



Rec. Coach Training

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Overview



Grassroots Roadmap

Coaching Basics

Technical & Tactical Overview

Play - Practice - Play

Attacking

- Dribbling
- Passing & Receiving
- Shooting

Defending

- Goalkeeping

Small-Sided Games

- Overview
- 2v2
- 3v3
- Law 11 - Offside

Systems of Play

- 5v5, 6v6, 7v7, 9v9, 11v11

US Soccer - Grassroots Roadmap, Player Actions

	4 v 4	7 v 7	9 v 9	11 v 11
	U-6, U-7, U-8	U-9, U-10	U-11, U-12	U-13+
ATTACKING	U-6 <ul style="list-style-type: none"> • Shoot • Pass or dribble forward 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions
	U7/U8 <ul style="list-style-type: none"> • Spread out • Create passing options • Support the attack 			
A>D	DEFEND AS QUICKLY AS POSSIBLE			
DEFENDING	U-6 <ul style="list-style-type: none"> • Protect the goal • Steal the ball 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area
	U-7/U-8 <ul style="list-style-type: none"> • Make it compact • Keep it compact 			
D>A	ATTACK AS QUICKLY AS POSSIBLE			



Coaching Basics



Avoid Lines, Laps & Lectures



Don't use "don't"

Power of "yet"

Ask don't tell

- Short attention span
- Players learn by doing
- Players want to play

- Can't do a don't
- Give permission to "try"

- Players may get frustrated if they don't achieve immediate success
- Emphasize effort rather than result

- Avoid "should", "need", "must", "always"...
- Try "what if", "what else", "could"...
- (Check for understanding)

Technique & Tactics



Technique (*what, how*)

Dribbling

Shooting

Passing

Receiving

Heading (u14+)

Tackling

Ball handling & throwing (GK)

Tactics (*when, where, why*)

Attacking (we have the ball)

Defending (they have the ball)

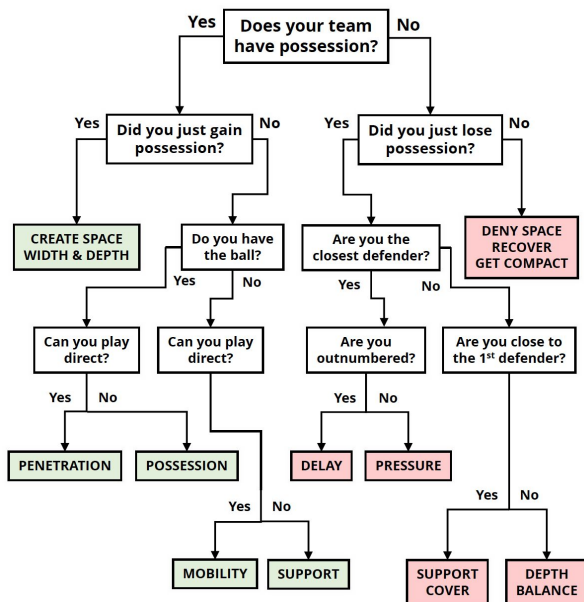
Transition (change of possession)

(Attack>Defend, Defend>Attack)

Individual / Group / Team

- ***Position of the ball***
- ***Position of teammates***
- ***Position of opponents***

SOCCER DECISION MAKING FLOWCHART



Attacking

Player with ball

- Dribble, Pass or Shoot (go to goal), Creativity

Team with ball

- Support in front, to side, or behind, Mobility

Defending

Closest player to player with ball

- Pressure (go to ball)

Team without ball

- Cover, Balance, (mark opponent), Communicate

Play - Practice - Play

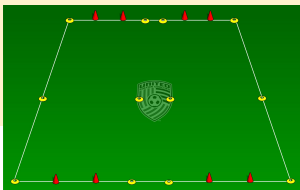


Play (1)

Intentional play

Simple gathering game / activities / small-sided games to stimulate players as soon as they reach the field

Ask a question that can be answered through play

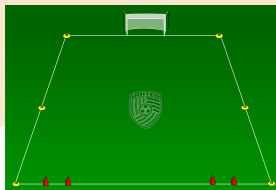


Practice

Activities based upon the theme of the session

Use the appropriate part of the field (if available)

Make the session relative to the game

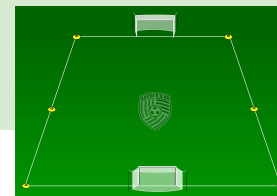


Play (2)

Divide players into two teams and scrimmage

Observe

Can players translate practice activities and themes into game play?



Dribbling



1v0 (1 player, 1 ball)

Each player has a ball

Ability to keep possession & change direction

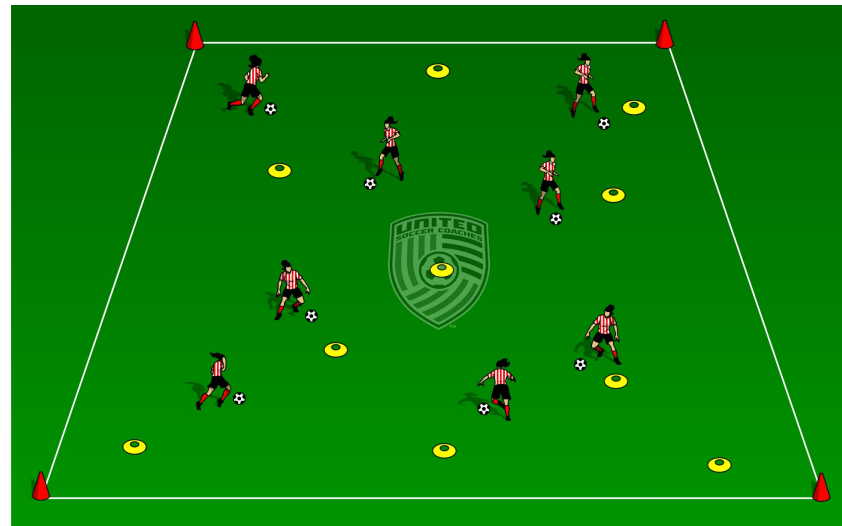
- Turns (keep ball in play/change direction)
- Moves (ability to evade an opponent)

6 surfaces (inside/outside/sole/laces/heel/toe)

Avoid other players (non-directional)

Go to target/end-line/goal (directional)

