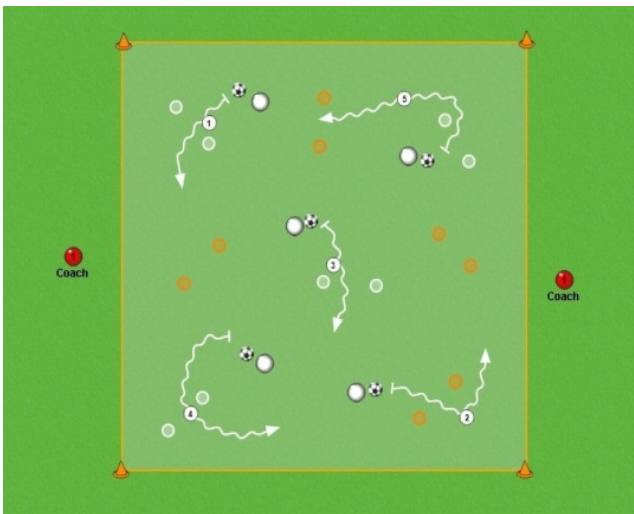
Through Gates

SET UP: Square 15 by 15 yards. Place gates inside square, using markers 2 feet apart (2-color gates).

EQUIPMENT: 20 markers (2 colors) and a soccer ball for each camper.

DESCRIPTION: Dribble inside the square and through the gates, getting 1 point per goal. Participants keep track of their points. After each round ask the players: "how many goals did they score"?

PROGRESSION: 1. One point per goal they go through. 2. Use only one color of goals. 3. Use other color. 4. Alternate colors.



3 Lives

SET UP: Each player gets a cone (9" or 2,5" with a soccer ball on top). They can set it up anywhere inside the pitch (15 by 15 yards).

DESCRIPTION: Each camper will get 3 lives, if your cone is tipped over or the soccer ball on top is knocked off, you lose a life. 2-3 soccer balls in the game at all times. Encourage campers to dribble towards another cone or shoot from distance (SOCCER BALL ON THE GROUND). When defending your own cone, at least 3 yards away from it, otherwise camper is penalized with a life.



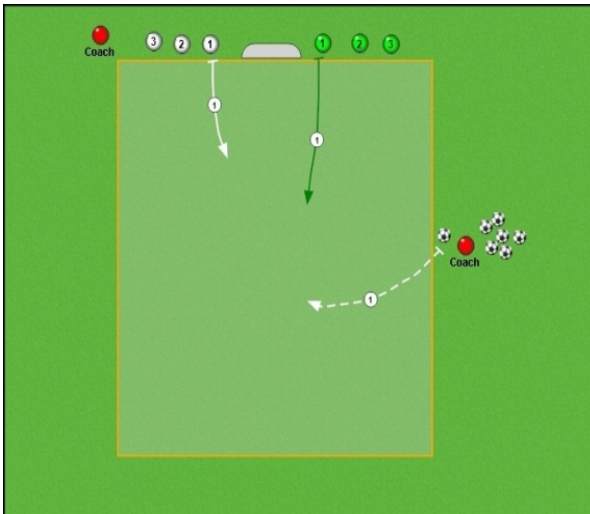
Steal the Bacon

SET UP: Field 20 by 15 yards with 2 goals. Split group in 2 teams.

EQUIPMENT: 2 goals, set of pennies, 5-6 balls and 6 cones.

DESCRIPTION: Give out numbers to players. Have teams line up at the side of each goal. Kick a ball in, call out a number, players with that number play 1 on 1. Play ends when goal is scored or ball goes out of play. Award points for scoring and cheering.

PROGRESSION: shout out more than one number at a time.

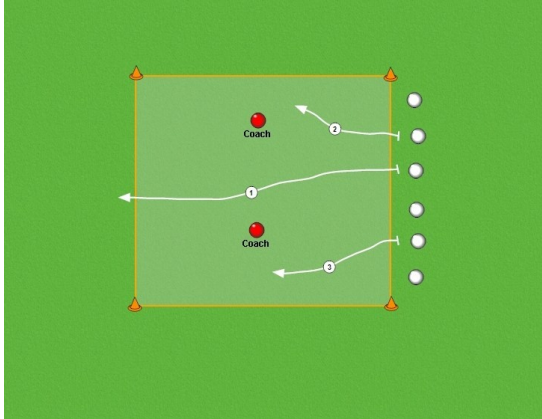


Sharks and Minnows:

