



Coaching Soccer

**SUCCESSFULLY**

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by

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Coach Scott Haywood has been teaching the “beautiful game” for over 25 years. Scott’s playing career spans nearly 30 years playing college and Olympic Development Program soccer, as well as try-out stints with professional franchises in the North American Soccer League (NASL) and Major Indoor Soccer League (MISL) before landing with Quicksilver Football Club for 7 years. Scott’s coaching experience ranges from 5 year olds up to Division I college programs. He has his A License from the United States Soccer Federation (USSF) and the Advanced National Diploma from the National Soccer Coaches Association of America (NSCAA). He obtained his Brazilian Coaching License from the Brazilian Soccer Federation and is the only American born soccer coach to earn the FA International License from the English Football Association. Scott is a licensed coaching instructor with the USSF and the NSCAA and is also highly recommended by the Soccer Association for Youth (SAY). He is the founder and director of Back of the Net Soccer Academy.

# **Psychological Aspects**

- **Players**

- **Coaches**

- **Parents**

**A GOOD coach is a bad coach that never stops learning**

**A GOOD coach knows one thing:**

**That when you LOSE, tomorrow is another day, that competition starts again dead-even and when you WIN, tomorrow is another day, that competition starts again dead-even.**

# Types of Coaches

## **Autocratic**

- My way or the highway

## **Dictatorial**

- Benevolent dictator
- Coach gets input
- Coach makes final decision

## **Democratic**

- Coach gets input
- Decisions made by consensus

## **Laissez-Faire**

- Do as you please
- Play “World Cup” and scrimmage all the time

## What is a Good Coach?

A good coach is someone who knows winning is wonderful but...

A good coach is someone who goes to work early, misses meals, gives away weekends and plays havoc with family schedules so he or she can help out a group of youngsters.

A good coach is someone who stays a half-hour after practice and more to make sure every one of the players has a safe ride home.

A good coach is someone who rarely has a mom or dad say “Hey, thanks”, but receives a lot of advice on game day.

A good coach is someone who makes sure everyone gets to play.

A good coach is someone who knows what to do if a player gets hurt.

A good coach is someone who teaches young people that winning is not everything, but still lies awake at night staring at the ceiling wondering what he or she might have done differently to have turned a loss into a win.

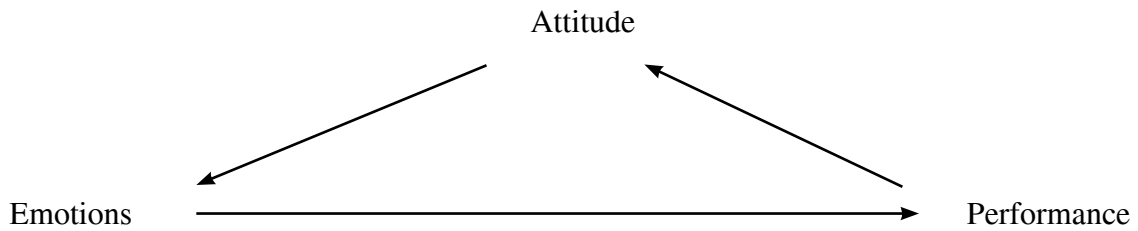
A good coach is someone who can help a child learn to take mistakes in stride.

A good coach is someone who sometimes helps a child develop ability and confidence that did not exist before.

A good coach is someone a youngster will remember a long time after the last game has ended and the season is over.

