

NYSCA

VOLUNTEER COACH TRAINING PROGRAM



Coaching Youth Soccer



Coaching Youth Soccer

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Coaching Youth Soccer

Introduction - Frank Gibson, NYSCA certified soccer coach and Chris Vaughn, professional soccer trainer.



Frank Gibson



Chris Vaughn

Hello, my name is Frank Gibson. I'm a NYSCA certified soccer coach. As you already know, NYSCA stands for: National Youth Sports Coaches Association. I've been so fortunate to play soccer for the last 33 years. I just can't seem to give it up. Believe it or not, there are five or six over forty soccer teams still competing in my area to the best of their ability. Think about that for a moment, guys in their forties and fifties still playing.

Soccer is awesome. It's fast, skillful, exciting, and it crosses all national borders. It's the most popular sport in the world. What could be better than making that perfect pass that is struck beautifully in the corner of the net, as the twine bends with the force of a powerful shot. Nothing could be better. I guess it's obvious I love the game of soccer.

So let me try to get you just as excited about coaching a game that all the world can't seem to live without. What we're going to do is to run through some helpful suggestions as to how you can coach a youth soccer team successfully. How to run age appropriate drills, practice with greater effectiveness, how to encourage your players, ensure they have fun, manage your players and keep their parents actively involved.

Let's now go to a practice field with Chris Vaughn, who is a professional soccer trainer. I'll come back and make comments from time to time, but Chris is going to do an excellent job instructing youth in the various skills, and running a whole host of drills. Let's watch, listen, learn and have some fun, beginning with dribbling.



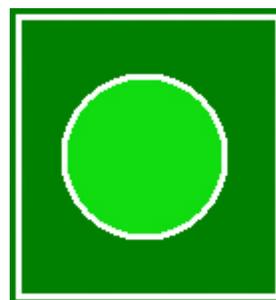
Dribbling

Toe Taps



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This practice is designed to improve the player's foot speed and control over the ball.

The group is positioned around the perimeter of the center circle. Each player has a ball. The players alternate touching their ball with the sole of their right foot, then the sole of the left foot. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

Now we're working on some dribbling skills just to warm our legs up. We want to learn to develop our foot speed and control the ball. Everybody stand up with the ball in front of you. Let's start off slow, just barely touching the top of the ball. You don't want to make it move. You just want to touch it, barely make it move, real nice and soft. Now we can pick up the pace a little. Let's go at a jog, barely touching the top of the ball. Get a nice rhythm. Now who can do it while you're looking at me? It's very important that you learn to look up while you're controlling the ball, see what's going on around you, feel the ball.



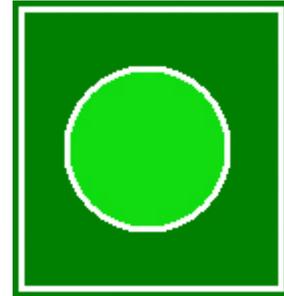
Dribbling

Inside Taps



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This practice is designed to improve the player's foot speed and control over the ball.

The group is positioned around the perimeter of the center circle. Each player has a ball. The players alternate touching their ball with the inside of their right foot, then the inside of the left foot. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

Now let's move on to the next drill. It's a drill to develop foot speed and a little bit of touching the ball. Let's get the ball in between our feet, with the legs spread a little bit. It's going to go back and forth in between our feet. We'll start nice and slow. Try not to move around too much. Stay in one spot. When you get comfortable let's go at a little jog. Learn to look up, then down at the ball. Look up and down at the ball. It's a good habit to get into when you're dribbling. You've got to see what's happening on the field as well. When you get comfortable, let's add a little speed to it now. As fast as you can, but keep control of it, don't let it get away from you.



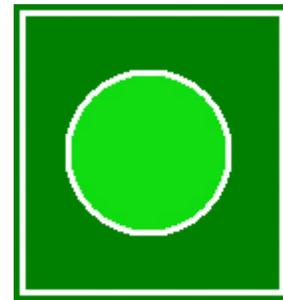
Dribbling

The Step Over



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This practice is designed to introduce the player to the "step-over move" in addition to developing fast foot skills.

The group is positioned around the perimeter of the center circle. Each player has a ball. The players alternate performing the step-over move using their left foot, then their right foot. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

This is called the step-over move. Before we get going, let me explain the step-over to you a little bit. When we do a step-over, there's one thing I want you to do; bring your foot in back of the ball and then step over it. Alternate your feet in back and around, in back and around. The reason we want to go in back first is because it leaves the ball in front of us where we're in control. If I step over it first, the ball is outside of my body and I'm not in control of it. So we go in back of it first, so that the ball always ends up in front of us. Now let's add a little speed to it. Get a little rhythm. Then when you feel good, let's try it as fast as you can go.



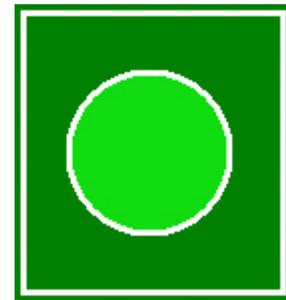
Dribbling

Circle Dribbling



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This is a great exercise designed to improve each player's dribbling skills. An emphasis is placed on dribbling the ball by using a variety of foot surfaces.

The group is positioned inside the center circle. Each player has a ball. The players dribble their ball around the circle using the instep, outstep, toes, laces and heel of the foot. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

We've worked on developing foot speed and control of the ball. Now let's add a little movement. We are going to dribble around free style to start. Let's start dribbling anywhere in the circle while avoiding everybody else. Learn to look down, look up, and avoid contact with anybody. Keep the ball under control. Keep the ball close to your body; don't let it get too far out in front of you. Don't let it stay right underneath your feet. Keep moving, but you're not sprinting either. Now everybody freeze. Let's add something a little bit different. This time only dribble the ball with the outsides of your feet. You want to learn to control the ball with every surface on your foot. Instep, outstep, toes, laces, heels. Whatever it takes, we can develop it. Use up the whole circle. Go all around, find a space. Start out slow then, when you get comfortable pick up the speed a little. Which ever direction you're going, use that foot. If you're going to the left, use your left foot. If you're going to the right, use your right foot. Get used to using both feet.



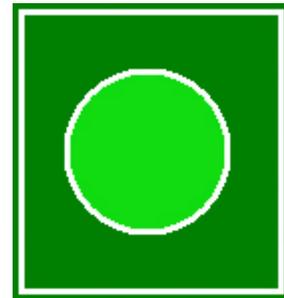
Dribbling

Shoulder Fake



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This practice is designed to introduce players to the "shoulder fake". The group is positioned inside the center circle. Each player has a ball. The players dribble their ball around the circle while attempting the shoulder fake as they approach another teammate. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

We are going to continue dribbling with the outsides of our feet, but now anytime you come to anybody else in the circle let's do a little shoulder fake. Sometimes you can fake out somebody on the other team without ever touching the ball. Just a little body movement will make your opponent go in the wrong direction. So now when you're dribbling and you come to somebody, do a shoulder fake and cut to the outside with the outside of your foot. If you come to somebody, shoulder fake and go the other way. Use up the whole circle. Dribble with the outside of the foot only. Avoid traffic. Learn to dribble in traffic. In the game you can't just run in one direction. You've got to find the open space.



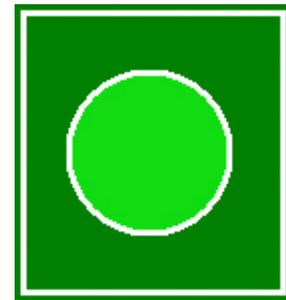
Dribbling

Run and Touch Ball



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This is a great exercise designed to improve each player's dribbling skills. An emphasis is placed on dribbling the ball by using the inside of the feet.

The group is positioned inside the center circle. Each player has a ball. The players dribble their ball around the circle using the inside of their feet. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

Now we're going to move the ball with the inside of the feet while dribbling. With every step you take, you've got to touch the ball. We want to be able to run and touch the ball with every step that we take. Remember, look down at the ball and look up. You've got to see where you're going. You need to be able to move in traffic. Start out slow. As you get comfortable add a little speed. Use up the whole area. Don't stay in one spot, don't just go around in one circle.



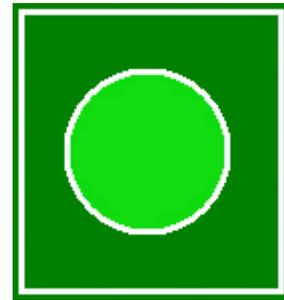
Dribbling

Roll the Ball



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This exercise is designed to improve each player's dribbling skills. An emphasis is placed on moving the ball using the sole of the foot.

The group is positioned inside the center circle. Each player has a ball. The players move the ball around the inside of the circle using the sole of the foot only. The exercise is started slowly but the pace is increased as quickly as possible.

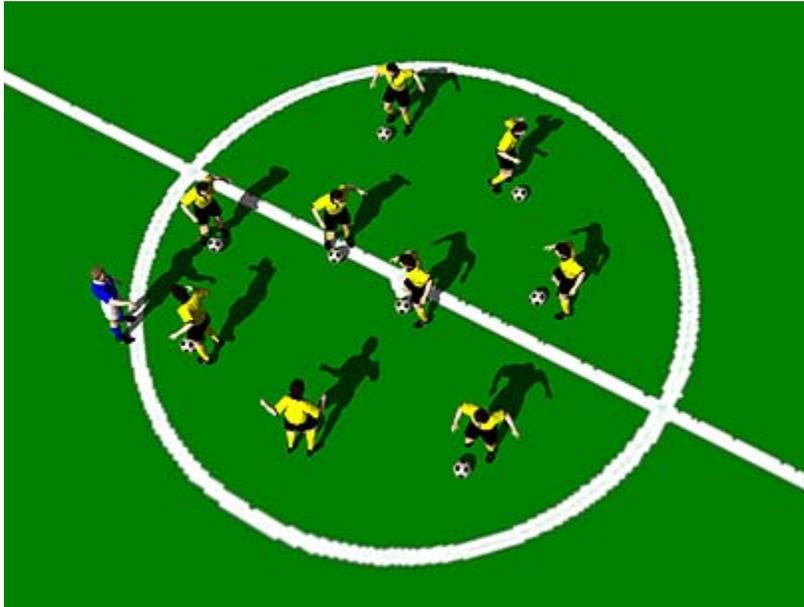
Coach Vaughn's Comments:

Now let's go with one more surface. We've used the outsides of our feet. We've used the insides. Now we're going to use the bottom of our feet. I want you to put your foot on the ball and roll it. You want to learn to roll the ball with the bottom of your feet. As you get comfortable you want to add a little speed. Start out walking. Roll it forward. You don't have to do it with every touch. Take a couple dribbles and then roll it with the top and change direction.



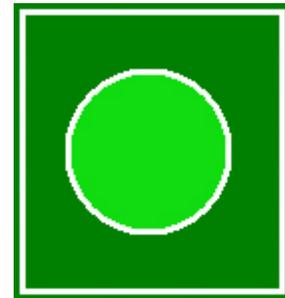
Dribbling

Change Direction



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

In this drill the players are encouraged to change speed and direction when dribbling with the ball.