SET UP: Field 20 by 15 yards using markers

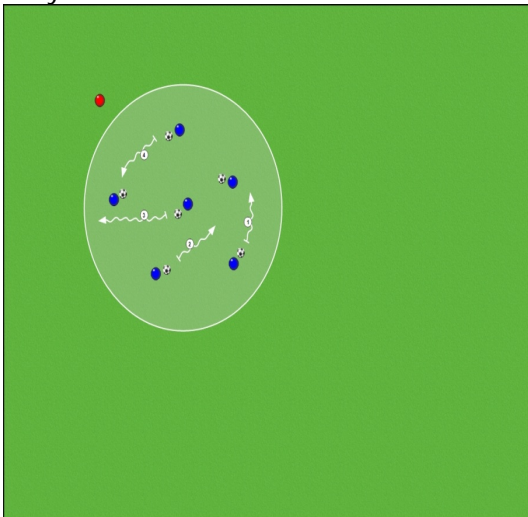
EQUIPMENT: 6 markers and a soccer ball for each camper.

DESCRIPTION: Participants try to reach other side without getting tagged by the coach. Firstly by running, and then dribbling after. If a player is tagged or goes out of the field of play then that player becomes a shark on the next round. Last player standing wins.



Knockout:

SET UP: Each player with a ball (use the center circle or define as needed). DESCRIPTION: Each player dribbles and protects their ball while attempting to kick the other player's ball out of the area. If a player's ball is kicked out, they retrieve their ball and immediately return to the area and play. A player may only kick another ball out while in possession of their ball. Progress to using two defenders and have them see how fast they can knock the other balls out.



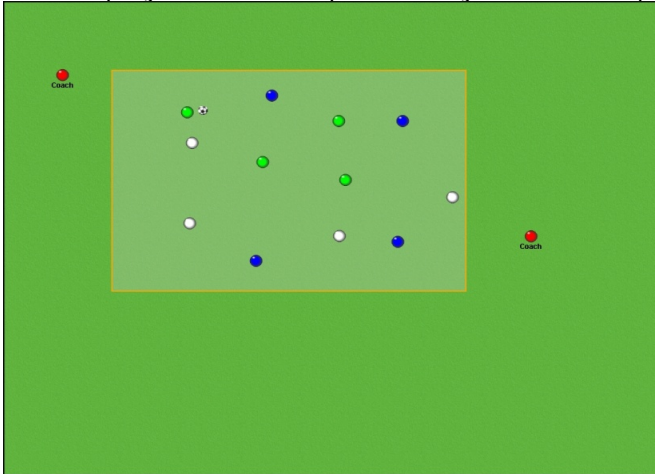
Passing and Possession Drills

Possession Three Teams

SET UP: Playing field 30 by 20 yards. Split the group in 3 teams of no more than 3 campers (if needed sub players in and out).

EQUIPMENT: 3 sets of pennies, 6 markers and a game ball

DESCRIPTION: Have one team play as NEUTRAL (always on offense) and the other 2 playing against each other. Players try to accomplish 5 passes in a row helped by the neutral players. Award a point every time this happens. First team to 10 points wins.

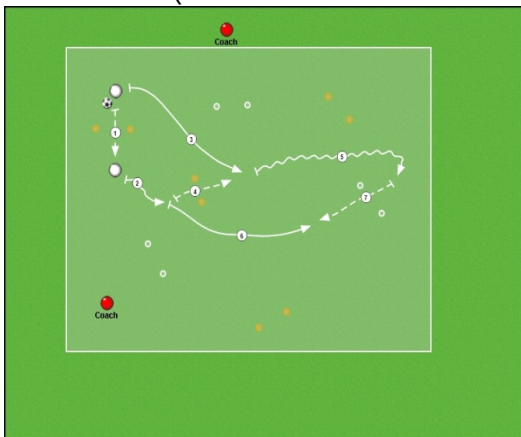


Passing through Gates

SET UP: Playing field 30 by 40 yards, set up small gates using markers (2 different colors) Have players pair up, one soccer ball every two players.

DESCRIPTION: As a team players try to score as many goals as possible by passing the ball through gate, getting 1 point each time.