# Success Is A Journey, Not Just One Game

## *Performance Follows Attitude*



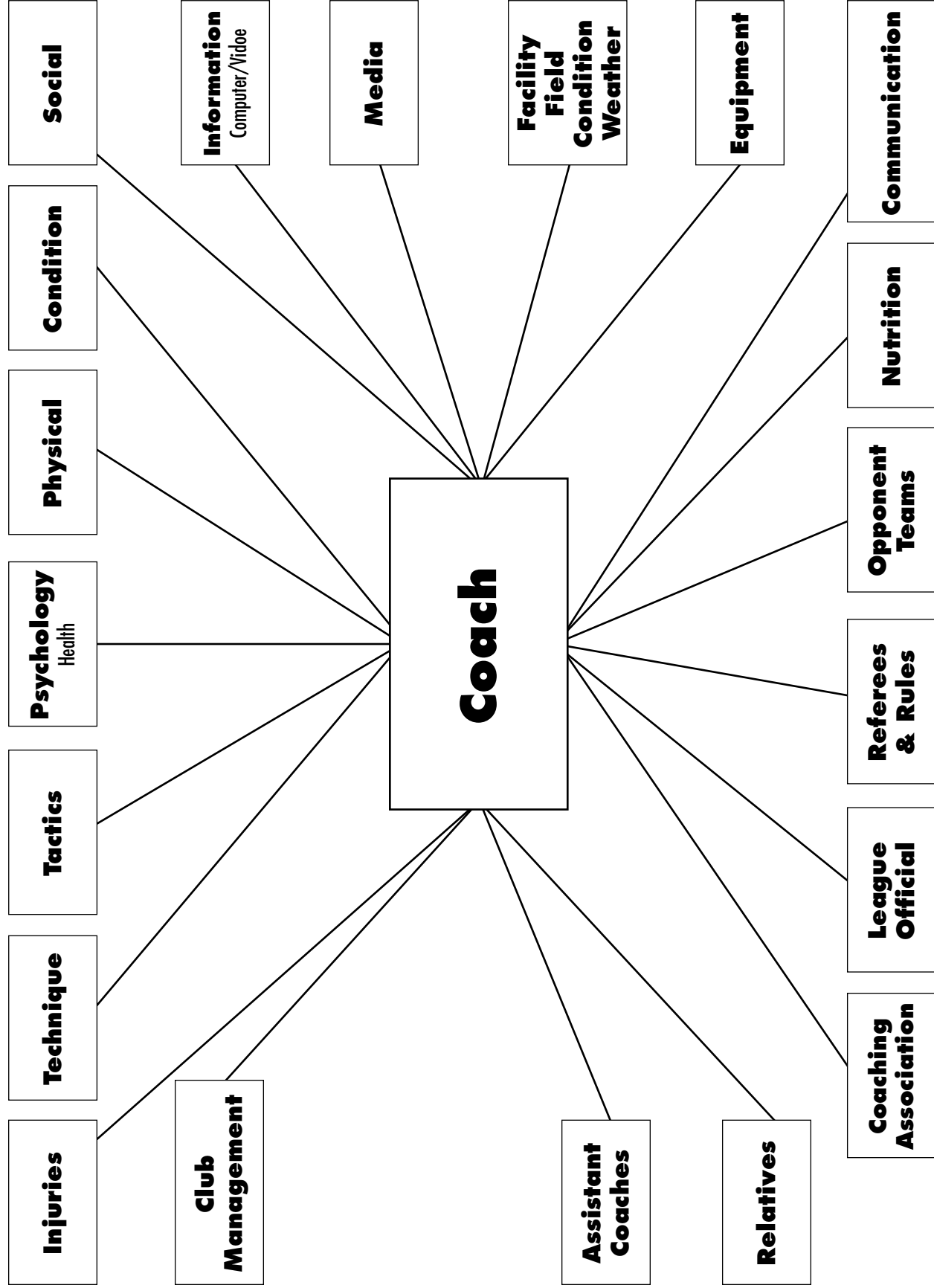
## *Energy Follows Attitude*



## **Well Organized Pre-Match**

- Remove any distractions
- Try to get into familiar routine
- Nothing new on Game Day
- Don't over-coach for pre-game, if you couldn't get it in practice
- Teach them to focus on what they can control, not the referee, the other team, fans, weather, etc.





Overview of the duties, responsibilities and communication required by a typical coach

## **Players Worst Fears**

- I might fail and be criticized
- I might succeed and more will be expected of me
- My weaknesses might be exposed
- I might be rejected, not selected, or substituted
- Afraid of serious injuries
- Frightened of things they don't know

## Parents (Team Management)

The vast majority of parents you will deal with will support you and your team. Most will spend money and countless volunteer hours to help. On the other end of the spectrum there are parents who have verbally and physically threatened their children's coaches. Most parents in this camp tend to resort to psychological rather than physical measures. They draft petitions, rally other parents against the coach, call board presidents and other members behind the coach's back.

The following four reasons make up the most often used reasons by sports psychologists for this happening.

- The parents are living out their childhood through their children. This often gives a skewed perception of their child's ability.
- The amount of money invested in their child's athletic endeavors in some cases is considerable. Club fees, tournament dues and travel expenses add up and give these parents a sense of entitlement.
- The relentless critique of coaches at the college and professional level by the media. Parents read and hear these critiques and somehow magically become coaching experts.
- Parents' unrealistic vision of their son or daughter earning a so-called "free-ride" to college. College scholarships are elusive. In fact, for every one athletic scholarship given in college there are 100 academic scholarships awarded to students. The average college athletic college scholarship hardly covers the cost of books..

To help coaches be as proactive as possible with these potential problems each coach needs to take their team through these following exercises:

- Organize a pre-season parent meeting. Share rules and expectations in writing.
- Help create a "Parent's Mission Statement". Sit down at this meeting and ask them the question "What kind of a team do we all want to be a part of?"
- Have the parents go through a hypothetical parent in each of these categories: Resistant, compliant, committed, compelled, and obsessed.
- Make playing time a non-discussable issue. Talk about a player's health, family vacations, the weather, but not playing time.
- Insist that the kids do the talking for themselves.



**"I know you are upset by the penalty, Jason. But you never ever scream at and assault a soccer referee. ... That's your parents' job."**

# Coaching Tools

- Position
- Cognitive Abilities
- Lesson Plan
- Organizational Forms
- Drills

**Goalkeeper:**

**Physical Attributes:** Quick, agile, fearless, strong, and a little nutty

**Soccer Attributes:** Shot stopping, catch and hold, good ball distribution (punt or throw)

**Sweeper:**

**Physical Attributes:** Quick, strong, good foot, knowledge of the game (vision)

**Soccer Attributes:** Tackling, good in the air (heading, etc.) long-range distribution and shooting, good ball control technique

**Stopper (marking back):**

**Physical Attributes:** Strong, quick

**Soccer Attributes:** Tackling, ability to mark tight, good ball control skills, good 1 vs.1 defensive technique

**Outside Fullbacks:**

**Physical Attributes:** Quick, good stamina, strong

**Soccer Attributes:** Tackling, good foot for accurate distribution of ball good 1 vs.1 defensive technique

**Outside Midfielders:**

**Physical Attributes:** Good speed and endurance (lots of it)

**Soccer Attributes:** Good 1 vs.1 offensive technique, good foot for crosses, great passing technique, good outside shooting ability, good speed dribbling technique

