



THE PARADISE WAY

Development Coaches Seminar Series 2018/19

3 Seminar Series

- Orientation: November
 - Part 1: Introduction: The Paradise Way
 - Part 2: Training Environment
- Seminar 1: January
 - Part 3: Session Structure
 - Part 4: Coaching Methodology
 - Part 5: The Discipline of defending
- [Seminar 2: February](#)
 - Part 6: The Art of Attacking 1
 - Part 7: Player Assessment Process
 - Part 8: Team Formations
- [Seminar 3: March](#)
 - Part 9: The Art of Attacking 2 Away from the Ball (40 mins)
 - Part 10: Game Day Best Practice (30 mins)
 - Part 11: Rosters and Training (30 mins)

The Curriculum – The Paradise Way to Play

01

The Discipline of
Defending

02

The Art of Attacking
Part 1 On & Around
the Ball

03

The Art of Attacking
Part 2 Away from
the Ball

Orientation Overview

- Part 1: Introduction: The Paradise Way
 - Training Environment: Methods, Look & Feel
 - Sequential Age specific approach to curriculum
- Part 2: Training Environment:
 - Our Style Our Methods

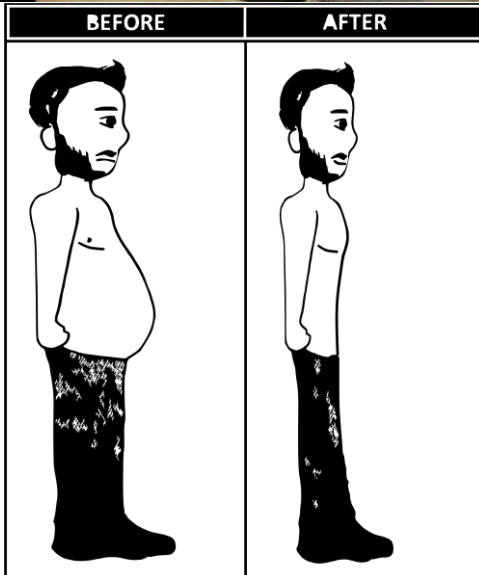
THE PARADISE WAY



The sign of a healthy club – things happen by design rather than by chance!



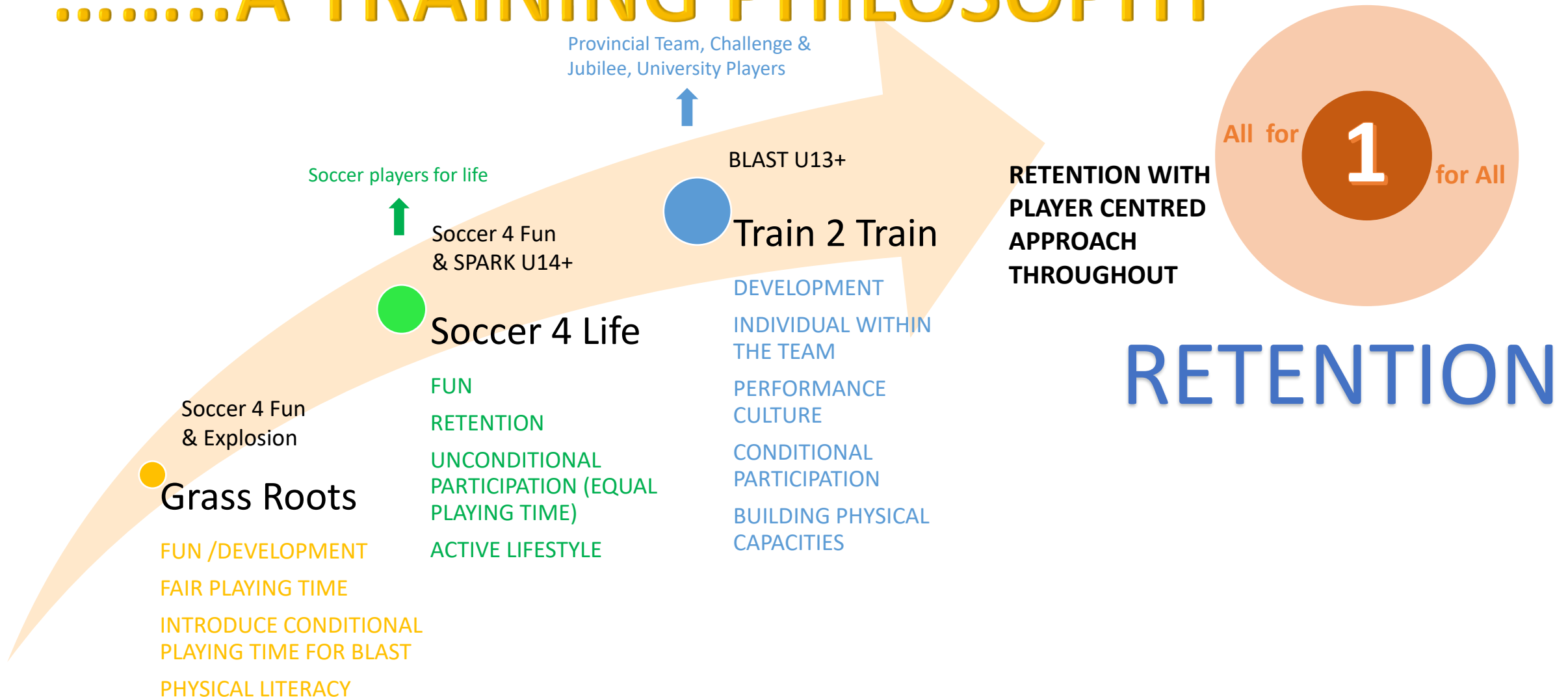
STRATEGIC PLANNING.....



GRASS ROOTS / Soccer 4 Life / Train to Train

Retention of players is the key priority.

.....A TRAINING PHILOSOPHY



We CAN create THE PARADISE WAY

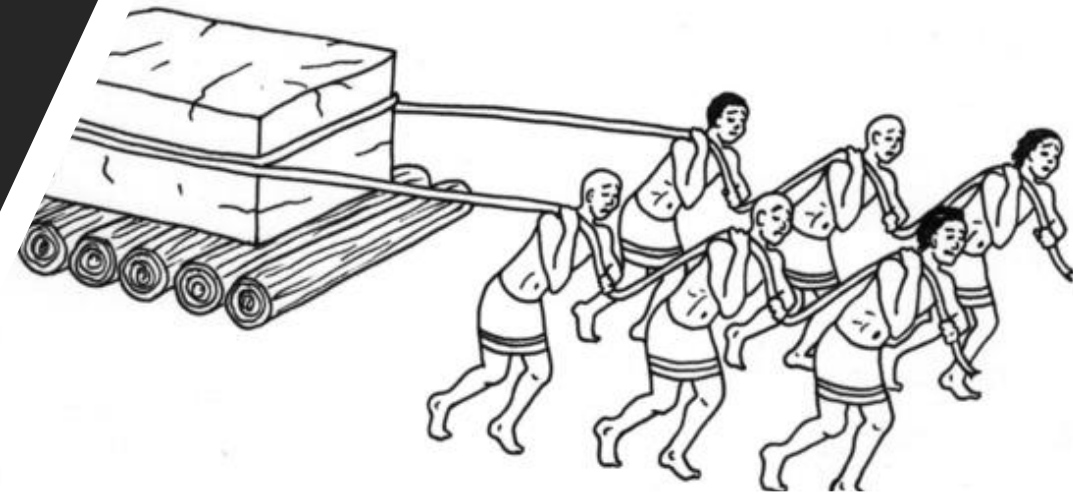
PULLING TOGETHER IN THE SAME DIRECTION

- COMMON THREAD RUNNING THROUGHOUT THE CLUB
- EACH TEAM/COACH/PLAYER A COG IN THE WHEEL

HOW?

THERE ARE 2 KEY ELEMENTS:

- STYLE OF PLAY – METHODS OF TRAINING
The Look & Feel of a Paradise training or game
- EACH AGE GROUP IS A BLOCK IN THE PYRAMID
Coordinated approach to building players/teams



The Learning Continuum

Different skills/concepts are introduced at different ages based on their complexity and according to a sequential plan with milestones, which is also reflected in our assessment templates.

- Skill INTRODUCTION
 - Players are exposed to situations which require a given skill and coaches ensure they correctly understand the fundamentals to execute the skill
- Skill DEVELOPMENT
 - Once introduced players will develop through repeated practice so that the execution becomes reliable
- Skill REFINEMENT
 - Following basic development of each skill, players refine their execution of the skill by combining it with other skills and tactics under conditions of game pressure and pace. Players will also adapt the skill to their own unique physiology.



THE PARADISE WAY

Part 2: TRAINING ENVIRONMENT

Our Identity, Our style

fun

Fast paced

- When an outsider walks into an Explosion session what will they see.....
- Will they see a common thread (philosophy) that runs throughout all of our teams.....
- Our players must constantly, relentlessly.....

high intensity

MOVE→

←**TOUCH**



competitive

Focussed

tight playing areas

The Paradise Way..... Sessions will be a Workout, Grow Passion, Create a better experience for players– how?

- Use **every second** of the session!
- Quick and energetic warm ups involving **the ball**.
- Sessions with a **theme**! Players with a focus!
- CLARITY for players! **SIMPLE** activities so players are free to ply and not ask questions!
- **NO LINE UPS** – multiple small groups using every inch of space available!
- **TRANSITIONAL ALWAYS** - play never stops until the ball goes out!
- Let them play – Tonnes of 3v3 and 4v4! It has everything they need – ALL AGES!

Logical, Coordinated and sequential progress.....age group progression
adding rather than starting again!

MOVE

THE LOOK & FEEL

TOUCH

players talking

Celebrating goals

Positive coaches

Lots
of
balls

MOVE – At the end players should have red faces and sweaty heads (because they have been moving a LOT and have spent an hour getting lots of **TOUCHes** (ball each or minimise group sizes and resting/inactive players) and being exposed to shrunk down versions of the REAL game that they love to **PLAY** – activities are designed to expose the players to situations that require decisions and skills and problem solving – can be in the form of fun activities such as “TROLL” game for U8 and U10 or for older ages opposed technical practices such as 1v1 where players must compete and execute a skill against an opponent in a drill which has transitions and targets or scoring opportunities for both attacker and defender.

engaged

Sounds of... squeaking feet

challenging



sweat

competing



Our Signatures.....

- Active Arrival – individual or pairs tasks – eg juggle, dribble, pass
- Warm Ups with the ball relating to theme (passing, dribbling etc)
- Keep Scores – all the time – when you can!
- Laddering
- Always play to completion – TRANSITION!
- ALWAYS REWARD DEFENDERS
- SSG's
 - Play 3v3 tournaments – with laddering
 - 4 second rule for restarts

Let 'em Play



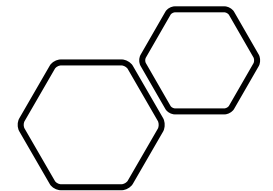
Coaches Hat

How did I do today?
Did my drill work well?
Do I feel good about my
delivery of the session?



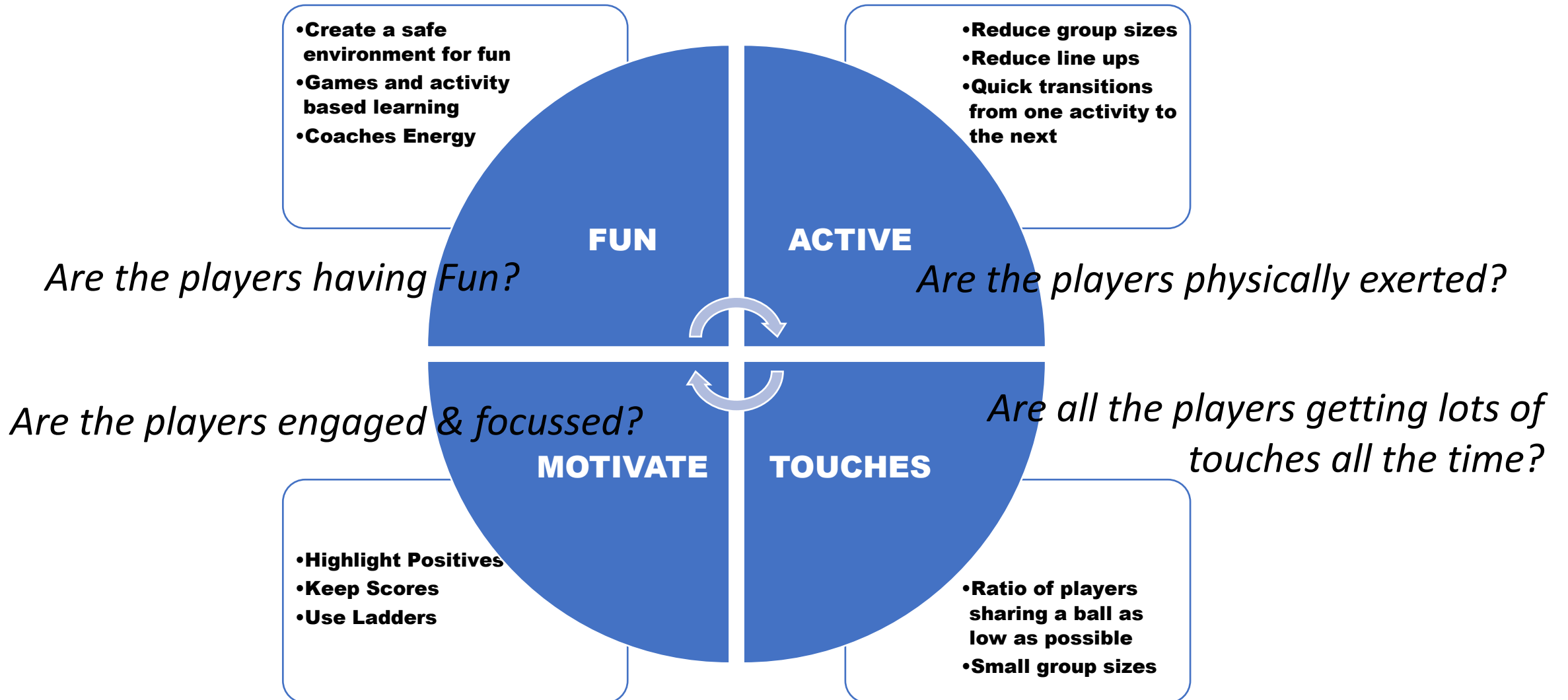
Players Hat

Did the players enjoy?
Were the players active?
Did the players touch the ball a
lot?
Did they make decisions/
learn?