The group is positioned inside the center circle. Each player has a ball. The players dribble the ball around the inside of the circle. When the coach shouts "change" the players must change direction and speed. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

Now you can dribble with any part of your foot. Outsides, insides, bottoms, but whenever I say "change", I want you to change direction as quick as you can, and go the other way as fast as you can. There are two different surfaces of our feet that we can use to do this. We can pull it back with the bottom of our foot, or we can use the side of the foot. Inside, outside, whatever it takes, let's change direction. What I want you to think about is how fast you can go the other way. Watch out for traffic. Keep control of your ball. Don't let it get too far ahead of you. How fast can you turn and go the other way?



Dribbling

Coaching Tip 1



Coach Gibson's Comments:

Well, it's time for a water break. It's very important to keep your team properly hydrated. It's a good idea for your kids to drink plenty of water before, during and after the game. Also, the kids have to be warmed up properly. Make sure they stretch out before they play hard.

Now as you can see, it would be futile to do these drills if every kid didn't have a soccer ball. So I instruct my kids to bring a ball to every practice. And I usually bring four balls of my own in case they forget. The other thing I tell my kids is this; if you only practice twice a week and you have one game per week, to get better, it's important that they practice on their own. Dribbling, juggling, hitting a ball against the wall. If they have a sibling or a neighborhood friend who plays soccer, that's even better. Where they put their time and effort, that's where they will excel. And it's their choice.

Now let's go back to Chris and more dribbling, but remember, while dribbling it's important to keep your head up in order to see the developing play.



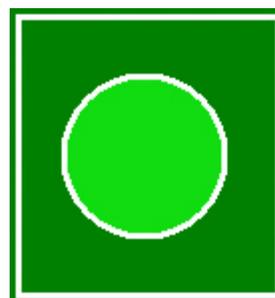
Dribbling

The Step Over 2



Organizational Set Up

Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This practice is designed to introduce the player to the "step-over move" while moving at speed.

The group is positioned inside the center circle. Each player has a ball. The players maneuver around the circle performing the step-over move. Encourage players to use their left and right foot. The exercise is started slowly but the pace is increased as quickly as possible.

Coach Vaughn's Comments:

Now let's move on to the next progression. When we did our warm-ups, we did the step-over move. Well, in a game you're not going to go up to another player and just start stepping over. What we want to learn to do is do one step-over and then go the other direction. We're going forward, then step over and to the outside. Ready, let's practice that. It's a nice relaxed jog, not too fast yet.



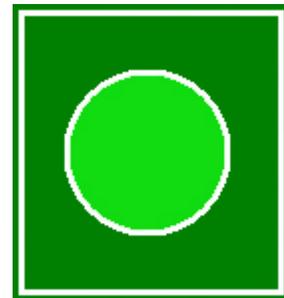
Dribbling

Dribble Tag



Organizational Set Up

Entire group.
One ball per player.
One defender with bib.
Use center circle as a boundary.



Coaching Points:

This practice is designed to improve each player's dribbling skills when facing an opponent.

The entire group is positioned inside the center circle. All but one player has a ball. The practice is started with one defender placed in the center of the grid. The defender tries to tag a dribbling player. Once the player has been tagged they then becomes the defender.

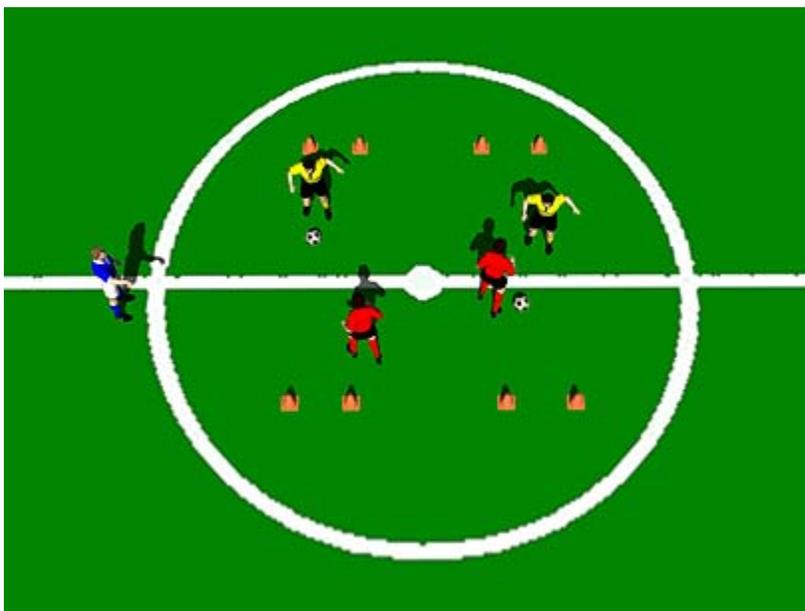
Coach Vaughn's Comments:

Let's move onto another drill. We're going to stay in the same circle we've been using, but now we're going to play a game called dribble tag. Everybody has their own ball. You're going to dribble your ball. You're not allowed to go out of the circle we've been working in. One person is it. He's has to dribble and he's got to tag somebody else. If he gets you, you're it and you've got to tag somebody else. Everybody start dribbling around a little bit while keeping control of your ball. Keep moving, you're not allowed to stand still. Keep control of your ball, and try to keep away from the dribbler.



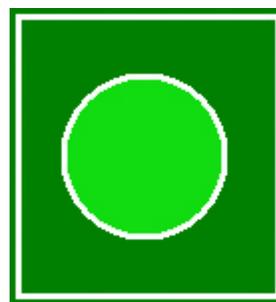
Dribbling

One on One



Organizational Set Up

Entire group.
One ball per player.
One defender with bib.
Use center circle as a boundary.



Coaching Points:

This practice is designed to develop each player's one on one dribbling skills.

Four small goals are set up in the circle approximately 1 yard in width. Four players are positioned inside the circle. The players play a game of one versus one using one ball for each pair. The attacking player has to try and dribble the ball through the gate opposite them to score a goal. The defender has to try and prevent the player from dribbling through the gates. If the defender wins the ball, they then become the attacking player.

Coach Vaughn's Comments:

Here's one more drill. We're going to still play in our same circle we've been practicing in, but now we've added some small goals. We have two players in green bibs. What they have to do is dribble the ball through the gates in order to score a goal. We're playing one on one. Now we're making it a little more like a game. In a game you just don't dribble, you've got to dribble against somebody. See which team can get the most points. You can go through either gate if you're on the green team. If you're on the other team, you can go through either of the orange gates. Whenever I say go, as quickly as you can let's see how many goals you can get. If you guys win the ball, then you can take it to your goal and you go through your gate. You've got to stay with your own man. Don't let him get through his gates.



Passing

Passing Introduction



Soccer is a team game. Passing and controlling the ball is the key to success. Making the ball do the running, knowing positions and breaking off the ball to open areas is key. Then support the play in front of you so if a team mate has to pass back to restart an attack, or change the ball to the other side of the field, you have the players to do it.

At the higher levels of soccer, the perfect pass that makes scoring easy is more appreciated than finishing the goal. So let's get into some passing drills. But let me first reinforce that it's important to pass the ball fast enough to get there, but not so hard that it's difficult to trap. A good pass lost, still goes to the other team. Also, when you're on the attack, lead your team mate properly, not behind him or her. Or he or she will have to wait on the ball, giving the opposition time to react. Or if you lead your team mate too much, it will go out of bounds, to the goalie, or to the other team.



Passing

The Instep Pass



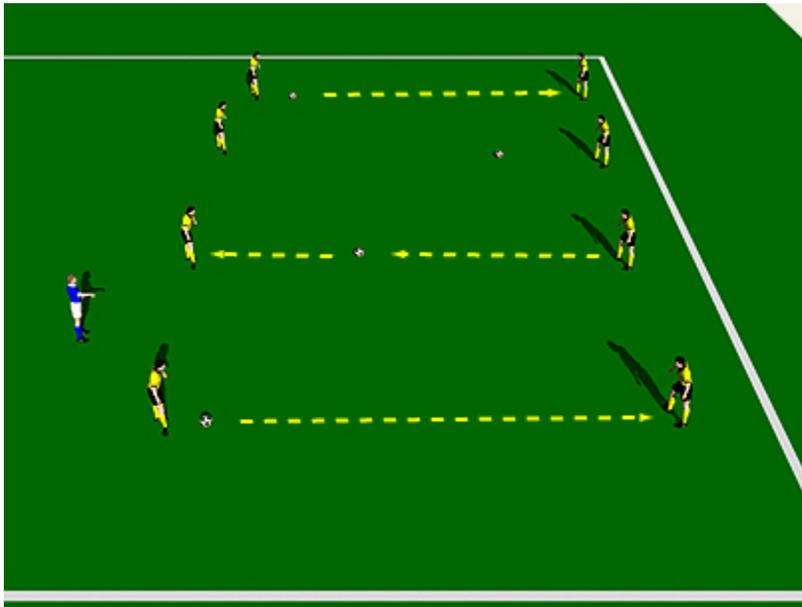
Now we're going to move into passing. We worked on dribbling; now the next most important thing is passing. When we're passing there are certain things you should think about. You can pass with any part of your foot. You can pass with your heel, with the outside of your foot, or with your toe. But I want you to look at one certain area, that is the instep.

The instep is where the curve of your foot is. We want to learn to pass with that. If you can learn to pass with that part of your foot, you're going to make perfect passes every time. When you trap it you should use the same part of your foot. When the ball comes to you if you can trap it in that same part of your foot to make it stop one step in front of you, it's right in front of you for your next step. In all of these drills, you should focus on using your instep, and then trapping and keeping the ball in front of you with that same part of your foot. Trapping the ball is just as important as passing it correctly.



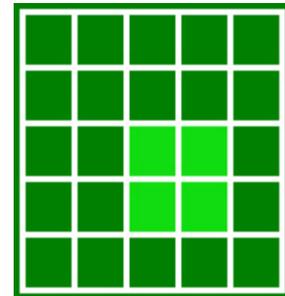
Passing

Passing in Pairs



Organizational Set Up

Divide group into pairs.
One ball between two players.
Players approximately 10 yards apart.



Coaching Points:

This practice is designed to improve each players passing skills with an emphasis on passing with the "instep".

Divide players into pairs, one ball between two. The players stand opposite each other approximately 10 yards apart. The players must pass the ball back and forth using the instep of the foot. The ball must be kept on the ground and struck firmly enough to get to their partner.

Coach Vaughn's Comments:

Now we are ready to start passing drills and we have everybody matched up with a partner. All we're going to do is get warmed up by passing. Just pass the ball back and forth using our instep, and then also trapping with our instep. When you're passing, don't just stand back on your heels. Put your weight up on your toes, so you're ready to move.

It's also important, when the ball's coming to you, to take a step to it and meet the ball. Don't ever stand back and wait for the ball to come to you. You should always move forward. We want to hit it with just the right amount of power, not too hard, not too soft. We want to get the ball to your partner. Then we want to practice our traps. Try to stop the ball one step in front of you with that same passing part of our foot. Start by passing the ball back and forth a few times. Keep your weight on your toes, no standing still, no hands on your hips. Move to the ball, pass with your instep. It's important to work on your accuracy. Try to get the ball right to your partner without making them move to the side.