Cone Dribble



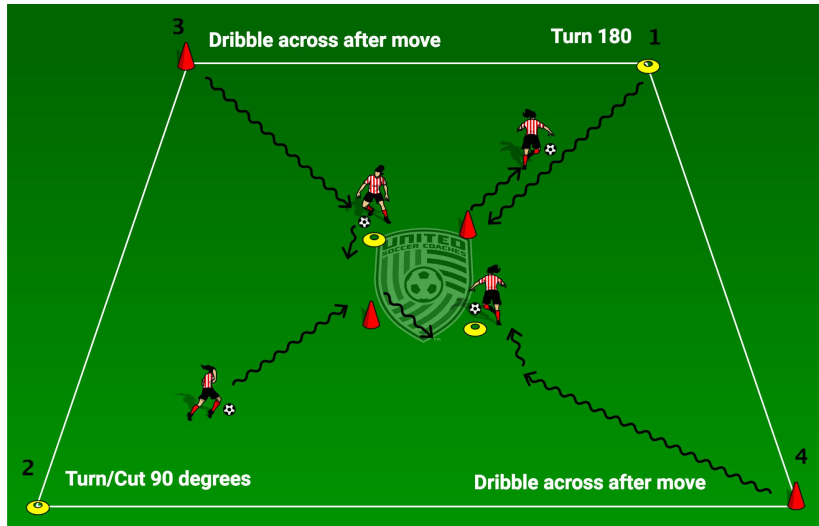
Variation: Dribble across grid N-S, E-W

Dribbling

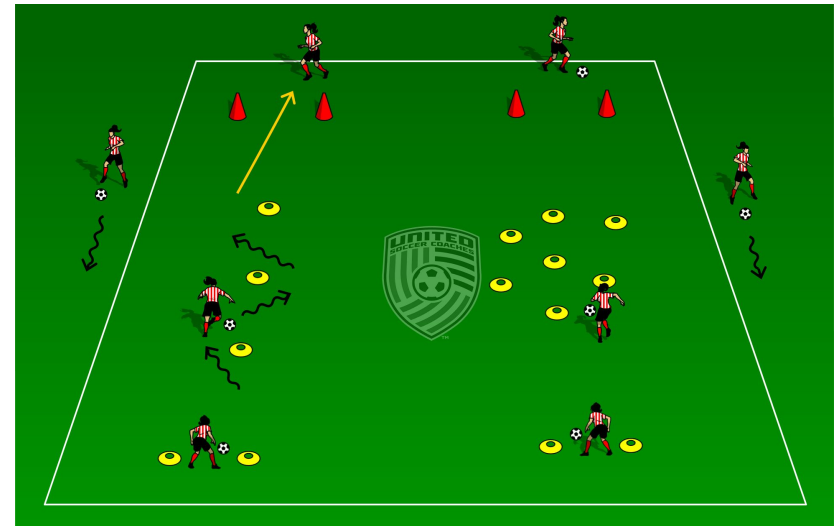


1v0 (1 player, 1 ball)

Technical Grid



Cone Dribble to Goal



Dribbling

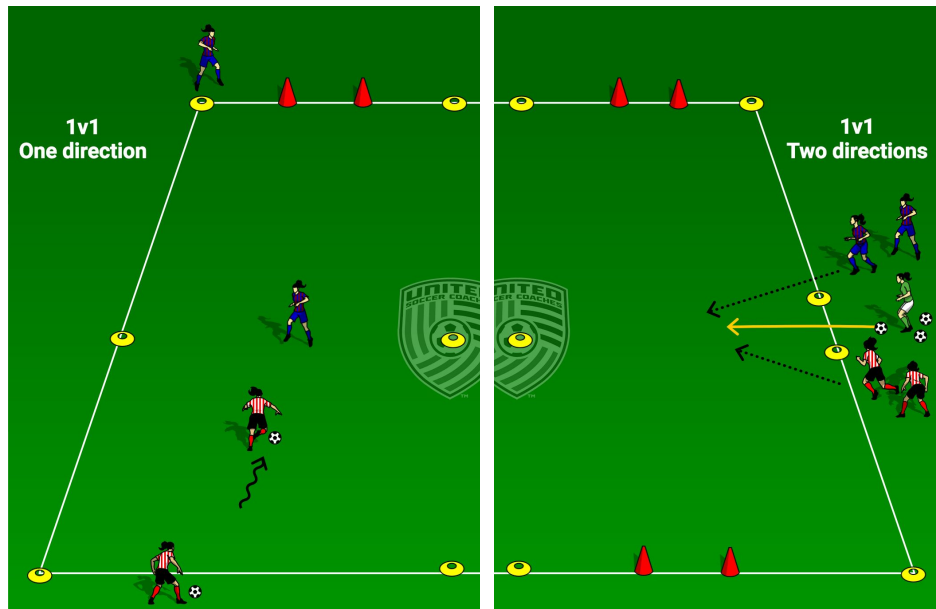


1v1 (2 players, 1 ball)

One (1) attacker vs. one (1) defender

Attacker

- Keep possession from opponent
- Attack space (behind opponent)
- Change of speed & direction
- Go to goal
- When to dribble vs. when to shoot
- Rotate role with defender (one direction)
- Continuous transition (two direction game)

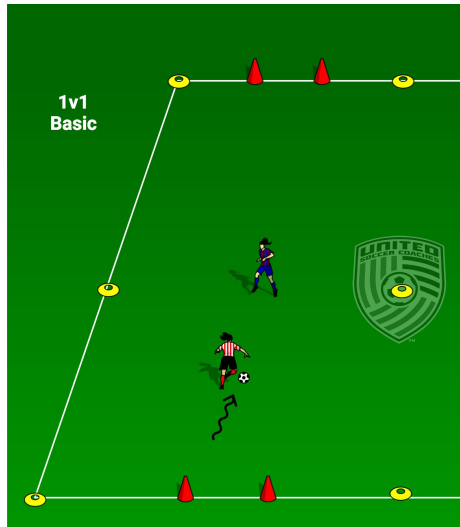


Dribbling

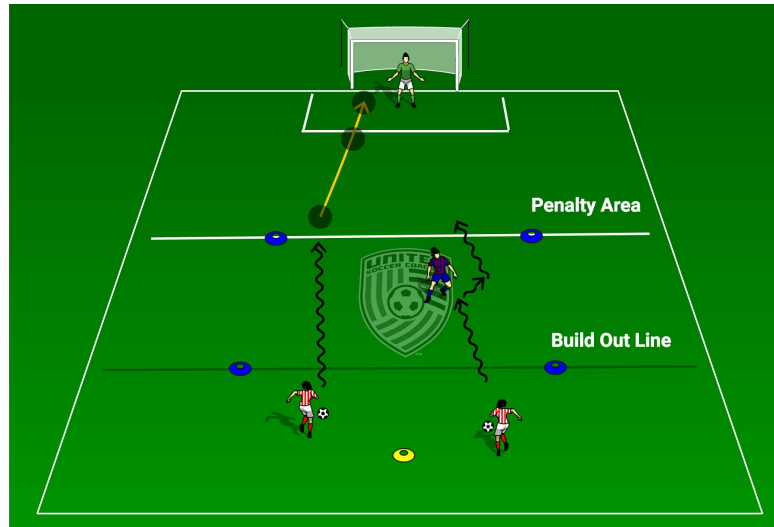


1v1

Basic game



Speed Dribble & 1v1 Dribble



"Speed" Dribble

- vs. Space
- @ speed

"1v1" Dribble

- vs. Defender
- "Pressure"