***“Try to reflect on your session with
your player hat on. Remember its
their session! ”***

Coaches SESSION Checklist - ALWAYS ask yourself.....





THE PARADISE WAY

Coaches Seminar Series

Seminar 1 Overview

- Part 3: Session Structure
- Part 4: Coaching Methodology
- Part 5: The Discipline of defending
 - Technical/Tactical Curriculum
 - Sample Drills



THE PARADISE WAY

Part 3: SESSION STRUCTURE

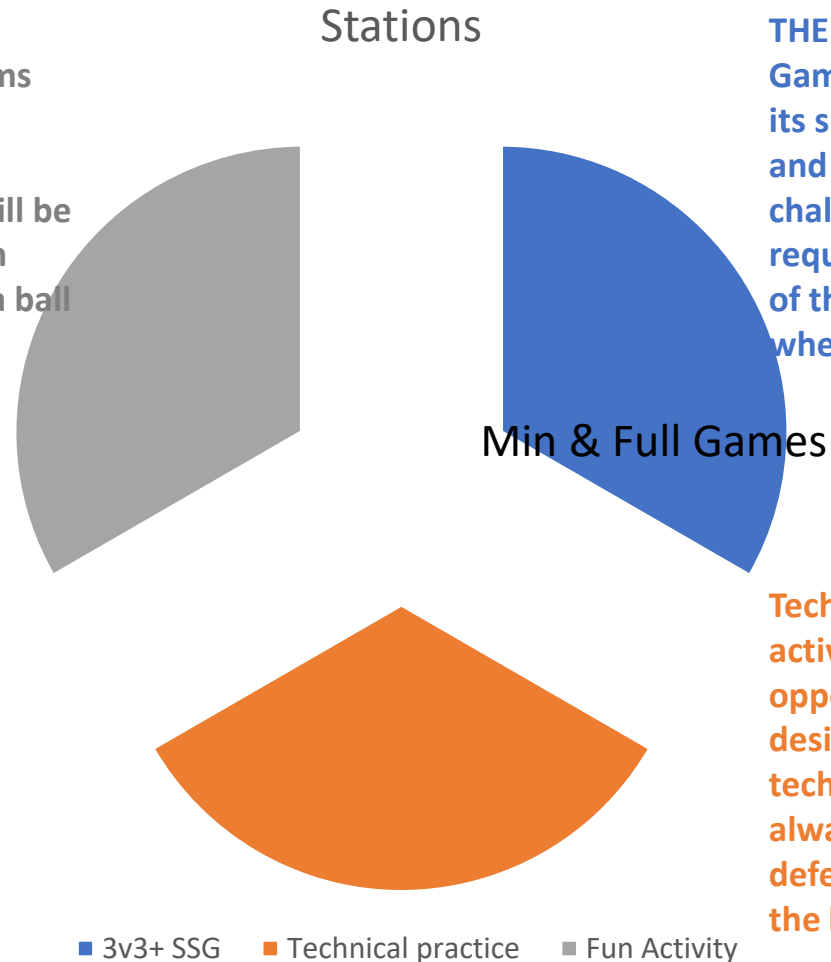
The “TRAINING FORMAT”

Practice Format refers to the type of drill, game or activity the players are being asked to participate in. At highest levels of play there are many formats such as Phase of Play, functional Practice, Shadow Play etc. For PSC at our various levels of age and stage of development there are three key training formats that should be employed.

Fun Activities are games designed to teach implicitly. Games are designed to pose problems similar to the game of soccer and challenge techniques and decision making. The focus is purely fun competition however the players will be learning through doing! There should be a high ratio of balls to players (usually a ball each or a ball between two/three).



All Physical Outcomes can be realised through the three key formats.



THE GAME itself is the best teacher. Small Sided Games could be a minimum of 3v3 for the game in its simplest form. Variations in the field dimensions and conditions can be used to provide different challenges to the players. A fundamental requirement is that there are target(s) at both ends of the teams to score at. No positions are required when playing 5v5 or less.

Technical Practice includes small group play; fun activities, unopposed play, passive opposition, opposed 1v1, 2v1, 2v2+ play. These practices are designed to enable the players to work on specific technique(s). Game realism is key. There should always be a target for both the attacker and defender and play should never stop until a goal or the ball goes out.

MAXIMISING TOUCHES ON THE BALL

The keys to maximising Touches;

- Organisation – having next activity prepared in advance so you can smoothly and quickly transition from one to another
 - Pinnies ready
 - Cones / Goals set up ready to go
- Small Group sizes for Technical Opposed work
 - Eg If you have 12 players 1v1's can be done with 3 groups of 4 players. With 4 players per group 2 players are playing while 2 are resting, rather than 1 big group with 10 players inactive.
- Include Mini Games rather than just full field Small Sided Games
 - With 12 players play two mini 3v3 games on a half sized field should be used at least half of your game time!



Session Structure

U9 – FUN & LEARNINGalways both together

Format	Time	Description	Notes
Arrival	5 minutes	Ball work tasks	Eg Player & ball, Ball & Wall, Pairs and wall. Also forms first part of the warm up with Game Related movements
Part 1: Warm Up	10 minutes	Movement & Soccer Co-ordination & Technique	Technical Unopposed component, repetition of techniques relating to theme (Occasional sessions can also include intro dynamic stretching in between ball touches)
Part 2: Fun Activity & Technical Practice (opposed)	10 - 20 minutes	Technique will be learned through playing the fun activity or through competitive opposed practices & Movement & Soccer Co-ordination	Ratio somewhere between 3 : 1 >>> 2 : 2 (3 fun activity days to 1 technical practice day or 2 Fun : 2 Learning). For U10 Weekly 1 session could include a fun activity and the other an opposed practice with 2v1 or 3v2. All players active, Bring games to life through sparking players imagination with a story to the game. Activities designed to encourage use of fundamental soccer skills. Lots of balls involved. If playing elimination game come up with tasks for players when knocked out!
Part 3: Min & Full Games (SSG)	25 minutes +	a) Reduced games 2v2, 3v3 4v4) + optional b) Max Gym 6v6, Pplex 5v5.	Split gym down the middle & play cross ways to have two fields simultaneously. Play 3v3 with no GK. For full field game - No Retreat Lines in SSG, no positions in games & Have a GK in goal ie 5v5 = GK + 4v4.

AVOID 6v6

The Warm Up – THE BALL



TRAINING FORMAT GUIDE

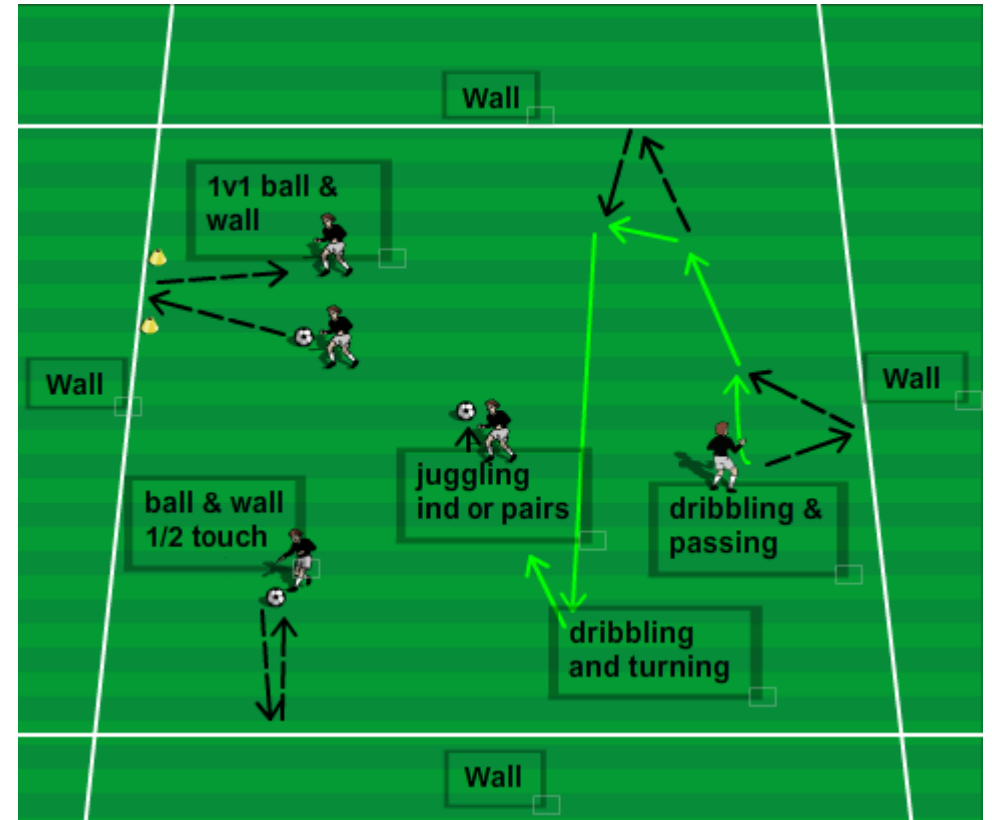
Introduction to Stretching

During the U10 year stretching can start to be introduced as at the beginning of the outdoor season. 3 or 4 very simple dynamic stretches mixed into ball work.



PRE SESSION - U8/U9 – Example Arrival – Theme Passing (5 mins)

- Players are given one or multiple options from the tasks in the diagram
 - For a passing session choose the ball and wall activities and dribbling and passing activity
- Some require a ball each, others 1 ball between 2
- Keeps the players active while everyone arrives, and gives additional time for the coach to get organised
- In 5 minutes a player should get 300 to 600 ball touches or possibly more!



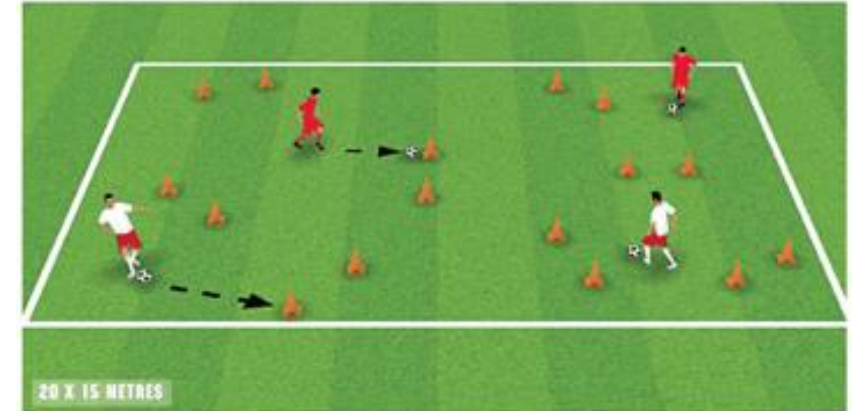
Prt 1 - U8/U9 – Example Warm Up – Theme Passing (5 mins)

- With a Passing theme you would skip straight to the 2 player version of this activity
- Simple instruction and get the players passing and moving.
- U10's Stretching can occur at intervals on the coaches command "Leave the balls and stretch" or can ask the players to stretch every time after they make a pass while there partner dribbles around.
- Have a little competition – have the players keep count of how many times their ball hit a cone or player
- You don't have to use the rules given, for instance you might change it so the objective is to pass the balls through the gates

PASSING & CONTROL (2 Player version)

ACTIVITY 1: "SHARK ISLAND"

IMAGINE YOU'RE ON AN ISLAND SURROUNDED BY SHARK-INFESTED WATERS.



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

- "Go!" – use your feet to move the ball around the island, trying not to touch a cone or fall off into the water.
- "Pass!" – Use your foot to pass the ball and try to knock over the cones. Try to knock them all down (in 30 seconds).

OPTIONS:

- In pairs, with one ball between them. "Pass!" – use your foot to pass the ball to your partner on another part of the island, without knocking over any cones.
- Pass back and forth with your partner as many times as you can (in 30 seconds) without knocking over any cones or falling off the island.

Prt 2 - U8/U9 – Example Fun Activity – Theme Passing (10 mins)

- In the team version of this game players will be required to pass while on the move, get their heads up, pass to hit stationary player and pass to hit moving players.
- Also for the players that are stuck in the quicksand they are required to TALK to ask for help.
- This is a perfect example of let the game be the teacher. Just make sure they understand the rules and then let them have fun and enjoy it with them! Keep score and praise the good!