**Center Midfielders:**

**Physical Attributes:** Savvy (smart), alert, strong (able to shield ball), good stamina and endurance

**Soccer Attributes:** Good soccer vision, great ball control techniques, great passing technique and distribution ability, combination plays

**Forwards:**

**Physical Attributes:** Strong (ward off defenders), ability to accelerate quickly, a little selfish to take defenders on 1 vs. 1

**Soccer Attributes:** Good air plays (headers), good/accurate shooting, good ball control technique.

## **Ages 5, 6 and 7**

At this age attention span is limited. Girls at this age tend to be more advanced athletically. Fun is the name of the game. Practices and especially games should be small-sided to force a lot of touches by all the players.

Techniques: Dribbling, using different body parts (except hands) to stop the ball, understanding personal space concepts, striking the ball and the love of playing the game.

Drills: Tag, red-light, green-light, sharks and minnows, 3 vs 3, 4 vs 4 (no goalkeepers)

Practice: 100% fun

## **Ages 8 and 9**

At this age kids start to understand personal space and the fact that they and the other players are developing ball skills in dribbling, passing and striking the ball. They have a hard time seeing the gray area in life. Everything is black and white – the ball is out of bounds or not, did the other player hand the ball or not, was that a foul or not. Boys are aggressive and love to slide tackle as well as play rough. Girls start to be more social during the games and practices. Players should not be stereotyped into playing one position.

Techniques: Dribbling, passing, shooting, receiving, basic heading, some defensive and offensive tactics. Limited tactical awareness of spaces and positions. Throw-ins, goal kicks, rules of the game.

Drills: Technical drills for the above techniques, 1 vs 1, 2 vs 1, 2 vs 2, 3 vs 2

Practice: Technique 33% Team Play 33% Free Play 34%

## **Ages 10, 11 and 12**

At this age kids are becoming more physically coordinated. The “all legs” syndrome is working itself out but you will still have kids at both ends of the spectrum. The kids at this age all want to learn more and think they are capable of doing more. The older ones are starting their teenage years.

This is the optimum age for the development of individual soccer skills. This is the age where those skills developed will be used for the rest of their soccer playing days.

Players should not be stereotyped into permanent field positions at this age.

Techniques: Passing, shooting, ball control basics of the game, left and right footwork, 1 vs 1.

Drills: Small-sided games to encourage more touches – 3 vs 1, 5 vs 2, etc.

Fitness: Warm-up and introduction to good stretching

Practice: Technique 15% Skills 20% Team Play 25% Free Play 35%

Fitness 5%

## **Ages 13, 14 and 15**

Boys become very competitive at this age. Everything is a win-lose situation. Statistically, 70% of the girls at this age play because of social interaction with peers, not necessarily for the competition.

Techniques: Crossing, heading, shooting, ball control, 1 vs 1 defending, left and right foot usage, goalkeeping techniques.

Drills: Tactics are very important to be taught at this age. Small-sided games should center around tactics as well as skills to be learned.

Fitness: Intensive but short. Can be worked into soccer drills. Warm-up is very important.

Practice: Technique 10% Skills 20% Team Play 30% Free Play 25%

Fitness 15%



## Ages 16, 17 and 18

Team concept is the utmost importance for girls as well as boys. Game results, win-loss becomes more and more important.

**Techniques:** Continue skill development plus adding the subtle finesse skill; bending passes, chip passes, banana kicks, skilled at left and right foot usage.

**Drills:** 4 vs 2, 5 vs 2, etc. Crossing, shooting, etc. with more pressure. Drills should replicate game situations as much as possible.

**Fitness:** Intensive; highest portion should be done during pre-season.

**Practice:** Technique 10% Skills 20% Team Play 30% Free Play 20%

**Fitness** 20%

Average distance covered per game by soccer players, and the mode of movement (miles)						
Position	Total Distance Covered	Walking	Jogging	Striding	Sprinting	Other
Forwards	6.0	1.6	2.5	0.8	0.5	0.6
Midfielders	6.9	1.8	3.1	0.9	0.6	0.5
Defenders	5.5	1.6	2.3	0.7	0.4	0.5
Sweepers	3.8	1.3	1.6	0.4	0.3	0.2

*Source: Performance Conditioning for Soccer V.I #1. Tudor Bompa, Ph. D.*

# Lesson Plan

Name: \_\_\_\_\_

Comments

Topic: \_\_\_\_\_

Equipment: \_\_\_\_\_

Objectives: \_\_\_\_\_

Warm Up: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Demonstration: \_\_\_\_\_

\_\_\_\_\_

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Teaching Progression: \_\_\_\_\_