Passing



1v0/rest (1 player, 1 ball)

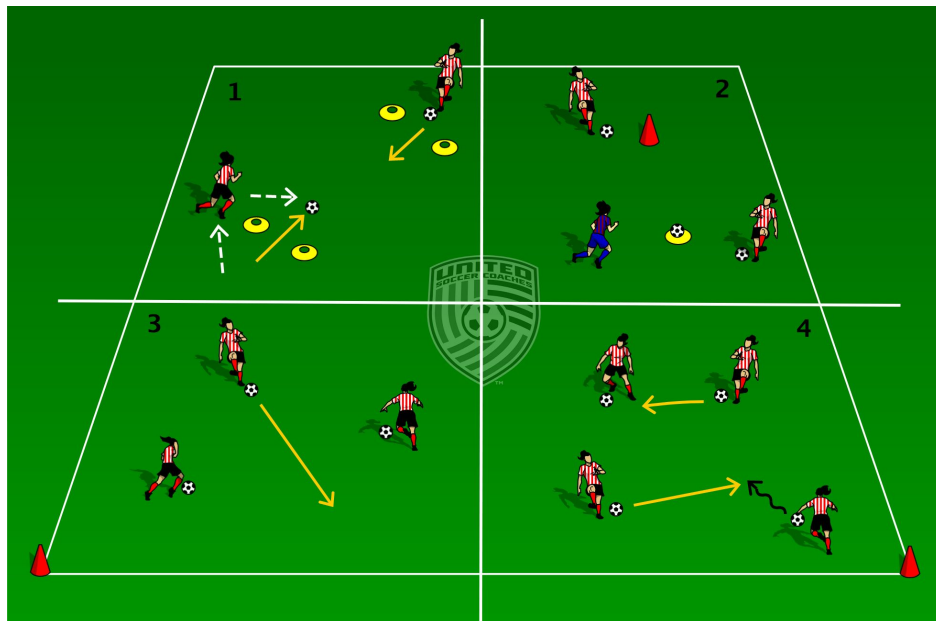
Each player has a ball

Activities:

1. Pass through cones & run around
2. Knock down cones / hit a ball
3. Split other players (pass to space)
4. Hit other balls

Emphasize:

- Passing with both feet
- Pass while moving



Passing & Receiving



2v0 (2 players, 1 ball)

Cone Pass

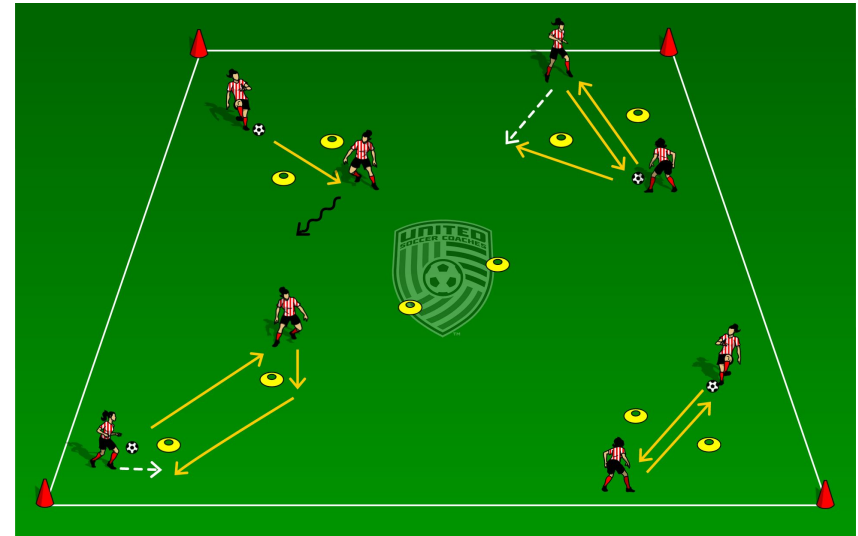
Each pair shares a ball

Quality of pass = Accuracy, Pace & Timing

- Pass through cones
- Pass around cones
- Pass & move
- Triple pass

Emphasize:

- Passing with both feet
- Receive ball with a soft touch



Passing (Combination Play)



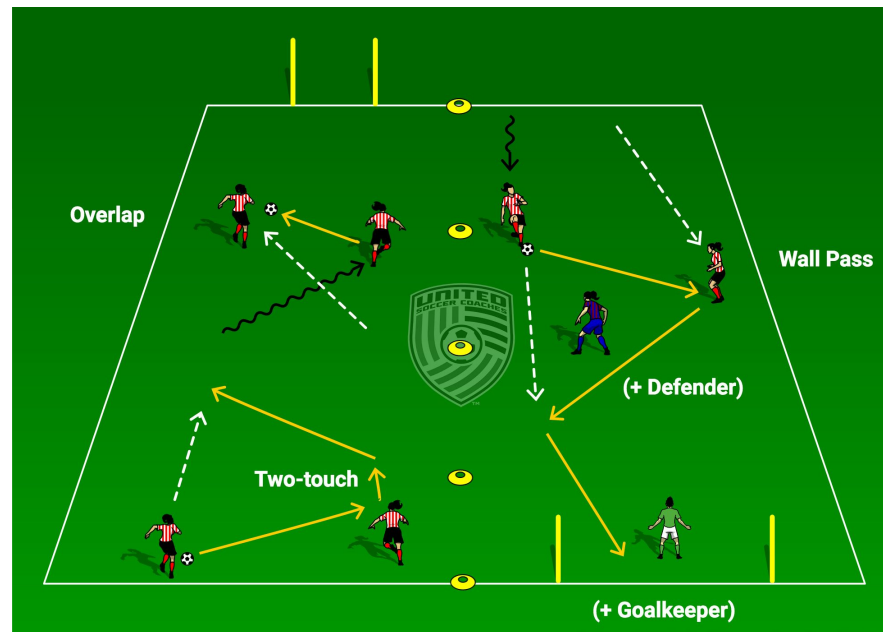
2v0 (2 players, 1 ball)