COORDINATION—DRIBBLING & PASSING (Team version) ACTIVITY 4: "QUICKSAND"



SET UP:

- Up to 12 players.
- Have the parents form a large circle, with one parent or coach inside it.

INSTRUCTIONS:

- "Go!" – the coach/parent inside the circle is the "tagger." Run around the island and try not to get tagged. If you do, you're stuck in quicksand until a teammate crawls through your legs to set you free. Keep your head up and make sure not to bump into anyone, and don't fall off the island!

OPTIONS:

- Run around with a ball in your hands, or bounce the ball as you run.
- "Dribble!" – use your feet to move the ball. Pass the ball through your teammates' legs to free them from the quicksand.

38 CANADIAN SOCCER FEDERATION COORDINATION SKILLS – GRADES 1-4 ACTIVE START

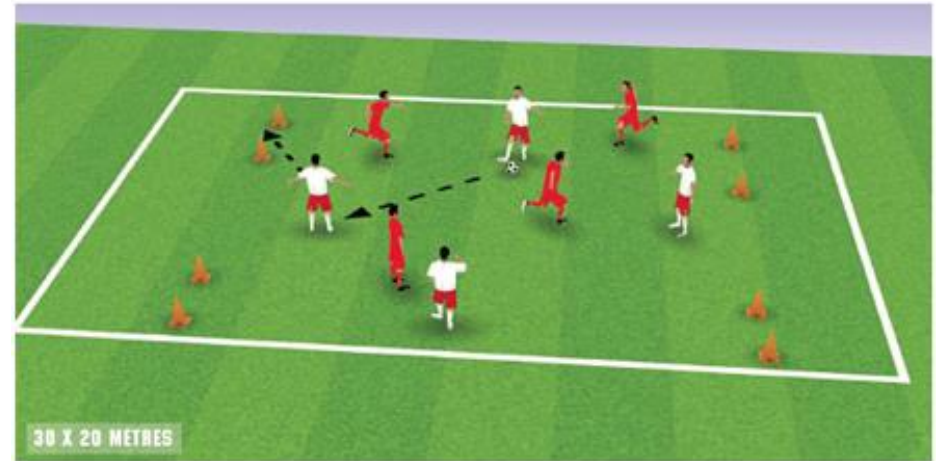
Variations

- As shown above but every player has a ball, if the coach tags them they are stuck and must stand with their legs wide apart and shout for help, then they can be set free if someone else passes a ball through their legs
- As shown above but the coach has a ball and tries to pass a ball to hit them below the knee to freeze them
- U7+ ~~TEAM~~ VERSION – BEST VERSION! If you have multiple colours then give one colour only soccer balls. That team must try to hit the rest with the ball below the knee. If they get hit they are stuck and must stand with their legs wide apart and shout for help, then they can be set free if one of their team mates crawls through their legs

Prt 3a - U8/U9 – Example SSG – Theme Passing (25 mins)

- With 12 players split them into 4 teams of 3.
- Set up 2 fields by splitting the gym in two and playing crossways
- This enables the players to get more touches and you can have everyone playing rather than play 5v5 and have 2 sitting out.
- If you have odd numbers introduce 1 player in a different colour as a neutral player that always plays with the team in possession, or just play 4v3 rather than having a sub.
- To encourage passing you could try putting a condition of maximum 3 touches with the U10's (not U8's)
- KEEP SCORE! Designate 1 field as the winner field. Move the winning teams after each 5 minute game across to the same field to play each other

SMALL-SIDED GAMES—PASSING ACTIVITY 1: “GATE PASS”



SET UP:

- Eight players, in 2 equal teams.
- Four corner gates marked out with cones.

INSTRUCTIONS:

- “Go!” – score a point by passing the ball through one of the other team's gates. When your team has the ball, work with your teammates in a triangle, with the two side players getting into space for a pass to support the teammate with the ball.

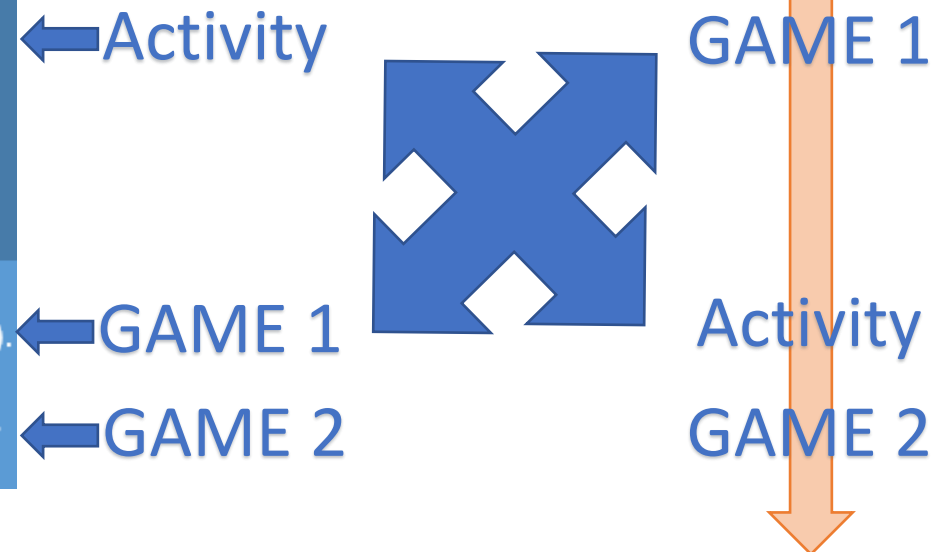
OPTIONS:

- Players must pass through the gate to a teammate (who receives it under control) to score a point.
- Add a 3rd gate in the middle of the field where either team can score.

Session Structure Modification - GAG

Arrival	2 - 5 minutes	Ball work tasks
Part 1: Warm Up	8 - 10 minutes	Movement & Soccer Co-ordination & Technique
Part 2: Technical Practice (opposed) or Occasional Fun Activity	10 - 20 minutes	Technique (through opposed practice) 1v1, 2v1, 2v2 or 3v2 to 3v3 & Movement & Soccer Co-ordination
Part 3: Min & Full Games (SSG)	25 + minutes	a) 3v3 , 4v4 Reduced games for 12+ players (or add GK's extra). + optional b) Max <u>Tplex</u> 7v7 (= 6v6 plus GK's), <u>Pplex</u> 5v5, Gym 6v6

GAG Method Game /Activity / Game



Sample GAG Gym Session

- Warm Up (10 mins)
- GAME 1 (15 mins) ← Coach TEC &/or TAC
 - 3v3 futsal
- ACTIVITY (15 mins) ← Coach TEC
 - 1v1 dribbling
- GAME 2 (20 mins) ← Coach TAC
 - 5v5

Session Structure

U11 –LEARNING & FUN*Focus on Learning but KEEP IT FUN*

Format 5v5	Time	Description	Notes
Arrival	2 - 5 minutes	Ball work tasks	Player & ball, Ball & Wall, Pairs and wall. . Also forms first part of the warm up with Game Related movements
Part 1: Warm Up	8 - 10 minutes	Movement & Soccer Co-ordination & Technique	Technical Unopposed component with dynamic stretching 1-2-3 quick steps between stretches high tempo stretching rhythm interwoven into ball work (passing, dribbling turning based on theme). Include a fun activity at the end here such as king of the ring if theme is progressing.
Part 2: Technical Practice (opposed) or Occasional Fun Activity	10 - 20 minutes	Technique (through opposed practice) 1v1, 2v1,2v2 or 3v2 to 3v3 & Movement & Soccer Co-ordination	Ratio 1 : 3 (1 fun activity day to 3 technical practice days). Key is include fun in warm up and ensure that Opposed practices are fun ie game realistic; Progressing themes 1v1 and 2v1, Passing and Mastery 2v1 to 3v3 Once every couple of weeks choose a Fun Activity designed to encourage use of fundamental soccer skills for the theme but ensure Ball each or between 2 or 3. Minimise group sizes, avoid lineups and inactivity. Players active, competitive edge in a fun way.
Part 3: Min & Full Games (SSG)	25 + minutes	a) 3v3 , 4v4 Reduced games for 12+ players (or add GK's extra). + optional b) Max Tplex 7v7 (= 6v6 plus GK's), Pplex 5v5, Gym 6v6	No Retreat Lines in SSG. No positions for 3v3 and 4v4 less. For Full Field games can sometimes introduce positions (GK, 2 Def, 2/3 Mf, 1/2 For) and the game should see players rotating in and out of positions in free play as they move on or off the ball. If this is not happening then go back to no positions – just let them play. See Also Wall Ball and Transitional Games!

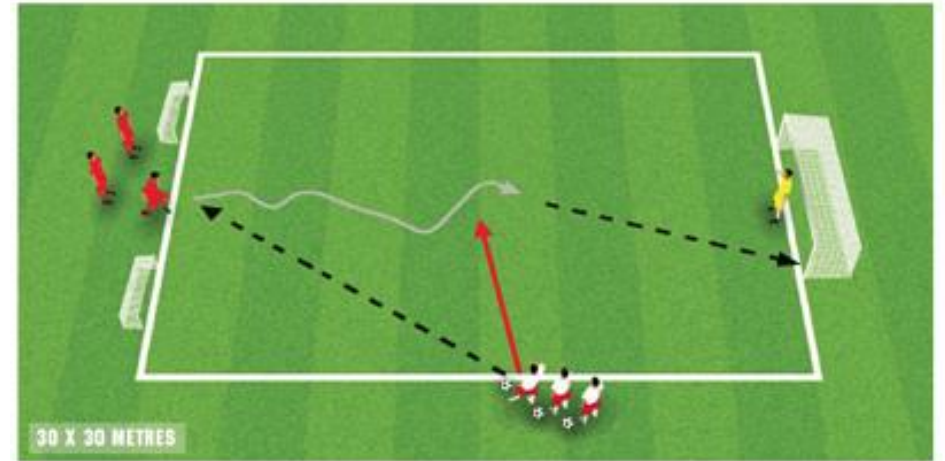
Prt 2 - U11 – Example Technical Practice – Theme Progressing with the Ball (15 mins)

- For this age we need to put the players in situations that resemble real situations in the game, where they are opposed and competing. So, Prioritise these type of opposed practices. Every now and then throw in a fun activity to keep it fun!
- Activities can finish with a shot on a goal with or without a GK, or a pass to hit a target area/ball on a cone/player.
- There should ALWAYS be transition ie in the is drill the defender has an objective when they win it (as opposed to the the play just stopping when the defender touches the ball. This way we train players to keep playing when they lose the ball transition and try to win it back right away.
- The key here is to get multiple groups doing the same activity and within each group the player competing against each other and keeping score. Then the coach can create a ladder where if players win the climb up and lose they move down....at the top of the ladder if you keep winning you remain, if you keep losing at the bottom you remain there. This can be done with two groups or unlimited groups. This motivates players and groups players of like ability together
- In this example a great practice would be 1v1 to finish with a shot on a GK. The diagram shows 2 lineups with 3 players. Instead of that you could make two separate groups of 3. so set up the drill twice! Then you can motivate the players by using a Ladder and creating a winners field!
- Use Conditions to encourage the theme. Example “You have to get across the ½ way line before you are allowed to shoot”

KEY ASPECT
TRANSITIONAL
DEFENDERS
ALWAYS HAVE
A TARGET AND
PLAY
CONITNUES
UNTIL BALL IS
OUT

TRAINING FORMAT GUIDE

SMALL-SIDED GAMES—DRIBBLING & ALL THEMES ACTIVITY 1: “ONE ON ONE” & 2 v 2 or 3 v 2



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

OPTIONS:

- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

INSTRUCTIONS:

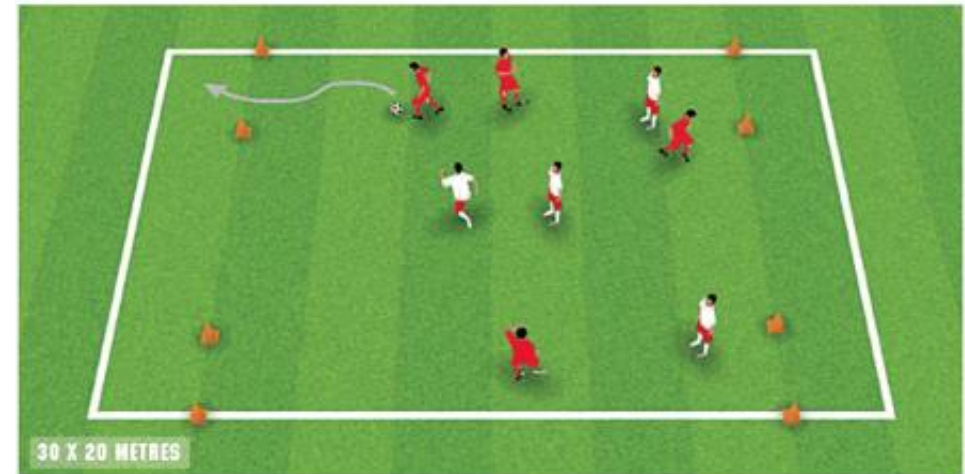
- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- “Go!” – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- “Switch!” – players swap roles. Continue until all players have had a turn as both attacker and defender.