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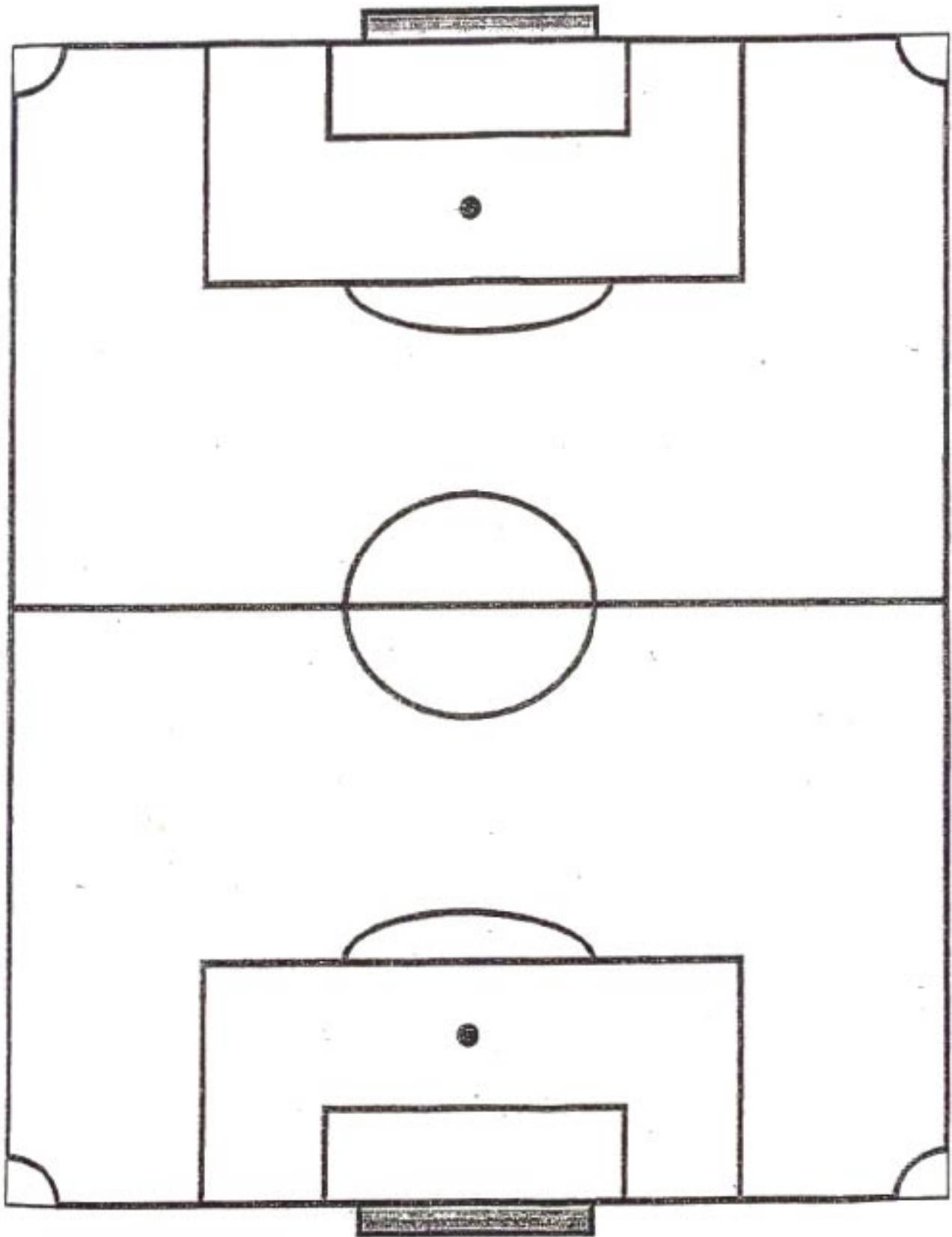
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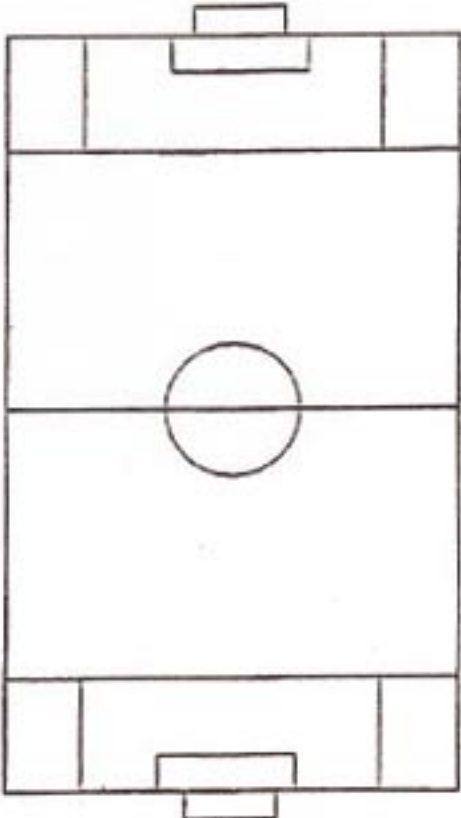
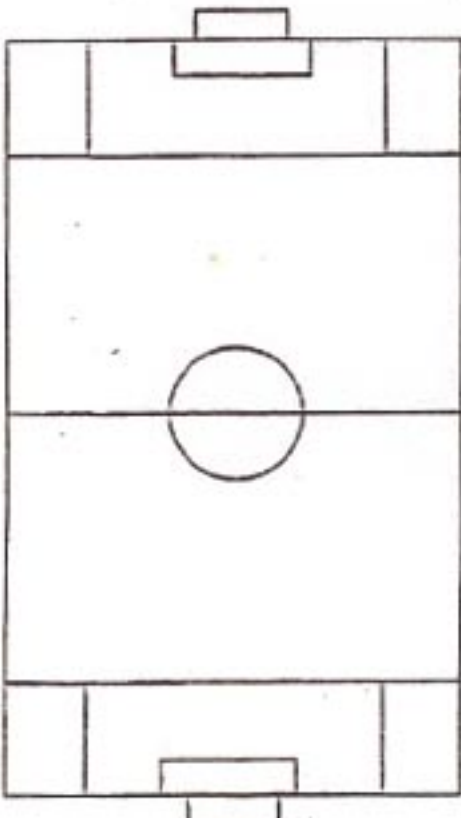
