



MOOSE JAW SOCCER ASSOCIATION

**2014 OUTDOOR RECREATIONAL
PROGRAM CURRICULUM**

U10/12 AGE DIVISION



MOOSE JAW SOCCER ASSOCIATION INC.

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April 23rd, 2014

Dear Coach,

Thank you for agreeing to Coach in the Moose Jaw Soccer Association's (MJSA's) recreational programming division. I am very pleased that you are able to join our very much appreciate group of volunteers that continue to help make the association and its programs a success. Your interest and time commitment will continue to help us grow this wonderful game within Moose Jaw. Our goal for the recreational program is to promote fundamental skill development and introduce the basic elements of the game to all. Our hopes are to establish a well rooted foundation that will help and assist these players in future recreational and competitive opportunities they may wish to pursue. Paramount to all of that is our desire to instill a passion in these players for the game of soccer and to make sure THEY HAVE FUN DOING SO!

To aid with your volunteerism and minimize the potential stress and burden of coaching, the MJSA provides an encompassing training curriculum for all of our recreational youth programs. We encourage this curriculum to be followed to ensure consistency amongst our volunteer coaches on what is being delivered to the players. **Please note that the curriculum is for sole exclusive use of the MJSA. Further distribution is strictly prohibited without the written consent of the MJSA.** We are continually looking to improve our curriculum so please ensure to provide feedback anytime during or after the season on it.

Enclosed with this letter are the following:

- Canadian Soccer Association's Long Term Player Development Plan (LTPD).
 - The Learning to Train component applies for the U10/U12 age category and the MJSA fully supports this model for its' recreational and competitive programming.
- 2014 Outdoor Season U10/12 Recreational Program Schedule and Field Location Information
 - Please note potential for schedule changes due to unforeseen circumstances.
- Coaching Resource Materials
 - General Glossary of Commonly Used Soccer Terms/Jargon, Definitions Associated with the Field ("Pitch"), Description of Common Soccer Positions and General Glossary of Terms used with Respect to Rules/Laws of the Game, general game rules for the U10/12 Program, and Byte Size Coaching General and Access Information.
- A 9 week curriculum specific to the U10/12 age group.
 - Each session consists of 1 hour and 45 minutes and there are two sessions per week (18 sessions in total).
 - Each session will commence at approximately 6:15 pm. As shown in the curriculum, each session will consist of 1 hour of training (warmup, game and activity) followed by a 45 minute game.
 - A 5 minute water break/transition will then occur. Players are to return to their teams and team coaches are to prepare for the next item.
 - Teams will be grouped together in pairs for each session. The team coaches are encouraged to lead the teams together through the training material (especially when one team is short players). As well team coaches are encouraged to share players when teams are low. The emphasis of this recreational program is fun and player development. Official standings will be kept for informational purposes only. There will be no playoffs for this age group, rather a mini tournament during the season (2 rounds of aggregate scoring with finals the last day of the season).
 - The Learning Facilitators (LF) for this age group are Jean Yves Savoie for the boys side and Stephanie Murphy for the girls side. Both are experienced and certificated coaches whom have volunteered to help out these programs. The LFs will make best efforts to attend as many of the sessions as possible so they can provide on pitch technical support to the coaches and players.

I thank you for your commitment and I look forward to your participation in this and future programs. If you have any questions or concerns at any time, please feel free to contact myself at raman@moosejawsoccer.ca, or speak to the LF on the pitch at any time. We are here to help and support you as much as possible! Thank you again for your help and we look forward to seeing you on the pitch!

Sincerely,

Raman Mall, P. Eng.

Chair – Moose Jaw Board of Directors and MJSA Technical Committee Lead



CANADIAN SOCCER
ASSOCIATIONS'S LONG
TERM PLAYER
DEVELOPMENT PLAN
(LTPD)



Wellness to World Cup

Presented by BMO

Long-Term Player Development

As coaches, teachers, administrators and parents, we need to look at the big picture for Canadian soccer. We want to develop “star” players who can play on the big stage, but we also want to encourage recreational players who can benefit from the health aspects of soccer and give back to the game for years to come as coaches, officials, and administrators.

Long-Term Player Development (LTPD) is the Canadian Soccer Association’s pathway to success on both fronts. LTPD is a player-centred approach that provides guidelines for correct training, competition, and recovery based on scientific principles of human development and athlete training, combined with the knowledge of expert coaches.

Player-centred means we respect the developmental needs of our players first and foremost. We ensure that our young players have fun while they learn so they want to continue playing. It also means we provide challenging opportunities for special talents so they can develop their abilities and pursue excellence. All of these needs are addressed in the seven stages of LTPD.

To learn more about Wellness to World Cup presented by BMO visit: www.CanadaSoccer.com. To learn more about LTAD visit: www.canadiansportforlife.ca.



STAGE 1: ACTIVE START

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. Informal games can be set up at the end of practices or as part of a jamboree mixing exercising and games. Play equal time and try all team positions, including goalkeeper, and equal time should be allotted to practices and games.



U4-U6 Female and Male

GOAL: Encourage child activity and develop basic motor skills.

TECHNICAL: Introduce individual skills. Dribbling with all parts of the foot, combined with simple techniques for changing direction (turns, drag backs). Basic shooting where players experience success and the thrill of a goal!

TACTICAL: No tactical instructions. Emphasis on the individual.

PHYSICAL: Provide a fun setting and simple mode of play that develops basic movement skills in running, jumping, kicking, throwing and catching.

MENTAL: Fun and passion for play. Experience success and build confidence by receiving positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities.

PERSONAL: Positive attitude and self-esteem.

GOALKEEPING: No goalkeepers at this age. All players should learn the basic techniques of ball handling at different heights (not high balls) and throwing with one and two hands on the ground and in the air. Footwork is introduced including side-skip to get in line with the ball. Introduce diving from a kneeling position.

STAGE 2: FUNDAMENTALS

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. Mini game formats are used, ranging from 3v3 to 5v5, and a basic league schedule can be created but no standings should be kept. All players should play equal time and try all team positions, including goalkeeper, and equal time should be allotted to practices and games.



U6-U8 Female/U6-U9 Male

GOAL: Technique development through fun. Emphasize skills and ABCs, not tactics.

TECHNICAL: Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep, and introduce “crossing” and shooting while dribbling.

TACTICAL: Basic game concepts and rules. Introduction to team cooperation through small-sided games, but emphasis is still primarily on the individual. Finding space is important.

PHYSICAL: Develop the ABCs of movement: agility, balance, coordination and speed. Speed training should focus on quickness and agility. Continue general development of running, jumping, kicking, throwing and catching. Develop flexibility and suppleness.

MENTAL: Basic game awareness and situations/formats to develop decision making. Experience success and receive positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities.

PERSONAL: Positive attitude and self-esteem. Fair play and ethics. Promote group interaction skills.

GOALKEEPING: All players take turns in goal. Continue development of ball handling at all heights and above balls (simple service/no opposition). Introduce simple communication (“Keeper!” “Away!”). Continue with basic diving technique from a “Gorilla” stance. Develop correct body shape. Introduce the concept of the keeper as the rear defender (Sweeper/Keeper).

STAGE 3: LEARNING TO TRAIN

This stage introduces players to disciplined training and begins to develop their understanding of principles of play alongside their skills practice. Repetitions are important to develop technical proficiency, but creating a fun and challenging environment is still paramount to stimulate learning and promote a love of the game. Game formats can range from 6v6 to 8v8 as players advance through this stage, and again a simple league schedule can be created, but no standings should be kept – the emphasis is still FUN. All players play equal time and try all team positions, including goalkeeping, and the training to competition ratio should be 2 to 3 training sessions for every game.



U8-U11 Female/U9-U12 Male

GOAL: Focus on technique and skill development and introduce tactics. Fun is still paramount.

TECHNICAL: Golden age of skills learning. Teach more advanced skills and movements. Practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Heading may be introduced towards the end of this stage.

TACTICAL: Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combinations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins).

PHYSICAL: Continue to develop ABCs. Maintain flexibility and suppleness. Introduce warm-up. Continue to develop quickness and agility.

MENTAL: Introduce basic mental preparation with goal-setting, determination and concentration. Experience success and receive positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities. Identify complementary sports.