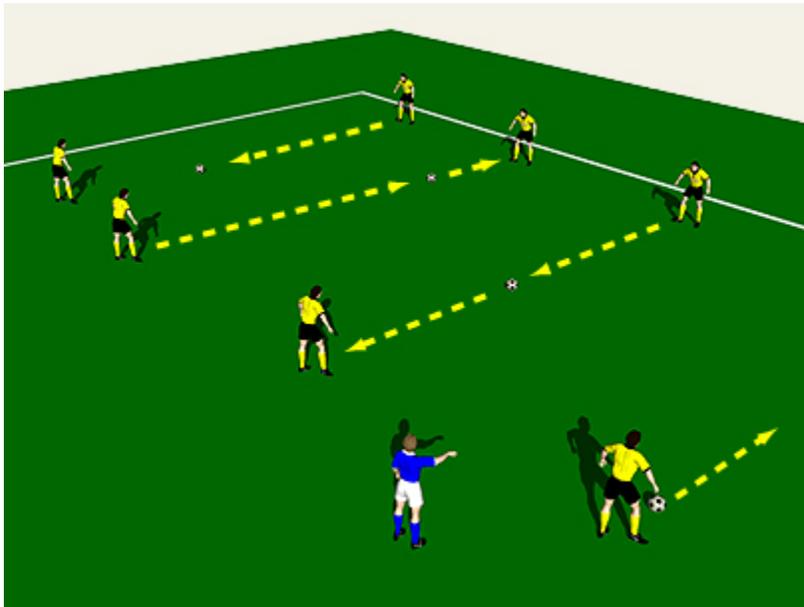
Progression:

Now when the ball comes to you I want you to take four or five touches in between your feet and then pass it back to your partner. Keep our feet moving back and forth. This is the same drill we did in our dribbling exercise, but now we're adding it into our passing. Take a few touches in between your feet. Weight on your toes, keep the ball moving. Never let the ball stop. Good passes concentrate on your accuracy.



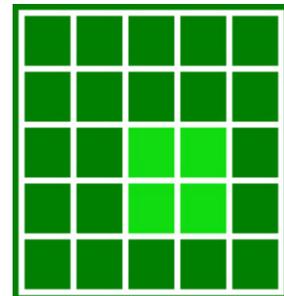
Passing

Passing One Touch



Organizational Set Up

Divide group into pairs.
One ball between two
Players.
Players approximately
10 yards apart.



Coaching Points:

This practice is designed to improve each players passing skills with an emphasis on passing using "one touch".

Divide players into pairs, one ball between two. The players stand opposite each other approximately 10 yards apart. The players must pass the ball back and forth using only one touch. The ball must be kept on the ground and struck firmly enough to get to their partner.

Coach Vaughn's Comments:

Now we're going to go to one touch. No trap. When you're doing this it's very important that you hit the ball with the right amount of pace. You don't want to hit it too hard. You don't want to hit it too soft. You need to move to the ball, take a step to the ball and back up real quick. Always keep moving forwards and backwards when you're doing it.

It's very important in passing that you keep the ball on the ground. If the ball's hopping, you can't hit it a one touch pass under control. So in order to keep the ball on the ground, when the ball's coming to you, lift your foot a few inches off the ground, hit in the middle of the ball. Not too hard.



Passing

Coaching Tip 2



As we move on to more difficult drills, please try to utilize the drills that are age appropriate and skill appropriate to your team. Later you'll see drills that might only frustrate your team if they can't do the skills. That leads me to this; let's keep soccer fun. Winning isn't everything. If your kids improve and they learn to work together and they have success while building their self esteem, I think that's more important. Hopefully kids will remember the good pass they made instead of the goal they may have missed. Always emphasize the positives and downplay the failures. For instance you might say, "Man, you're really hustling in the corner for that ball, but next time instead of chipping it to the opposing goalie, look back to your supporting midfielder who might have a better angle to shoot. You're really getting better though, and I really like your effort." Kids love to be praised, not condemned.

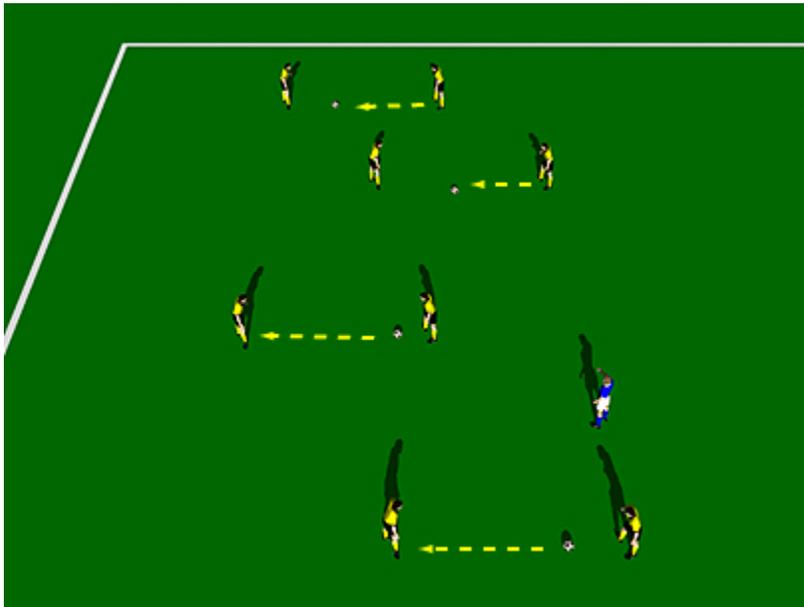
Remember, you are a role model. If you curse at a ref or get in arguments with other coaches or parents, you'll be remembered for that and you'll be setting a bad example. Try to deal with the parents in a positive fashion. Many of them have opinions and they'll try to get their kids more playing time, but just try to remain upbeat and just do the best you can for the team. Try to get your parents to help with organizational duties, such as directions to the field, times of the games, schedule changes, drinks and rides. Share the work load.

The internet is a great communication tool and can be very helpful to update any changes that the team has to know about. Start with a team meeting early in the season so that things don't fall through the cracks. Miscommunication can occur if you're not thorough. Review the fact that players must have shin guards, no jewelry, and proper spikes. It would be a great thing if you could find a parent who's a doctor in case of an injury. If you're organized off the field, remember you'll be organized on the field.



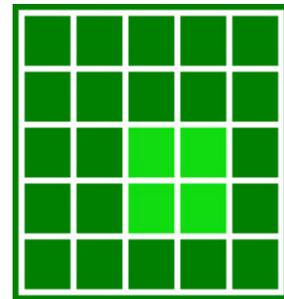
Passing

Pass and Move



Organizational Set Up

Divide group into pairs.
One ball between two
Players.
Players approximately 6
to 7 yards apart.



Coaching Points:

This drill will improve each players passing skills by encouraging them to move after they have passed the ball to their partner.

Divide players into pairs, one ball between two. The players stand opposite each other approximately 6 to 7 yards apart. The players work up and down the length of the practice area passing the ball. One partner jogs backwards (the receiver) and one partner jogs forward (passer). The ball must be kept on the ground and struck firmly enough to get to their partner.

Coach Vaughn's Comments:

We're going to use the same skills we were just practicing, but now we're going to be moving backwards across the field. One line is going to be jogging backwards, the other line is jogging forwards. We're going to do two touch passes. That means when the ball comes to you, you're going to trap it, pass it back and jog backwards. Even though you can get it one touch sometimes, I want you to practice your two touch, a trap and then a pass.

Now let's go to one touch. Pass the ball back and forth, going all the way across the field. It's very important that you concentrate, get your foot off the ground, and make a little pass backwards.



Passing

Coaching Tip 3



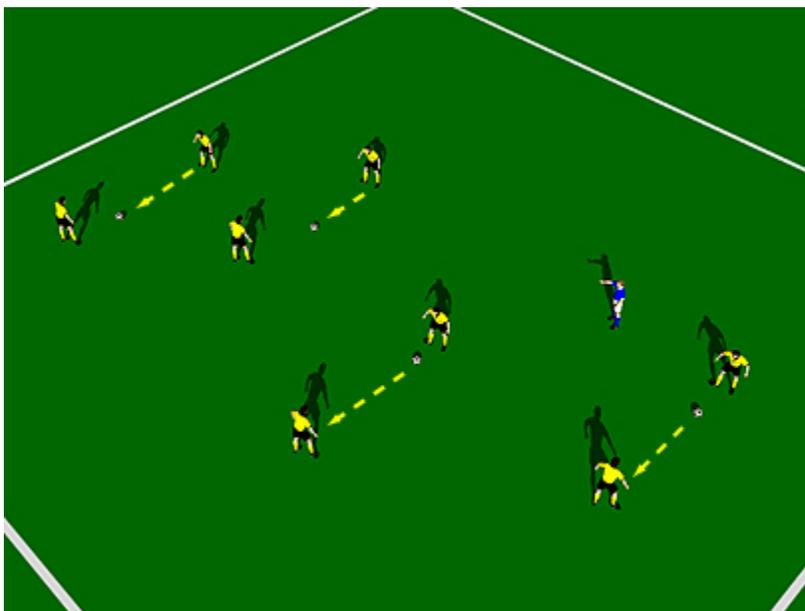
Now these drills are running faster than usual for the sake of time. I think that eight to ten minutes per drill is long enough, so the kids don't get bored, leading to scrimmaging at the end of the practice when they're totally warmed up and stretched out.

Understand this, all kids want to play games and scrimmage. That's what they really look forward to. Vary the drills with a few water breaks in between. Drills that maximize touches and smaller groups of players are best. The other thing worth emphasizing is this; do drills that improve areas obviously lacking in games. Well, let's get back to Chris with trapping and receiving.

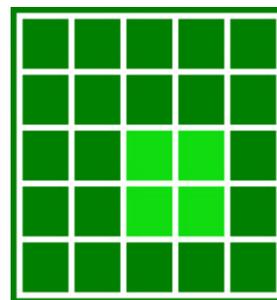


Passing

Pass, Trap, Run



Organizational Set Up
Divide group into pairs.
One ball between two players.
Players approximately 6-7 yards apart.



Coaching Points:

This practice is designed to improve each players passing, moving and trapping skills.

Divide players into pairs, one ball between two. The players stand opposite each other approximately 6 to 7 yards apart. The players work up and down the length of the practice area passing the ball. One partner jogs backwards (the receiver) and one partner jogs forward (passer). The receiver traps the ball dead for their partner to run onto and pass again. This is repeated across the full length of the practice area, then roles are reversed. The ball must be kept on the ground and struck firmly enough to get to their partner.