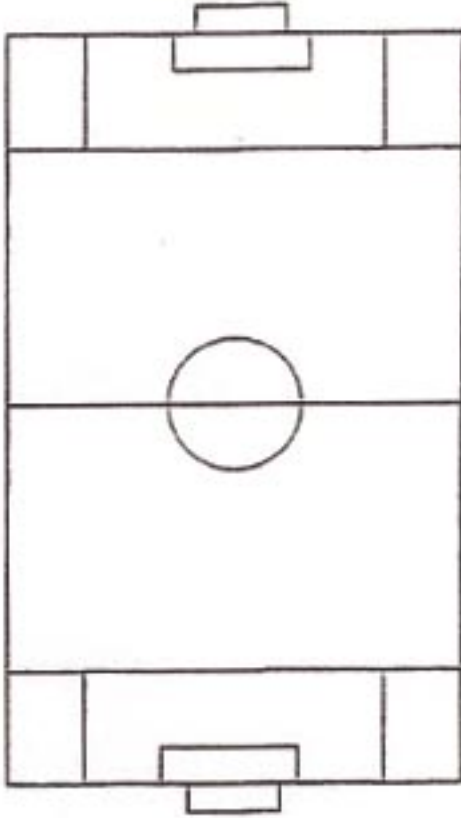
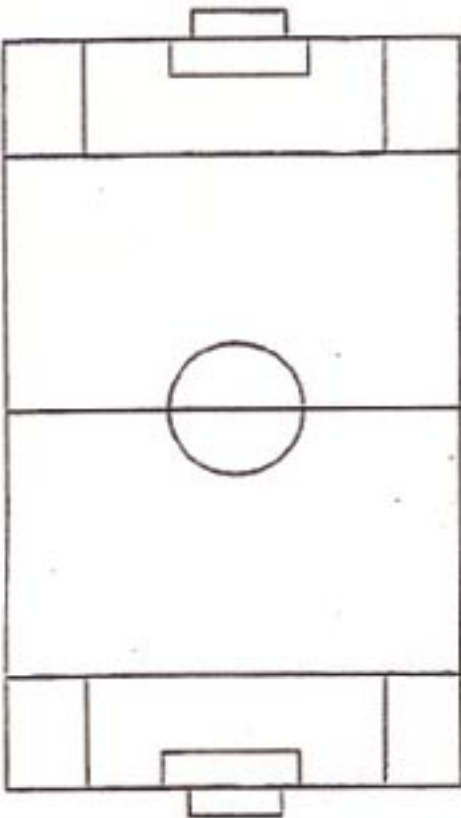
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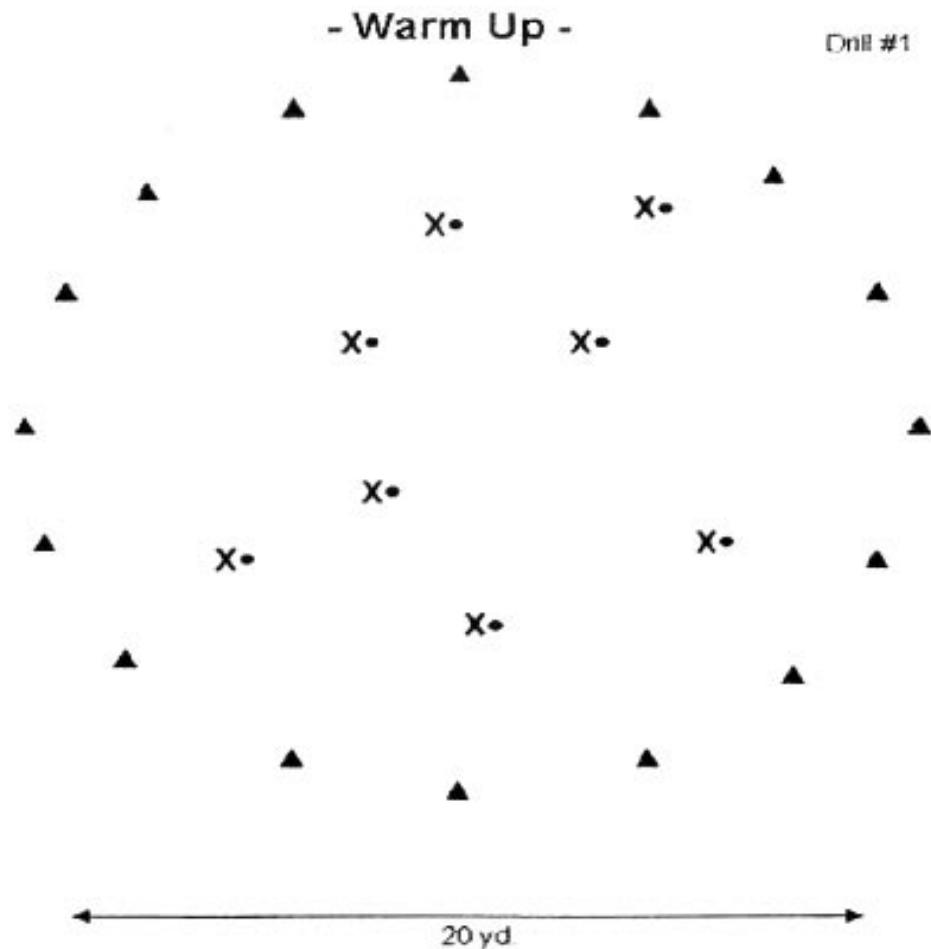
Summary: \_\_\_\_\_