PERSONAL: Fair play and ethics. Accept training structure and discipline. Promote group interaction skills. Internal motivation.

GOALKEEPING: Players still take turns in goal. Resist temptation to limit goalkeeping to a few. Continue developing ball handling, ball rolling and over-arm throws, footwork, goal kicks, drop kicks, moving back passes and punts. Introduce side-arm and javelin throw, deflecting. Introduce variety of new dives. Introduce catching and deflecting crosses from a simple thrown service.

STAGE 4: TRAINING TO TRAIN

At this stage, skill training demands and training loads are increased to develop and refine skills and tactics. Tactical awareness becomes an increasingly important facet of training, alongside mental toughness, concentration, and diligence. Elite soccer groups may express interest in recruiting talented young players, but coaches and parents should be careful to recognize and protect the long-term interests of each athlete. Game formats develop from 8v8 to 11v11 (although no 11v11 prior to 13 years of age) as players grow through this stage, and the season moves toward year-round play that includes appropriate rest and recovery periods.



U11-U15 Female/U12-U16 Male

GOAL: Increase training loads and soccer-specific skills and tactics. Begin to identify elite players.

TECHNICAL: Develop consistency in base skills. Continue to introduce advanced skills. Develop position-specific skills. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.

TACTICAL: Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield and forward units’ tasks.

PHYSICAL: Regular musculoskeletal assessment to detect onset of PHV and monitor afterwards. Aerobic training after onset of PHV. Girls strength training at onset of menarche after PHV. Boys strength training 12-18 months after PHV. Emphasize flexibility during PHV. Soccer-specific conditioning - stamina, speed, strength, suppleness.

MENTAL: Introduce advanced skills: Self-talk, imagery, profiling and thought-stopping. Introduce training and competition diaries. Relaxation and anxiety control techniques.

LIFESTYLE: Understand nutrition for health and optimized performance. Manage rest and recovery and time management.

PERSONAL: Responsibility and self discipline. Positive communication and teamwork. Issues of peer groups, alcohol, drugs, school, family.

GOALKEEPING: Specialization phase, but should still play field. Refine ball handling at all heights plus shots and with crosses. Catch? Deflect? Top hand situations. Develop two-handed/one-handed punching of crossed balls. Refine throwing and diving techniques, footwork, goal kicks and punts. Develop drop kicks and moving back passes. Introduce side winder, fly kick and tackling.

STAGE 5: TRAINING TO COMPETE

Players who are proficient in their soccer skills now train to refine their maturity in game play, so they can excel under the pressure of regional and international competition. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to the limit. Soccer is their primary sport, and they should play regularly in highly competitive matches at the select, semi-professional, professional and international level. The season is built on year-round play, though there must be a proper environment with appropriate ratio of training, competition, and rest throughout year.



U15-U19 Female/U16-U20 Male

GOAL: Develop players for elite competition.

TECHNICAL: Consistency and proficiency in core skills. Continue to develop advanced skills. Individual skills emerge as ‘personal style’. Skills training happens at high intensity under competitive conditions.

TACTICAL: Advanced team systems and strategies. Linkage between players and team units. Effective use of set pieces. Awareness of opponents’ tactics, strengths and weaknesses. Ability to adapt to opponents and tactical changes. Refinement and enhancement of attacking and defending principles.

PHYSICAL: Conditioning specific to positions, individuals, and soccer skills. Further develop flexibility, agility, aerobic and anaerobic endurance, core strength and stability. Prevention and care of injuries. Tapering and peaking for optimal performances. Individualization of physical training. Testing is crucial to monitor progress.

MENTAL: Pre-competition self-talk, imagery, thought-stopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.

LIFESTYLE: Advanced diet, nutrition and hydration. Understand periodized training plans. Balancing training and lifestyle needs.

PERSONAL: Responsibility and self discipline. Planning for career/sport options. Scholarships and compensation schemes. Integration of soccer, career and life goals.

GOALKEEPING: Most players including keepers now in specialized positions. Continue refining and perfecting all techniques, including ball handling, diving, footwork, deflecting and punching, diving, and kicking. Greater emphasis on the leadership role regarding communication/positioning/ directing players, particularly defenders, in tactical requirements.

STAGE 6: TRAINING TO WIN

Players are training and competing at the highest level of national and international competition, from professional league play to international tournaments. The majority, if not all, of the player’s physical, technical, tactical, and psychological qualities are now fully established. The focus of training shifts to optimization of performance, and players should compete regularly in high-pressure games to develop consistency. The season is built on year-round play, though there must be an appropriate ratio of training, competition, and rest throughout year.



U18+ Female/U19+ Male

GOAL: Maximizing all player capacities - skills, tactics, mentality, physical attributes.

TECHNICAL: Complete refinement of soccer-specific skills to ensure automatic performance under pressure. Training skills to prepare for competition are second nature.

TACTICAL: High confidence and competency in decision making, leadership and game analysis. Ability to adjust game plan and adapt playing strategies to suit changing game conditions. Clear understanding of team shape and player roles within system. Importance and organization of set pieces for attack/defence. Game management skills (ie. field conditions, time of game, score in game etc.)

PHYSICAL: Maximization of physical capacities for optimal performance. Individual fitness programs for maintenance and improvement. Training, rest and recovery are closely monitored. Periodization is essential.

MENTAL: Pre-practice and pre-competition routines are automatic. Firm confidence in independent decision making. Increased sense of responsibility, accountability, discipline and leadership. Competitive mentality and will to win.

LIFESTYLE: Diet, nutrition and hydration plans/ methods are fully understood. Self-monitoring is firmly established. Balance between training, competition and life outside of sport is well managed.

PERSONAL: Full integration of soccer, career and life goals.

GOALKEEPING: Goalkeepers are entirely specialists. Most skills are in a maintenance or remedial mode and “perfecting” mode. The leadership/tactical role of the Sweeper/Keeper is paramount. The interaction between GKs and field players is critical to the success of the team. These should be steadily tested/refined in training and game situations with the highest level of competition and pressure.

STAGE 7: ACTIVE FOR LIFE

At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness. They might be youth players who decide not to pursue high performance, or they might be top players from senior clubs, colleges, universities, and semi-professional teams who enjoy competition but do not intend to play at the international level. They might also be complete newcomers to the game who discover an interest in soccer in late adolescence or adult life. The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.



Any age Female and Male

GOAL: Foster lifelong activity, while also encouraging players to pursue roles in coaching, officiating, and administration.

TECHNICAL: Maintain existing skills and learn new skills as desired.

TACTICAL: Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level.

PHYSICAL: Follow age-appropriate guidelines for endurance, strength and flexibility to maintain active lifestyle.

MENTAL: Focus on having fun, in addition to stress release and fitness discipline.

LIFESTYLE: Soccer activity is part of a larger orientation toward wellness and community involvement.

PERSONAL: Social activity and contact. Giving back to the soccer community through supporting roles -