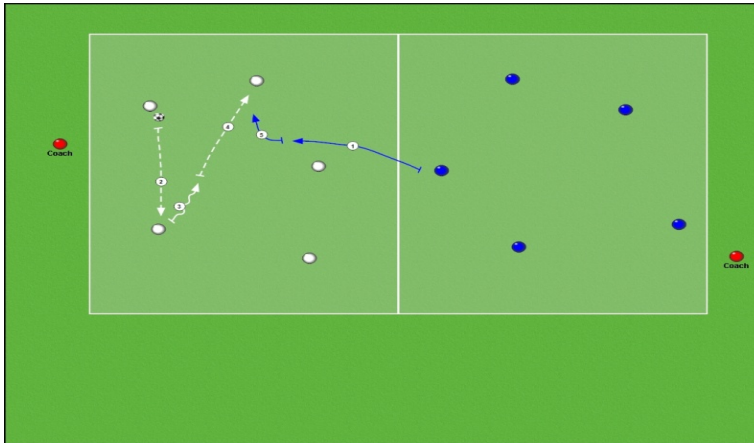
PROGRESSION: 1. Use all the goals. 2. Use only one color. 3. Use other color. 4. Use both colors alternating. 5. Make one of the goals bigger and add defender, give them 5 points if score on it (switch defenders all the time).



Passing – Pressure

SET UP: Playing field 30 by 20 yards, divided in half. Split the group in 2 teams, using pennies.

DESCRIPTION: Each team goes to a different half. Coach plays ball to one team and calls out name of player on opposite team to put pressure. 1. Team tries to get 5-10 passes in a row while being pressure by defender. If they succeed, award a point and give the ball to opposite team. If not, award point to defender. Coach calls out new defender each time.

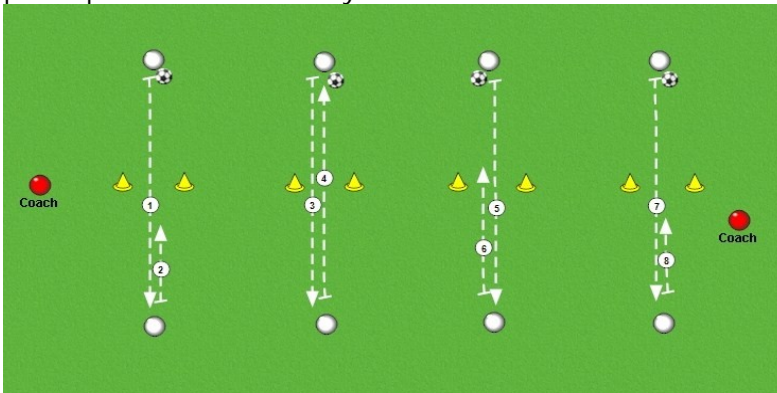


Passing Accuracy

SET UP: Goals (markers, 2 feet apart) as shown in figure.

DESCRIPTION: Participants pair up, go to a goal and stand facing each other. They pass the ball to each other, through the goal getting 1 point each time the pass is successfully achieved.

PROGRESSION: 1. Begin passing ball, 2-touch (stop & pass). 2. Practice round and competition, team that scores more goals in a minute. 3. Increase distance between participants. 4. Can also try 1-touch.

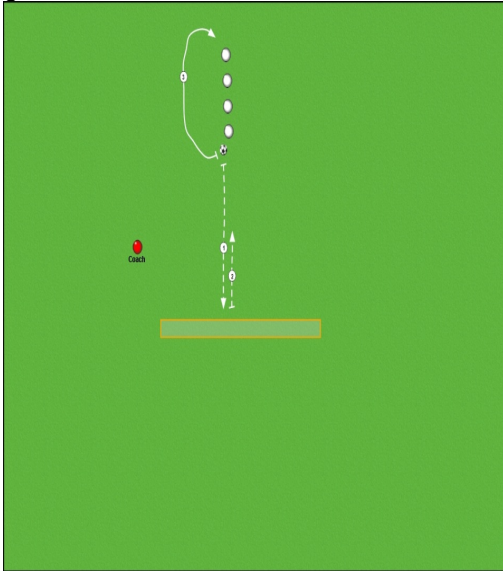


Wall Ball

SET UP: Line up players, single file, 10 yards away from the wall. Play on tennis court.
Players MUST be in sneakers not CLEATS.

EQUIPMENT: 2 soccer balls.