Each pair shares a ball, moving towards a goal

- Leading pass
- Left foot to pass right/right foot to pass left
- 2-touch (pass to self, then partner)
- Dribble diagonally, partner switches side = overlap
- 1-touch (pass to partner who passes it back with first touch)

(Add a defender and goalkeeper for competition)

Basic Combinations



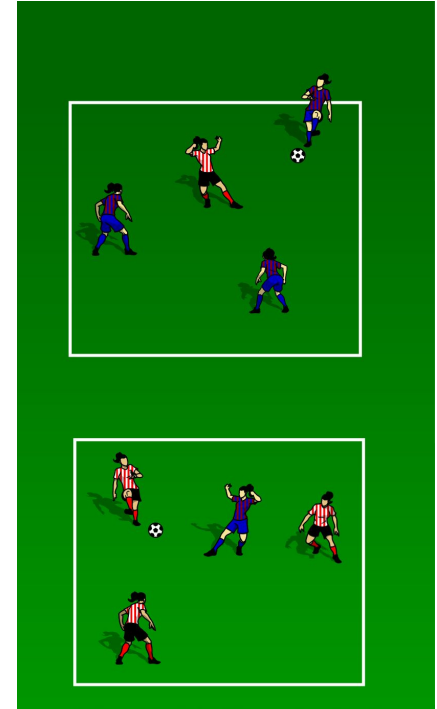
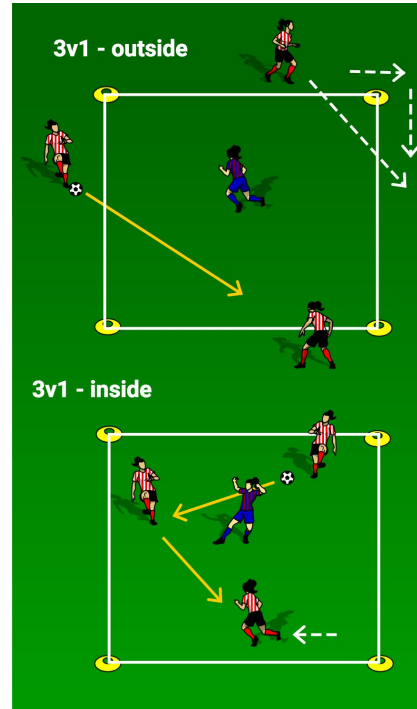
Passing (Possession)



3v1 / 4v1

3-4 players attempt to keep a ball away from a defender - the player losing possession changes place with the defender

- Outside - possession group must stay out of grid, but pass ball through grid = longer passes
- Inside - all players are inside the grid = more pressure on passing players



Passing (Switching Play)

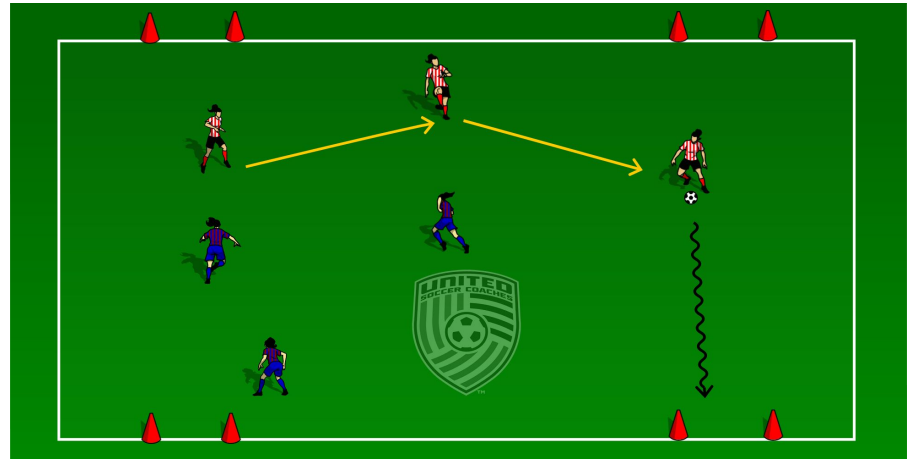
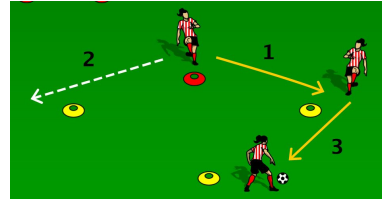


Switching Play (Width)

Basic shape of soccer is a triangle - provides options

A diamond is composed of four triangles and offers width and depth

- Does the player with ball recognize that an area is crowded and have the vision to see an open teammate?
- Do teammates of the player with the ball actively move to open space and communicate their position to the player with the ball?



Shooting



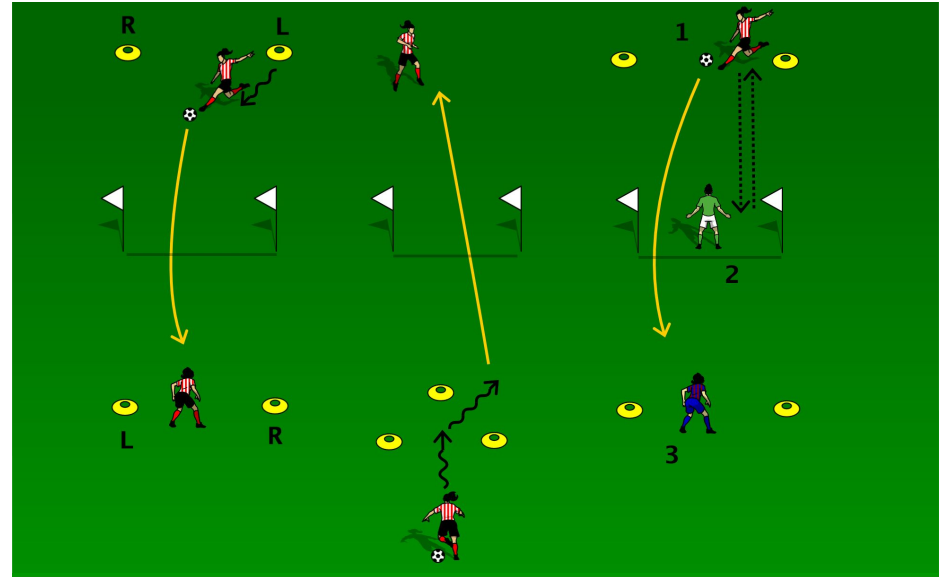
Accuracy & Power

Set up a full-size (age appropriate) goal

Players take turns shooting ball through goal

Practice using left & right foot (instep)

- Increase the distance from the goal
- Change the angle of attack
- Add a goalkeeper (U8+)
- Create a game



Activity 1: Player takes a diagonal touch from a cone and shoots through goal. (L cone = R foot shot.)