2014 OUTDOOR SEASON
U10/12 RECREATIONAL
PROGRAM SCHEDULE AND
FIELD LOCATION
INFORMATION

SCHEDULE

Boys U10/12								
Week #	Session #	Day	Date	Start Time	End Time	Visitor Team	Home Team	Field
1	1	Monday	4/28/14	6:15 PM	8:00 PM	Celtics	Galaxy	Kinsmen 2
1	1	Monday	4/28/14	6:15 PM	8:00 PM	Inferno	United	Kinsmen 3
1	2	Wednesday	4/30/14	6:15 PM	8:00 PM	United	Celtics	Kinsmen 2
1	2	Wednesday	4/30/14	6:15 PM	8:00 PM	Inferno	Galaxy	Kinsmen 3
2	3	Monday	5/05/14	6:15 PM	8:00 PM	Celtics	Inferno	Kinsmen 2
2	3	Monday	5/05/14	6:15 PM	8:00 PM	United	Galaxy	Kinsmen 3
2	4	Wednesday	5/07/14	6:15 PM	8:00 PM	Galaxy	United	Kinsmen 2
2	4	Wednesday	5/07/14	6:15 PM	8:00 PM	Inferno	Celtics	Kinsmen 3
3	5	Monday	5/12/14	6:15 PM	8:00 PM	United	Inferno	Kinsmen 2
3	5	Monday	5/12/14	6:15 PM	8:00 PM	Galaxy	Celtics	Kinsmen 3
3	6	Wednesday	5/14/14	6:15 PM	8:00 PM	Galaxy	Inferno	Kinsmen 2
3	6	Wednesday	5/14/14	6:15 PM	8:00 PM	Celtics	United	Kinsmen 3
4	7	Monday	5/19/14	6:15 PM	8:00 PM	League Tourney Games Round 1		
4	7	Monday	5/19/14	6:15 PM	8:00 PM			
4	8	Wednesday	5/21/14	6:15 PM	8:00 PM	Celtics	Inferno	Kinsmen 2
4	8	Wednesday	5/21/14	6:15 PM	8:00 PM	United	Galaxy	Kinsmen 3
5	9	Monday	5/26/14	6:15 PM	8:00 PM	Inferno	United	Kinsmen 2
5	9	Monday	5/26/14	6:15 PM	8:00 PM	Celtics	Galaxy	Kinsmen 3
5	10	Wednesday	5/28/14	6:15 PM	8:00 PM	Galaxy	Celtics	Kinsmen 2
5	10	Wednesday	5/28/14	6:15 PM	8:00 PM	United	Inferno	Kinsmen 3
6	11	Monday	6/02/14	6:15 PM	8:00 PM	Galaxy	Inferno	Kinsmen 2
6	11	Monday	6/02/14	6:15 PM	8:00 PM	Celtics	United	Kinsmen 3
6	12	Wednesday	6/04/14	6:15 PM	8:00 PM	Galaxy	United	Kinsmen 2
6	12	Wednesday	6/04/14	6:15 PM	8:00 PM	Inferno	Celtics	Kinsmen 3
7	13	Monday	6/09/14	6:15 PM	8:00 PM	League Tourney Games Round 2		
7	13	Monday	6/09/14	6:15 PM	8:00 PM			
7	14	Wednesday	6/11/14	6:15 PM	8:00 PM	Celtics	Galaxy	Kinsmen 2
7	14	Wednesday	6/11/14	6:15 PM	8:00 PM	Inferno	United	Kinsmen 3
8	15	Monday	6/16/14	6:15 PM	8:00 PM	United	Celtics	Kinsmen 2
8	15	Monday	6/16/14	6:15 PM	8:00 PM	Inferno	Galaxy	Kinsmen 3
8	16	Wednesday	6/18/14	6:15 PM	8:00 PM	Galaxy	Inferno	Kinsmen 2
8	16	Wednesday	6/18/14	6:15 PM	8:00 PM	Celtics	United	Kinsmen 3
9	17	Monday	6/23/14	6:15 PM	8:00 PM	Inferno	Celtics	Kinsmen 2
9	17	Monday	6/23/14	6:15 PM	8:00 PM	Galaxy	United	Kinsmen 3
9	18	Wednesday	6/25/14	6:15 PM	8:00 PM	League Tourney Games Finals		
9	18	Wednesday	6/25/14	6:15 PM	8:00 PM			

Girls U10/12								
Week #	Session #	Day	Date	Start Time	End Time	Visitor Team	Home Team	Field
1	1	Tuesday	4/29/14	6:15 PM	8:00 PM	Ajax	Celtics	Kinsmen 2
1	1	Tuesday	4/29/14	6:15 PM	8:00 PM	United	Rangers	Kinsmen 3
1	2	Thursday	5/01/14	6:15 PM	8:00 PM	Celtics	Ajax	Kinsmen 3
1	2	Thursday	5/01/14	6:15 PM	8:00 PM	Rangers	United	Kinsmen 2
2	3	Tuesday	5/06/14	6:15 PM	8:00 PM	Rangers	Celtics	Kinsmen 3
2	3	Tuesday	5/06/14	6:15 PM	8:00 PM	United	Ajax	Kinsmen 2
2	4	Thursday	5/08/14	6:15 PM	8:00 PM	Ajax	Rangers	Kinsmen 2
2	4	Thursday	5/08/14	6:15 PM	8:00 PM	United	Celtics	Kinsmen 3
3	5	Tuesday	5/13/14	6:15 PM	8:00 PM	Celtics	United	Kinsmen 2
3	5	Tuesday	5/13/14	6:15 PM	8:00 PM	Rangers	Ajax	Kinsmen 3
3	6	Thursday	5/15/14	6:15 PM	8:00 PM	United	Rangers	Kinsmen 2
3	6	Thursday	5/15/14	6:15 PM	8:00 PM	Celtics	Ajax	Kinsmen 3
4	7	Tuesday	5/20/14	6:15 PM	8:00 PM	Ajax	United	Kinsmen 2
4	7	Tuesday	5/20/14	6:15 PM	8:00 PM	Celtics	Rangers	Kinsmen 3
4	8	Thursday	5/22/14	6:15 PM	8:00 PM	League Tourney Games Round 1		
4	8	Thursday	5/22/14	6:15 PM	8:00 PM			
5	9	Tuesday	5/27/14	6:15 PM	8:00 PM	Ajax	Rangers	Kinsmen 3
5	9	Tuesday	5/27/14	6:15 PM	8:00 PM	United	Celtics	Kinsmen 2
5	10	Thursday	5/29/14	6:15 PM	8:00 PM	Rangers	United	Kinsmen 2
5	10	Thursday	5/29/14	6:15 PM	8:00 PM	Ajax	Celtics	Kinsmen 3
6	11	Tuesday	6/03/14	6:15 PM	8:00 PM	Celtics	Ajax	Kinsmen 2
6	11	Tuesday	6/03/14	6:15 PM	8:00 PM	United	Rangers	Kinsmen 3
6	12	Thursday	6/05/14	6:15 PM	8:00 PM	League Tourney Games Round 2		
6	12	Thursday	6/05/14	6:15 PM	8:00 PM			
7	13	Tuesday	6/10/14	6:15 PM	8:00 PM	Rangers	Ajax	Kinsmen 2
7	13	Tuesday	6/10/14	6:15 PM	8:00 PM	United	Celtics	Kinsmen 3
7	14	Thursday	6/12/14	6:15 PM	8:00 PM	Celtics	United	Kinsmen 2
7	14	Thursday	6/12/14	6:15 PM	8:00 PM	Rangers	Ajax	Kinsmen 3
8	15	Tuesday	6/17/14	6:15 PM	8:00 PM	Ajax	Rangers	Kinsmen 3
8	15	Tuesday	6/17/14	6:15 PM	8:00 PM	United	Celtics	Kinsmen 2
8	16	Thursday	6/19/14	6:15 PM	8:00 PM	Ajax	Celtics	Kinsmen 2
8	16	Thursday	6/19/14	6:15 PM	8:00 PM	United	Rangers	Kinsmen 3
9	17	Tuesday	6/24/14	6:15 PM	8:00 PM	League Tourney Games Finals		
9	17	Tuesday	6/24/14	6:15 PM	8:00 PM			
9	18	Thursday	6/26/14	6:15 PM	8:00 PM	Rangers	Celtics	Kinsmen 3
9	18	Thursday	6/26/14	6:15 PM	8:00 PM	United	Ajax	Kinsmen 2

Notes:

- Potential schedule changes (due to bad weather, etc.) will be posted on our new official website (www.mjasa.ca). Please refer to our website often throughout the season for the most up to date information on this and many other new items.
- At the discretion of (as applicable) the referees, Learning Facilitators, and coaches, sessions may be halted due to hazardous conditions. The MJSA will make best efforts to reschedule missed sessions.
- For the start of all sessions, all teams will start at their designated portions of the field. As we progress through the season, coaches/teams are encouraged to interact with all other teams and attempt coordinate games with different teams if possible/desired.

Kinsmen Fields (855 Macdonald St W.)





COACHING RESOURCE MATERIAL

GENERAL GLOSSARY OF COMMONLY USED SOCCER TERMS/JARGON

Against the run of play: When one team scores after launching a counterattack soon after it regains possession of the ball, that team is said to have scored "against the run of play."

Attacking third: The third of the field where one team is trying to score on the opposing team's goal.