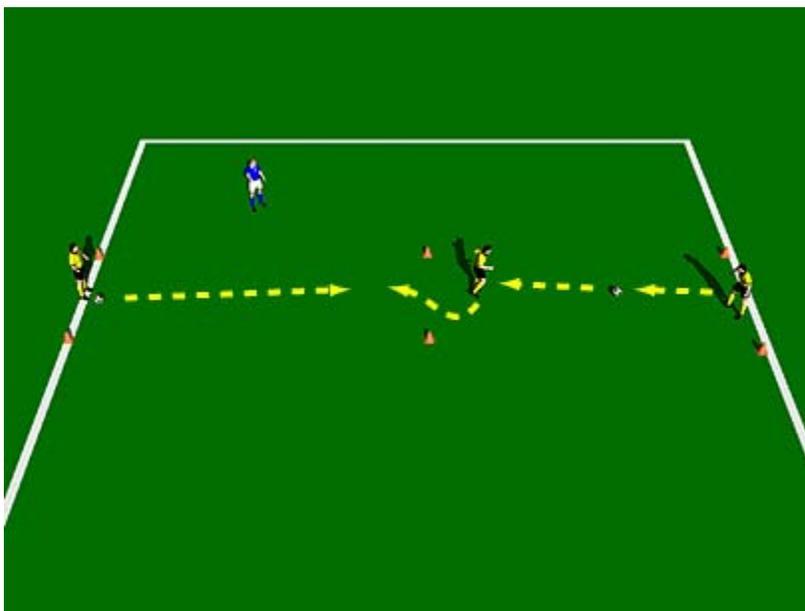
Coach Vaughn's Comments:

In this drill I want you to use your instep trap, but I want you to stop the ball dead. Make it stop exactly where you trap it, and then back up. Your partner is going to run to the ball and hit another pass to you. We're going to go all the way across the field and then back doing that drill.

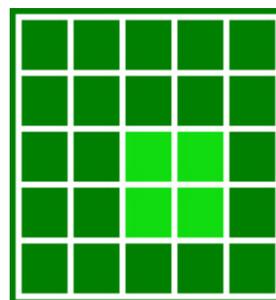


Passing

Passing in Three's



Organizational Set Up
Divide group into threes.
Two balls between three
players.
Servers 20 yards apart.



Coaching Points:

This is a great practice for developing each players passing skills with an emphasis on “pace and accuracy”.

Divide your group into threes. Two servers are positioned each side of the grid. Servers alternate passing the ball to the receiver, whom passes back, turns quickly and repeats with the opposite side. The player in the center should work at full speed and concentrate on quality first touch passing.

Coach Vaughn's Comments:

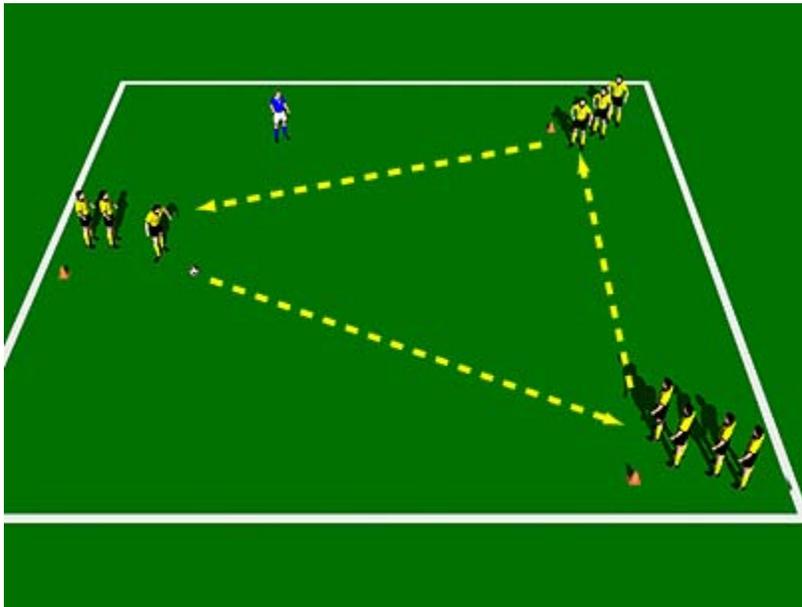
Now we're going to move on to something a little bit different in our passing drills. We're in groups of three now. The players on the ends have balls. It's very important in passing that you move to the ball. We're still going to do two touch and then we'll go to one touch, but in the first part we will go two touch. That means you move to the ball, trap it, pass it back and then you come through your gate and go to the other side, and your other partner is going to pass it. You trap it and pass it back. The man in the middle is going to get his fitness in doing this drill.

Now turn this drill into one touch. It's very important the player in the middle is going to have to do a little bit more running now. You move to the ball, you hit an accurate pass, turn and go to the other side. The players on the end, don't hit him a really hard pass. Hit him something he can handle, not too hard not too soft.

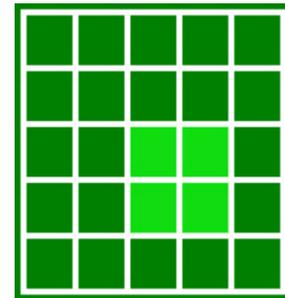


Passing

Triangle Passing



Organizational Set Up
Three groups of players.
One ball.
3 cones.



Coaching Points:

This practice will help develop each player's passing skills with an emphasis on moving after passing the ball.

Three cones are positioned in a triangular shape. Each cone is approximately 15 yards apart. A group of players is positioned at each cone. The players have to pass the ball to the line that has the most players in it and run to the line with the least.

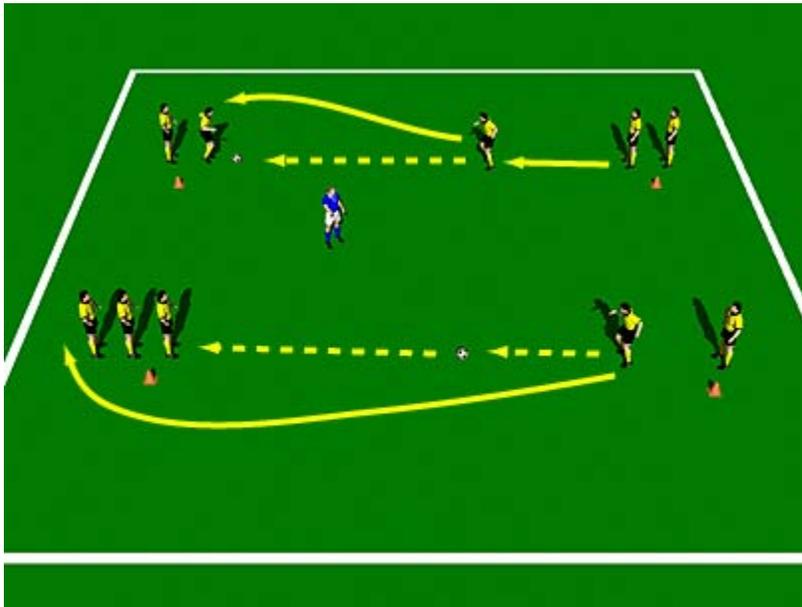
Coach Vaughn's Comments:

We've done some of the fundamental passing drills. We know how to pass a ball accurately and with the right amount of speed. Now we're going to make it a little harder. Soccer is a thinking game. You've got to learn how to think while you're playing. So in this passing drill, we have three lines. In this drill you have to pass it to the line that has the most guys in it and run to the line with the least. If they're equal, it doesn't matter. You pass it to one and run to the other. Let's see if we can get good, accurate passes right to the player and then run to the other line. It's important that we run after we pass. When you make a pass in a game you can't stand there and watch. You have to run and support or get to an open space, and that's what we're learning. It's a good habit, after you pass learn to run.

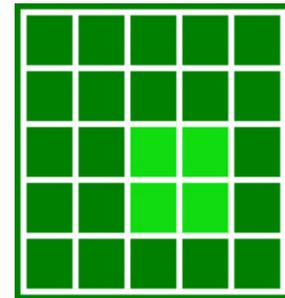


Passing

Pass and Follow



Organizational Set Up
4 groups of players.
2 balls.
4 cones.



Coaching Points:

This practice will help develop each players passing skills with an emphasis on moving after passing the ball.

Two groups are positioned opposite each other approximately 15 yards apart. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

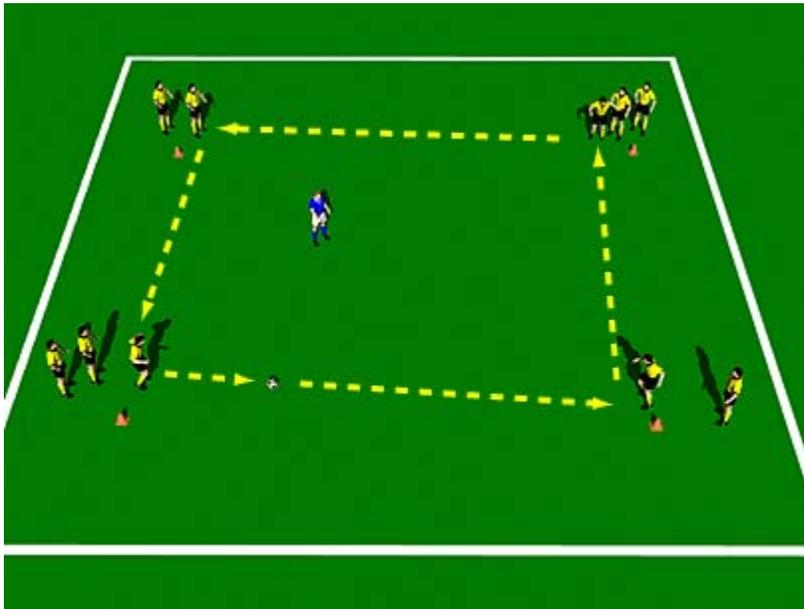
Coach Vaughn's Comments:

In this drill you have to pass the ball to the line in front of you and sprint to the end of the other line. It's really important that you sprint after you make your pass, just like in a game. After you make a pass you sprint to get open again. Start out with two touch. You have to take a trap and then you have to make a pass. Keep the passes accurate and right to a player.

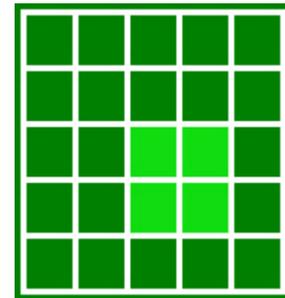


Passing

Pass around the Square



Organizational Set Up
4 groups of players.
2 balls.
4 cones.



Coaching Points:

This practice is a progression from the "pass and follow drill". The drill will help develop each player's passing skills with an emphasis on moving after passing the ball.

Four cones are positioned to make a square approximately 15 x 15 yards. A group of players are positioned at each cone. The players have to pass the ball around the square.

Coach Vaughn's Comments:

Now we're going to have our same lines, but now we're in a square. I want you to learn to lead the man. When you lead a man that means you pass it one step in front of them. After you pass you run to the line you passed it to. We've got to make a good hard pass. It's very important that you don't pass too soft. If it's too soft, the other team's going to steal the ball. Trap, pass and run.

Progression:

Now we're going to do the same drill, but we have added an extra ball. We're going to see if we can make one ball catch the other one. Don't let the ball catch you. Don't be the man with the ball when the other one comes. You've got to pay attention. Trap, pass and run. Good hard passes and run to the next line.

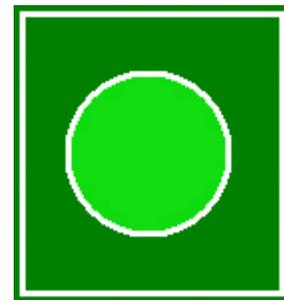


Passing

Pig in the Middle



Organizational Set Up
Entire group.
One ball per player.
Use center circle as a boundary.