Prt 3 - U11 –Example SSG– Theme Progressing

(25 mins = Reduced Game 15 mins and Full Game 10 mins)

SMALL-SIDED GAMES—DRIBBLING & DEFENDING ACTIVITY 1: “THROUGH THE GATES” OR “INTO THE ENDZONE”

- With 12 players split them into 4 teams of 3.
- Set up 2 fields by splitting the gym in two and playing crossways. (See also SIDEWAYS Games for this theme)
- This enables the players to get more touches and you can have everyone playing rather than play 5v5 and have 2 sitting out.
- If you have odd numbers introduce 1 player in a different colour as a neutral player that always plays with the team in possession, or just play 4v3 rather than having a sub.
- To encourage progressing (dribbling, turning and running with the ball) you need to be careful it does not get too congested....in this case if you have more than twelve rather than adding and playing 4v4 you could have a fifth team waiting to play and play a rotation after a certain time or winner stays on.
- In this example to encourage dribbling using an endzone rather than gets works best.
- KEEP SCORE! Designate 1 field as the winner field. Move the winning teams after each 5 minute game across to the same field to play each other



SET UP:

- Up to 8 players, in 2 teams; 1 ball.
- Use cones to mark out 4 corner gates.

INSTRUCTIONS:

- “Go!” – your team scores a point by dribbling the ball through one of the other team’s gates. Work with your teammates in an attacking “triangle,” where the two players on the outside support the dribbling player by getting into space and providing options for passes.

OPTIONS:

- Allow players to pass to a teammate through a gate to score.
- Add a third gate in the middle of the field that either team can use to score.

INTEGRATING Goal Keeping



Goal Keeping is often neglected without dedicated GK coaches available at training.

OR there is an absence of players interested in playing the GK position. In both cases its beneficial integrating a GK component into Technical Practices and Games. For U11 and younger just as for any other position players should be rotated and typically players interested in GK as a primary position will not emerge until U13.

U13 Include them in technical practices to work on passing and control

Rotate players as the GK

Rotate For U11 and Younger no designated GK's or if you don't have a GK at U13

GK's use their feet too or they can have special permission to vary the exercise and use their hands

U13 GK can warm up with the team in training

Any Age -Give them a specific role in a technical practice that requires them to rehearse a GK skill

Key Roles = Shot stopping, switching the play, distribution from hands and feet

Add Goals and Finishing to Technical Practices

Eg Dribbling 1v1 can finish with a shot for the attacker



THE PARADISE WAY

Part 4: COACHING METHODOLOGY

COACHING STYLES

COACH DRIVEN LEARNING

INTERVENTIONS

- HOW? Coaching Style (command, Q&A etc)
–
- WHEN? Coaching Over, Traditional
Stoppage/intervention, coaching in between
action

Coaching / Teaching Styles

Coaching Methodology	Command (Directive)	Questions & Answer	Guided Discovery	Observation	Trial & Error
Player Coach Interventions	Coach tells & shows required solution	Coach leads with question to gain response from players	Coach asks a question or issues a challenge	Coach & players observe	Player &/or Coach decide on challenge
Example	'I want you to...!'	'Can you tell me what you can do here?'	'Can you show me...?'	'Let's watch this!'	'Try for yourself...!'
Description	Coach determines the chosen outcomes in practice	Coach poses question & players offer verbal solution to challenge	Coach prompts & players offer visual demonstration of their personal solution	Players & coach observe & discuss feedback	Players are encouraged to find solutions with minimal support

The best teachers withhold information.....

ENHANCE YOUR PRACTICES *COACH DRIVEN LEARNING*

- **Tool Box**
 - **Random interference – chaos vs line drills**
 - **Laddering**
 - **Tier** Select those players performing a task best and put them together. This will drive the players to want to improve. Everyone wants to be in the top group and so they want to improve. Appoint a champ each week.
 - **visual cues** – “If I hold up a yellow cone dribble to the yellow box”
- **Inspire** Inspire the players to “want to improve” and to practice outside of training. Have a skill challenge each month so that they can practice at home to become champ.
- **Lead by example....** Played correctly the game is simple has energy, Dynamic, high tempo, passion & focus. So training sessions must be simple have energy, Dynamic, high tempo, passion & focus. So the coach must keep it simple have energy, Dynamic, high tempo, passion & focus and the players will follow.

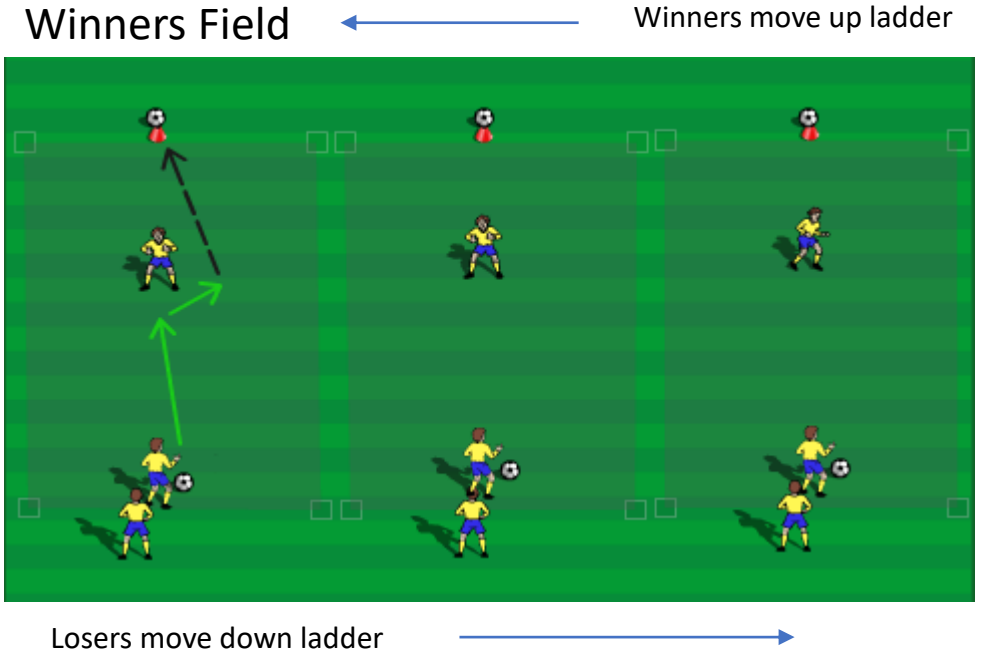
THE LADDERING CONCEPT

“One of the best tools for motivating youth players”

Consider a simple 1v1 activity like the one shown. Attacker must knock ball of cone to get a point. In order for the defender to switch roles they must either force the attacker to make a mistake and run the ball out the side of the field or win it back and connect a pass to the resting player. In itself a fun and challenging drill.

Tell the players to keep a record of their own personal score. After a couple of minutes ask each group to figure out who was top and bottom. Then have them move up and down the ladder as shown. All of a sudden the players are more motivated to win and focus.

If you combine this with a game structured and set up with proper rules and conditions to bring alive the theme then you have hit the jackpot – SPECIFIC DELIBERATE PRACTICE!



....at the top of the ladder if you keep winning you remain, if you keep losing at the bottom you remain there. This can be done with two groups or unlimited groups. This motivates players and groups players of like ability together!

FOOD FOR THOUGHT *PLAYER DRIVEN LEARNING*

- Who is the most important person at the session? Quote to Wayne Rooney's Youth U9 coach from EFC. Academy director, "Coach, what did you think of Rooney and how did your session go today?" Rooney's Coach, "I thought I did a really good session today, and Rooney wasn't bad!"
- Academy Director, "OK good, oh by the way, if you lose Rooney, we lose you!".....implying if Rooney leaves because he is not enjoying himself you're fired!

MOTIVATING PLAYERS

PLAYER DRIVEN LEARNING

- **SELF REGULATION** - Players should be motivated to watch and correct each other. To do this introduce element of competition into anything you do, “Which is the best group” “Everyone come and watch this group, they are the best”. This will help to focus the players.
- **ENGAGE** – players performing drills like robots is not healthy. Find ways to ensure the players are engaged mentally. Drills should allow choices and options and have both physical and mental components to force the players to switch on! If they are engaged they will have more energy, enthusiasm and initiative.
- **CHALLENGE** - them from the start. Should look to overload them with info for the last little part of the drill, basic techniques start to break down but this challenges them and raises the bar. If they stay in the comfort zone they won't learn. Expose technical deficiency.
- **PROGRESS** - After 15 minutes, (losing attention span and this varies with age) Look to change the drill slightly or progress the drill to provide a new or greater challenge. Maybe introduce opposition

FOSTERING GOOD HABITS *PLAYER DRIVEN LEARNING*

- **PRIDE** – A player that takes pride in even the most simple football technique will show vastly superior progress to one that does not. How do we instill pride and encourage players to care about the quality of their 10 yard passes for example? It is a real challenge. We must set a standard and expose players when they fall below that standard but then also positively reinforce when they have success. Attention to detail from the coach is critical because if we accept sloppy habits then players will not develop that sense of pride as they have not been set a standard.
- **LISTENING SKILLS**– remove balls

THE GAME IS
THE BEST
TEACHER
GAME DRIVEN
LEARNING

The Modern Coach is a Session Designer.....

LET THE ACTIVITY “TEACH”

- **PLAY WITH DIMENSIONS**
- **CONDITIONS**
- **RULES**
- **NUMBERS**
- **TIME**

A little knowledge is a dangerous thing. Do you know your limitations/weaknesses as a coach? An hour practicing inefficiently or practicing the wrong things could be better spent. Sometimes the game is a better teacher than the teacher and if we recognize this then letting them play you are helping them learn and that is the job of a coach.



THE PARADISE WAY

EXPLOSION CURRICULUM

THEME			U8 specific	U8
TECHNICAL (fun Activity, Unopposed or Opposed practice)	PASSING	passing	7	7
	MASTERY	control rec and turn	4 1	5
	PROGRESSION	dribble turning shielding running	7 3 2 3	15
	FINISHING	shootin heading cross n finish	4 0 1	5
	DEFENDING	defending	2	2
	TECHNICAL TOTALS			34
	ATTACKING			27
	Pairs - On and Around the Ball	Possession & Combination Play		14
	Groups - On and Around the Ball	Combination / Triangular Support		0
	Team Width - Away from the Ball	Create Width / Use Around		9
TACTICAL	Team Depth - Away from the Ball	Create Depth / Use Through & Over		4
	DEFENDING			7
	Defending - Pairs	1st & 2nd Defender		0
	Defending - Group	Shape / Pressuring		0
	Defending - Team	Recovery / Compactness / Marking		7
	TACTICAL TOTALS			34

Session #	21	DEFENDING	Groups - On and Around the Ball
Session #	22	DEFENDING	Defending - Team
Session #	23	PASSING	Team Width - Away from the Ball
Session #	24	PASSING	Defending - Pairs
Session #	25	FINISHING	Groups - On and Around the Ball
Session #	26	FINISHING	Team Depth - Away from the Ball

Each session finishes with a TAC Theme which is the focus for the games.

Indoor Practice Planner Tool

Each Age group has an allocation for how much of your tactical time should be spent on Attacking vs Defending. Ratio? 4:1 to 2:1

Technical Curriculum



GRASS ROOTS SESSION CATALOG

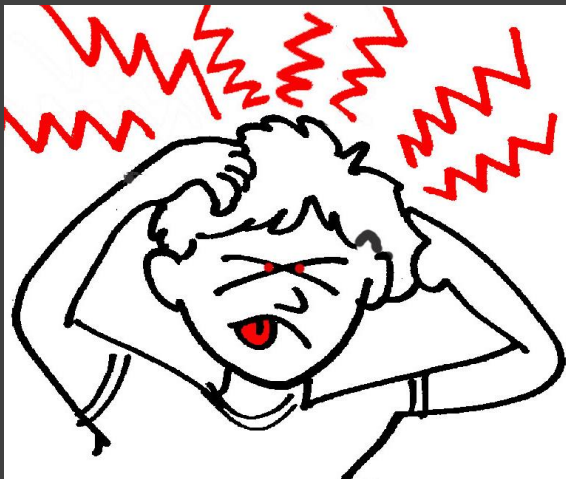
U8/U9 INDOOR

(Designed for gym sessions)

Canada Soccer Resource
Recommended Activities
for the various Techniques

Not Included in CSA
Catalogs

TECHNIQUE of 1v1 Defending



Getting goal side in line between ball and goal

Can you intercept

Making up ground, closing down to attack the ball and stop it being played forward

Slowing down near to the attacker, not selling

Showing the attacker towards the least dangerous area

Threaten (feint) to tackle to reduce the attackers composure

If facing his own goal stop the attacker turning.