Bicycle kick: A shot on goal taken by a player who has his back to the net and kicks the ball while both of his feet are in the air.

Booking: A term used to indicate when the referee has cautioned a player with a yellow or red card. A player is said to have been "booked." Also known as a caution.

Caught in possession: A player who doesn't move forward with the ball or passes to a teammate after receiving the ball, and who is then tackled by an opponent is said to have been "caught in possession."

Caught square: When a through ball has beaten two or more opposing defenders because they were positioned square to one another (in a straight line across the field parallel to the goal-line) they are said to have been "caught square."

Chip pass: A pass lofted into the air from one player to a teammate. Used primarily to elude a defender by kicking the ball over his head.

Chip shot: A shot towards the net that is lofted into the air in an attempt to sail the ball over the goalkeeper's head and under the crossbar and into the goal.

Close down: A defensive technique whereby a defender gets as close as possible to an attacker carrying the ball without letting him get by.

Compress the field: When defenders push out toward someone who is dribbling the ball, thereby reducing the area in which that player can move without being in an offside position.

Counter-attack: An attack launched by a defending team immediately after it regains possession of the ball. A counterattack in soccer is equivalent to a fast break in basketball.

Cross: A pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field.

Dead ball situation: Any restart of the game, following a stoppage by the referee, when the ball is put back into play by the attacking team. (i.e.: a direct or indirect free kick or a corner kick).

Direct play: A tactical style of play in which a team tries to move the ball forward into its opponent's half of the field as soon as possible after regaining possession.

Dissent: When a player expresses disagreement by word or action with any decision of the referee. A yellow card is usually handed out as punishment for dissent.

Dribble: The act of controlling the ball with the feet while moving on the field of play.

Dummy: A player pretending to be about to receive the ball, but instead allowing the ball to travel past him and to the feet of a teammate in order to trick opposing players.

Formation: The arrangement of players into positions on the field. A 4-4-2 formation consists of four defenders, four midfielders and two forwards.

50/50 ball: A loose ball contested by a player from each team, usually after an errant pass or a goal kick.

Half volley: Taking a shot on net just as the ball bounces off the ground.

Header: Use of the head to pass or control the ball, or to take a shot on net.

Man-to-man: A type of defensive scheme where each defender is assigned to mark a specific player from the opposing team.

Marking: Guarding and defending a player to prevent him from advancing the ball towards the net, making a pass or getting the ball from a teammate.

Midfield: The area of the field near the center line; the area patrolled by the midfielders.

Narrowing the angle: A goalkeeping technique used to reduce the area of the goal that an attacker could shoot. This lowers the odds that the attacker will score.

Nil: British term meaning the score for one side is zero. A score of 1-0 is one-nil in English soccer parlance.

Nutmeg: When a player kicks the ball through the legs of a defender instead of carrying it around him, the defender is said to have been "nutmegged."

Obstruction: A defending player using his body to prevent an offensive player from playing the ball.

Offside trap: The act of the defenders moving forward together in order to place an opponent in an offside position, thereby creating an offside infraction.

Overlap: A tactic where a player moves past a teammate who has the ball down the sideline in order to put himself in a better position to receive a pass.

Own-goal: A player accidentally putting the ball in his own net, thus scoring a goal for the opposing team.

Pitch: British term for a soccer field.

Possession play: A tactical style of play in which a team tries to maintain possession of the ball while moving towards the opponent's goal, with the underlying objective to create a scoring chance.

Professional foul: A foul committed intentionally on an attacker just outside the defender's penalty area. Used to prevent a scoring opportunity without incurring a penalty shot.

Set play: A planned strategy that a team employs when a game is restarted with a free kick. Also known as a set piece.

Tackling: The act of taking the ball away from an opposing player by kicking or stopping it with one's feet.

Through ball: A pass played into the space behind the defenders for a teammate to run on to.

Tracking: Moving and staying with an opponent who has made a run to another part of the field.

Trap: When a player uses his body to slow down and control a moving ball, most often using the chest, thighs or feet.

Volley: Any ball kicked by a player when it is in the air.

Wall: A line of defending players pressed together shoulder-to-shoulder to protect their goal against a free kick. The wall makes it more difficult for the opposing player to score by reducing the amount of open goal area to shoot at.

DEFINITIONS ASSOCIATED WITH THE FIELD (“PITCH”)

Goal area: The rectangular area (20 yards wide by 6 yards deep) in front of each goal from which all goal kicks are taken.

Goal-line: The field boundary running along its width at each end. Also called the end-line.

Halfway line: The middle line that divides the field into two equal halves. Also known as the center line.

Penalty area: A rectangular area (44 yards wide by 18 yards deep) with its long edge on the goal line; the goalkeeper may use his hands to block or control the ball only within this area. Also known as the 18-yard box.

Penalty spot: The small circular spot located 12 yards in front of the center of the goal-line from which all penalty kicks are taken.

Sideline: A line that runs the length of the field on each side. The line from which all free throws are taken. Also known as the touchline.

DESCRIPTION OF COMMON SOCCER POSITIONS

In full sided matches, there are 11 players in a team. They can be arranged in more ways than one. It is the job of the soccer coach to be able to identify correctly each player's range of abilities and play him in the correct positions to be able to gain an advantage over the opposition. So here are the key soccer positions on the field:

Goalkeeper

This one doesn't change much. The goalkeeper is last line of defense and is the only one who is allowed to use his hands, to block a shot from going into the goal. The goalkeeper is supposed to stay just in front of the goal and stop all the shots on the goal. Occasionally, when an opposition player beats all the other players of the team, the goalkeeper may also have to make a tackle on the opposition player to stop the goal-ward advance of the opposition player. Some of the best goalkeeper of the world today? Iker Casillas (Spain) and Edwin Van Der Sar (Holland) get my vote.

Center-Back/Center-Half/Sweeper

Known by different names, but the role of the center back remains pretty much the same. The center back is, as the name suggests, the center of the defensive line of a team. The job of a center back is to stop all the attacks coming into the penalty area, to mark the opposition strikers in the center, and stop the crosses from wide and the passes through the center from coming into the path of the opposition striker.

The center back is usually a fairly tall, physically well built player with a good sense of timing as to when to tackle. A robust center back can get in the way of the run of the opposition players. Hence the soccer positions on the field of the center-backs are occupied by the tallest and the toughest players. A center back also has to be quick on his toes to track the wily movements of the opposition. Teams in the 70s and 80s often employed a single center back in a 3 man defense-line(then known as the sweeper), but with the game becoming more and more attack minded and the offense players becoming faster and craftier, most teams today play with two center-backs in a 4-man defense line.

Fullbacks/Wingbacks

It has been widely accepted for a long time that a team should play with 2 wing-backs, one on the left and one on the right. As the name once again suggests, wingbacks play on the wings in the defense. Their job is to man the wide areas, to cover the players running in from the wings, and to stop the players from crossing the ball into the center. Full backs also often play the role of running forward and crossing the ball into the opposition's penalty area.

To this end, a wingback needs to be fast and needs to be able to dribble the ball fairly well. Wingbacks, like centerbacks need to be strong and to be able to physically outmaneuver the opposition players. Left wingbacks tend to be left-footed so that they can deliver a robust cross. Similarly right wing-backs need to be right-footed.

Defensive Midfielders/Holding Midfielders

As the soccer midfield is increasingly split into two-lines as opposed to just the one we've had before, the specialized soccer position(s) on the field of the 'holding midfielder' has become fairly prominent. Usually, in the old 4-4-2 system, there used to be one midfielder who'd be put in the defensive role, but with the 4-1-3-2 and the 4-2-3-1 systems becoming more and more popular, the defensive midfielder has become a more and more prominent member of a team. A team may employ one or two players to play as the defensive midfield who's job is to provide a screening line for the defense. So the opposition players need to first get past the defensive midfielders before reaching the center-backs. The defensive midfielder has one of the toughest jobs on the pitch trying to combine and coordinate both the attack and the defense of the team. On one side, the defensive midfielder has to tackle the opposition players and collect all the loose balls on the pitch that sometimes opposition players half-heartedly or unsuccessfully pass, and at the same time, take the ball away and burst forward and spray the ball around to the players in front. The defensive midfielder is the main passer in the team and has to pass the ball to all parts of the pitch. So basically he needs to be tough and strong with both feet. While a defensive midfielder need not be fast, it is always an added advantage.