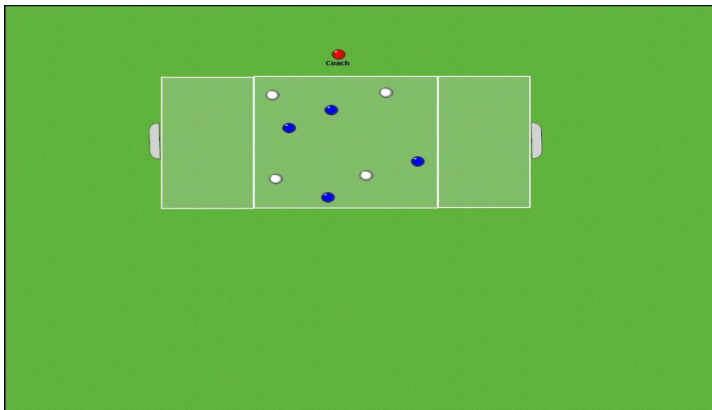
DESCRIPTION: Players kick ball to the wall and move to the end of the line. Only 1 touch allowed. If misses the wall or touches the ball more than once the player is out of the game.



Handball

SET UP: Playing field 30 by 20 yards, 2 goals and two lines across the field 5 yards away from goal. Split the group into teams.

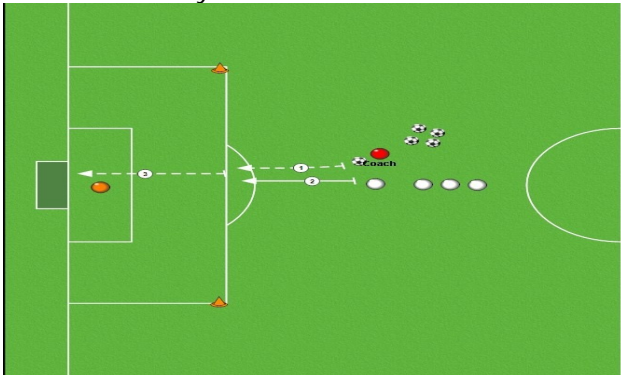
DESCRIPTION: Players throw ball to each other (underarm throw). After receiving a ball players are not allowed to move. Opposition can re-gain possession by forcing a turnover, ball touching the floor, or intercepting a pass. NOT ALLOWED to steal ball from opposition, can't shoot inside the lines. Players can't hold ball for more than 3 seconds.



Shooting and Finishing Drills

Shooting Warm Up

SET UP: 2 goals facing the same way. 1 for each group of players. Set up a start point 15 yds away from goal and a shooting line 5 yds away from start point. Split the group in 2 teams. **DESCRIPTION:** Coach plays the ball forward and players **MUST** shoot before it reaches line. **PROGRESSION:** 1. Ground ball, bouncing ball --> strike, Bouncing ball --> Strike half volley.



Shooting Drill

SET UP: Two starting points 20-25 yards away from goal. Split the group in 2 teams, half of the team goes to goal line, half to cones (across from each other).

DESCRIPTION: Team on goal line serves ball to teammate on the shooting line. Then switch places. 1. Start by passing the ball, and shooting at the goal straight ahead. 2. Switch teams (Left to right). 3. Passing and shooting one touch 5-7 yds away from goal. 4. Players on goal line throw the ball under-arm, teammates shoot volley at goal. 4. Players on goal line throw ball under-arm, teammates head the ball to the goal.

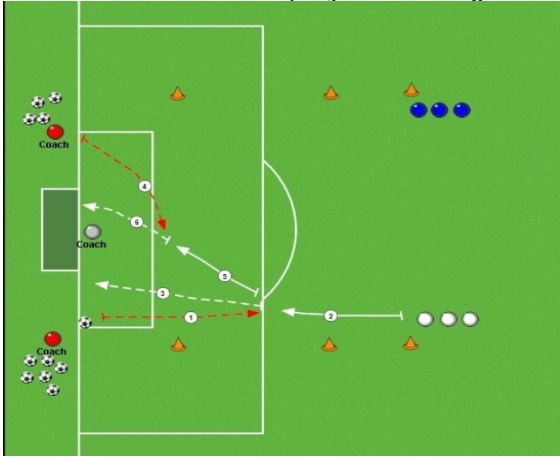


Power – Finnes

SET UP: A goal, and 2 lines, 7 and 15 yards from the goal line. Split the group into teams, line up the teams facing the goal 20 yards away from the goal.