Activity 2: Player dribbles through triangle cones, making a move at start of triangle to avoid top cones, then shoots.

Activity 3: Player 1 shoots before cones against player 2 then switches places. Player 3 then shoots on player 2...

Shooting

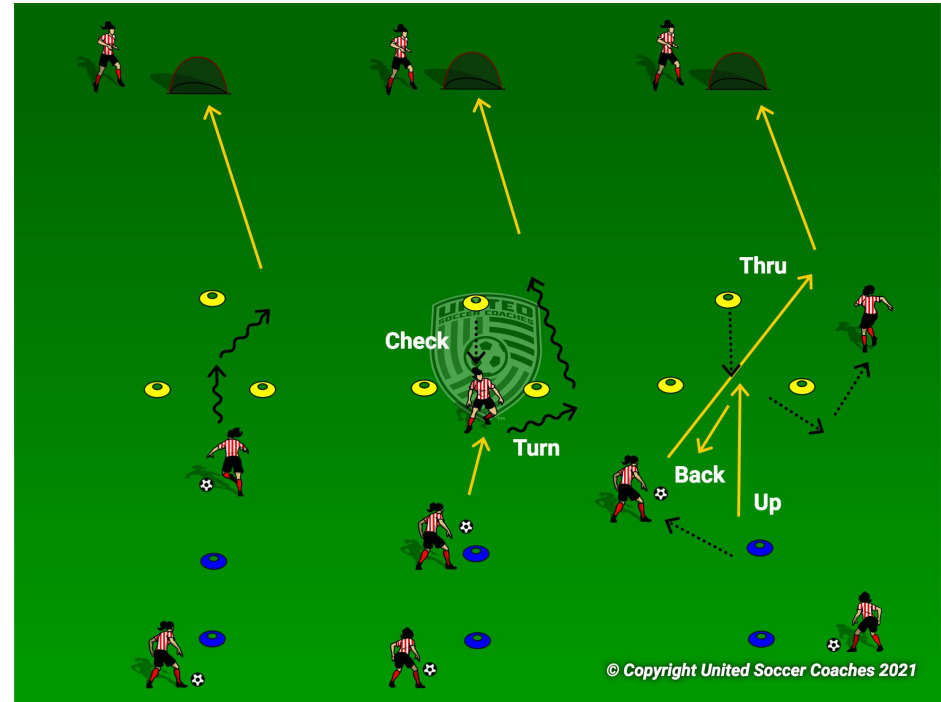


Dribble / Turn / Combination

Set-up a triangle of cones at an appropriate distance away from a goal

Practice using left & right foot (instep)

- Dribble with a move before shooting
- Receive a pass, turn, and shoot
- Perform a combination play before shooting
- Add a goalkeeper and a full-size, age-appropriate goal



Activity 1: Player dribbles through triangle cones, making a move at start of triangle to avoid top cones, then shoots.
Activity 2: High player checks back from furthest cone, receives pass and turns in direction indicated by passer, then shoots.
Activity 3: High player checks back from furthest cone, receives pass, lays ball back at an angle and receives thru ball, shoot.

Defending



All activities with opposition will allow the development of defending

Activities can be played without a ball (tag) to develop basic movement skills (change of speed and direction)

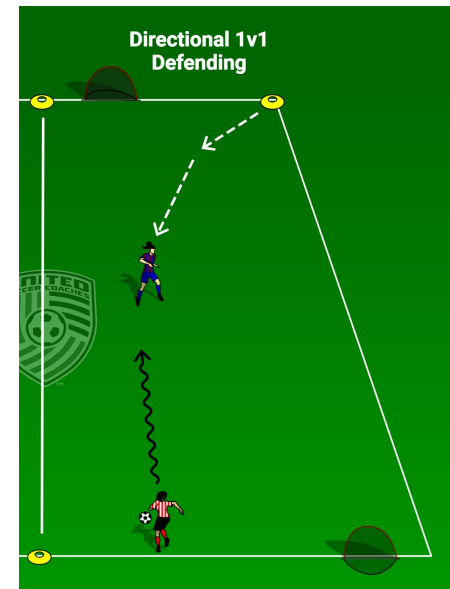
Activities with a ball can be non-directional to allow free defensive movement, or directional so that defenders try to prevent penetration to goal

Emphasize taking away:

- Goal
- Space
- Ball

Add the opportunity to counter-attack with a transition from defending to attacking

Non-directional & Directional Defending



Goalkeeping (5v5+)



All players should have the opportunity to play in goal - can rotate multiple goalkeepers in a game

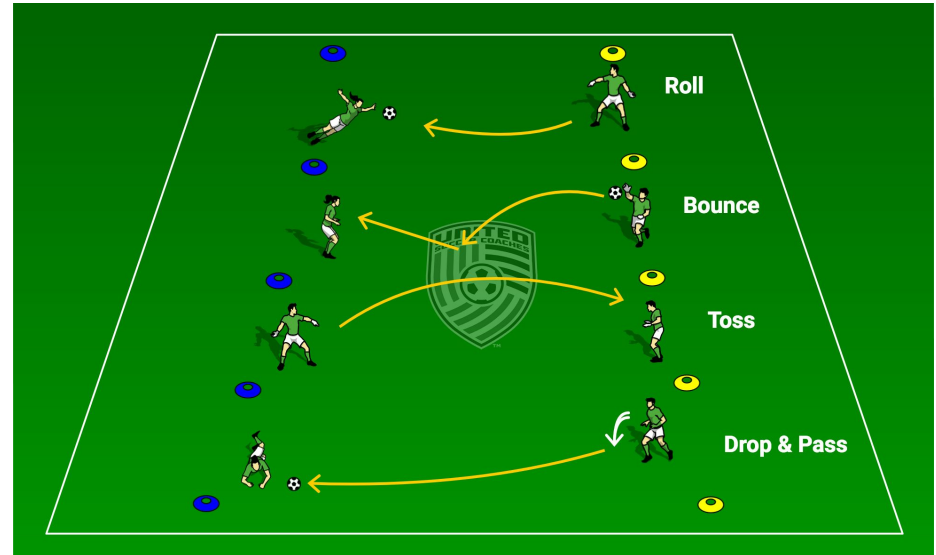
Include activities that require players to play in goal as part of a rotation

Understanding the role of the goalkeeper develops empathy for the position

Emphasize:

- Footwork
- Ball Handling
- Distribution - Throw, Roll, Pass, Goal-Kicks and Punting/Drop-kicks (9v9+)