1v1, getting in line, closing down, make up ground quickly, slow down near to the ball

Jockeying, not 'selling', getting in a balanced position

Limiting forward passes, making play predictable

Threaten (feint) to tackle

Being patient, timing of tackle, not 'selling'

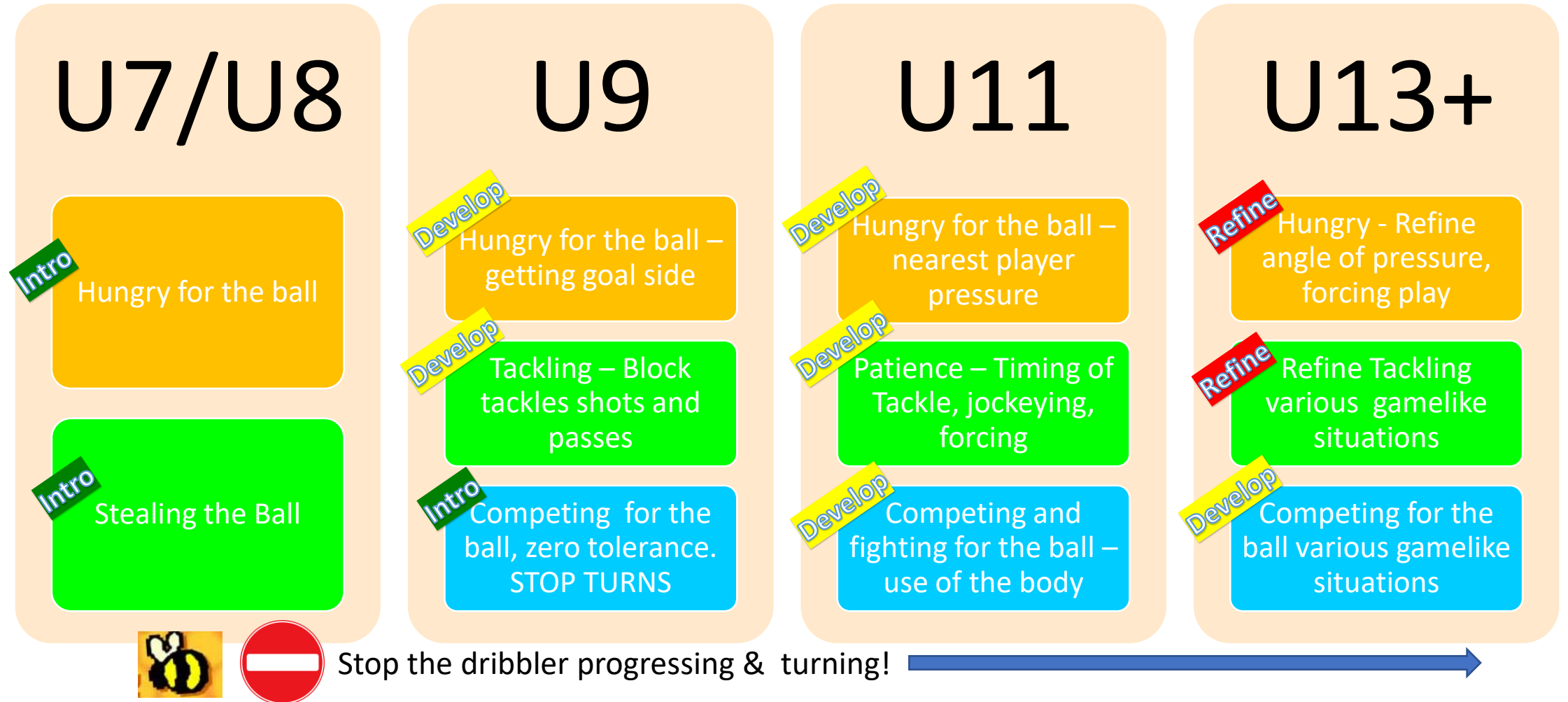
Accepting physical challenge, contact - use of strength, upper body, being 'body strong'

Use of correct foot, correct body position, well balanced, ready for rebounds

Slide tackle if necessary, to trap or push ball away

Other colleagues anticipating rebounds, second ball

Individual Defending Building Blocks - TECHNIQUE

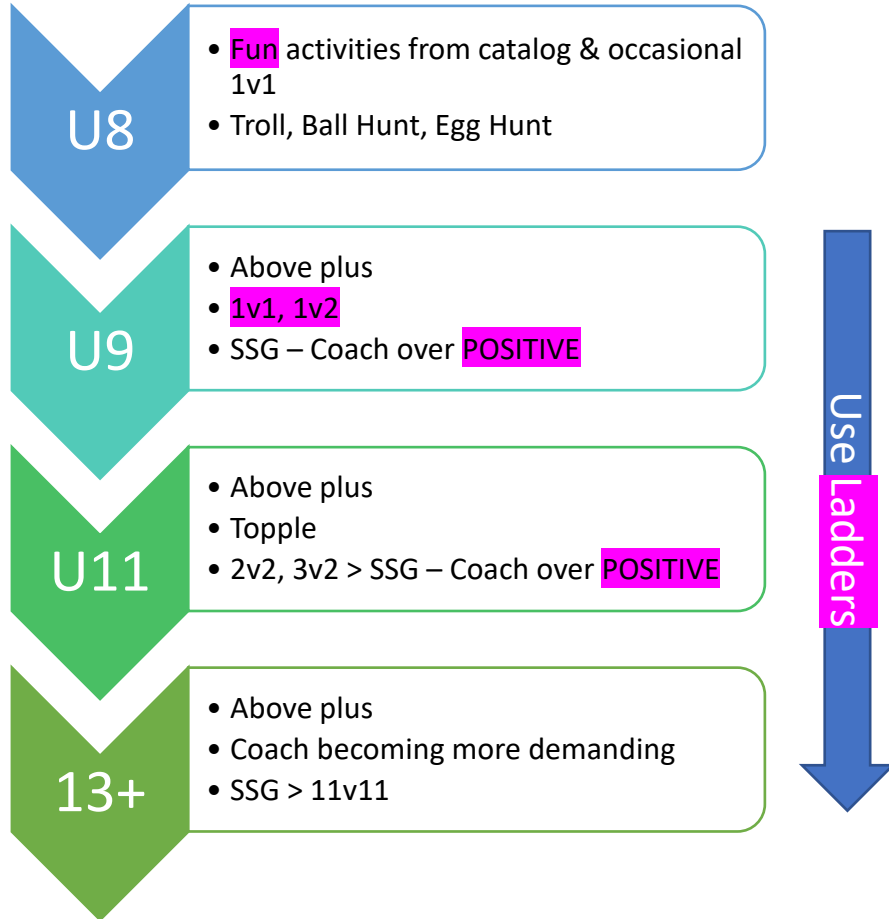


TASK:
Watch





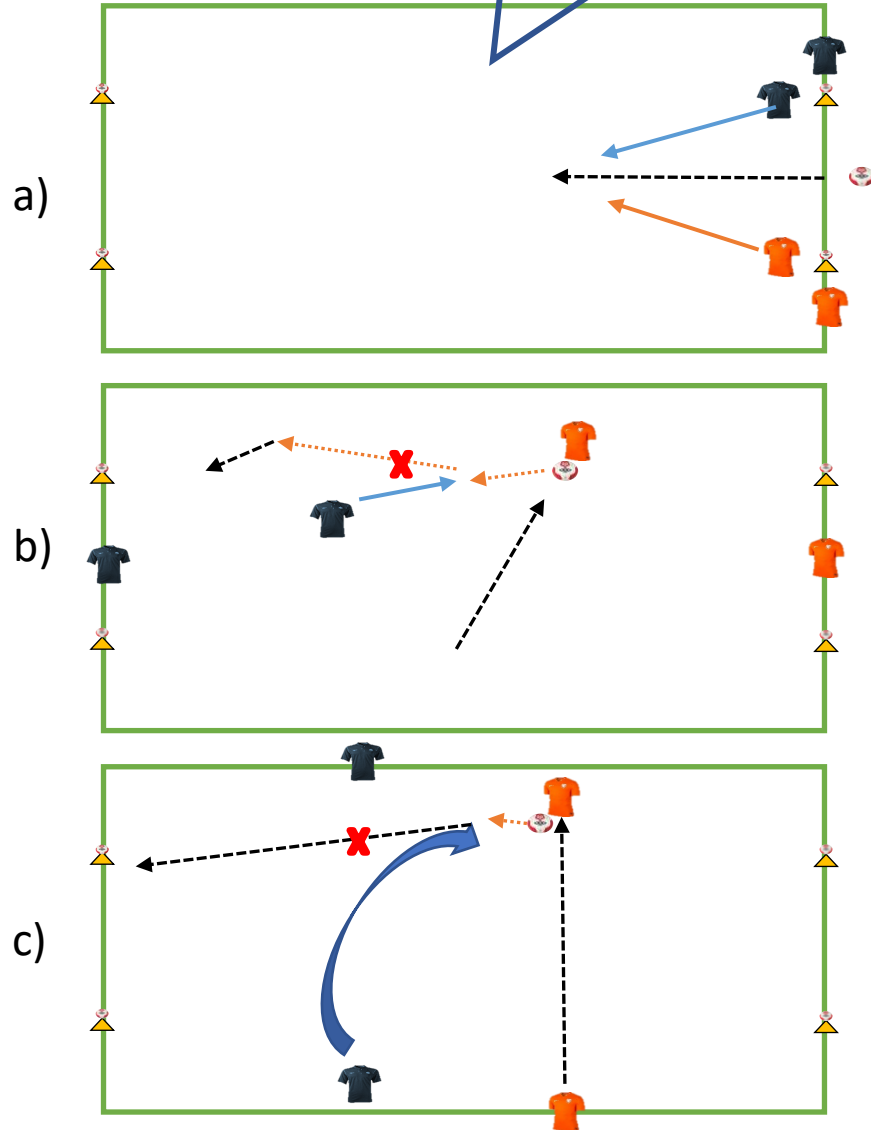
INDIVIDUAL DEFENDING HUNGER / TACKLING & COMPETING



REDUCE NUMBERS
TRANSITION
REWARD DEFENDERS
KEEP SCORES
CALL FOULS

Defending 1v1

For U8 use (a) first and then (b), For U10 and older use all



Set Up:

Minimum 5 yds x 10 yds, up to 10x15yds with two small goals at each end. 1 passive player is not involved and is resting. Ball can start with a pass from the coach or the attackers partner.

- a) Try different start positions, (sitting, lying etc) once coach passes the ball they can go. For younger can allow both players to score at the far end. Alternately Player getting first touch continues and goes for goals ahead of them, defender must steal it and turn to attack the goals at the end they started from.
- b) Ensure players are at opposite ends before playing into feet of the attacker. Defender can pressure as soon as the coach passes.
- c) Attackers partner can serve as shown to feet. Again Defender can pressure as soon as the pass is made.

Instructions:

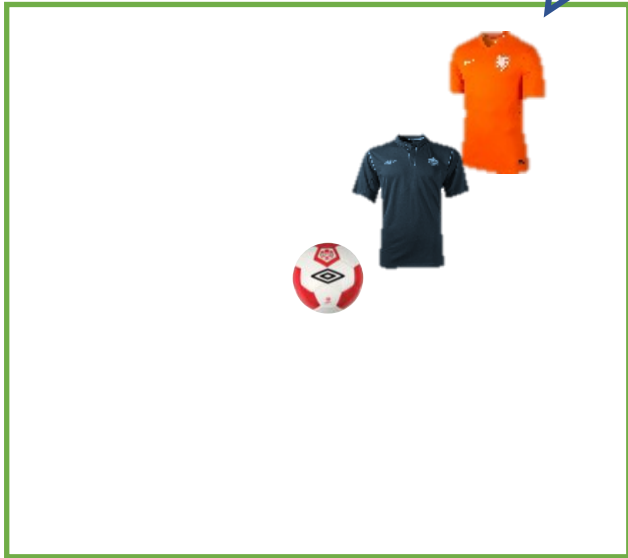
- a) "Use your body" "First to the Ball" "Stay with 'em" or "Keep going"
- b) "Pressure" to encourage the defender to get to the ball as quickly as possible. "Challenge" to encourage the defender to be actively trying to win the ball.
- c) "Stop the pass" to ensure the defender recovers between the ball and goal before pressuring

Options:

Have the resting player play as the GK and perhaps allow them to join in if they save it.

1v1 Challenging – “Topple”

For U12 and older



Set Up:

Place a ball on a cone. Both players start within touching distance of each other and playing distance of the ball.

Instructions:

“FACE THE BALL” “STAY ON YOU FEET” both players must remain standing – no lunges or slide tackles “PROTECT” the ball “USE YOUR BODY”. “NO PUSHING WITH THE HANDS”

Options:

Team version half of the balls are defended by blues and the other half are defended by oranges. 1v1 at each ball. The team with the last ball standing wins the round.

Condition – once the ball is toppled off the cone orange can attempt to get their foot on top of the ball for a bonus point.

Coaching Tactics

Format	Time	Description	Notes
Arrival	2 - 5 minutes	Ball work tasks	Player & ball, Ball & Wall, Pairs and wall. . Also forms first part of the warm up with Game Related movements
Part 1: Warm Up	8 - 10 minutes	Movement & Soccer Co-ordination & Technique	Technical Unopposed component with dynamic stretching 1-2-3 quick steps between stretches high tempo stretching rhythm interwoven into ball work (passing, dribbling turning based on
THE TACTICAL PART OF YOUR SESSION – THE GAME!			
Part 2: Technical Practice (opposed) or Occasional Fun Activity	10 - 20 minutes	Technique (through opposed practice) 1v1, 2v1, 2v2 or 3v2 to 3v3 & Movement & Soccer Co-ordination	Ratio 1 : 3 (1 fun activity day to 3 technical practice days). Key is include fun in warm up and ensure that Opposed practices are fun ie game realistic; Progressing themes 1v1 and 2v1, Passing and Mastery 2v1 to 3v3 Once every couple of weeks choose a Fun Activity designed to encourage use of fundamental soccer skills for the theme but ensure Ball each or between 2 or 3. Minimise group sizes, avoid lineups and inactivity. Players active, competitive edge in a fun way.
Part 3: Min & Full Games (SSG)	25 + minutes	a) 3v3 , 4v4 Reduced games for 12+ players (or add GK's extra). + optional b) Max Tplex 7v7 (= 6v6 plus GK's), Pplex 5v5, Gym 6v6	No Retreat Lines in SSG. No positions for 3v3 and 4v4 less. For Full Field games can sometimes introduce positions (GK, 2 Def, 2/3 Mf, 1/2 For) and the game should see players rotating in and out of positions in free play as they move on or off the ball. If this is not happening then go back to no positions – just let them play. See Also Wall Ball and Transitional Games!