Attacking Midfielders/Playmaker

Now the definition of an attacking midfielder can be fairly vague at times. An attacking

midfielder as the name suggests should be any player in the midfielder who runs in at the goal of the opposition team. But in common parlance, an attacking midfielder is often only the player(s) who attack from the center. An attacking midfielder ideally ought to be one of the most creative players on the pitch. He should be aware of where the players of his team are and how he can best pass the ball to a player in a threatening goal-ward position. Which is why the attacking midfielder is known as the playmaker. An attacking midfielder sets up the play and the tone of his team's game. And to this end, the attacking midfielder should be positive and forward-looking. He should be creative, intelligent and as fast as fast can get. He should also be a good dribbler, and be able to take that odd shot on the goal with both legs. He should be able to head the ball as well. Basically, he should be a complete player. An attacking midfielder is one of the most important soccer positions on the field. A good, creative attacking midfielder is the cornerstone of a good football team and its success largely hinges on the quality of the attacking midfielder.

Wingers

Since the footballing definition of the attacking midfielder largely restricts him to a very central role, it becomes important to define a winger. A winger is largely an attacking player who attacks the opposition from the side. A winger gets the ball from the wingbacks and starts advancing forward. In the conventional English soccer strategy, you'll see the winger simply crossing the ball to the striker for him to score, but in the Spanish game, you can increasingly see the winger cutting inside into the center of the field, getting into the box and scoring as well.

A winger's most important trait-as is the case with anyone who plays in the midfield position-is his passing ability. Wingers should be able to deliver long passes as well as short passes.

Wingers generally may be asked to play way out wide (in a 4 man midfield formation such as the 4-4-2) or a bit more inside, with the wingbacks covering the absolute wide positions (in a three man midfield formation such as the 4-3-3). A winger should be fast and perhaps the best dribbler on the pitch. Wingers should be able to take a good shot on the goal and be able to cross the ball to the strikers well enough. Right-sided wingers need to have an able right foot and left sided wingers, a potent left foot.

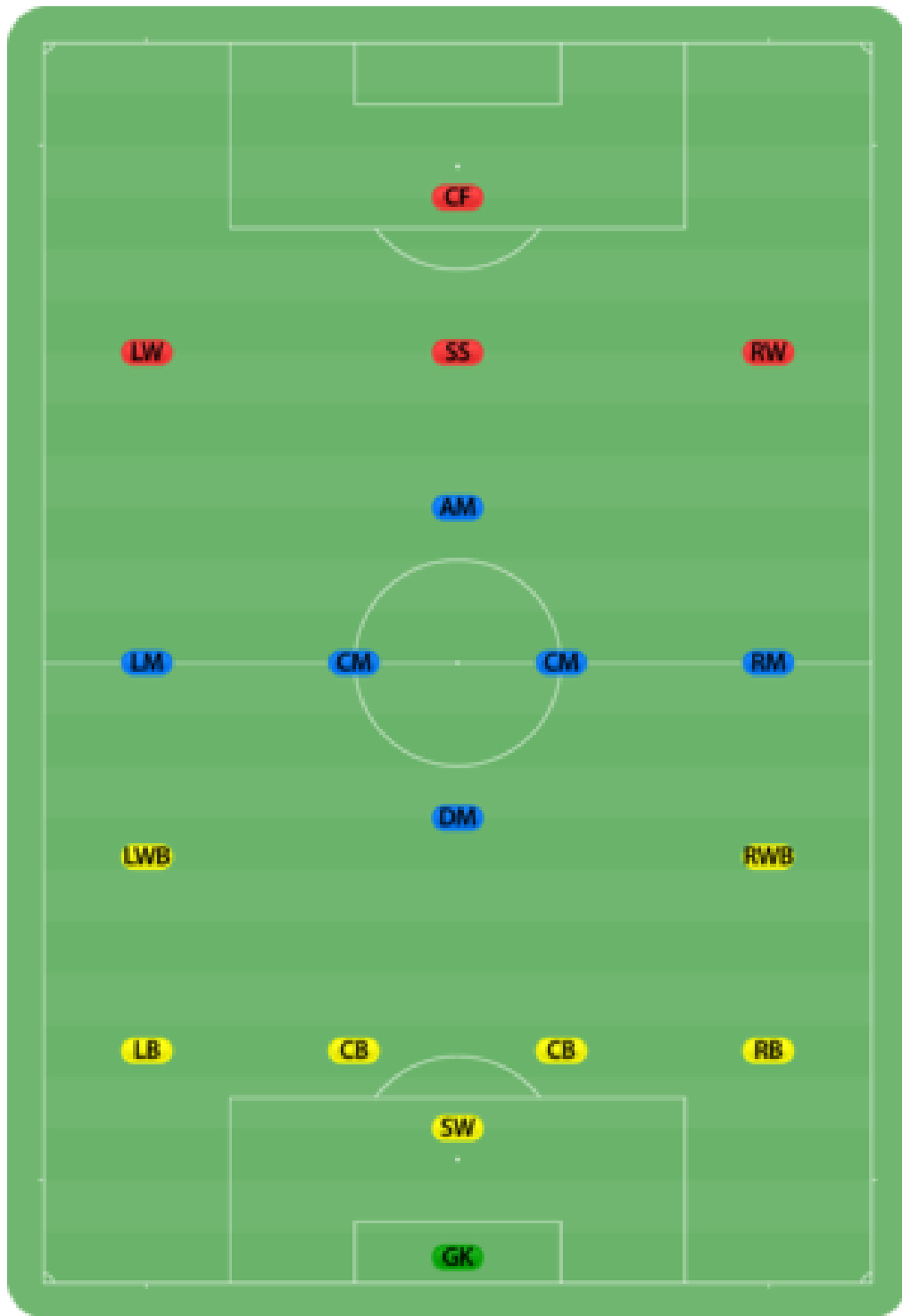
Striker and Second Striker

While most people tend to view the one/two men up front as men with very similar roles, I'd like to point out the subtle difference between the two.

In the conventional sense, a striker is the one who is supposed to stay in the box and score the goals with the passes coming in from all sides. In the conventional sense again, a striker should ideally be tall, robust, aware of the players around him, be an above average header of the ball and have good control of the ball to hold it and finish. Of course, conventional sense gets outdated soon in football and hence it becomes essential to redefine the role of the striker. Which explains the decline of the conventional strikers in the world today. A striker today is pretty much a perfectly complete player, who is also very fast and has to run a lot.

But if you do have one of those conventional strikers, whose great ability lies in being able to sit in the box and pick up the good passes and head the ball, then you also ought to have a potent second striker who can create the play around the striker. The second striker works as the perfect foil to, as well as the link between both the striker and the attacking midfielder. A second striker should be prepared to run, dribble and pass in addition to all the above qualities of a striker. He should be a good player with both feet.

Right, so this was all about the soccer positions on the field. Now you can judge the qualities of each player in your team independently, and on the basis of the player's skills, pick the right player for the right position.



General Diagram of Initial Location of Positions and Variation on the Pitch

GENERAL GLOSSARY OF TERMS USED WITH RESPECT TO RULES/LAWS OF THE GAME

Official Rules (Laws of the Game) can be found at: <http://www.canadasoccer.com/fifa-laws-of-the-game-s15089>.

Rules specific to MJSA programming can be found on our website: www.mjsa.ca

The following are general definitions associated with Laws of the Game

Play the advantage: A judgment made by the official to allow play to continue rather than stopping play to call a foul. The official makes this decision when he thinks the foul did not put the offended team at a disadvantage, or if the foul, should it have been called, would take away a scoring chance for the offended team.

Corner kick: A restart of the game where the ball is kicked from the corner arc into the middle of the penalty area in an attempt to create a scoring chance. Awarded to an attacking team when the ball crosses the defending team's goal-line after being last touched by the defending team.

Direct free kick: A kick awarded to a player after being fouled by the opposition. The player kicks a stationary ball while opposing players are forced to stand 10 yards away from him. A goal can be scored directly from this kick without the ball touching another player.