Coaching Points:

This practice is designed to improve each players passing skills while they are under pressure from a defender.

The group is positioned around the perimeter of the center circle. The players try pass the ball around circle and avoid being disposed by the challenging defender. If a player gives the ball away they must swap and become the defender.

Coach Vaughn's Comments:

Now we are playing in the center circle and we're going to add a defender. We have ten players on the outside and you have to keep the ball away from the defender. We call this game pig in the middle. If the defender gets the ball, then whoever he steals it from is in the middle. How many passes can we get without him touching it?

Progression:

Now we can make it even more difficult by putting two defenders in the circle. Now we have to keep it away from two defenders. You have to make fast, smart passes. If the ball's not going to get to you, move to it and help your team mate.

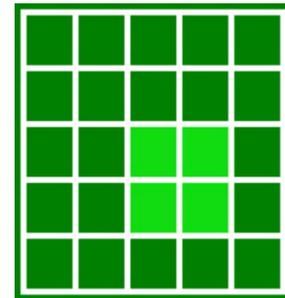


Passing

Receive and Pass



Organizational Set Up
4 players.
1 ball.
4 cones.



Coaching Points:

This practice will help develop each players passing and receiving skills with an emphasis on turning with the ball.

The first player passes to the player in the middle and runs to the middle cones. The middle player controls the ball and turns in the opposite direction. He then passes the ball to the opposite player and exchanges places. The drill is continued in this sequence.

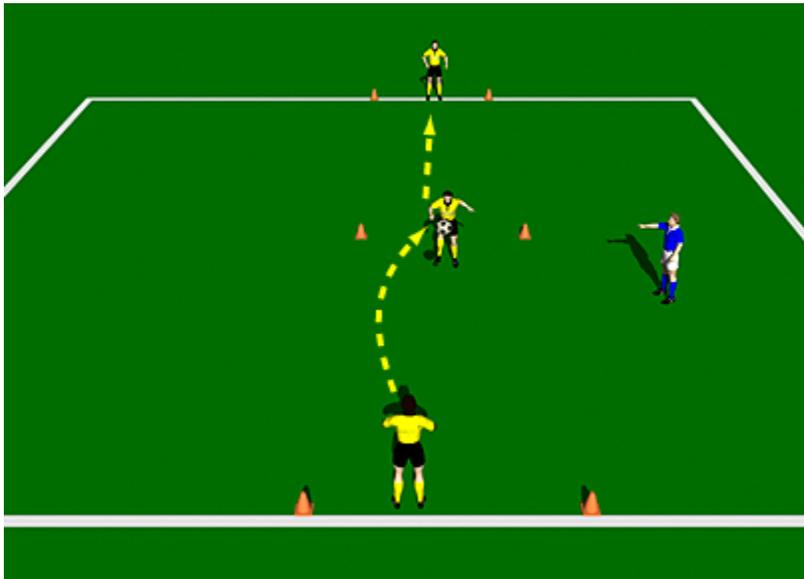
Coach Vaughn's Comments:

It's very important that we learn to receive the ball properly, because there's usually a defender on you in a game. If you receive it in the wrong way you give the ball right back to the defense, they're going to take it down and score on you. We need to learn to turn away from the defense. Now in this passing drill we're going to the ball, receiving it around the cone and following our pass. Go around the outside of the cone. We're learning to take the ball away from our defender. Use your instep or the outside of your foot to control the ball.



Passing

Aerial Control

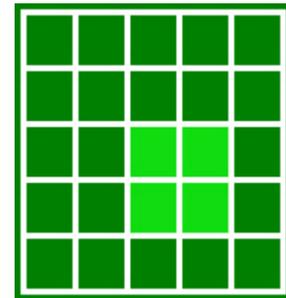


Organizational Set Up

3 players.

1 ball.

6 cones.



Coaching Points:

This is a great drill for improving each player's ball control skills. The emphasis of the exercise is on controlling the ball in the air using the chest, thighs, or feet.

Three players are positioned approximately 10 yards apart. Two servers are on the outside and the receiving player is in the middle. The server throws a ball for the receiver to control using the chest, thighs, or feet. The receiver controls the ball and turns then passes the ball to the opposite server. The drill is then repeated from the opposite side.

Coach Vaughn's Comments:

Now we're going to practice receiving the ball out of the air, getting it under control, and making a good pass. There are certain surfaces we want to think about when we're doing this. We can trap it on our foot. We can trap it on our thigh, or our chest. It's very important that you get your body behind the ball.

Progression:

You can modify this drill by breaking the kids into two's. This will maximize their touches on the ball. Their skills will improve with more touches on the ball and when they're in twos they simply feed one player for a while then reverse it.



Shooting

Shooting Introduction



Now let's move onto shooting drills. Typically with older players, say ten to eleven, you're going to know if the players have the knack for offense. Let them do drills like these and let the defensive players concentrate on defensive skills. That's why you should run drills where the offensive players attack defensive players in a game-like situation.



Shooting

Shooting Technique



Coaching Points:

Now we're going to work on shooting. There are some things to remember while you're shooting and striking the ball properly. There are three main things you should think about. Number one is the foot we're not shooting with. We call that the plant foot. You do not want place your foot too far back. It should be placed next to the ball. If you put it too far back, you're going to be reaching for the ball. When you're reaching you don't have any power and you don't have any accuracy. Wherever your toes are pointing that's where the ball's going to go.

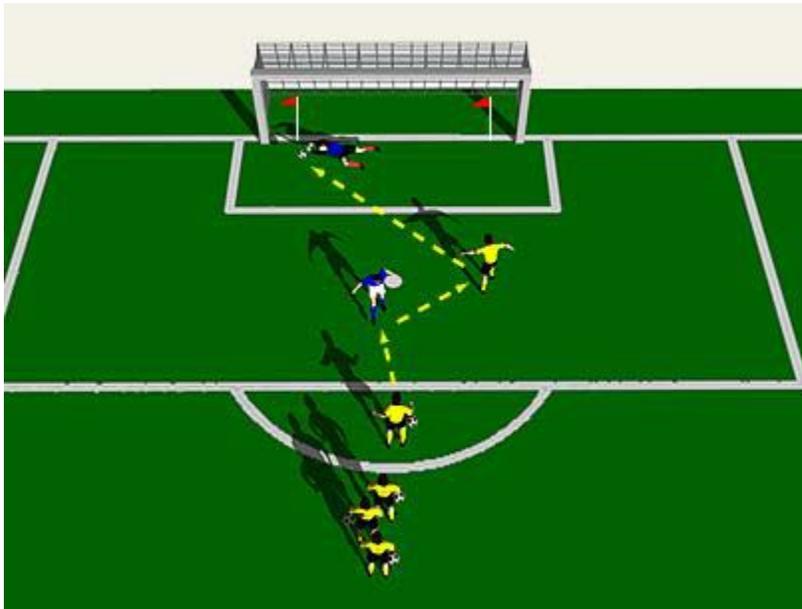
The next thing you should remember is that your ankle should be locked. You want to learn to keep your ankles locked. That's very important when you're shooting. If you have a floppy foot, you're going to have a floppy shot.

The last thing you need to do when you're approaching the ball is to let your leg follow through after your shot. Let your leg come up after you shoot. If you stop your kick, you stop all your power.



Shooting

Pass and Shoot Drill



Organizational Set Up

Small group of players.
Goalkeeper.
Large supply of balls.
Penalty area.



Coaching Points:

This practice is designed to improve each players shooting technique with an emphasis on the "give and go".

A small group of players are placed at the edge of the penalty area. The first player in line passes the ball to the coach for a return pass. The coach returns the pass for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line.

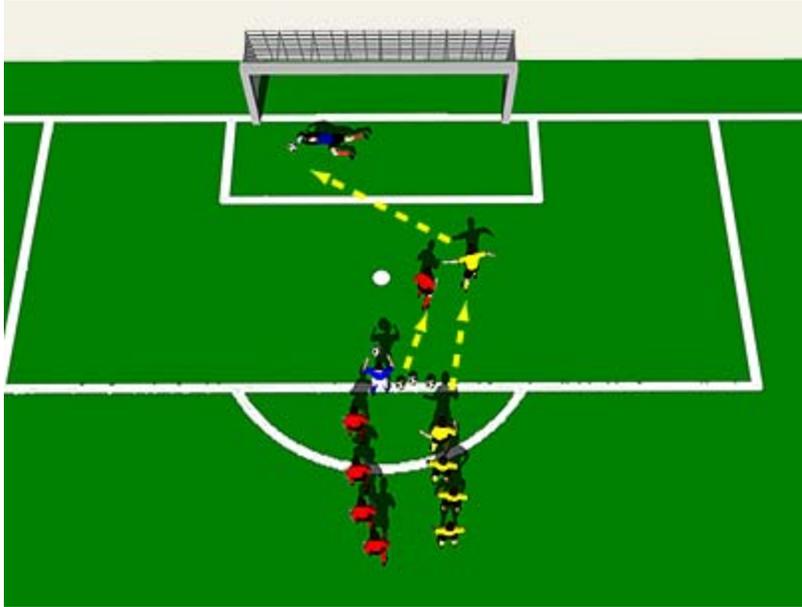
Coach Vaughn's Comments:

In this drill you will notice that we have flags over by the goal posts in the corners. We want to learn to shoot to the corners of the goal. If you can make it go between the flag and the post you get two points, as apposed to just one point for scoring a regular goal. Take short, small steps and strike through the ball. Keep your eye on the ball. Your plant foot should be alongside the ball. If it's too far behind the ball's going to go up and over the goal. We're doing the goalies job for him. He doesn't have to make a save if we can't keep our shots low and on the net. Let's keep the shots low and into the corners.



Shooting

One on One to Goal



Organizational Set Up
2 lines of players.
Goalkeeper.
Large supply of balls.
Penalty area.



Coaching Points:

This practice is designed to improve each players shooting technique with an emphasis on the one versus one situation.

Two lines of players are placed at the edge of the penalty area. The coach serves a ball for the first two players in line to run after and shoot. First player to the ball is the attacker, the player without the ball becomes a defender. After the shot is taken both players rejoin their line.

Coach Vaughn's Comments:

Now we're going to practice one against one, going to the goal and shooting. You've got to use your body to shield the ball. You've got to show some control and then you've got to take a good shot. It's one against one. I'm going to put the ball down between you, both of you go for it, whoever gets to the ball first gets to shoot. The other player is a defender. If you get it, pass the ball back to me. Let's not dribble in. As soon as you get a shot take it. Jog back on the outside. Now let's add something different. Let's sit down on the ground with your legs flat. It's really important in a game if you get tripped and you go down, get back up as quick as you can and get to the ball. This drill helps us do that. Who can get up quickest?



Shooting

Dribble and Shoot



Organizational Set Up

Small group of players.
Goalkeeper.
Large supply of balls.
Penalty area.



Coaching Points:

This practice is designed to improve each players shooting technique with an emphasis on dribbling to create a shot.

A small group of players are placed at the edge of the penalty area. The first player in line dribbles through the cones and takes a shot on goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line. Players should aim their shots between the flag and the post.