Goalkeeper Warm-Up Activities



Goalkeeping



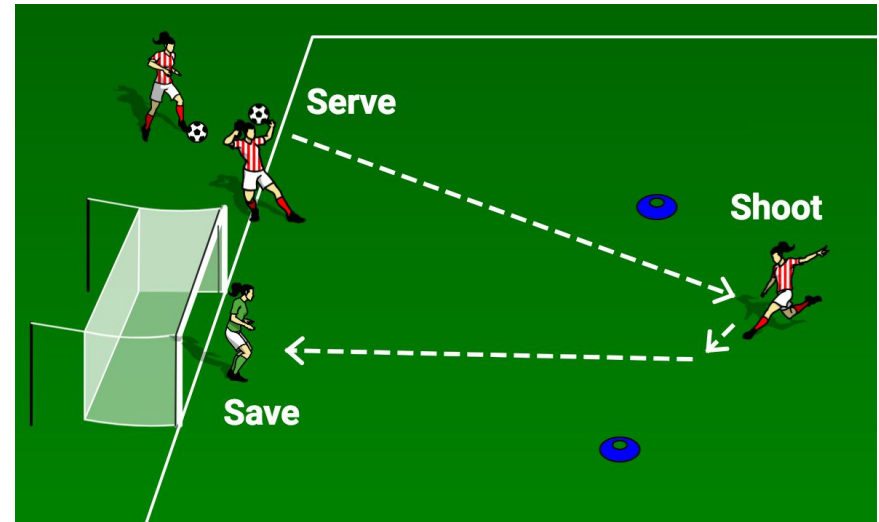
Serve, Shoot, Save

Player 1 (“server”) passes to player 2 (“shooter”) who shoots on player 3 (“saver”)

- Roll ball
- Throw ball
- Drop and pass ball

Play from both sides of the goal/different angles

Ensure that players have the opportunity to face shots different teammates and that the distance is appropriate for ability of the goalkeeper



Goalkeeping



Goalkeeper Wars

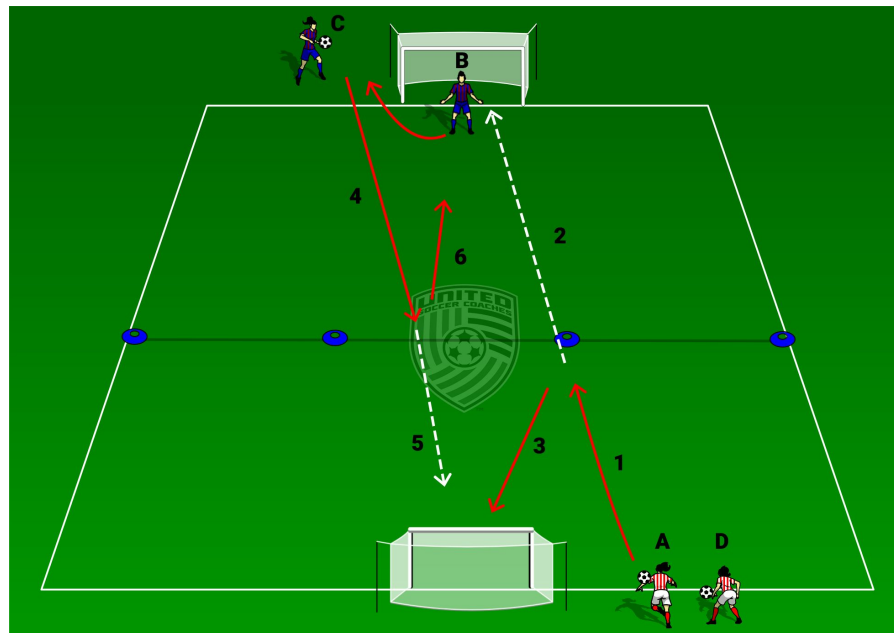
Player A enters field and shoots (roll / throw / drop & pass) before half-way line

Player B attempts to save shot, the moves to back of own line

After shooting, player A immediately drops back into goal

Player C, enters field as soon as player A shoots

All players stay in their own half



Goalkeeping



1v1 + GKs

2v2 game - one on-field player and one goalkeeper per team

- Play for a set time and rotate players (each player should play both players on opposite team)
- Scoring player switches places with own goalkeeper
- Goalkeeper becomes outfield player upon receiving a back pass

Basic Game



Back Pass & Switch



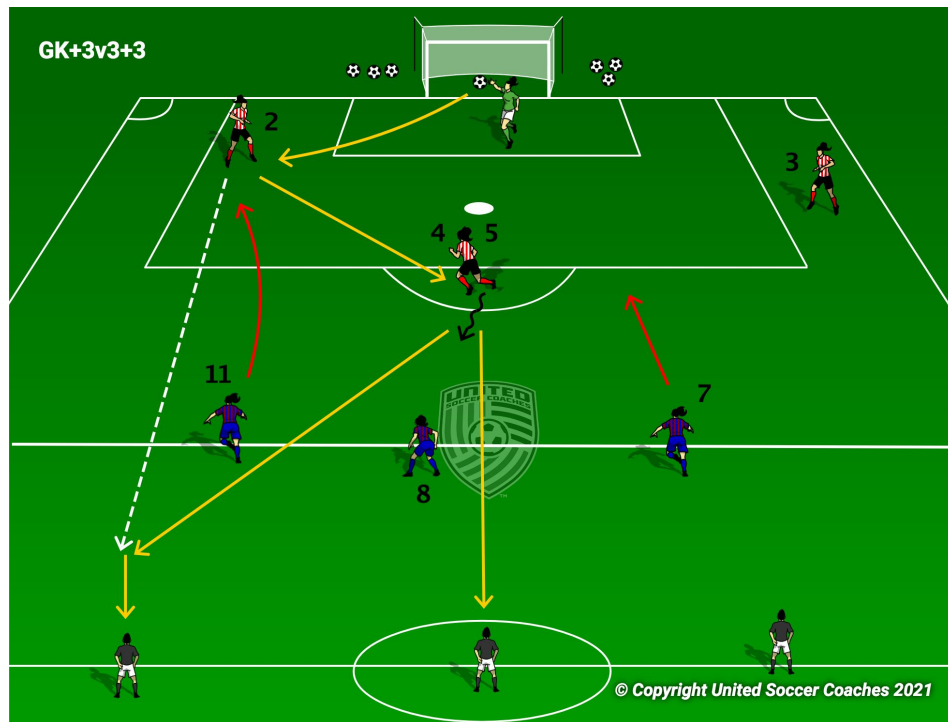
Goalkeeping



Building Out of the Back

Set-up field with a full-size goal, penalty area, (and build-out line)

- Goalkeeper starts play with a throw or goal-kick restart
- Team attempts to play around/through opposing players and get ball to players on the half-way line
- If defending team wins ball, or players on half-way line gain possession, that team immediately attacks the goal



Small-Sided Games



What can you change?