Coaching Tactics or Game Understanding



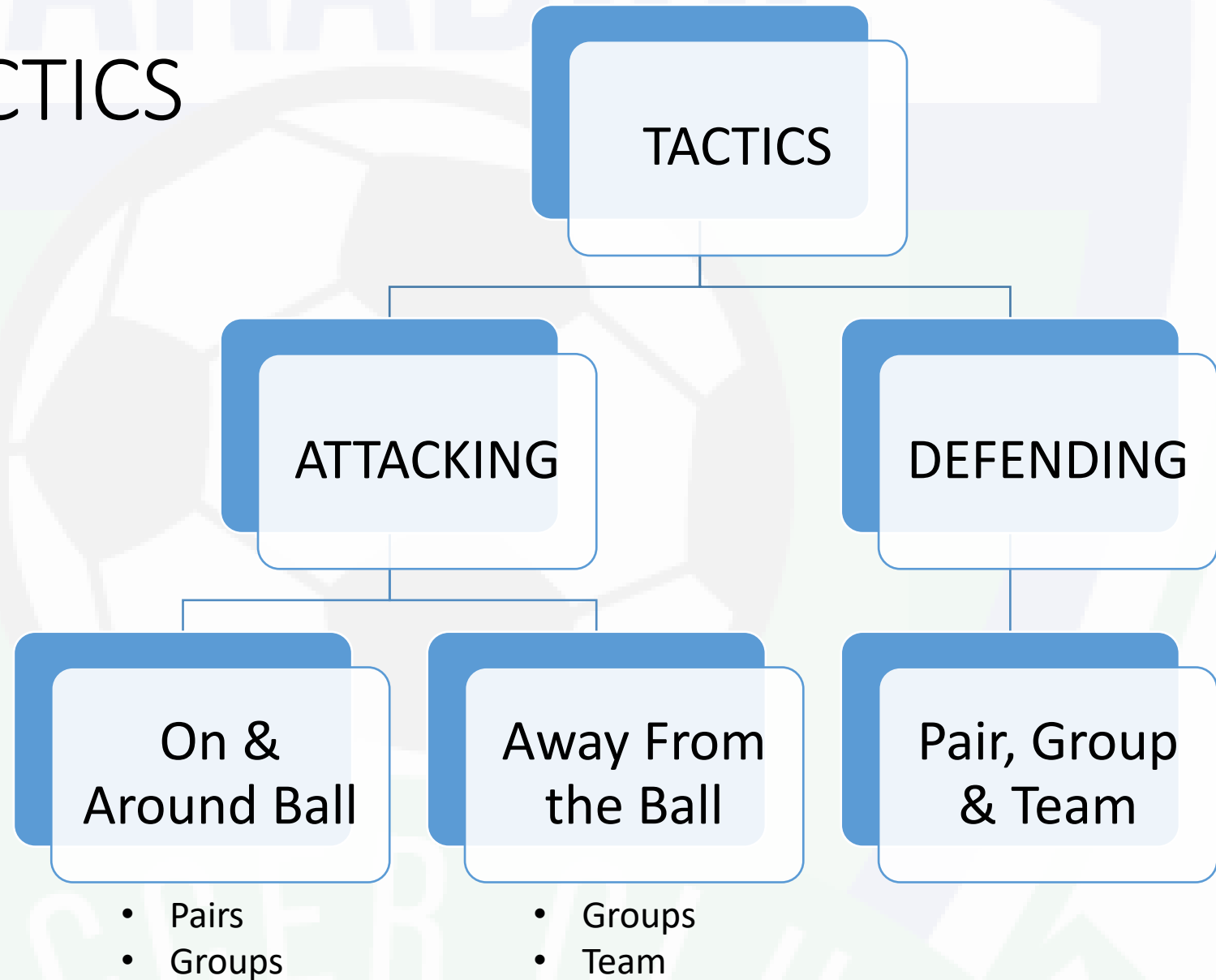
*How well do I know the game myself?
What should I teach my age group?
Where do I start?*

Attacking Principles	Defending Principles
Penetration <ul style="list-style-type: none">• The ability to get inside and behind the defense's shape.• Looking forward first and asking the question "Can we score or effectively play the ball forward?"	Delay <ul style="list-style-type: none">• To "pressure" the attacker to reduce their time and space and prevent the ball from being played forward.• Slowing down the attack to allow the defense to reorganize when outnumbered.
Support <ul style="list-style-type: none">• To keep possession with support in front, side and behind the ball.	Depth/Cover <ul style="list-style-type: none">• To provide close support for the pressuring defender (i.e. 1st defender) and restrict/reduce space for attackers.
Dispersal <ul style="list-style-type: none">• The ability to stretch and pull defenders out of position.	Compactness <ul style="list-style-type: none">• To assemble as quickly as possible as a team to protect areas of the field vulnerable to scoring opportunities.
Mobility <ul style="list-style-type: none">• The movement and interchanging of positions to unbalance defenses.• To create space and opportunities for attackers.	Balance <ul style="list-style-type: none">• Sealing of the space away from the ball in order to limit the opponent's attacking options.• Retaining team shape.
Improvisation/Creativity <ul style="list-style-type: none">• Doing the unexpected.• Break down defenses using individual soccer techniques or group combinations.	Control and Restraint (Patience) <ul style="list-style-type: none">• Being patient and waiting for the correct moment to win the ball.• Assess the risk before challenging for the ball.

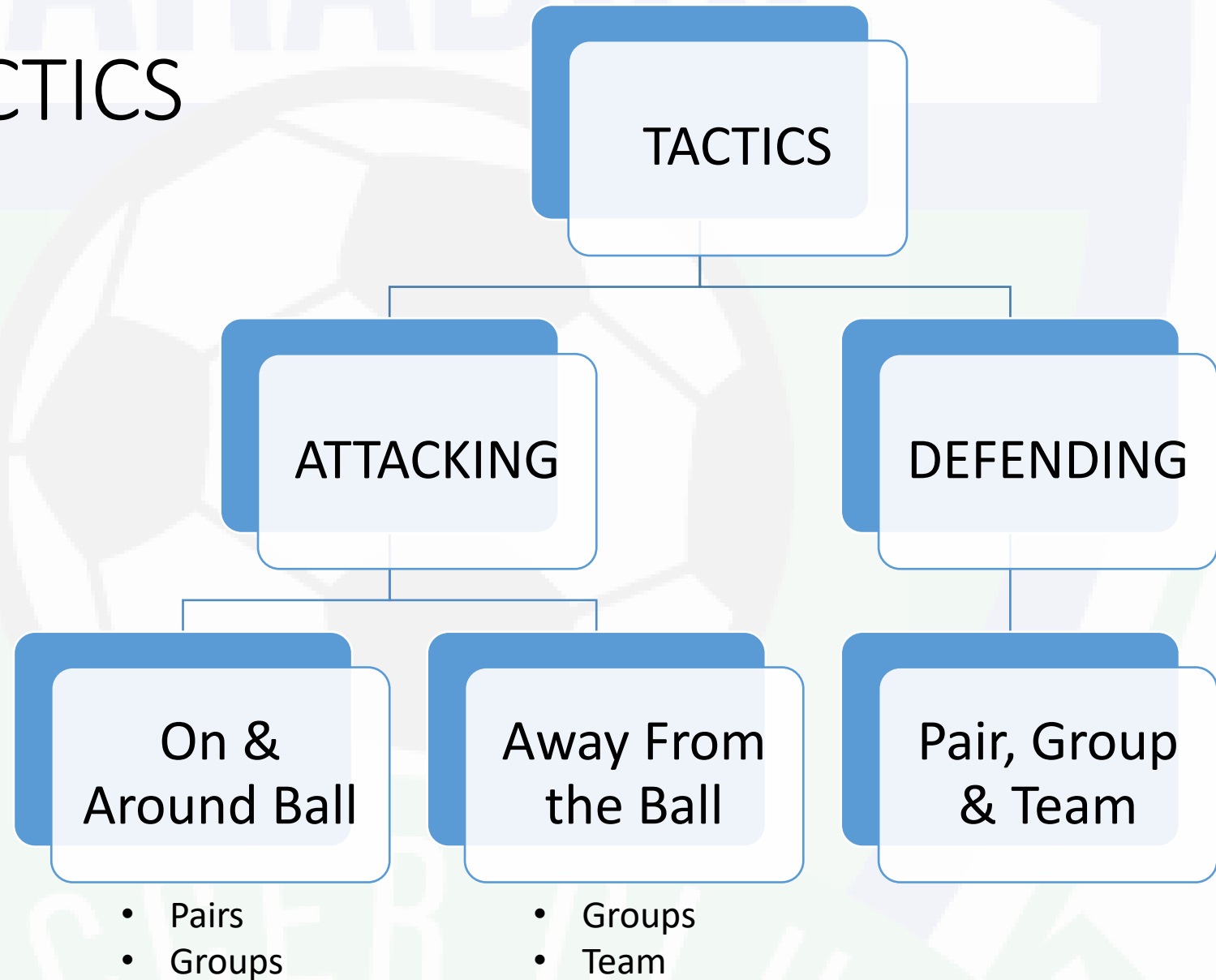
Tactics - The Simplifier



COACHING TACTICS



COACHING TACTICS



UNDERSTANDING THE GAME

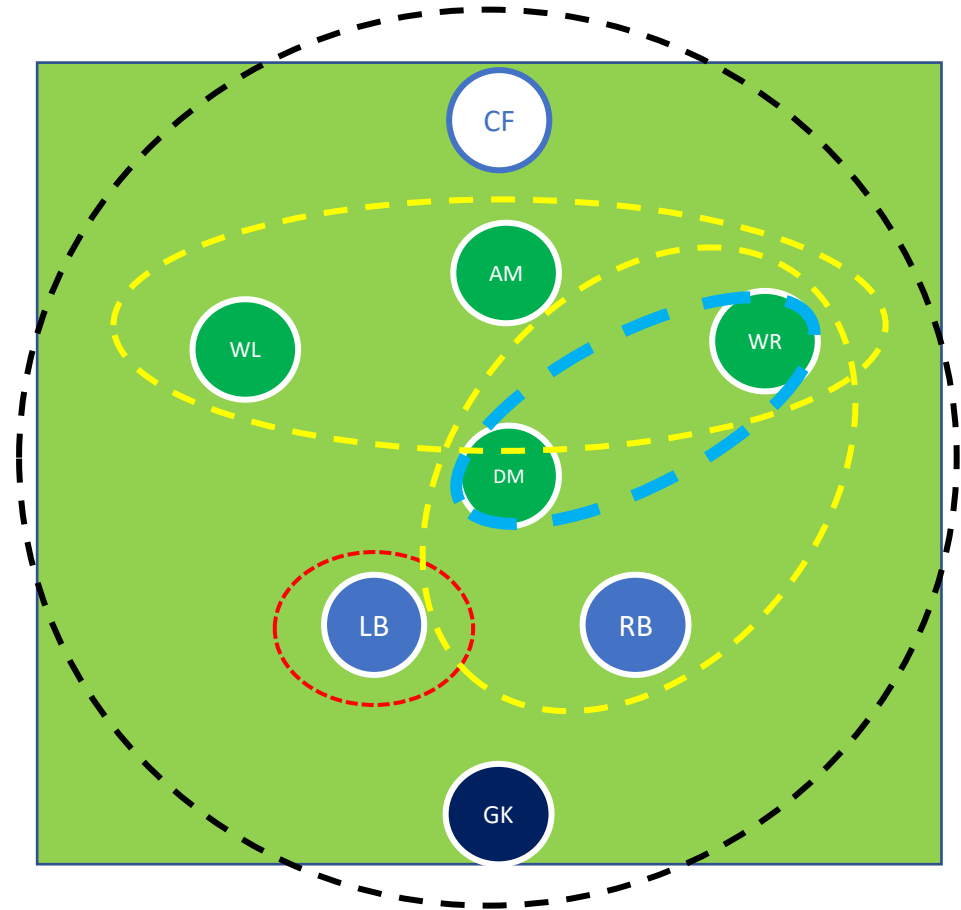
INDIVIDUAL

PAIRS

GROUPS

TEAM

Which are most
important for your
age group

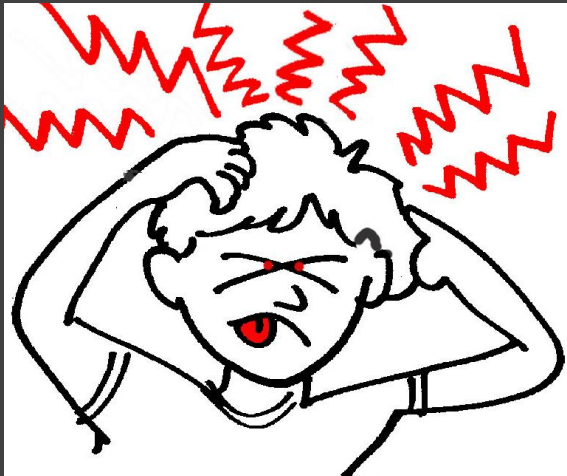




THE PARADISE WAY

Part 5: THE DISCIPLINE OF DEFENDING

Principles of Defending



Delay

- Counters Penetration
- Slowing the forward movement of the ball when opponents have the ball.