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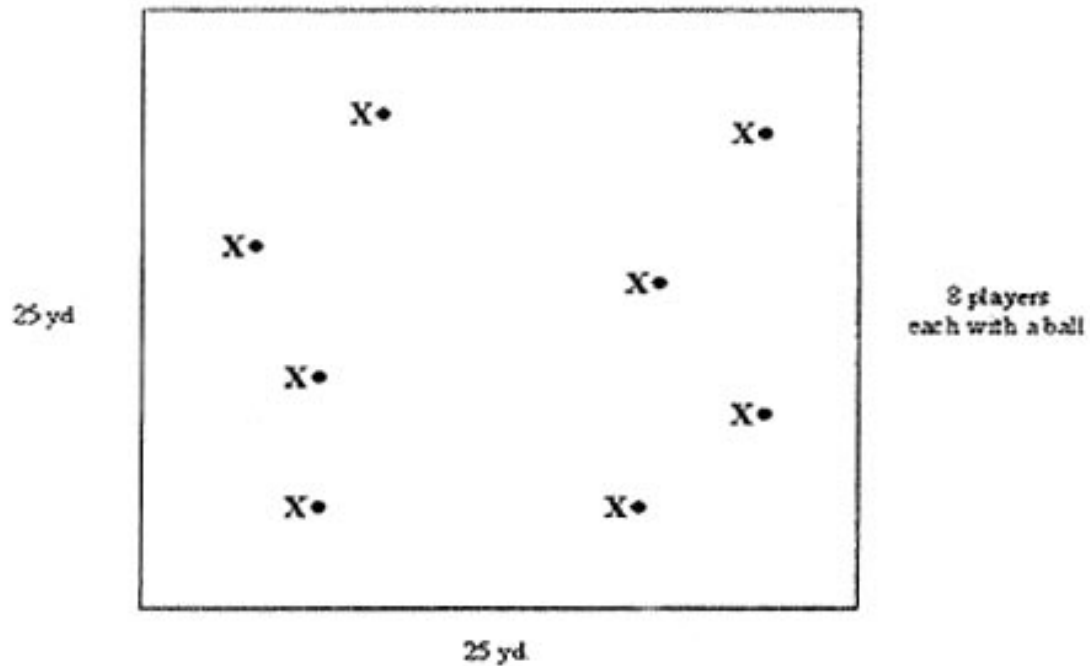
- Warm-up/Conditioning -