DESCRIPTION: Each player gets 2 balls, the first ball inside the 2 lines, and the second ball inside the line and the goal. Players are not allowed to stop the inner ball (first touch finnes shot).

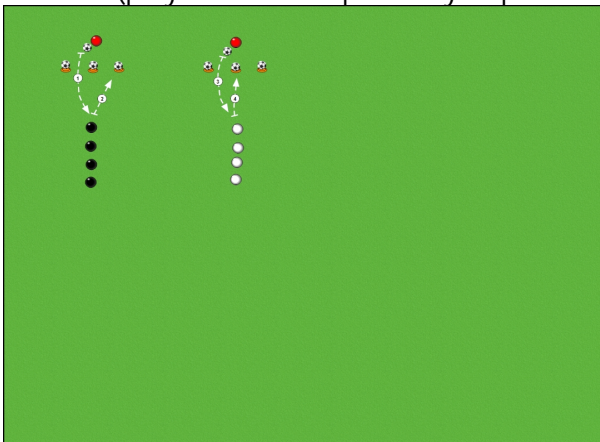
RULES: Score 0: out of game, Score 1: still in the game, Score 2: challenge a player on the other team. (that players has to score 2 to stays in game, if so, player that challenge him/her is out. If not, player challenged is out).



Headers (D/O)

SET UP: Split up group into teams. Have teams line up in front of set of cones (3 cones). Place soccer ball on top of cones (see image).

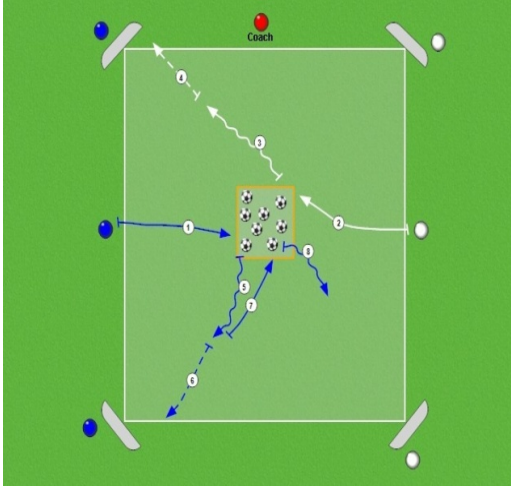
DESCRIPTION: Coaches serves ball to players, who head the ball down (Attacking headers) try to knock off all the balls. Fastest team wins. Try the same for deffensive headers (players header up and try to put ball back in your hand) underarm throw.



Scoring 4 goals

SET UP: Playing field 30 by 20 yards and a goal on each corner. Put 16 soccer balls in the center. Split the group in 4 teams.

DESCRIPTION: Start with one player from each team, at coach's signal players must score a ball in each goal. Award points for each goal + 1 extra point for finishing first.



World Cup

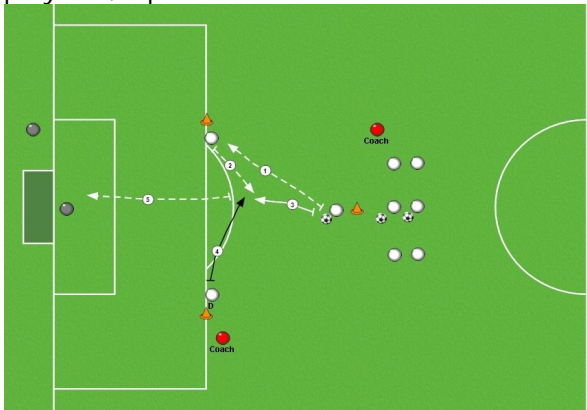
SET UP: Small field with 1 goal. Split group into teams of 2. Have players pick name for the teams (Country name).

DESCRIPTION: Designate a GK, All teams on the field, Play 2 balls. First teams to score move to next round and leave the field. Last team to score is out of the game.

Passing + Shooting Game

SET UP: 3 cones 5 yards apart (triangle) 10 yards away from goal, as shown in the diagram. Split the group in teams of 3 players, each team with one soccer ball.

DESCRIPTION: Each player takes a cone in the triangle. Player with the ball, player 1, can choose who to pass the ball to (player 2 or player 3, 2v1 situation). If ball is played to player 2, 2 passes ball back so 1 can shoot on goal, player 3 tries to react and block shot.



