

RBFC & Natick Soccer Club

1st & 2nd Grade Coach Training Program



Topics

- Identifying and Setting Objectives for Training and Games
 - Training Objectives
 - Technical Topics
 - Tactical Topics
 - Game Objectives
- Designing and Implementing a Training Session
 - Planning
 - Organizing/Adjusting
 - Implementing

Training Objectives

- FUN!!!
- Learning and Using Correct Technique
- Improving Coordination and Balance
- Problem Solving and Repetitions
- Gaining Experience through Play
- Positive Communication

Technical Topics - Train Correct Technique

- Dribbling Technique
 - Speed - Using Laces
 - Close Control - Inside and Outside of Foot
 - Ball Mastery - Sole Rolls, Toe Taps
- Attacking Moves - to beat a defender
 - Body Lunges, Scissors, Ronaldo Chop, Inside Outside, La Croqueta (inside to inside)
- Escape Moves - to go to space and away from a defender
 - Inside Chop, Outside Chop, Pull Back, Step Over
- Shielding - protecting the ball
 - Using their body to protect the ball from a defender
 - Wide Stance, knees bent, on their toes, using forearm to feel for defender

Technical Topics - Train Correct Technique

- Passing
 - Using the inside of the foot, proper technique
 - Keeping the ball on the ground
 - Connecting 5, 10, and 15 yard passes
- Receiving
 - Inside of foot, sole, outside of the foot
 - First touch to set up the next pass or dribble
- Receiving on the Turn
 - Inside, Outside, Sole of foot turning into space or away from defenders
- Shooting
 - Power - laces, toe down, chest over the ball, land on shooting foot
 - Accuracy - inside foot similar to a pass

Warm Up/Technical Games - Dribbling

- Fishy, Fishy Cross My Ocean - (Attacking Moves/General)
 - Progression 1: Elimination, Progression 2: Sharks can win ball back, Progression 3: Attacking Move for extra life
- Freeze Tag (Attacking Moves/General)
 - Progression 1: w/o the ball, Progression 2: w/ the ball
- Dribbling Gates (Attacking Moves/General)
 - Set up multiple gates throughout a space for players to dribble through. 1 Minute Rounds
 - Progression 1: Dribble w/ close control and speed, Progression 2: Use attacking move
- Red Light, Green Light (Speed Dribbling Focus)
- Obstacle Course (General)
 - Can incorporate some footwork, change of direction, jumps for balance as well as dribbling components.
 - Organize 2 identical courses for players to race against each other

Warm Up/Technical Games - Dribbling Cont'd

- Square Tag (Escape Moves)
 - Organize cones in a 2x2 yard square. Players cannot make a movement inside the square
 - Progression 1: Tag w/o ball, Progression 2: Tag w/ball, Progression 3: Tournament style
- Knockout (Escape Moves/Shielding)
 - Each player has a ball at their feet, in a designated space they have to try and keep the ball close as well as knock another player's ball out.
 - Progression 1: Elimination, Progression 2: Players that are out immediately knock out others, Progression 3: Players that are knocked out can try and win and keep dribbling in the zone.
- Evade the Defender (Escape Moves/Shielding)
 - Players are grouped in 2s. 1 player is dribbling, the other has ball in hand.
 - Player dribbling uses escape moves/change of direction to get away from player who is trying to throw the ball and hit the dribbler's ball.