### King of the Ring

Make one very large circle with cones, approximately thirty yards in diameter (larger for more than fifteen players). All players should have their own ball. Each player is responsible for keeping their ball inside the circle while trying to kick their teammates' balls out of the circle. The "King" is the last player left with their ball in the circle.

The first time this game is introduced, the concept of "Shielding" should be demonstrated before beginning. Once a player's ball has been lost outside of the circle, either by a teammate kicking it or by losing control while dribbling, that player should have an alternate skill to work on while waiting for the remaining players to finish the game. A slalom course set up to one side for the eliminated players to practice dribbling through which would help their foot skills improve for the next game.

### - Dribbling -



#### - Dribbling #1 -

All Eight players dribble the ball within the square on the command of the coach. Continue for one minute. Stress players keeping their heads up while dribbling to avoid collision.

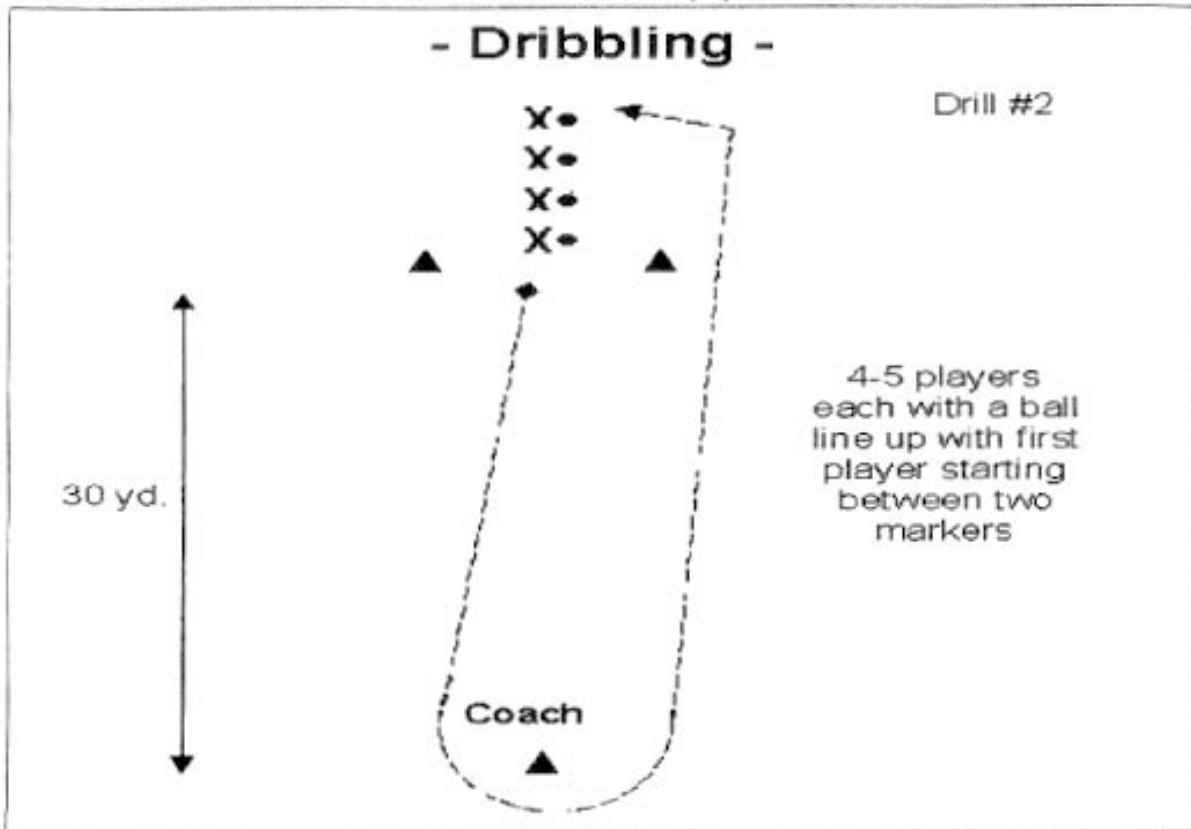
#### Possible variations -

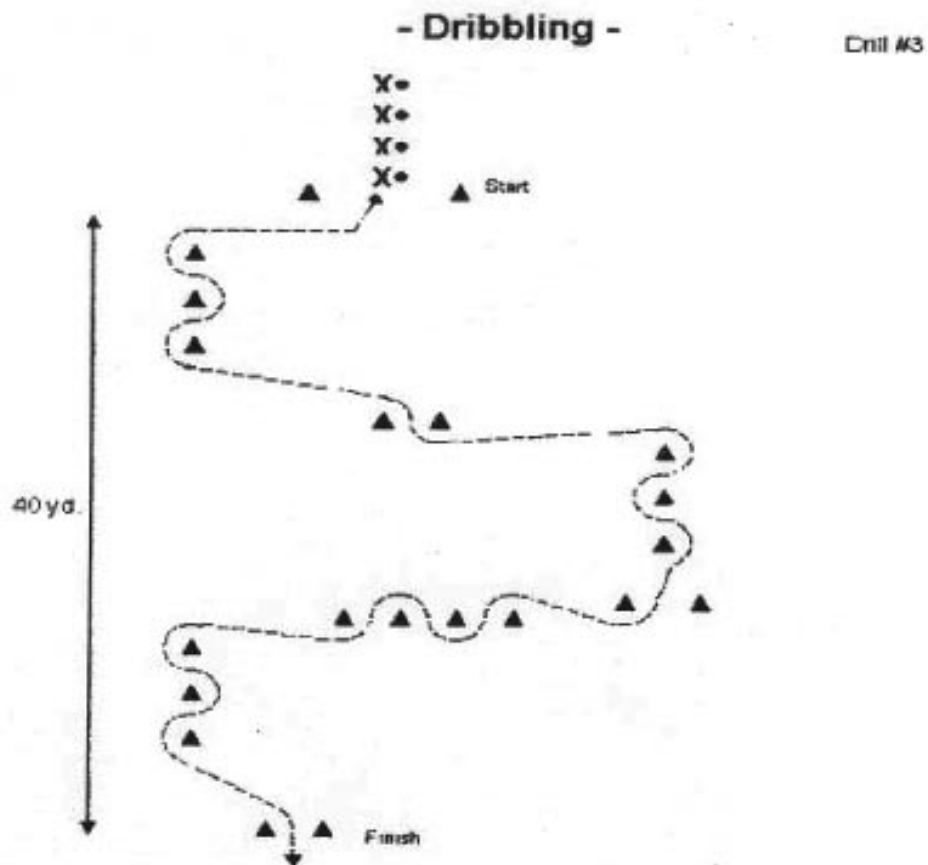
1. Right foot only
2. Left foot only
3. Outside of right foot only
4. Outside of left foot only

This drill with all variations and a thirty-second rest between will last approximately ten minutes. It can be used for almost any age group.

**Dribbling #2 -**

On the coach's signal, the first player in line begins to dribble toward the coach. As the player moves forward, the coach hold up a number of fingers and the player calls out the number of fingers being held up. The coach changes them every three seconds. The player then dribbles around the cone behind the coach and speed dribbles to the back of the line. Never have more than four or five player in line at one time. Make more lines!





**- Dribbling #3 -**

**Obstacle Course** - This drill is open to the imagination of any coach. It can be changed at every practice. This is an example of one used at a practice.