Support/Depth

- Counters attacking support/depth
- The arrangement of players to deny the opposition the opportunity to pass or run in anticipation of a pass to the back of the defence.

Compactness

- Counters dispersal
- Denying the space between the defenders and lines of defence slowing the forward movement of the ball by opponents.

Cover/Balance

- Counters mobility/movement
- The fluent defensive team movements in any direction made to contain and resist the penetration of the opponents' attacks.

Control

- Counters individualism
- Defending with composure, individual/team understanding and awareness of the situation.

Surprise

- Counters surprise
- The employment of unusual and unexpected defensive actions.

Defending TACTICS Building Blocks

U7/U8

Intro

TEAM – BEES & HONEY POT

Spread like butter / squeeze like cheese



U9

Intro

PAIRS (1v2)

1st Def – nearest pressures

2nd def ready to support (double up or recovery behind the ball)

Develop

TEAM – THE SWARM

Getting goal side
Getting together not leaving big gaps between our players



U11

Develop

PAIRS (2v2)

2nd Def – Cover

Duel Role cover & deal with a player

Intro

GROUPS

Pressuring, Covering
STOP THE TURN, STOP THE SPLIT

Develop

TEAM – THE HONEY COMB

The structure of a team, logical spacing on the field (front to back & Side to side)



U13+

Refine

PAIRS (2v2/2v3)

Communication and decision making as a pair

Develop

GROUPS

Unit Def and def shape
Marking position and tracking runs

Refine

TEAM – THE WORKER BEES

Understanding positions roles and responsibilities



Stop the receiver turning!



ATTACKING		27	33	31
Pairs - On and Around the Ball	Possession & Combination Play	14	9	5
Groups - On and Around the Ball	Combination / Triangular Support	0	8	10
Team Width - Away from the Ball	Create Width / Use Around	9	11	11
Team Depth - Away from the Ball	Create Depth / Use Through & Over	4	5	5
DEFENDING		7	11	13
Defending - Pairs	1st & 2nd Defender	0	5	5
Defending - Group	Shape / Pressuring	0	0	3
Defending - Team	Recovery / Compactness / Marking	7	6	5
TACTICAL TOTALS		34	44	44

U8 U10 U12

Each **Age group** has an allocation for how much of your **tactical time** should be spent on Attacking vs Defending. Ratio? 4:1 to 2:1

	TEC THEME	TAC THEME
Session # 5	PASSING	Pairs - On and Around the Ball
Session # 6	FINISHING	Team Width - Away from the Ball
Session # 7	PROGRESSION	Pairs - On and Around the Ball
Session # 8	PROGRESSION	Defending - Team
Session # 9	MASTERY	Team Width - Away from the Ball
Session # 10	MASTERY	Pairs - On and Around the Ball
Session # 11	DEFENDING	Pairs - On and Around the Ball

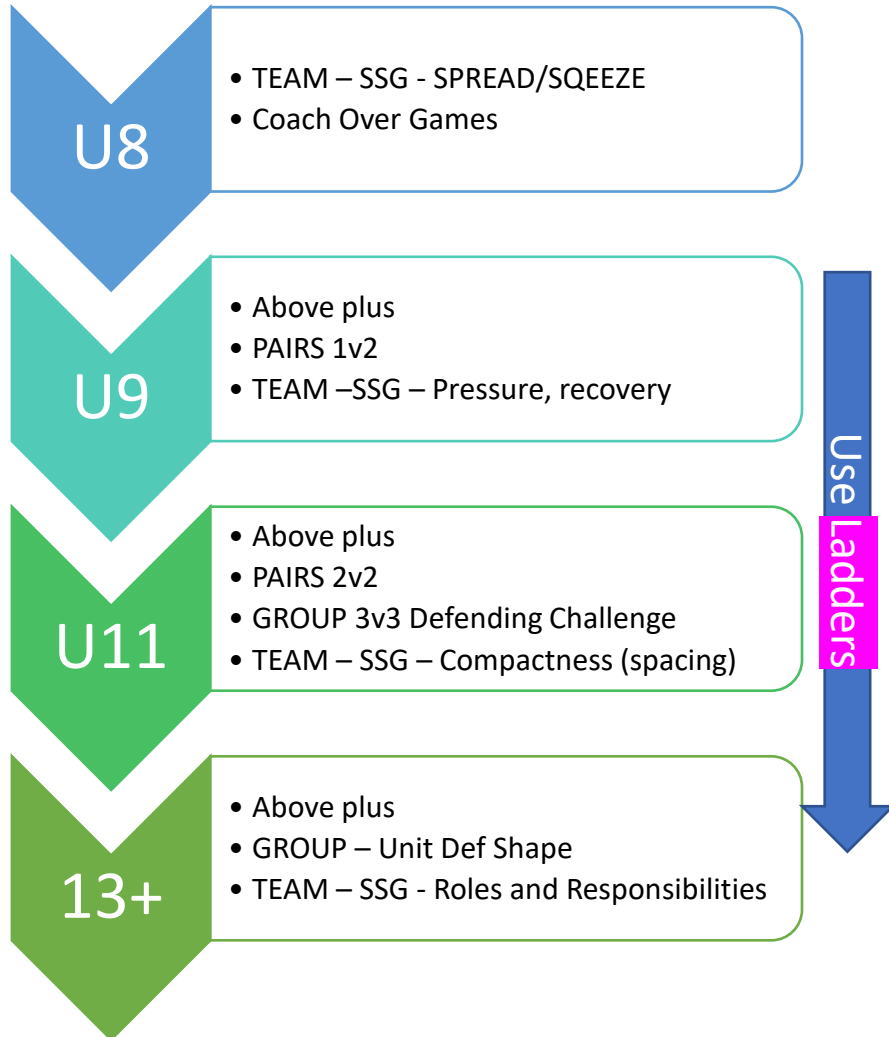
Each session finishes with a TAC Theme which is the focus for the games.

Indoor Curriculum

TACTICAL



PAIRS, GROUP & TEAM DEFENDING



TRIGGERS IN SSG – go get it, steal the ball, keep going, don't give up

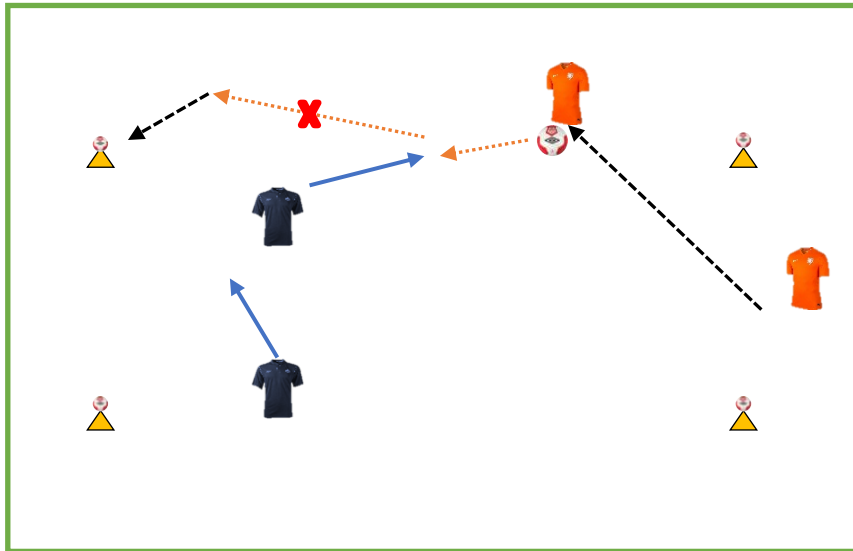
TRIGGERS IN SSG - Recover, squeeze, tight together. Pressure, Don't give up. No Turns once attacker if faced backwards. Support

TRIGGERS IN SSG - Recover, pressure, use your body, be aggressive. No Turns turns & STOP the split. Marking goal side & ball side.

REDUCE NUMBERS
TRANSITION
REWARD DEFENDERS
KEEP SCORES
CALL FOULS

1v2 Defending – “Pairs Defending”

For U10 and older



Set Up:

Minimum 15 yds x 12 yds, with two small goals at each end. 1 passive attacker is not involved initially and must stand touching the line or wall so that 1 attacker plays against two defenders, Ball can start with a pass from the coach on the half way or from the passive player.

Instructions:

“PRESSURE” as the ball travels nearest defender must pressure

“COVER” 2nd defender must be ready to block pass/shots and to challenge if the 1st defender is beaten.

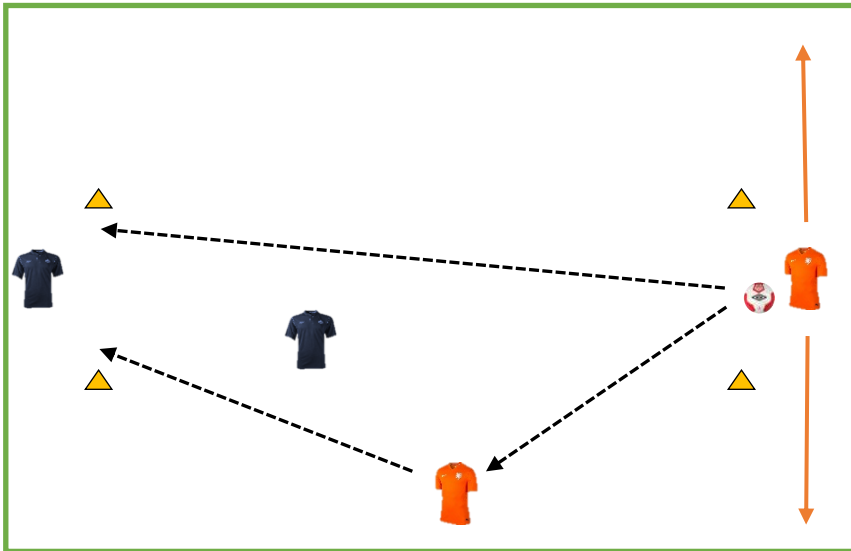
Options:

Once the defenders touch the ball the second orange attacker can join the play

Ensure that there is separation at the start so that the dribbler is able to turn (can use cones as reference start points).

2v1 Defending – “2 Jobs”

For U12 and older



Set Up:

15 yds x 12 yds, with two small goals at each end.

Instructions:

“STOP THE PASS” Orange support player can score directly, or

“STOP THE TURN” Orange support can pass in to the orange attacker to turn and score.

Orange attacker can pass back to support player who must remain behind the goal.

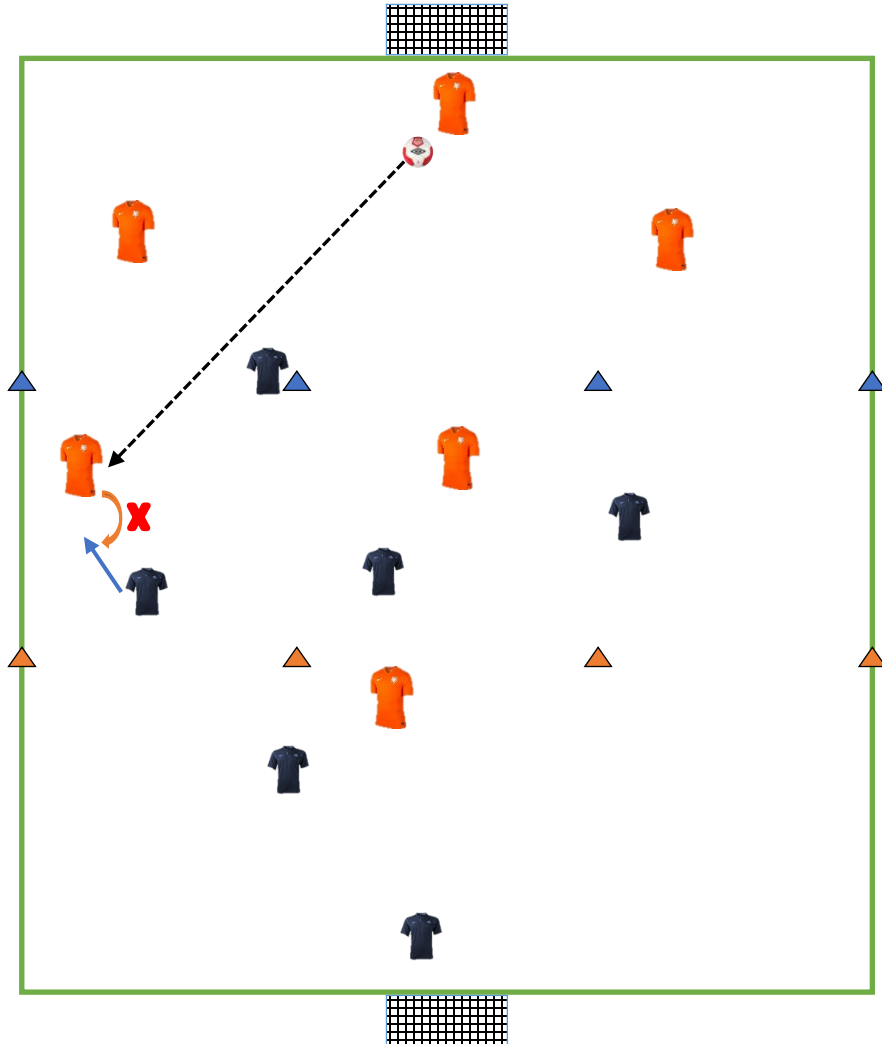
Options:

Allow the support player to move up and down the entire width or restrict them to stay between the goal.