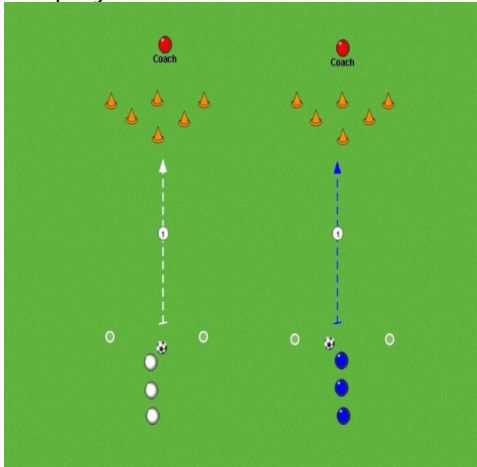
Bowling

SET UP: As shown in diagram, kicking line 5 yards away from cones. Split the group into teams.

EQUIPMENT: 2 soccer balls and 10 cones (9" [use tall cones or discs with soccer balls on top]).

DESCRIPTION: First player in line shoots at the cones. Coach kicks ball back to the next player in line. First team to knock off all cones or soccer balls on top of discs wins.

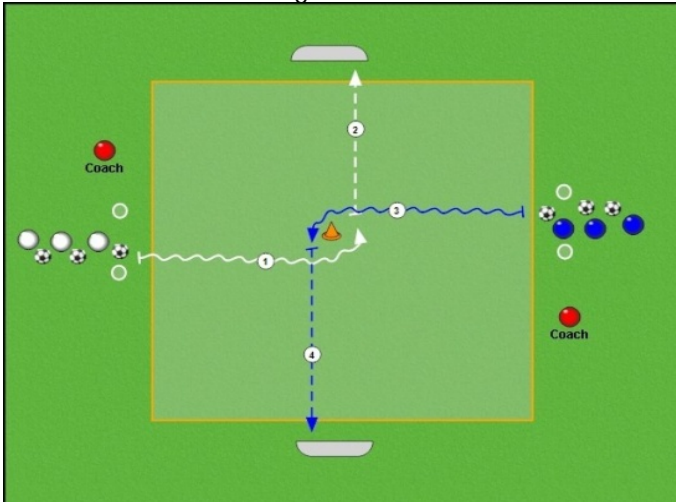
PROGRESSION: Have a camper returning ball to team. Increase the distance between the players and the cones or use less cones.



Shooting 2

SET UP: Playing grid as shown in the figure. Split the group in 2 teams, line up the teams facing each other. Each player should have a soccer ball.

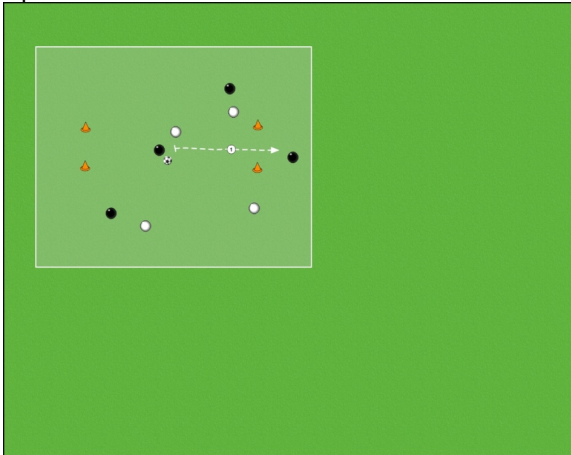
DESCRIPTION: At coach's signal first player on each line starts dribbling toward the middle, turns around and shoots at the goal. After the player shoots next player can go. First team to score 10 goals wins.



Transition: Defense to Attack

4 v 4 + 1 Neutral

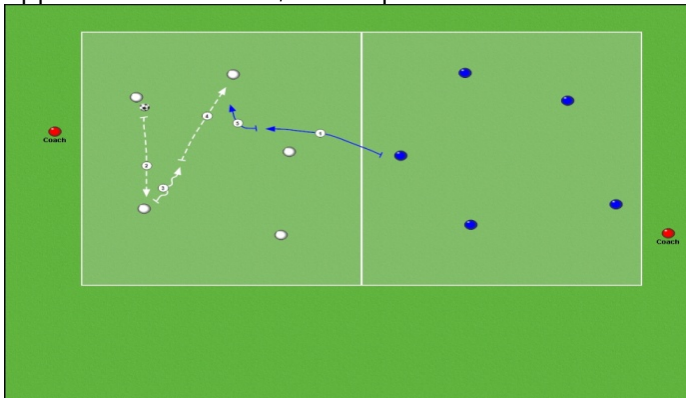
SET UP: 4 v 4 + 1N. Set up two small goals inside the field. Players score by passing the ball to a teammate through each goal (any direction). Once the goal is used, must transition to other goal. Restrictions: Neutral player 2-touches. Diamond Shape (support in advance) - Quick Transition and Penetration once possession is gained. IF needed set up a second field.