Coach Vaughn's Comments:

Now we're going to do another shooting drill. This drill is very simple. We're going to take our ball and dribble zig zag through our cones. Take as few touches as possible. It's very important that you take very clean, short steps getting through the cones to prepare the ball to shoot it. Notice that we have the flags in the corners. We always want to emphasize shooting to the corners. We don't need too much power to do this. We just need some accuracy on our shot. Look at the ball while you're striking it. The goal's not going to move, it stays there for the entire game.



Shooting

Control and Shoot



Organizational Set Up

Small group of players.
Goalkeeper.
Large supply of balls.
Penalty area.



Coaching Points:

This practice is designed to improve each players shooting technique with an emphasis on controlling the ball to create a shot.

A small group of players are placed at the edge of the penalty area. The first player in line moves towards the coach. The coach throws up a ball and the player has to control the ball quickly and take a shot at goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line.

Coach Vaughn's Comments:

Okay, let's go to another shooting drill. This one's a little more difficult. Players receive a ball in the air and have to bring it under control and take a shot. Don't let it bounce two or three times. Try to get to the ball before it hits the ground. Prepare the ball in front of you with your trap and take a shot. Don't reach for your shots. Get your body close to the ball and shoot for the corners.



Shooting

Turn and Shoot



Organizational Set Up

Small group of players.
Goalkeeper.
Large supply of balls.
1 Flag pole and 3 cones.
Penalty area.



Coaching Points:

This practice is designed to improve each player's shooting technique with an emphasis on checking to the ball and turning to create a shot.

A small group of players are placed at the edge of the penalty area. The first player in line moves towards the cone placed near the penalty spot. The player checks towards the coach and receives a pass. The player must control the ball, get around the flag pole and take a shot at goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line.

Coach Vaughn's Comments:

Now we're going to add a little more difficulty to our shooting drill. We've set up a little obstacle course. In this one we have a flag positioned near the penalty spot. That flag symbolizes a defender. When you're on the attack, you can't just wait for a ball to come to you. You have to come and meet it. When you come and meet the ball I want you to practice turning very quickly and getting your shot off. Practice the quick turn shot. So when it's your turn, check away, come back in front of the defender, trap using one touch and quickly turn and shoot.



Shooting

Three Shot Drill



Organizational Set Up

- 3 groups of players.
- Goalkeeper.
- Large supply of balls.
- 4 cones.
- Penalty area.



Coaching Points:

This practice is designed to improve each players shooting skills.

A small group of players are placed 10 yards outside the edge of the penalty area. The coach is positioned at the edge of the penalty and two serving groups are positioned each side of the penalty area. The first player in line moves forward and receives a pass from the coach then takes a shot at goal. The player then runs to the second group, receives a pass and shoots at goal. Finally, the player runs to the third group and receives a high lofted throw and heads the ball at goal. The player then rejoins the group at the end of the line. Rotate groups every several minutes to ensure everyone gets an opportunity to practice their shooting skills.

Coach Vaughn's Comments:

Now we're going to do a little bit more difficult shooting drill. We're going to do a rapid succession of three shots at goal. The first line is going to pass the ball to me, I'm going to stop it dead and you come in and strike your ball. As soon as he's striking the ball the second group passes the ball on the ground to him. After he makes that shot he's coming over to the third group for a throw and he's going to head into the goal.



Shooting

Coaching Tip 4



Our goal is to provide you with some basic information to help you succeed in your coaching efforts. Limited time makes it impossible to cover every detail in depth. Let me briefly cover what the positions are on the field. The goalie protects the goal and is the only player who can use his or her hands. Defense plays in front of the goal and they have a tendency to be more physical. Midfielders usually run more than the other positions on the field. They should be more fit and able to control the ball. Offensive players are usually faster for breakaways and have the skill and confidence to put the ball in the net.

Now let me briefly cover two strategies for defense. Man to man coverage is one good way to play defense. Older teams are better able to stay with opposing players. For younger teams a preferred method is the zone approach to the game. This way you can put more skillful players in the middle of the field. If you want more information and are looking to study soccer further, a good place to start is on the internet. You can pick up some great tips and resources. Now we'll briefly cover heading, crossing, corner kicks, indirect kicks and direct kicks.



Goalkeeping

Goalkeeping Technique



Coaching Points:

Now we're going to take a look at some goalkeeping drills. Just some very fundamental things that you need to remember in goalkeeping. First thing is when you're playing goalie, you don't want to be standing inside the goal on the goal line. The goalkeeper should play a few steps out. When you're off your goal line it helps you cut down their angle for one thing and then if the ball happens to get past you, it gives you a little bit of time to get back and cover your mistake.

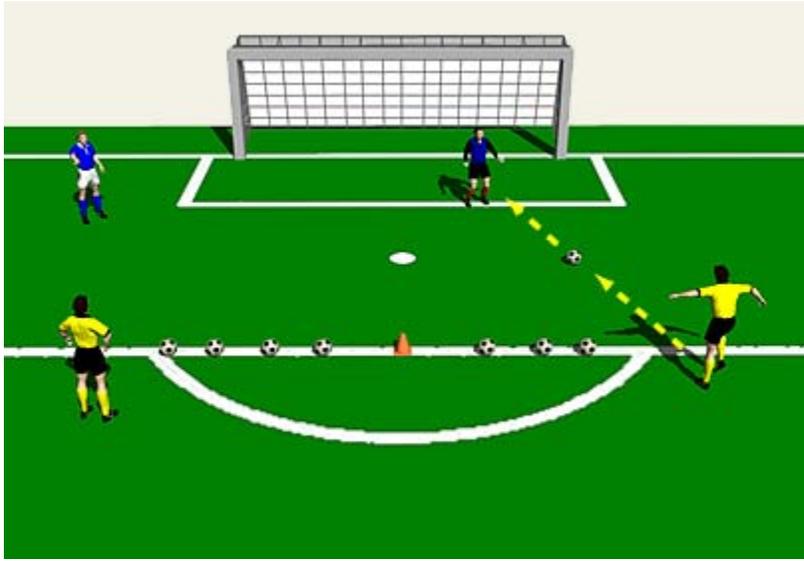
Another important thing is keep all of your weight on your toes. Never stand on your heels in the goal. Never just stand with your hands on your hips in the goal. You're always ready almost like a boxer. It's very important that you learn to move side to side in the goal. The goalkeeper should take small steps and you don't want your feet to cross. When your feet cross you are going to be off balance and you will be unable to get to the play. You should take small, short steps to whatever side the ball is on.

When the goalkeeper is making a save, do not reach out to the side and try to catch the ball. Take a bunch of little steps and get our body behind the ball.



Goalkeeping

Rapid Shooting Drill



Organizational Set Up

2 players shooting.
Goalkeeper.
Large supply of balls.
1 cone.
Penalty area.



Coaching Points:

This practice is designed to improve the goalkeepers shot stopping ability. The emphasis is placed on rapid shots.

Place eight balls at the edge of the penalty area. Two servers alternate shooting on goal. Challenge the goalkeeper with powerful shots, but place an emphasis on accuracy.

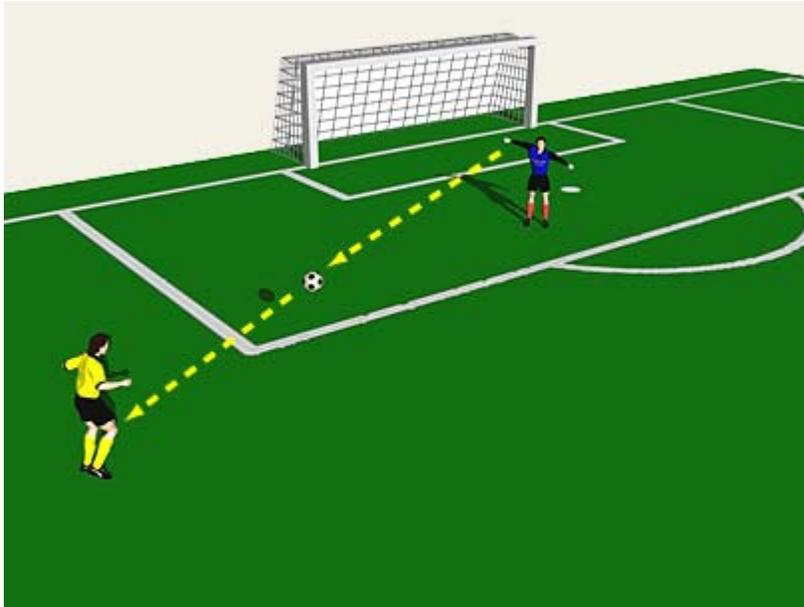
Coach Vaughn's Comments:

Get your whole body behind the shot and move your feet side to side. As soon as the shot's done, hit another shot quickly. Get quickly up on your feet after each shot. Concentrate on good foot work, not letting your feet cross over. Try to hold onto as many balls as you can. If you can catch it, catch it. If you have to deflect it, that's the last resort.



Goalkeeping

Distribution



Coaching Points:

What happens after the goalkeeper receives the ball? They can't just stand there with it, they have to get the ball in play. When a keeper makes a save they have six seconds to distribute the ball out to their players. They do have a few options. The goalkeeper can either throw it to one of their players, roll it in a pass, they can pick it up and punt it. So when the goalkeeper makes a save, as quickly as they can, they should move out to the edge of the penalty box and distribute the ball to their players. They don't want to make a distribution from back inside the goal because that's taking away ten or fifteen yards of the field. The goalkeeper should maximize the field.



Goalkeeping

Closing the Angle



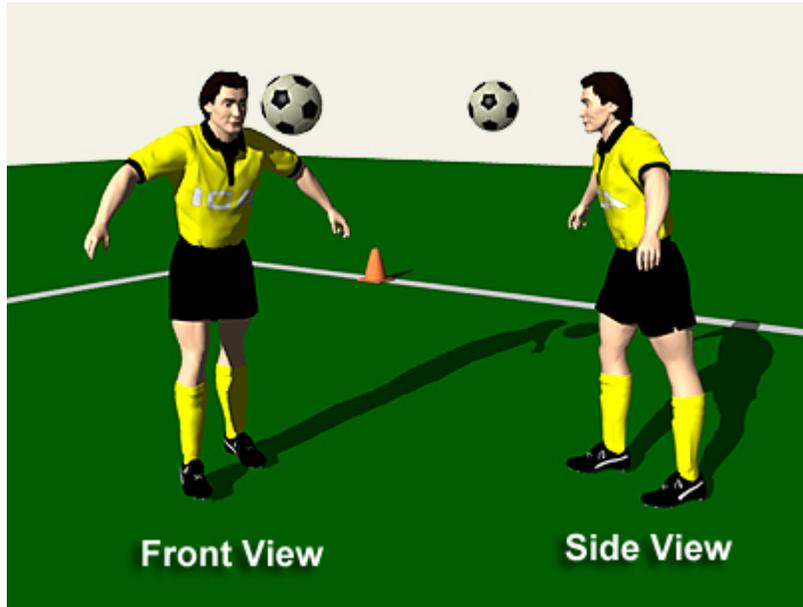
Coaching Points:

Let's talk a little bit about cutting the angle of the shooter. If the goalkeeper stands back on the goal line and let somebody have a shot, that's a lot of goal for they goalkeeper to have to cover. As the shooter gets ready to shoot the keeper should come out and cut down the angle. Very seldom does a ball ever get chipped up and over the goalkeeper's head. It's a low percentage shot. So we're cutting down the angle as the shooter gets ready to shoot. Never stand on your line in goalkeeping. That's only for penalty shots.