Size / Areas of Field

of Players

/ Size / Position of Goals

of Balls

Duration

Challenges

What does it affect?

Width & Depth

Possible # of interactions

Scoring opportunities

of Touches

Available time

Individual / Group / Team

(e.g., # of touches, passes, style of play)

Small-Sided Games



Field Set-Up

Cones

- Place cones to establish playing area (penalty area, build-out line...)
- 10-yds apart maximum (no further apart than the age of the players)
- Use corner cones/flags for U8(+)
- Allow for space between grids/fields
- Width approx. $\frac{2}{3}$ of length

Repetition

- OK to repeat activities - allows understanding and mastery - but look for signs of fatigue/boredom

(Un)Even Numbers

Even Numbers

- "Fair" teams based upon numbers
- Not always possible with odd number of players

Uneven Numbers

- Overload in favor of group being coached (e.g., more attackers than defenders may create more scoring opportunities)
- More dominant players face more opposition

Small-Sided Games



2v2

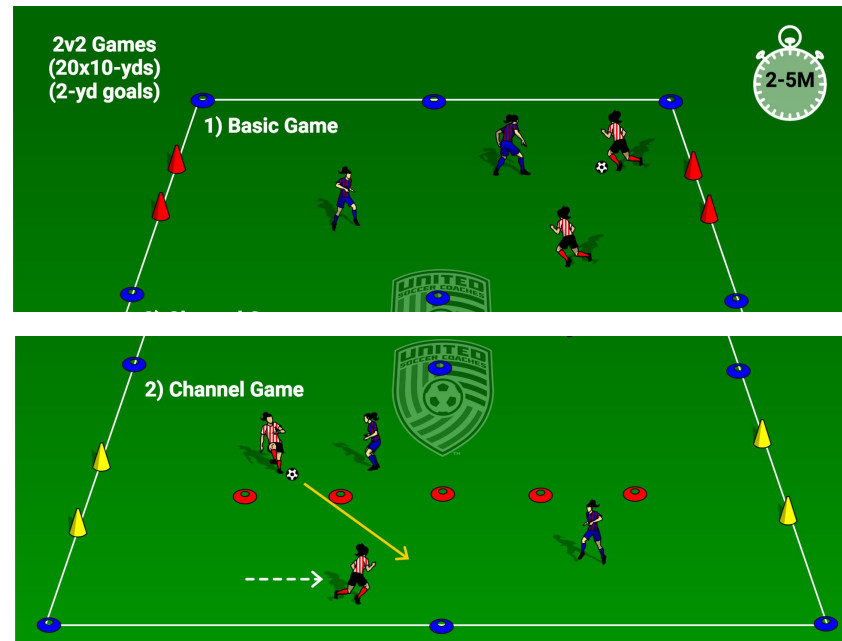
Smallest even numbered “team” game
Two (2) attackers vs. two (2) defenders

(1v1 + 1v1)

One attacker and defender per channel
(one player from each team)

(2v1+GK)

2 attackers vs. defender and goalkeeper
(see playing “onside”)

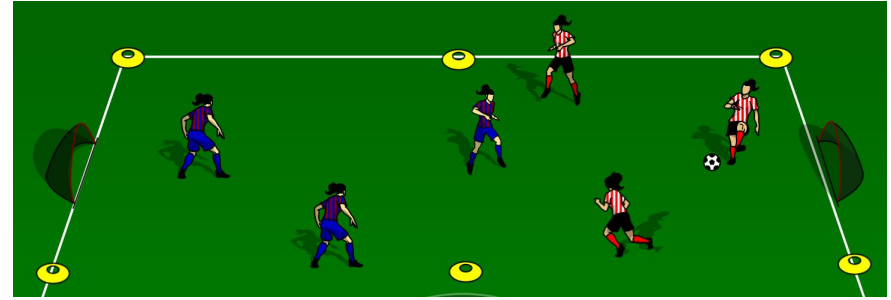


Small-Sided Games



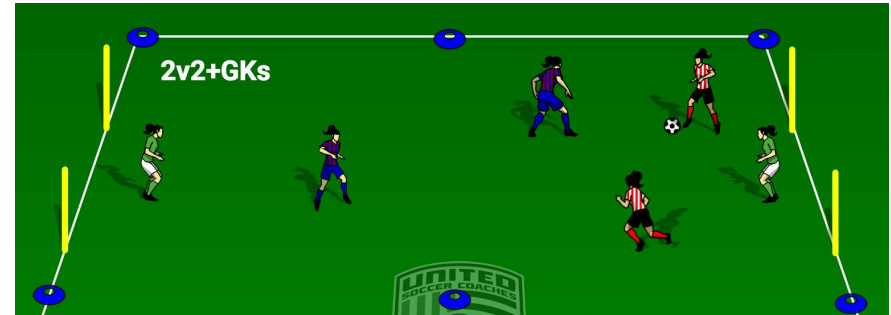
3v3

- Final game for u6/u7 teams (6 players)
- Play all game laws/rules and restarts



(2+GK)

- Two on-field players and a goalkeeper per team
- Rotate players after a given time or after each goal



Small-Sided Games



Spread Out!

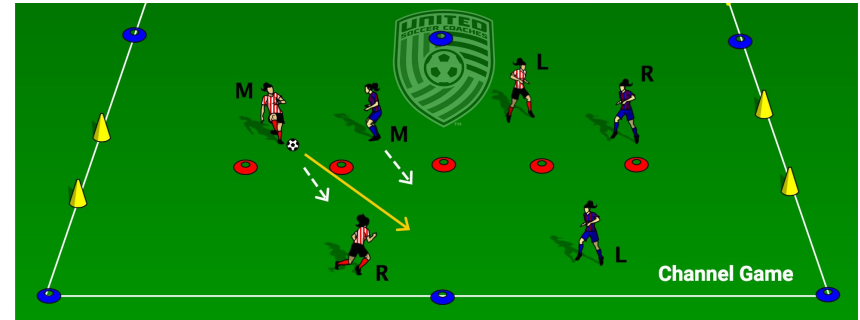
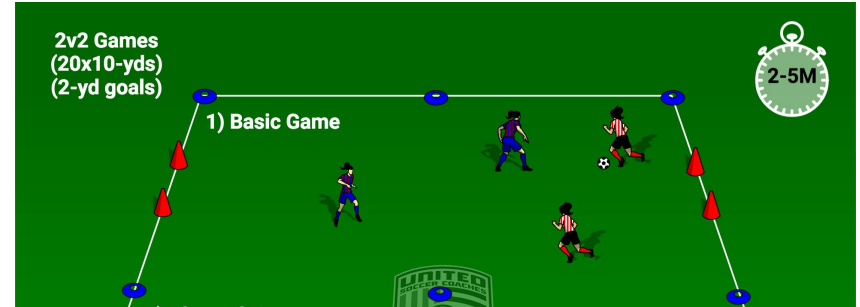
If two players from the same team go to the ball, it is a foul and the other team gains possession (free-kick)

- Attacking team - is close teammate helping to dribble, pass, or shoot?