Possession-Pressure

SET UP: Playing field 30 by 20 yards, divided in half. Split the group in 2 teams, using pennies.

DESCRIPTION: Each team goes to a different half. Coach plays ball to one team and calls out name of player on opposite team to put pressure. 1. Team tries to get 5 passes in a row while being pressure by defender. If succeed, award a point and give the ball to opposite team. If not, award point to defender. Coach calls out new defender each time.



3 Zones Press

SET UP: Field 30 by 20 yards, split in 3 zones (10-yard zone). Split the group in 3 teams using pennies.

DESCRIPTION: Coach plays ball to one of the side zones. They try to accomplish 5 passes in a row, while being pressure by a player from defensive team in the middle, and then cross the ball to other side zone, at this time the whole defensive team can go and get the ball or try to block it. If defender gets the ball or kicks it out --> Award a point to defensive team and teams switch positions. If ball is played across after 5 passes --> Award point to side team, teams stay in their zones (be prepared to call out the name of a new defender to pressure other side team). First team to 15 points wins.

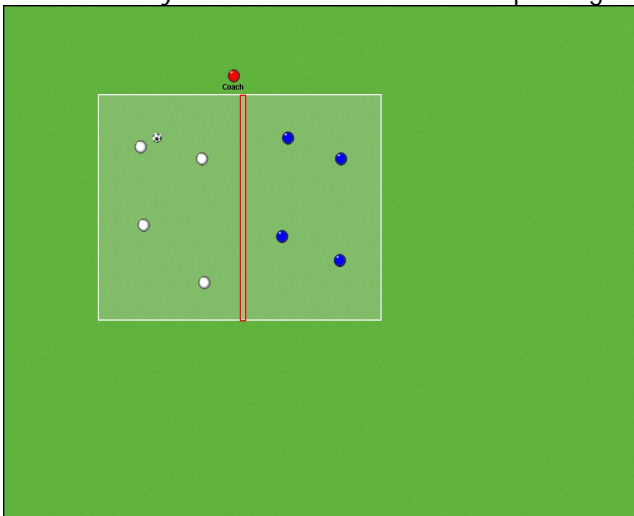


Soccer Tennis

SET UP: Use tennis court. Split your group into teams, using pinnies.

EQUIPMENT: A soccer ball for each team, players will need sneakers.

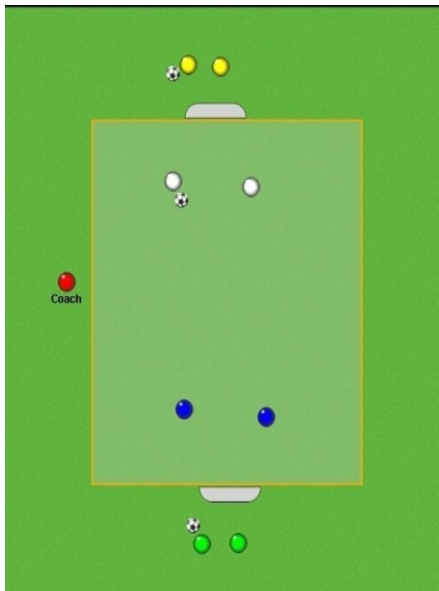
DESCRIPTION: Teams stand on opposite halves of court 1. Before starting the game have players juggling the ball as a small warm up. 2. Start the game using 2-bounce play allowed. Play small tournament with 5-point games.



2v2 Transition Game

SET UP: Field 15 by 15 yards, 2 goals and a game ball. Split group in 4 teams of 2.

DESCRIPTION: Play 2 vs 2 on grid. Two teams waiting behind each goal. Teams that scores stays on field, team scored on leaves the field. As soon as goal is scored, team standing behind that goal gets to play (make sure teams behind goals have a soccer ball ready to go). Award points to teams every time they score. First team to get to 10 goals wins.



Basics to planning a session

Well run practices will improve the fitness/skills and ability levels of participants.
Increase the time of sessions, with age and fitness levels.