Extra time: If the score is tied after 90 minutes of regulation, the teams must then play two 15 minutes halves to decide the game. Sort of like overtime in hockey, expect the extra time periods are not sudden death; if one team scores a goal, they must still play both 15 minutes halves.

Foul: A violation of the rules - including kicking, pushing, shoving, tripping and dangerous or aggressive play - for which an official awards a free kick.

Goal kick: A type of restart in which the ball is kicked from inside the goal area away from the goal. Awarded to the defending team when a ball that crossed its goal-line was last touched by a player on the attacking team.

Handball: A foul where a player touches the ball with his hand or arm; depending on where the offence take place, the opposing team is awarded either a penalty kick or a direct free kick.

Indirect free kick: A kick awarded to a player for a less-serious foul committed by the opposition. The player kicks a stationary ball to a teammate while opposing players are forced to stand 10 yards away from him. A goal can not be scored on an indirect free kick as the ball must

first be touched by another player before going into the net - this is why a player kicks the ball to a teammate on an indirect free kick.

Injury time: Time added to the end of each half according to the referee's judgment of time lost due to player injuries or intentional stalling by a team. Also known as "time added on" or "stoppage time."

Assistant referees: The two officials who assist the lead referee in making his decisions. They monitor the sidelines and goal-lines to determine when a ball goes out of bounds, when a goal is scored or when players are offside; they use a flag to signal their observations.

Offside: A player in an offside position while his team has the ball becomes involved in active play, such as by being the recipient of a pass.

Offside position: The situation where an attacking player, on the offensive half of the field, has put himself in a position where there are fewer than two opponents (usually the goalie and one defender) between him and the goal at the exact moment the ball is kicked forward. This positioning does not constitute a foul until he becomes involved in the play. A player is not offside if he is exactly even with one or both of these defensive players.

Penalty shot: A kick taken from the penalty spot by a player against the opposing goalie. Awarded for the most severe rule violations and those committed by defenders within their own penalty area. Also known as a penalty kick.

Red card: A red card that a referee holds up to signal a player's expulsion from the game; the player's team must then play the rest of the game shorthanded. Presented for violent behavior or multiple infractions (two yellow cards = one red card).

Referee: The head referee in charge of officiating the game.

Shootout: A tie-breaking device that pits one player against the goalkeeper in penalty kicks. The winner is determined after a best-of-five series of shots alternating with each team. If tied after five, the contest continues with different players until one team scores and the other team doesn't. Used after the teams played two 15-minute halves of overtime with the game still tied.

Substitution: Replacement of one player on the field with another player not on the field.

Throw-in: A type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline. Taken by a player opposite the team that last touched the ball before it went over the sideline.

Yellow card: A yellow card that a referee holds up to warn a player for dangerous or unsportsmanlike behavior; also known as a caution. Two yellow cards in one game earns a player an automatic red card, signaling his expulsion.

MJSA 2014 Outdoor Season Rules U10/12

U10/12 teams will play 7v7. If roster size increase, at the discretion of the Soccer Association, teams will play 8v8. All games will played on the mini fields.

Part I: MJSA rules that may differ from [FIFA laws of the Game](#)

The Ball: U10/12 play with a size 4 ball

Substitutions: Unlimited substitutions are allowed; however, substitutions (max 3 players, on discretion of the referee) may only be made on throw-ins, corner-kicks, plus any goal-kick or kick-off. The coaches/players must first ask for and receive permission from the referee before any substitutions are made. All substitutions are at the sole discretion of the referee.

Pre-game training: 1 Hour

Duration of the game: Two 20 minute halves

Half-time break for all age-groups is max. 5 minutes

Off-sides: There are no offsides for the first half the season. Starting May 19th, offside rules will be enforced

Sidelines:

Both “team benches” must be on the same side of the field; which side to be determined by the referee. One “team bench” shall be on each side of midfield, well away from the halfway line. All substitutes, coaches and spectators must stay well back of the actual sideline and never closer than one metre. No one along or anywhere near the entire endline during the game please. The referee may, at their sole discretion, require all spectators to be along one sideline and both “team benches” to be along the other.

Referees:

Moose Jaw Soccer will attempt to assign an SSA registered referee for every game.

Referees will have (occasionally) a mentor or assessor at the pitch.

Please respect **all** decisions made by all officials.

Weather:

Weather decisions are made at game time and on site by the referee in consultation with the two coaches. The safety of the participants is the most important consideration. Games are not played in lightning. Games shall not be started or continued in lightning. Slightly inclement conditions at kickoff time should not prevent a game from being played. MJSA Office will post weather advisories by 4:30.

Starting Roster:

- Each team must have at least five players on the field at the start of the game.
- Should a team only have four players the game is then considered a forfeit and the two teams will combine with one another to play a game.

Forfeits: Teams not having five players prior to kick off will forfeit the game. If an injury occurs to a team that only has five players the following rules shall apply. If the injury is minor and the player would be able to return to the game then the game shall continue and the injured player will join the game again when they feel ready. If the injury is serious and the player cannot rejoin the game then that team would need to forfeit the game.

Points for the MJSA standings will be awarded as follows:

Win	3 points
Tie	1 point
Loss	0 points

Part II: Refer to [the FIFA rules of the game](#).

No jewelry with the exception of medic alert bracelets which must be covered with a wrist band.



HOME

COACHES

BYTE SIZE COACHING

COACHING CURRICULUMS

COACHING CLINICS

COACHING APPLICATION

RULES

Byte Size coaching

ByteSize is a coaching curriculum developed by Tony Waiters head coach of the Canadian National Men's Team which qualified for the World Cup Finals in Mexico in 1986. Access to this site is now being provided to all districts by the Saskatchewan Soccer Association.

The Byte Size Coaching Curriculum has a variety of practice plans, games, and drills for any development category and age group. We hope that you will use this site often and provide us with feedback on your experience with the site.

You can access the site at <http://www2.bytesizecoaching.com/index.php?cid=MTUw>

Log in using the following username and password:

Username: moosejaw

Password: sasksoccer

Like Be the first of your friends to like this.





2014 OUTDOOR U10/12
RECREATIONAL
PROGRAM CURRICULUM
(9 WEEKS)



WEEK 1 - SESSION 1

Season Theme: Basics

WARMUP (5 minutes)

- Light jogging in pairs
- Forwards, backwards, skipping, sideways shuffles, high knees, buck kicks

WATER BREAK – 2 MINUTES

ACTIVITY - DRIBBLING (15 Minutes)

- **Maradonnas**
 - using only the right foot dribble the ball quickly from the inside to the outside of foot repeatedly
- **Drag 180**
 - With the sole of the foot you cut the ball back behind your body. Using your right foot to drag the ball back you plant your left foot to the side of the ball and then bring your right foot up to cut the ball back. Turning your body eventually facing the opposite direction
- **Sideways Drag**
 - using only the sole of the foot drag across the top ball
- **SINGLE SCISSORS**
 - You take your right foot over and inside the ball and dribble away with your left.
- **LACES ONLY**
 - toes pointed down push the ball forward with the laces

Coaching points

- reinforce good control and close to feet
- ensure weaker foot is also used
- get players to dribble 'on their toes'
- progressing to remind players to get their heads up

WATER BREAK – 2 MINUTES

ACTIVITY – PASSING (20 Minutes)

Circle Passing:

- mark out a circle of cones with 2 extra cones
- players call out teammate name and pass with control, then move to open cone
- add more balls, focus on inside of the foot passing.
- Increase/decrease diameter of circle as needed.
- Monkey on the middle aspect can be incorporated

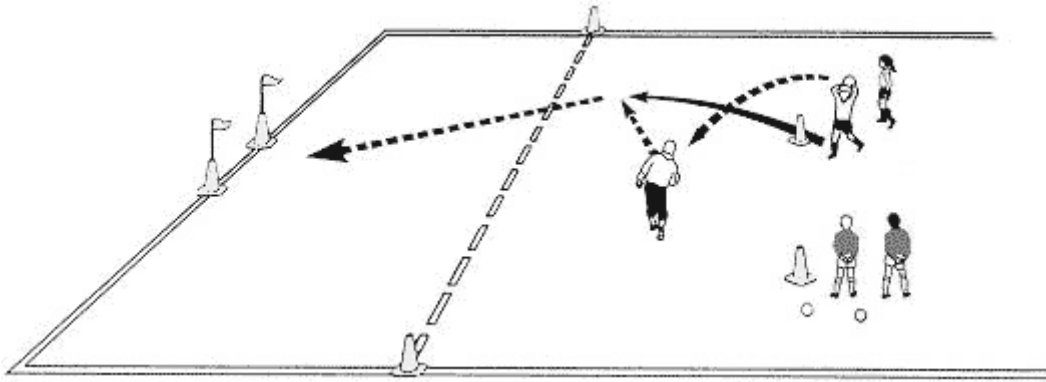
WATER BREAK and Team Discussion – 10 MINUTES:

- discuss tactics/positions on pitch and setplays
- logistics for team

ACTIVITY – THROW INS & SHOOT OUT (20 Minutes)

Objective:

- To develop passing and shooting skills with both feet.
- To teach the proper techniques for throw-ins.