Warm Up/Technical Game: Numbers Game

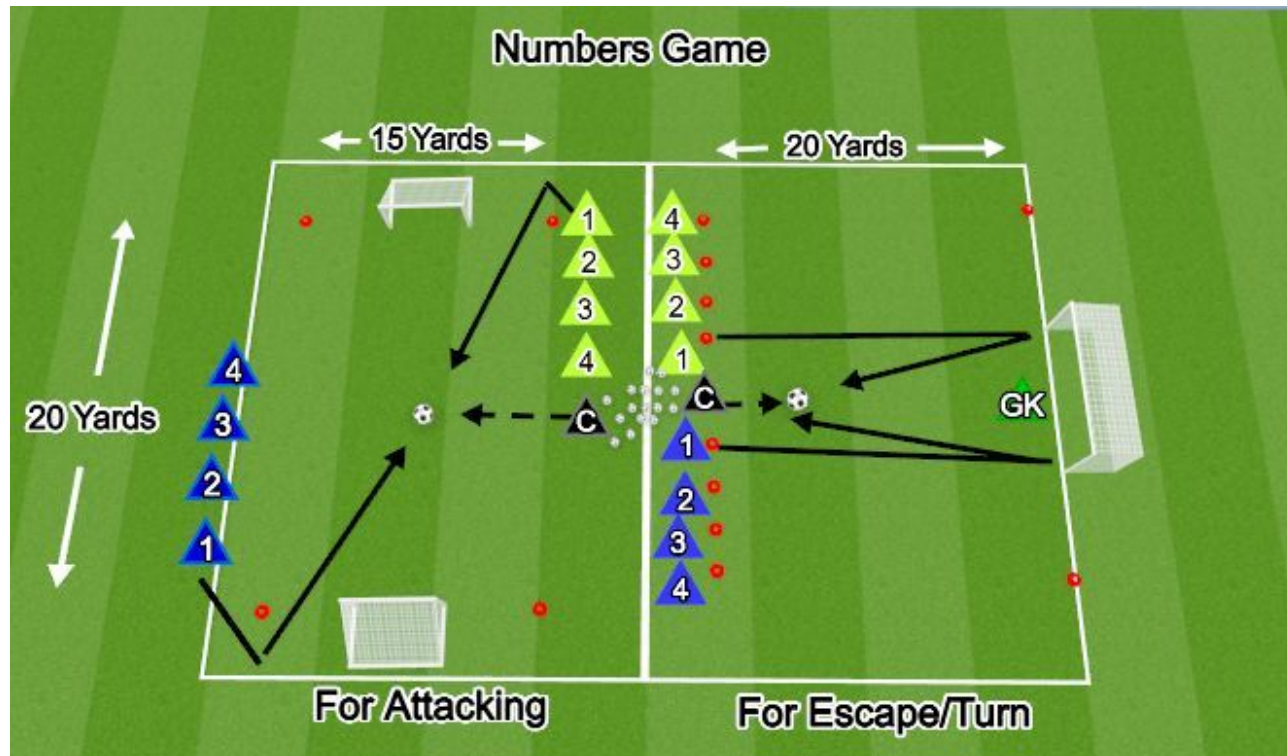
Attacking Focus:

Teams on opposite sides.
Directional goals to score.
Can be 1v1, 2v2, 3v3

Escape/Turn Focus:

Teams on same line, run to the post, turn back, use a escape/turn to beat defender and go to goal.
Can be 1v1, 2v2, 3v3

** Can be used in a passing focus when calling multiple numbers**



Warm Up/Technical Games - Passing

- Robot Tag
 - All players with a ball, 1 person w/o ball is the Robot. Robot moves to avoid passes. If Robot is hit 1 time they lose an arm, 2 times lose both arms, 3 times lose a leg, 4 times they're shut down. Can play 30 seconds or 1 minute rounds.
- Passing Tag
 - 2 or 3 players are the "Passers", rest of the group are dribblers. Passers have to hit the dribblers ball or feet to eliminate them.
- Fireball
 - Players are paired up and are passing at a 10 yard distance. One pair (fireball team) is passing perpendicular to the group. The group of players have to try and hit the "fireball" while still making an accurate pass to their partner. Keys: Technique, Accuracy, Weight of the pass
- Golf
 - Teams of 2 against each other. One partner tries to pass it through the legs of their teammate. Successful pass is a point. Play against another team to a game of 3 points. Can vary the distances of the pass

Warm Up/Technical Games - Passing Cont'd

- Clear your Yard
 - 2 Teams set up across from each other. A line of balls on the mid way point (similar to dodgeball start). Objective is to pass as many balls to the other team's half as possible, clear your yard. Set boundaries to make emphasis on accuracy and weight of the pass. When ball is out of bounds it is unplayable. Play 1 minute rounds.
 - Progression 1: No stipulations, Progression 2: Have to take 2 touches (receive and pass), Progression 3: Have to pass to a teammate before passing it to other side
- Passing Gates
 - Set up multiple gates in an area. Players are in teams of 2. Pass to as many gates as possible in a set time limit. Players can't go back to the gate they used.
 - Progressions: Using different parts of the foot to pass, # of touches between each pass
- Race
 - Players are in teams of 2. They must get 10 passes, then a designated player has to turn and run to a set distance. When the player is back they switch roles and the 2nd player gets 10 passes and then runs. Length of pass can vary, can designate players to use 1 or 2 touch.