**Note** - When the players dribble through cones on the right side of the field, they should use their right foot only. When cones are on the left side, they should use their left foot only.

**Variations** - Go through cones the opposite direction.

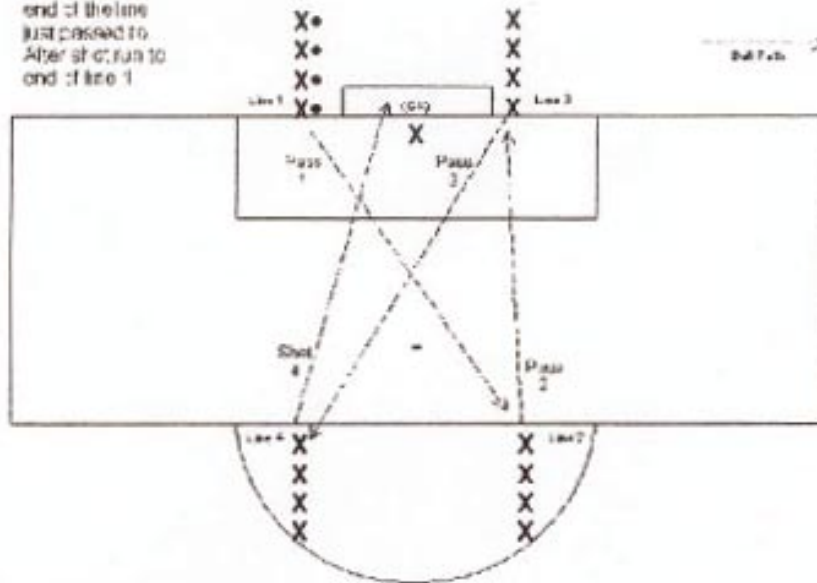
- Use bottom of foot to go through gates.
- Time players, add 3 seconds if a cone is missed or knocked over.
- Be creative!



**- Passing -**

#1

Player runs to  
end of the line  
just passed to.  
After shot, run to  
end of line 1

**- Passing #1 -****Four Corners (Pre-game readiness)**

Have the players form four lines. Line one should stand beside the left goalpost facing the field. Line two should stand at the top of the penalty box facing the right goalpost. Line three should stand beside the right goalpost facing the field and line four should stand at the top of the penalty box facing the left goal post. All the balls should be placed near the first line. The player at the front of line one should pass the ball to the player at the front of line two, and then line one player should run to the end of line two. Line two passes to line three, and then runs to the end of line three. Line three passes to line four and then runs to the end of line four. Line four should shoot the ball into the goal, then run to the end of line one. Encourage the players to follow their pass or shot, just as they should in a game. Passes should be on the ground and to the feet of their teammate. For younger players, do not use a goalkeeper. To increase difficulty, require one or two touches only.



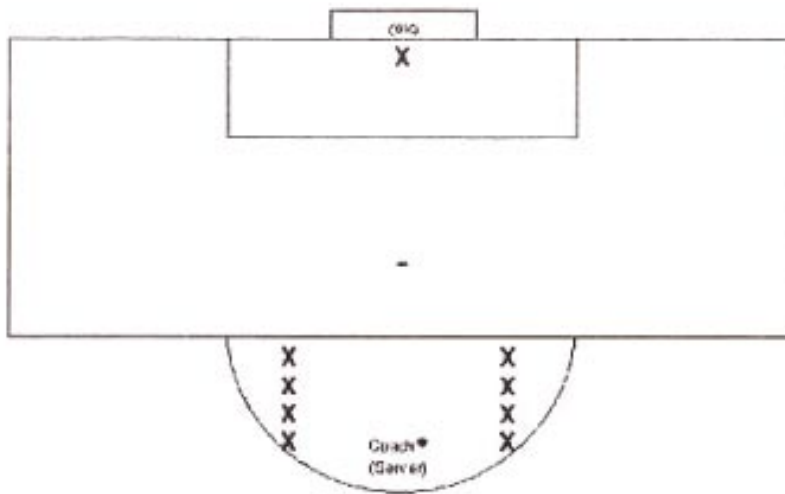
- Passing #2 -

**Crosses Count Double**

Place a line of field markers from the intersection of the Penalty Area and Goal Line out to the Half Line on each side of the field. This creates a "Zone" on the outer edges of the field. Place a single marker at the center of the half-field square. Divide your team up into two teams as you would for any small-sided scrimmage. Any player scoring a goal within one or two touches after a cross from the Zone scores two points. After a possession change, the new attacking team must take the ball back past the center marker before beginning attack. To encourage using the Zone, you can begin by allowing a four-second safety period during which the defender may not enter the Zone to challenge the crosser. If the teams choose to score more by a standard goal (one point), you can disallow all but scoring from a cross. To increase difficulty, take away the four-second safety period and/or add a goalkeeper. This can also be played with 11 v 11 as a full-field scrimmage with the Zone marked all the way from one goal line to the other.

**- Shooting -**

Drill #1

**- Shooting #1 -**

The coach serves the ball between the first two players in line, each facing the goal. The players attempt to get to the ball first and make a one touch shot. Both players may go for any rebounds from the keeper or the goal posts.

Stress Areas of Importance:

- a) Accuracy not power. Pass the ball to the back of the net.
- b) Low shots are usually more difficult for the keeper.
- c) Follow ALL shots.