Organization:

- Two marker cones placed five yards in front of each sideline 15 yards from the goal.
- No goalkeeper and goals may be narrowed.
- First player on right does a "throw-in" to coach, who rolls ball for a first-time, right-footed shot.
- Player retrieves ball then goes to back of the left line.
- First player at left marker cone does the same exercise, but shooting with left foot, then retrieves ball and goes to back of the right line.



WEEK 1 - SESSION 2

Season Theme: Basics

WARMUP (5 minutes)

STAR WARS

- Objective is for players to make it from point A to point B. Coaches/players in between point A and point B trying to take away balls from players.

WATER BREAK – 2 MINUTES

ACTIVITY - DRIBBLING (15 Minutes)

- **Maradonnas**
 - using only the right foot dribble the ball quickly from the inside to the outside of foot repeatedly
- **Drag 180**
 - With the sole of the foot you cut the ball back behind your body. Using your right foot to drag the ball back you plant your left foot to the side of the ball and then bring your right foot up to cut the ball back. Turning your body eventually facing the opposite direction
- **Sideways Drag**
 - using only the sole of the foot drag across the top ball
- **SINGLE SCISSORS**
 - You take your right foot over and inside the ball and dribble away with your left.
- **LACES ONLY**
 - toes pointed down push the ball forward with the laces

Coaching points

- reinforce good control and close to feet
- ensure weaker foot is also used
- get players to dribble 'on their toes'
- progressing to remind players to get their heads up

WATER BREAK – 2 MINUTES

ACTIVITY – PASS AND MOVE (15 Minutes)

- 4 cones laid out in a diamond shape
- 1 player per cone plus one player with ball
- going clockwise player passes and then follows pass
- reverse direction and feet after 4 rotations

ACTIVITY – PROGRESSION (15 Minutes)

4 cones 3 players

- maintain a triangle
- movement after pass, go to space or follow pass

No cones 3 players

- maintain a triangle
- movement after pass, go to space or follow pass

3 player triangle passing

- add a defender to pressure the ball

WATER BREAK and Team Discussion – 10 MINUTES:

- reinforce positioning and movement
- keep wide and placement from goal kicks
- logistics for team

ACTIVITY – GOAL KEEPING (15 Minutes)

Goal keeper activities:

- Rolling ball to players (close and far)
- Kicking balls to players (close and far)
- Playing out from the back
- Let all players try the keeper position (unless you rotate players in positions we will never know who is a good where and who like what 😊)

ACTIVITY – THROWINS AND FREE/CORNER KICKS(10 Minutes)

Throw ins:

- Proper technique (on the line, feet planted or crossed, full extension behind the head and full forward movement)
- Know your range discussion and think ahead for where to throw
- Practice performing them

Free/Corner Kicks:

- Discussion on who should take them and when (at discretion of coach and/or location on pitch)
- Practice performing them



WEEK 2 - SESSION 3

Warm Up #3

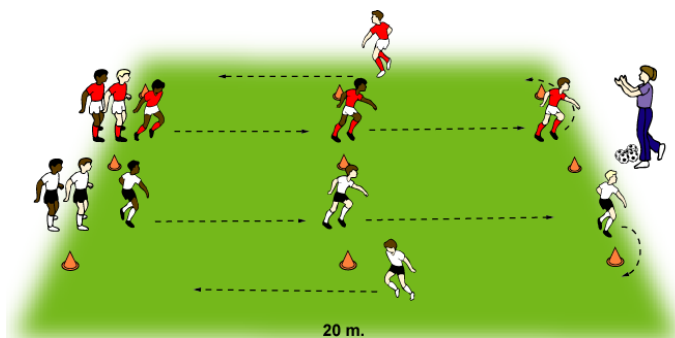
Warm-Up:

Dynamic Movement

15 minutes

Organization:

- Using marker set up two channels as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

Description:

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

a. Jog	g. skip & groin stretch (inside to outside)
b. Jockey backwards (right & left)	h. skip & groin stretch (outside to inside)
c. Skipping forward	i. skip & kick (left & right)
d. Skipping sideways	j. skip & upper body twist (right & left)
e. Heel flicks	k. cross steps
f. High knee raises	l. wide steps

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Attacking & Defending

One versus one attacking and defending two goal lines:

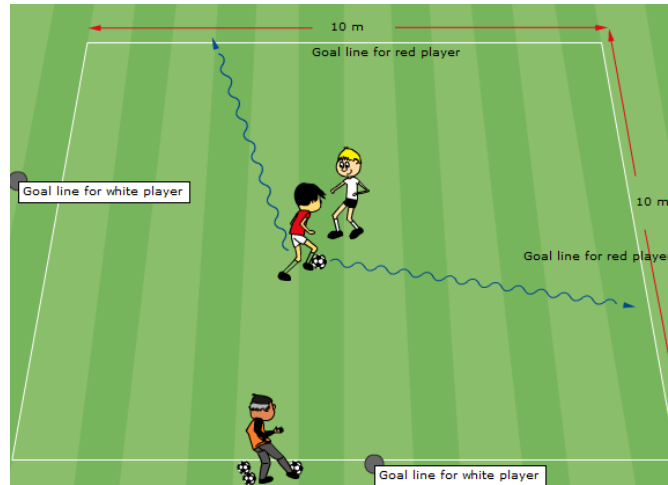
Skill Work:

1v1 Attacking & Defending two goal lines

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Two Goal lines per player to score and defend
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Dribble and protecting the ball from opponent
2. Ability to fake – tease your opponent
3. Use of the body to protect

Defender

1. Close down
2. Get down
3. Stay down
4. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling the ball to one of the two goal lines under control. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Passing & Receiving: Skill/Technique #2

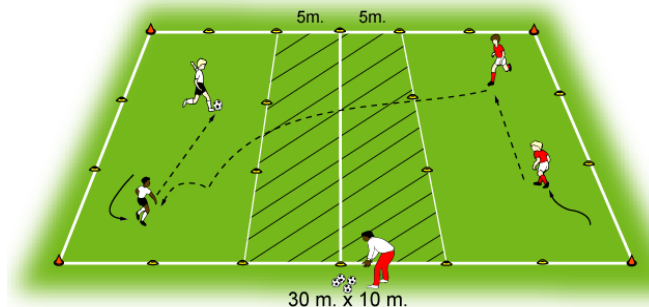
Technique (Alternative):

Soccer Tennis 2

35 minutes

Organization:

- Use markers to set up a number of 30x10m areas as shown.
- Use a halfway line with a 5m “no go area” on each side.
- Play games in a “round robin format” for motivation.



Coaching Points:

- Get behind the ball to receive it.
- Relax your controlling surface on contact.
- Keep the ball rolling.
- Watch the ball.
- Strike through the bottom half of the ball.
- Stretch your toe down & make you ankle stiff as you strike the ball.

Description:

1. Rules as in the previous exercise with the following exceptions: **To score** the ball must be played over the “no go zone” (shaded area) and bounce in the opponent’s court and out of play, either directly or off an opponent. Alternatively, the point is won if the ball bounces twice in the succession in the opponent’s court without being controlled. **The ball cannot be kicked back over the “no go zone” first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball back over the “no go zone” after the second pass, or if the ball bounces in the “no go zone” it results in a loss of the point/serve.
2. Add the condition that the ball must keep rolling or team loses point/serve.
3. Have teams rotate so that they face different opposition each game.