Warm Up/ Technical Games - Shooting

- **Back of the Net**
 - Show correct power technique - toe down, laces on the ball, approach at an angle, chest over the ball, land on shooting foot.
 - Discuss how to hit ball in the air - making contact with the bottom of the ball
 - Game is to hit the back of the net with the ball in the air. Start with ball on the goal line, each round progresses further away. Players get eliminated as the rounds progress.
 - Can change the rules to ball has to hit the net regardless of in the air or not depending on ability
- **Thunder**
 - Each player takes turns shooting and going in goal. Players line up at a 15 yard distance. They dribble to a 10 yard gate, and shoot on the net. After shooting they go in goal. Elimination game - if they do not score and get scored on they get eliminated. If they can do at least 1 of - score or make a save, they stay in the game.
- **Power and Finesse**
 - Players are lined up 15 yards away. The coach is next to the goal with all of the soccer ball. There is a 10 yard gate and 5 yard gate. Players get passed 2 balls by the coach, one at the first gate for power technique, the second at the 5 yard gate for an accuracy technique.
 - Players have to score at least one goal to stay in the game. Coach can vary the distances, looking for use of correct technique at both gates.

Tactical Objectives - Coaching Points for Training Games

- **Attacking**
 - Identify Space to Dribble and Pass - *Pass or dribble forward when possible, create 1v1*
 - Support off the ball - *Create passing options*
 - Creation and Occupation of Space - *Spread Out*
- **Defending**
 - Pressure the Ball - *Pressure the player with the ball*
 - Identify Marks
- **Team**
 - Create Space, Width and Depth
 - Positional Offense, Keep shape and start to learn roles of the positions
 - Collective Pressure (Move as Unit, airplane analogy) - *Make it Compact*

Game Objectives

- FUN!!! Not about results
- Limited Instruction, coaches time to evaluate progress
- Coach can make positional adjustments and give reminders to the players, but decision making should be left to the players
- Key Tactics:
 - Spread Out - Width and Depth
 - Identify space to pass/dribble
 - Collective Pressure - Move as a Unit
 - Airplane Analogy: if the front of the plane is moving forward, the wings and tail are also moving forward and keeping its shape

Training Sessions - Planning

- Focus on One Topic
- Write it out, it is helpful to have something to reference during the session.
- Choose a model:
 - Progressive Model - each stage builds to final game, emphasis on learning in each stage
 - Play - Practice - Play Model - start w/ game like exercise
- Key Concepts:
 - Engaging Players
 - Repetitions on the Ball
 - Gain Experience through Play

Training Session - Sample

- Warm Up - Technical Game (5 to 10 Minutes)
- Technical Drill (10 Minutes MAX)
 - Tell, Show, Tell of proper technique. Set the example for players
- Game Like Exercise I or Technical Game (10 to 15 Minutes)
 - Look for players use of technique, encourage correct technique
- Game Like Exercise II (10 to 15 Minutes)
 - Exercise with problem solving and repetitions similar to final game
- Small Sided Games (At least last 20 Minutes)
 - 4v4 or 5v5, same structure that they play on the weekend

Training Session - 1st Grade Group

Focus Topic: Attacking Moves

Session Model: Progression

- Warm Up: Fishy, Fishy
- Technical Drill: Dribbling Moves
 - Laces, Inside Outside of Foot, Sole Rolls, Toe Taps, Body Fakes, Scissors
- GE1: 1 v 1
 - Set up 2 or 3 grids to have multiple players going at the same time
- GE2: 2 v 1 to Goal
- Game: 4v4
 - Organize game the same as they will play on Saturday

Training Session - 2nd Grade Group

Focus Topic: Passing

Training Model: Play-Practice-Play

- Warm Up: 3v3 Game to end zones
 - As soon as players arrive a field(s) have been set up for players to play 3v3. The objective of the game is for players to receive a pass in the end zones for a point.
- Technical Drill: Passing Partners
 - Players are paired up. Designated lines for each player 5 and 10 yards apart. Players pass using 2 touches, a first touch followed by a pass. Use both feet, then do 1 touch passing. Progress from 5 yards to 10 yards.
- GE1: Clear Your Yard
 - Play with 2 progressions. Progression 1: Have to use 2 touches to pass across, Progression 2: Find a teammate before switching.
- GE2: 3v3 Game to Goal
- Game: 5v5