What's Your Position?

Add line of cones down middle of the field

- Left & Right players stay on own side
- Middle player can play on either side



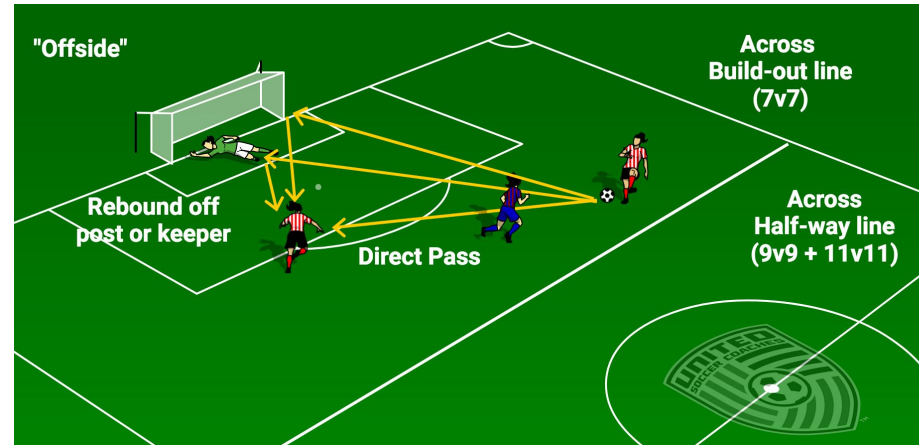
Law 11 - Offside (7v7)



What is Offside?

When an attacking player is in the opponents' half (or over the second build-out line), nearer to the opponents' goal than the ball and the second to last defender, when the ball is played or touched by a teammate, and is involved in active play in the opinion of the referee...

- By interfering with play;
- Interfering with an opponent; or
- Gaining an advantage by being in that position



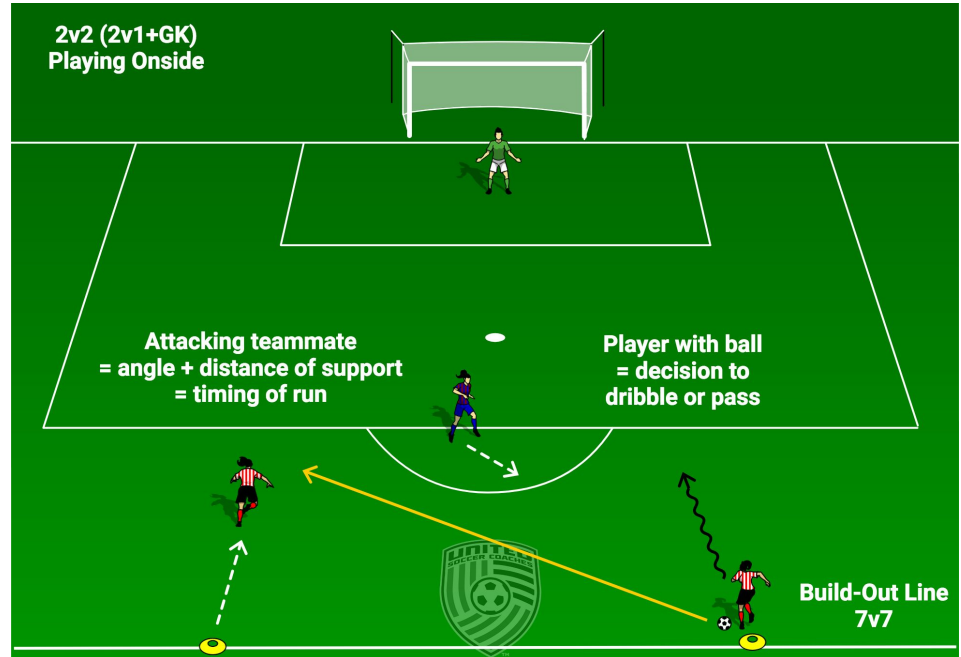
At 7v7, it is likely to be only one center referee in charge of the game, and they may also be a novice. Offside will probably only be called if it is obvious/blatant. Teach players to play until they hear a whistle.

Playing Onside



How to teach staying Onside?

- 2v1 + GK (minimum # of players)
- Start at build-out line (immediate offside possible) or at half-way (space to play for 7v7)
- Player cannot be offside if behind the ball when it is played
- Offside is determined when ball is kicked rather than position that ball is next touched by an attacking player



Systems (5v5 + 6v6)



Systems (7v7)



- | # | Position |
|------|--------------------|
| 1 | Goalkeeper |
| 2,3 | Outside Backs |
| 4,5 | Center Backs |
| 6,8 | Center Midfielders |
| 10 | Attacking Mid/Fwd |
| 9 | Center Forward |
| 7,11 | Wide Mids/Fwds |

Systems (9v9)



- | # | Position |
|------|--------------------|
| 1 | Goalkeeper |
| 2,3 | Outside Backs |
| 4,5 | Center Backs |
| 6,8 | Center Midfielders |
| 10 | Attacking Mid/Fwd |
| 9 | Center Forward |
| 7,11 | Wide Mids/Fwds |

Systems (11v11)



#	Position
1	Goalkeeper
2,3	Outside Backs
4,5	Center Backs
6,8	Center Midfielders
10	Attacking Mid/Fwd
9	Center Forward
7,11	Wide Mids/Fwds

Summary



Thank You!

All of our recreational players play in the same club. Try to make the experience as fun as possible for your team, your opponent - and you!



Additional Resources:

US Soccer Digital Coaching Center

SASC will reimburse Recreational head coaches for successful completion of any approved 4v4-11v11 grassroots soccer license

<https://learning.ussoccer.com/coach>

Coaches must submit application form before taking class in order to get SASC reimbursement

(General Information → Tools/Resources)

https://www.sunnyvalesoccer.org/comp/comp_tools.shtml