Before practice: Plan the practice
 Tell players to arrive promptly
 Remind players to bring water and appropriate equipment

Example of a practice: This is not an exact science.

- Warm- up: 5 minutes of light activity
- Stretching: 5 minutes of slow, deliberate stretching held for a count of 10 at each stretch
- Review: 5 minutes of discussion of the last practice and/or game
- Instruction: 10-20 minutes introducing new skills, plays, or drills
- Breaks: 5 minutes twice or more during the practice for rest and water breaks More breaks should be added during extreme heat
- Scrimmage: 10-20 minutes of various styles of scrimmage designed to improve playing ability and endurance.
- Cool Down: 5 minutes of light activity

At the end of each practice discuss the times of the next game or practice and what time players should arrive.

Below you will find a planning template which is there for your use.



Session Plan Template

Date:

Time:.....

Duration:.....

Stage of Season:.....

Aims and objectives:

.....

.....

Equipment required:.....

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Participants: Number:.....(male).....(female)

Age:.....

Ability:.....

Safety checks required:

.....

How the session fits in with previous sessions:

.....

How the session will progress:

.....

<i>Time</i>	<i>Content</i>
.....	Warm up:
.....	Skills practice:
.....	Fitness work:

.....	Tactical work:
.....	Cool down

Self-Evaluation Criteria

Below is the key criteria that should be considered when leading a coaching session. This criteria has been included to enable you to reflect on your performance as a coach.

<i>Criteria:</i>	<i>Poor</i>	<i>Below average</i>	<i>Average</i>	<i>Good</i>	<i>Very good</i>	<i>Excellent</i>
Identified the practical session goals:						
Considered resources:						
Considered health and safety aspects of environment:						
Devised an acceptable warm up:						
Demonstrated an adequate coaching style, therefore kept control of group:						
Used an adequate level of communication:						
Adequate coaching technique:						
Demonstrate the skills being taught:						
Allow adequate time for practice of new skills/techniques:						
Identify errors in performance:						
Given adequate guidance on correcting errors in performance:						
Acceptable sequencing of drills/activities:						
Acceptable drills and practices:						
Acceptable monitoring of class:						
Given adequate feedback:						
Collated an evaluation of session:						

Self-Evaluation Form

Date:

Facilities:

Aims and Objectives:

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Brief summary of coaching session:

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1. Did I achieve all my aims and objectives?.....

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2. Did the session progress effectively?

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3. How safe was the session?

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4. What feedback did I receive from the athletes?

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5. How enjoyable was the session?

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6. What changes will I make in the future?.....

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
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What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

Symptoms of concussion usually fall into four categories:

 Thinking/ Remembering	 Physical	 Emotional/ Mood	 Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

Some symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them.

The signs and symptoms of a concussion can be difficult to sort out.

When to Seek Immediate Medical Attention

Danger Signs in Children

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- Have any of the danger signs for adults listed above.
- Will not stop crying and cannot be consoled.
- Will not nurse or eat.

Danger Signs in Adults

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body:

- Headache that gets worse and does not go away.
- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.

The people checking on you should take you to an emergency department right away if you:

- Look very drowsy or cannot be awakened.
- Have one pupil (the black part in the middle of the eye) larger than the other.
- Have convulsions or seizures.
- Cannot recognize people or places.
- Are getting more and more confused, restless, or agitated.
- Have unusual behavior.
- Lose consciousness (*a brief loss of consciousness should be taken seriously and the person should be carefully monitored*).

‘COACHES’ CODE OF ETHICS

I hereby pledge to live up to my certification as an NYSCA Coach by following the NYSCA Coaches’ Code of Ethics.

- ◆ **I will place the emotional and physical wellbeing of my players ahead of a personal desire to win.**
- ◆ **I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.**
- ◆ **I will do my best to provide a safe playing situation for my players.**
- ◆ **I will promise to review and practice the basic first aid principles needed to treat injuries of my players.**
- ◆ **I will do my best to organize practices that are fun and challenging for all my players.**
- ◆ **I will lead by example in demonstrating fair play and sportsmanship to all my players.**
- ◆ **I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.**
- ◆ **I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.**
- ◆ **I will use those coaching techniques appropriate for each of the skills that I teach.**
- ◆ **I will remember that I am a youth sports coach, and that the game is for children and not adults.**

Coach Signature:_____

Coach Name:_____

Date:_____