Heading

Heading Technique



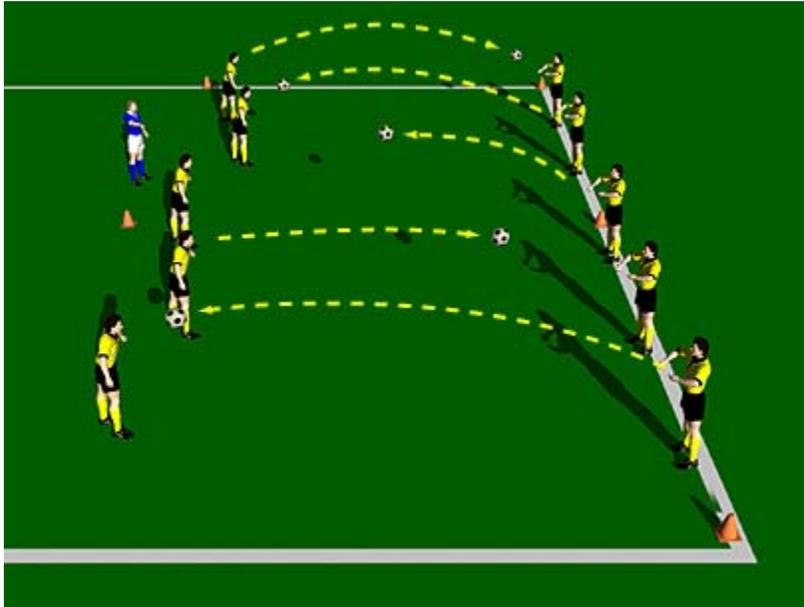
Coaching Points:

Let's practice some heading drills. Before we start, let's go over some heading basics. It's very important that we head with the proper part of the head. You don't ever want to let the ball hit you right on the top in the middle of your head. That will hurt you. You should make contact with the ball between your hair line and our eyebrows. Don't let the ball just come and hit you. You should kick the ball with your head. If you're standing still and you let the ball hit you it's going to hurt. But if you hit the ball instead it's not going to hurt at all and you're going to be able to kick the ball with your head.



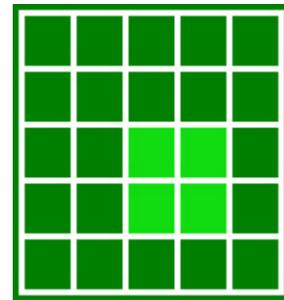
Heading

Head Back Drill



Organizational Set Up

Divide group into pairs.
One ball between two players.
Players approximately 10 yards apart.



Coaching Points:

This practice is designed to introduce the novice player to the correct technique when heading the ball.

Players are divided into pairs and positioned approximately 10 yards apart. One player serves the ball for their partner to head back. The players should alternate serving and receiving the ball.

Players should position their body behind the flight of the ball. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance. Remember to keep the head steady and eyes fixed firmly on the ball. Immediately on impact, the player should swing the upper body forward quickly and make contact on the ball with the center of the forehead. The player should redirect the ball to the player. Do not withdraw on impact, or this will cushion the ball. Do not tilt the head too far back or the ball will skim from the head and possession may be lost. As the player is redirecting the ball, the upper body and head should be moving forward.

Coach Vaughn's Comments:

Now you are going to serve the ball to your partner. When heading the ball, arch your back, snap in to it and aim right for your partner's chest. Hit it right back to him. You need to be able to control the ball and head for accuracy. Kick it with your head.

Progression:

Now instead of standing with your feet planted, learn to go up and meet the ball in the air. When the ball comes to you, jump up, meet it at it's highest point and head it back down to your partner. Arch back, snap forward and kick it with your head. Don't let the ball hit you, you kick the ball with your head.



Crossing

Crossing Technique



Coaching Points:

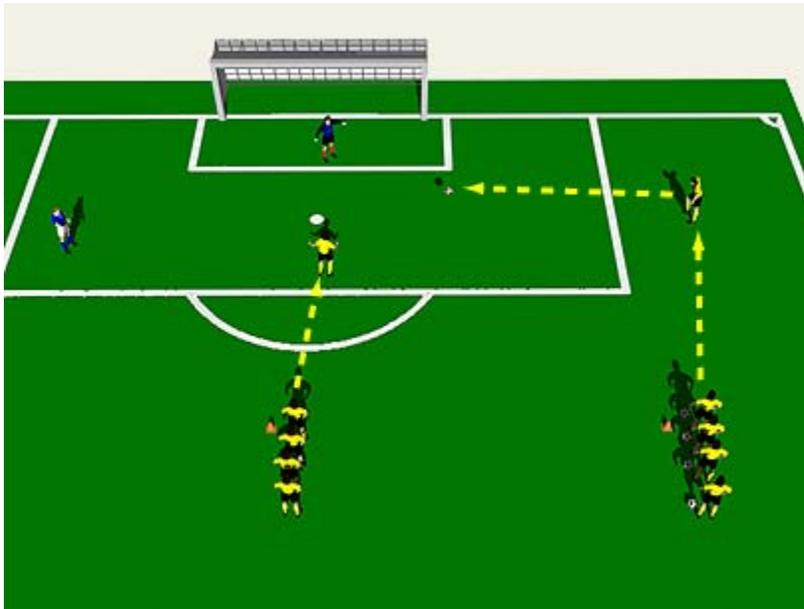
Now we're going to work on crossing. It's very important that players learn how to cross accurately when attacking. We don't want to take the ball all the way down field then give the ball right to the other team. So in this drill we have a lane going down the side. The player is going to dribble the ball down, cross the ball and the target man is going to try to meet him.

There are some essential things that we need to know about crossing. The first thing is not to cross too close to the keeper. You should pull your cross back out a little bit. Don't kick it towards the goal. Cut the ball back away from the goal on your cross. When you're making the cross it's very important that your body is squared up toward the direction that you want to cross. If you don't your ball's going to go too close to the goal or it's going to go out of bounds.



Crossing

Crossing Drill



Organizational Set Up
2 groups of players.
Goalkeeper.
Large supply of balls.
Penalty area.



Coaching Points:

This practice is designed to improve each players crossing ability.

Divide players into two groups. One group is positioned in a lane wide of the penalty area. The second group is lined up 10 yards from the center of the penalty area. The first player in the crossing line dribbles the ball down the lane. At the same time a player from the receiving line makes a run into the penalty area. The wide player must cross the ball for the attacking player to run onto and shoot at goal. After the attack is completed both players rejoin their original lines.

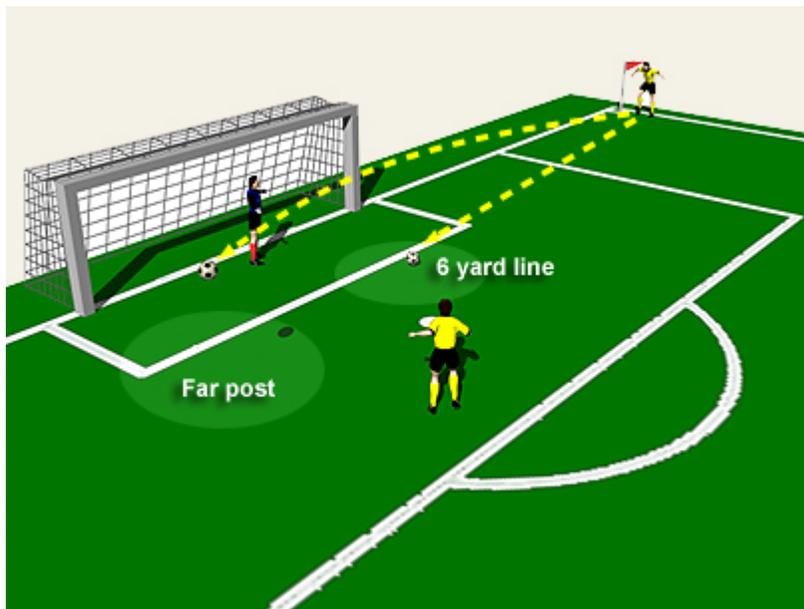
Coach Vaughn's Comments:

Now dribble down the lane and when you get down there play a nice cross to your partner. The attacker should not get in the penalty area too quickly. They should time their run. This is a great opportunity to practice trapping and shooting skills also. Remember square your body up in the direction that you want to cross the ball.



Corner Kicks

Corner Kicks



Coaching Points:

A corner kick happens when a defensive player from the other team kicks the ball over his own end line. The team in possession gets the ball in the corner and a chance to score off a cross. The crosser on the corner kick shouldn't kick the ball too close to the goalie. It makes it too easy for the goalkeeper to get the ball. Players should cross the ball to about the six yard box. The receiving players should not just stand in the six yard box. That's too easy to mark. When the crosser gives the signal the target players should run in and try to meet the ball at the same moment in the six yard box. If you have a really strong crosser you can aim for the far post.



Free Kicks

Free Kicks



Coaching Points:

Another time that the ball is stationary and we have a good opportunity to score is a result of an indirect or direct free kick. That happens when the other team fouls you. Depending on the foul the referee will give you a kick that's either direct, that means you can shoot directly at the goal, or indirect, that means one other player has to touch it before it goes in.

Let's say that we have an indirect free kick from outside of the box. If it had been inside of the penalty box it would be a penalty kick. That's where it's a one on one shot with the keeper from twelve yards out. When we have a free kick the defense is usually going to set up a wall. That means they're going to make four or five players stand in front of the ball in a wall trying to block part of the goal from us. The wall will usually be positioned on the near post and the goalkeeper will try to cover the other side of the goal.



Free Kicks

Coaching Tip 5

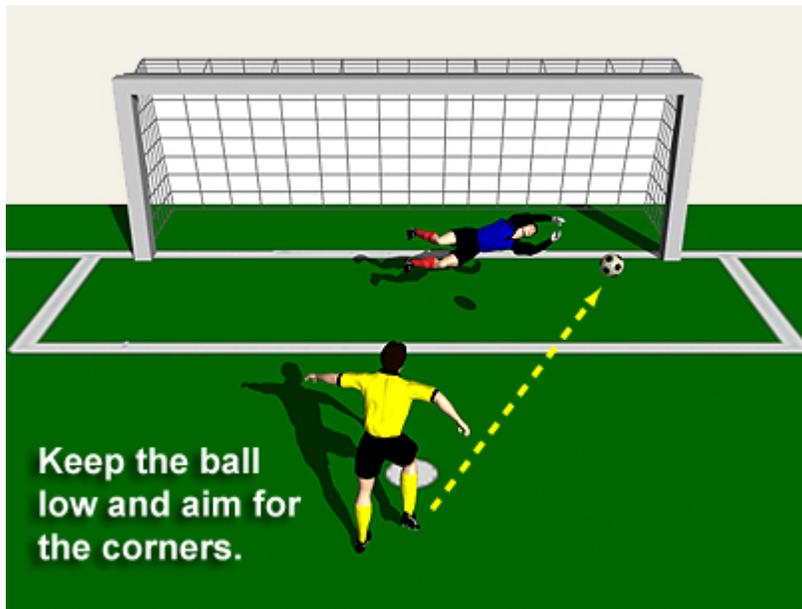


You may or may not have noticed that the kids in the wall duck a little. Well it's tough to stand in there strong, but that's what the wall has to do. If they duck suddenly the goalie will be screened and taken by surprise. It is a good idea to hit some shots at the kids who might be in the wall. This way they know what they can expect in terms of taking a ball in the stomach or feeling the sting of a shot off the thigh. Tell the boys and girls to protect their vulnerable areas of their bodies.