Emphasis: On accurately playing a lofted pass from a rolling ball and efficiently receiving a ball out of the air in order to pass it.

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WEEK 2 - SESSION 4

Warm Up #4

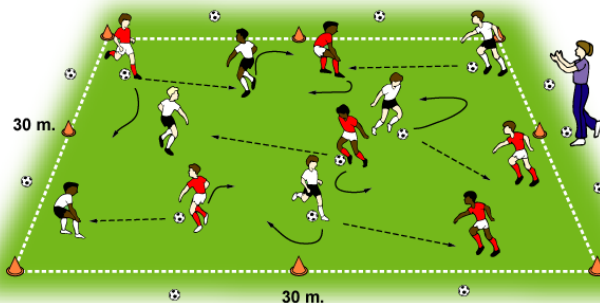
Warm-Up:

Give a Pass; Get a Pass

15 minutes

Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5th wall/double pass possession



Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

- Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.
 - Pass with inside of foot
 - Front foot pass
 - Pass with outside of foot
 - Double pass
 - Wall pass – inside foot
 - Wall pass – outside foot
 - Receive with inside of foot & turn inside.
 - Receive with inside of foot & turn outside.
 - Receive with outside of foot & turn outside.
 - One-touch straight back.
 - Open out, One-touch angled pass with inside foot.
 - One-touch flick pass off outside of foot.

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Attacking & Defending

One versus one each player attacking and defending 1 target player:

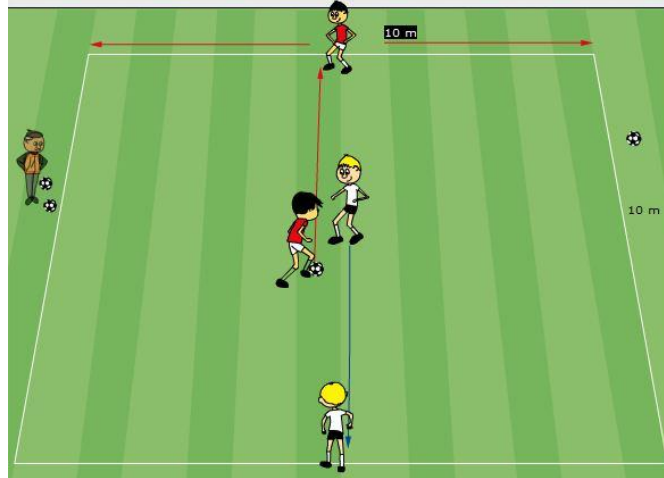
Skill Work:

1v1 Attacking & Defending a target player

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the target player. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Passing & Receiving: Skill/Technique #1

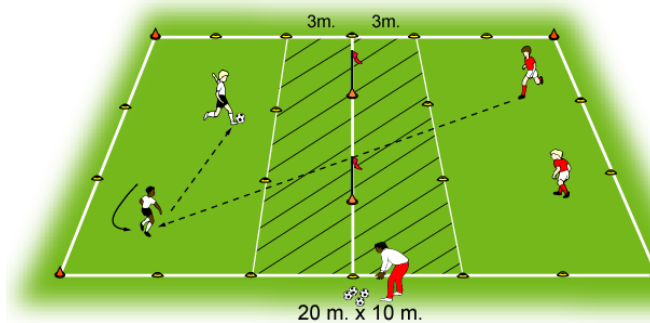
Technique:

Soccer Tennis 1

35 minutes

Organization:

- Use markers to set up a number of 20x10m areas as shown.
- Use a halfway line with a 3m “no go area” on each side.
- Use two flags or cones to make a central 6m gate.
- Play games in a “round robin format” for motivation.



Coaching Points:

- Get behind the ball to receive it.
- Relax your foot as you make contact with it.
- Keep the ball rolling.
- Watch the ball.
- Strike through the middle of the ball.
- Make your ankle stiff as you strike the ball.
- Keep the ball low.

Description:

1. Two players play against two players. **To score** the ball must be played through the gate, beyond the “no go zone” (shaded area) and through the opponents court and out of play, either directly or off an opponent. The ball must pass through the gate **along the ground** or the point/serve is lost. A team can only **score off their own serve** but a team which is not serving can win the right to serve and then begin to pick up points. **Winner is the first team to 15 points** and ahead by 2 points. Each player is **allowed 3 touches** to control the ball and pass or attempt to score a point. **The ball cannot be kicked back through the goal first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball through the gate after the second pass results in a loss of the point/serve.
2. Add the condition that the ball must keep rolling or team loses point/serve.

Emphasis: On accurate, short, “killer” passes and good control of the ball in order to get ones head up to see opportunities to

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WEEK 3 - SESSION 5

Warm Up #10

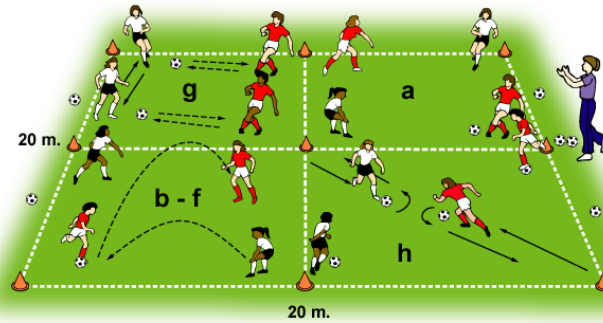
Warm-Up:

Coordination and Movement with a ball

15 minutes

Organization:

- Set up a 20x20m area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and move around their square. The coach asks them to perform various passing techniques as listed below.
 - a. One touch passing.
 - b. Throw, volley, catch.
 - c. Throw, knee, catch.
 - d. Throw, thigh control-volley, catch
 - e. Throw, chest control-volley, catch.
 - f. Throw, instep control-volley, catch
 - g. Side to side Movement – volley, knee, head.
 - h. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time.

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Attacking & Defending

One versus one with opponent chasing from the front:

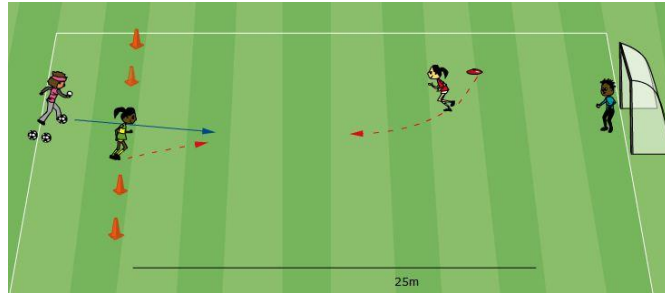
Skill Work:

1v1 Attacking & Defending from the front

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down – fast and slow down
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

Defending – Man-to-Man Tight & Loose Marking: Skill/Technique #4

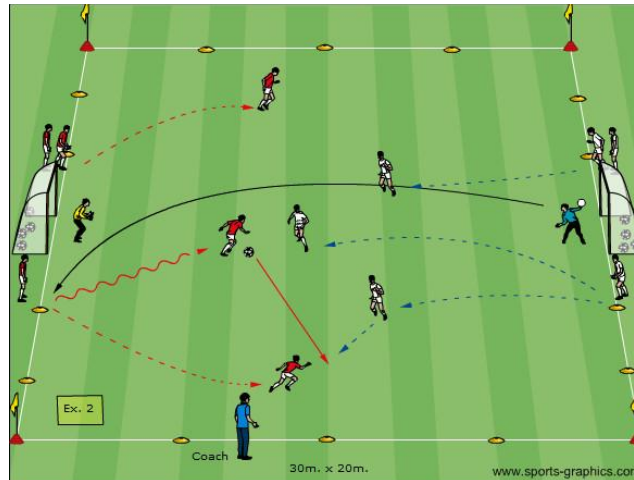
Skill Work:

3v3 Defending (Tight & Loose Marking)

15 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals
- All soccer balls in the goals.



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and two other teammates try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw three red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next three reds in line and the next three white players have to defend. This process continues in both directions.
2. **Progression:** Can progress to 4v4 by making the area 40x30m, if players are performing the man to man task well.

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