Penalty Kicks

Penalty Kicks



Coaching Points:

A penalty kick is a free kick as a result of a foul that's happened inside of the penalty box. Remember when we're outside of the penalty box it's a direct or an indirect free kick. If a foul has been committed inside the penalty box a penalty kick is awarded and it's one on one with the keeper from twelve yards out.

The goalkeeper has to stay on the line. They can move side to side on the line but they can't come off the line until the ball is touched. The shooter has to wait for the referee to give the signal to kick the ball. A penalty kick is an opportunity you really have to capitalize on. It's not often that you get a penalty kick and this is a time that you really need to score.



Goal Kicks

Goal Kicks



Coaching Points:

Another dead ball situation is a goal kick. A team gets a goal kick when the attacking team kicks the ball over the end line. At that time the goalkeeper or a defender will take the ball and place it on the six yard goal box. It's very important when you're taking a goal kick that you don't kick short passes into the middle of the field. That's a dangerous place to lose the ball and give it to the attacking team.

On the goal kick we usually want to kick the ball up and out to the sides. You'll usually want to have one of your stronger kickers taking this kick. Here a mistake could cost you a goal. The ball should be cleared away from our goal and into the attack right away.



Throw In's

Coaching Tip 6



Now we'll review throw-ins. Most players should be able to throw in because it's important to attack the other team before they're set up defensively. Down the side line to a streaking wing is usually a good option.

Never throw the ball where it could result in a break against your team. One other thing, if you pass the ball back to the goalie, he or she can't control it with their hands unless you throw it to them in a throw-in situation. Then they can use their hands. If you do this, be sure to be safe. A goal against you could result.



Throw In's

Throw In's



Coaching Points:

When the ball goes out of bounds over the end line, it's either a goal kick or a corner kick. If the ball goes over the side line, the last team that touched the ball loses possession. That means the other team is awarded a throw-in.

There are some important things we need to remember about a throw-in. Let's go over some of the basics. First of all your feet cannot be touching the line. They've got to be outside of the line. Both feet have to be on the ground. You can take steps but you have to be touching the ground when the ball is released. The other important thing is both hands need to be on the ball and the ball has to come completely in back of my head. If you lift a foot while throwing it your team loses the throw-in and the other team gets the ball. If you step onto the line or over the line, the same thing, your team loses the ball. To throw it in properly you can stand with both feet together and release it or you can take a few steps as long as both feet are touching the ground.



Defensive Skills

Defending One on One

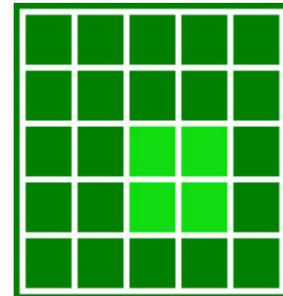


Organizational Set Up

Divide group into pairs.
One ball between two players.

4 cones.

Players approximately 20 yards apart.



Coaching Points:

This practice is designed to improve each player's one on one defending skills.

Two groups are positioned opposite each other approximately 20 yards apart. The player with the ball starts the practice by passing the ball to the first player at the opposite side of the grid.

After passing the ball, the player immediately must defend the player receiving the ball.

The player in possession must reach the opposite end line to score a point. The defender must try to win the ball. The next two players repeat the practice after the attack ends.

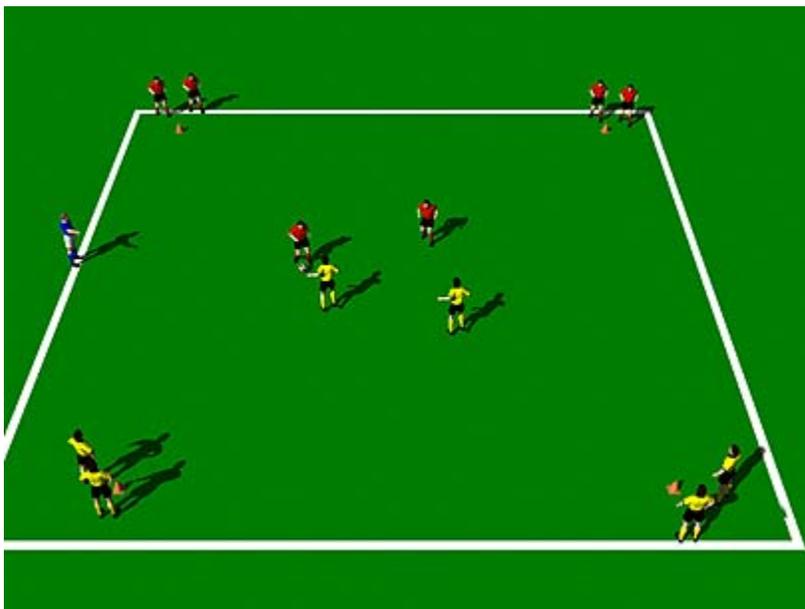
Coach Vaughn's Comments:

Now we're going to work on some defensive skills. It's very important that every member of the team learns how to defend properly. When the other team has the ball every player on your team is a defender. For this drill we have a simple grid set up over by the side line. Your goal is to dribble past this end line and stop the ball. It gives us an opportunity to practice our defending. Now there are some very important things that you need to know. When you're playing defense you never wait for the other team to come to you. As a defender you should close down the space as quickly as possible. The next thing is to position your body in the right way. It's very important that you turn your body sideways in case the player gets past you, in this position you will be ready to go. Close the space as quickly as possible and get in a defensive posture. Don't come up and jump in and swing wildly at the ball. That gives the attacker an excellent opportunity to go around you easily. Close the space, don't jump in, take up your posture and let the attacker make a mistake.



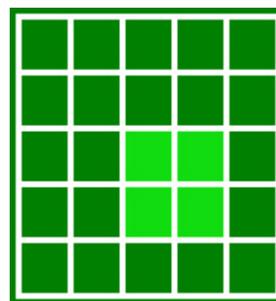
Defensive Skills

Defending Two on Two



Organizational Set Up

Divide group into pairs (2 v 2).
One ball between two players.
4 cones.
Players approximately 20 yards apart.



Coaching Points:

This practice is designed to improve each player's two on two defending skills.

Four groups are positioned at each corner of the grid. The player with the ball starts the practice by passing the ball to a player at the opposite side of the grid. After passing the ball, two players immediately must defend the two attacking players. The players in possession must reach the opposite end line to score a point. The defenders must try to win the ball. The next four players repeat the practice after the attack ends.

Coach Vaughn's Comments:

Now let's talk about the second defender. Now we have two offensive players trying to get the ball past two defenders. We want the first defender, that's the defender who's the first one up to where the ball is, to do exactly what we did in the last drill. But now the second defender has more responsibility. The first responsibility is to come in and back up your first defender in case they get beat. At the same time you're doing that, you have to mark the second attacker. You want to keep them in your sight. You don't want to get too close to them so they can go around your back. Keep the attacker in front of you while at the same time giving support to your first defender.

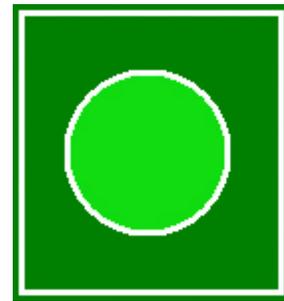


Defensive Skills

Man on Man Marking



Organizational Set Up
3 pairs of players.
One ball per pair.
Use center circle as a boundary.



Coaching Points:

This is a great exercise designed to improve each player's defensive skills. An emphasis is placed on each player's man-on-man marking responsibilities.

Players are divided into pairs and positioned inside the center circle. Each pair has a ball. The first partner has to try and dribble and get away from their partner without leaving the circle. The other partner has to try and always stay within arms length of the dribbling player. Alternate roles every few minutes to allow all players the opportunity to practice defending.

Coach Vaughn's Comments:

We've talked about first defender and second defender. There are some other aspects of defending that we need to learn. Remember, when the other team has the ball, everyone on your team is a defender. Now let's talk about man-on-man marking. Sometimes you have to mark the man with the ball. Sometimes you have to mark the man without the ball. On this drill we're going to practice staying with the man who has the ball. We've got three groups of two in our circle. You're not allowed to go outside the circle. The first partner has the ball. The second partner has to try and keep your hand on his back. In a game it's important that we remember don't put our hands on the other players. But for this drill only I want you to keep your hand on his back.

The first partner has to try and dribble and get away without going out of this circle. It's the other partner's responsibility to stay with them wherever they go, staying as close as you can. The first partner should try and get as far away from your partner as you can. This is also really good for fitness. Work as hard as you can until the drill is over. Anywhere your partner goes, you go with them.

When you get to the higher levels of soccer you'll find that every man on the field has a marking responsibility. Everybody's assigned another player from the other team. It's important that you learn how to mark that man. Whether they have the ball or even if they don't have the ball, you need to learn to stay with your man and cover them.

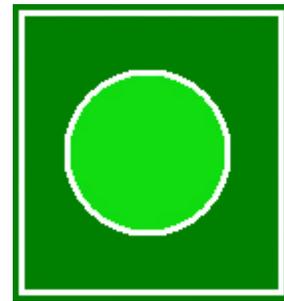


Possession

Possession 4 versus 1



Organizational Set Up
5 players.
One ball per pair.
Use center circle as a boundary.



Coaching Points:

This practice is designed to improve the technical ability passing. An emphasis on “disguise, pace, accuracy and timing”.

Five players are positioned within the center circle. The four players must try and keep possession from the defender. The four players in possession may move anywhere within the circle. The defender's goal is to dispossess the players in possession. The supporting players must always work to offer the deepest and widest possible angles for the player in possession.

Coach Vaughn's Comments:

There's another aspect of soccer that's called possession. Possession is when your team can hold onto the ball and make passes to each other without letting the other team touch it. To practice this very important skill we're going to play four against one in this tight area. We're going to see how many passes we can make one after another without losing the ball. But there's a trick to this. We're going to do what we call a two touch. You can only touch the ball twice. One to trap it and one to pass it. Offensive players are not allowed to go out of the circle. See how many passes you can get in a row without letting the defender touch the ball.



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Summary

Summary



It's worth mentioning again; when the other team has the ball everyone is a defender. It's important for the offensive players to come back and play defense from time to time and also provide an outlet pass once the midfielder or defense gets the ball back. You should always emphasize that the team should move up and down the field as a unit with no gaps in the middle of the field. The team that functions as a unit and controls the ball usually wins the game.

Well I hope we've met our goal and you're able to take something away from this clinic that will help you succeed as a youth soccer coach. Soccer is an awesome game. It's fun to play. It's fun to coach. So enjoy it.