Condition the support player is not allowed to play 1 touch

Condition the support player can only score on 1 touch

SSG – “Zero Tolerance Zone”



Set Up:

SSG pitch, with two lines roughly around the thirds of the field.

Instructions:

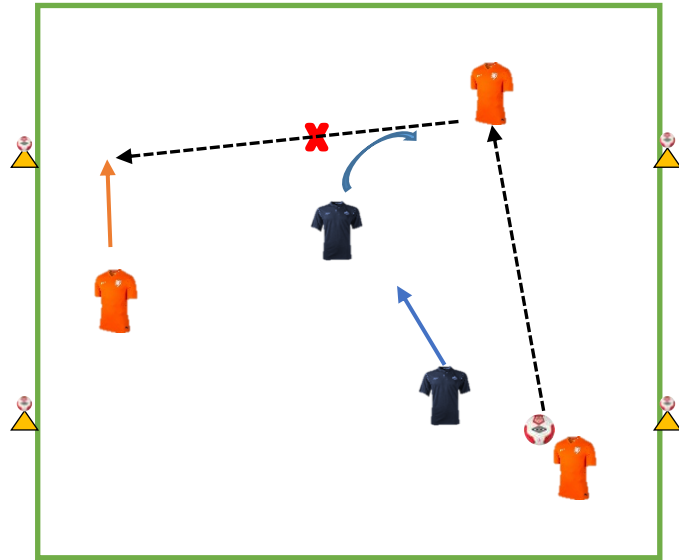
“STOP THE TURN” Normal game rules apply but the coach will award goals anytime a player is able to receive a forward pass in the middle zone and turn successfully (ie they are able then to make another pass, or are able to dribble forwards).

Options:

Condition – Goals only count if all of your players are pushed up out of your defensive zone.

Condition – Goals can be awarded for turns ahead of the line too (high pressure defending)

3v2 Defending – “Pairs Defending – 1 min challenge”



Set Up:

Minimum 8 yds x 8 yds, with two small goals as shown. 1 minute defending challenge, how many goals can blue defenders score by winning the ball off the orange attackers who look to keep the ball to kill the clock. After 1 minute switch roles.

Instructions:

“PRESSURE” as the ball travels nearest defender must pressure, trying to deny the exit pass to the third attacker

“DROP” 2nd defender must retreat immediately when ball is passed to block the split pass.

Options:

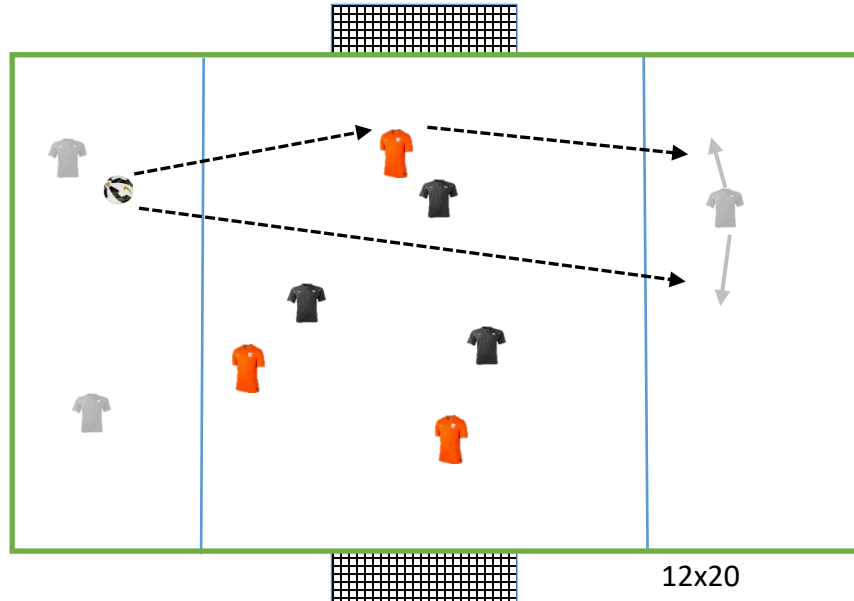
Rather than using goals can have a 3rd defender on the outside who the blues must connect a pass to for a goal.

Condition – if attackers can split defenders then they can reduce the score by one point for every split.

3v3 GROUP Defending challenge

For U12 and older

1 minute damage limitation



Set Up:

Minimum 12 x 25 yds. with 3 whites play only in scoring zones and work with reds trying to play the ball from 1 end to the other without blacks gaining possession. Blacks defend for 1 minute to limit the number of goals the 6 attackers can score. If blacks win it they can score on goal to reduce the attackers score or keep possession to kill the clock.

Instructions:

“STOP THE PASS” the whites can play direct end to end (below waist height)

“No Turn” defender must pressure their mark as ball travels in to arrive with the ball to intercept or stop the turn.

“Cover” as ball travels in other defenders must recover behind the ball into a solid defensive shape to stop the scoring pass

Options:

Rather than using goals can have defenders keep possession to kill the clock.

Condition – Can allow balls over the top (endzones should be made shallower)

Condition – restrict so that attackers not allowed to play back to support players

How we BREED DEFENDERS?



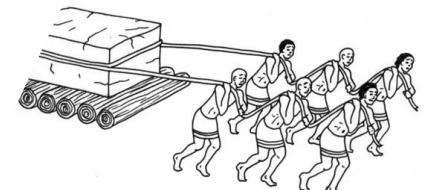
We CAN Identify the Key Elements!

- Hunger = **Pressure** (hungry honey bees)
- Stealing and Tackling
- **Challenging** = drive and attitude, encourage aggression, zero tolerance for getting beat, physical play use of the body, arms, hips, shoulders but managing overly aggressive or foul play
- Pairs
 - Doubling up or covering
- Groups
 - **Marking** and stopping splits
- Team
 - Swarm with pressure and **recovery**, structure = spacing **compactness**, Worker bees = roles and responsibilities



DEMANDING ACCOUNTABILITY

BUT HOW DO WE BUILD THEM ?



How we BREED DEFENDERS – Actually its easy.....

- Follow curriculum
 - devote sessions to defending - Choose the right activities
- Every Player in every session
 - Coach must monitor and demand that the standards and expectations for the age group are being demonstrated even if the theme of the session is attacking! – if not then need to address it (either by coaching over to encourage/demand more, or a condition, or adding in an extra defending session next week!) or else all your attacking session is in vain if we don't defend well
- ACTIVITIES THAT MOTIVATE the players - Players will defend when
 - they are having fun without realising they are defending
 - or when they have to Competing 1v1 (consequences for losing – ladders in training and lastly because they are willing to do it for others – POSITIVE praise of the coach or benefit of their team OR when they are in the moment and can win it back to score – transition.
- In the right way - Train the way we play
 - manage emotions – be fair –call fouls



THE PARADISE WAY

Coaches Seminar Series

Seminar 2 Overview

- Part 6: The Art of Attacking 1
 - Tactical Curriculum
 - Sample Drills ---- UPDATE SLIDES FOR SESSION PLANS
- Part 7: Player Assessment Process
- Part 8: Team Formations



THE PARADISE WAY

Part 6: THE ART OF ATTACKING 1

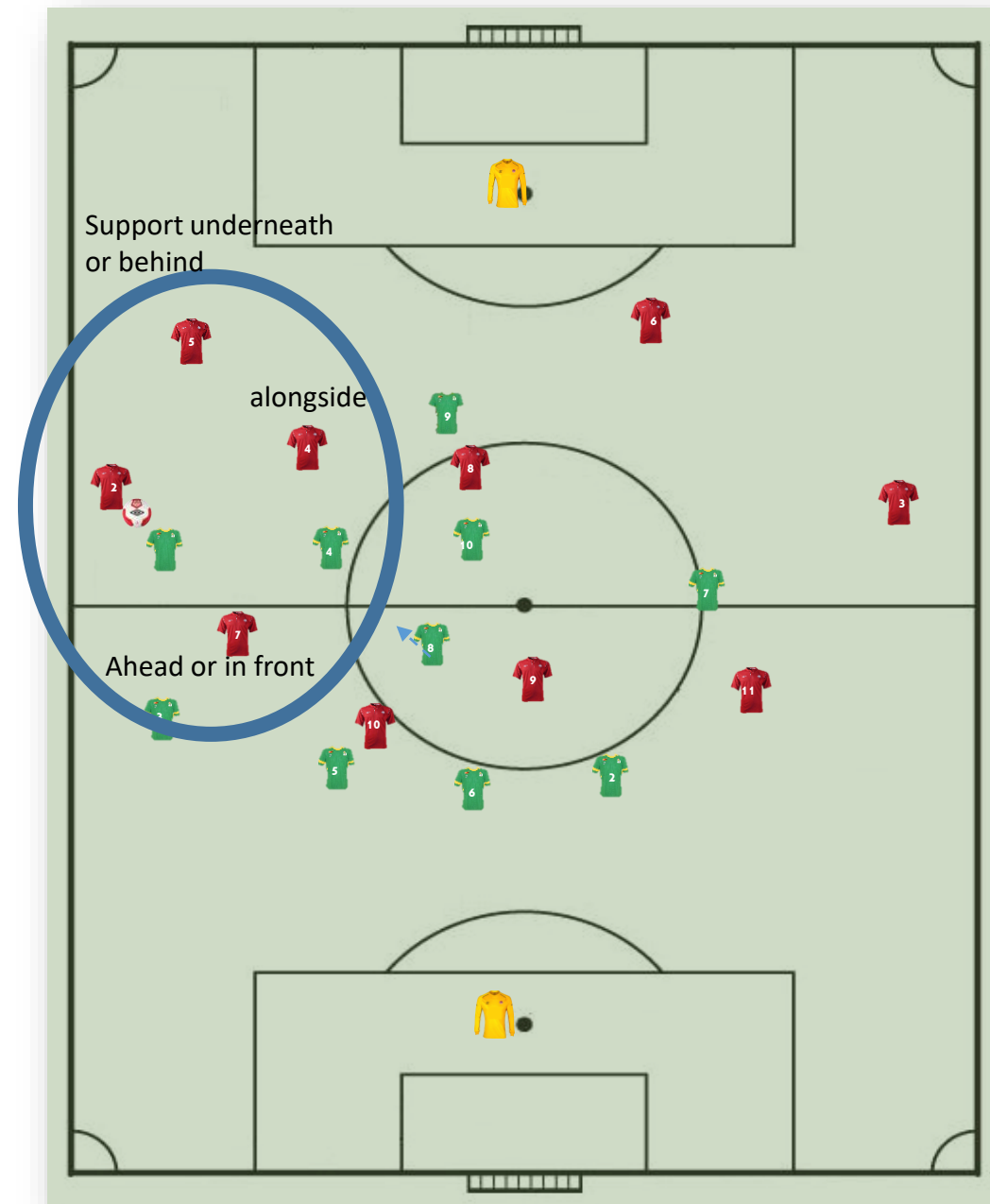
On & Around the Ball

ATTACKING

How Do WE TACKLE IT!

Key Elements On & Around the Ball

What should the coach focus on!



Principles of Attacking

DISPERSAL

- A team spreading out from side to side and end to end within the passing range and abilities of the players. Creating space by stretching the distance and support relationships between defenders and the lines of defence

SUPPORT/DEPTH

- Passing options provided through 360 degrees to the player on the ball.

PENETRATION

- The ability to eliminate opponents from being goal-side of the ball.

MOBILITY MOVEMENT

- Calculated movements of players & interchanging of positions to cause unbalance opponents and cause problems.

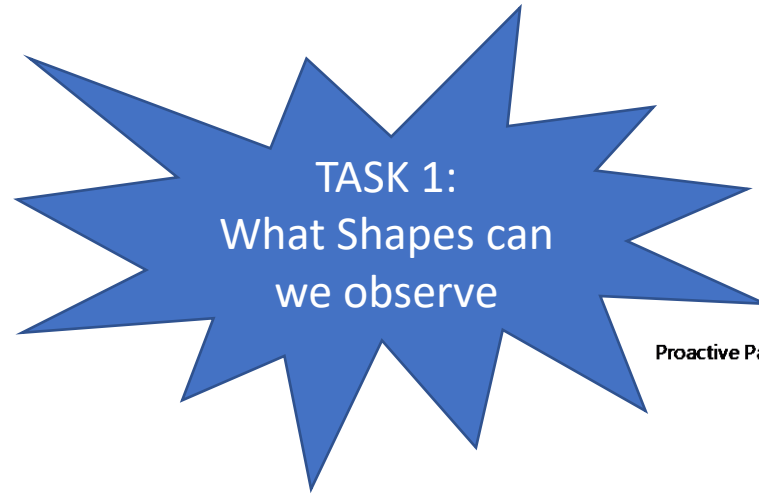
SURPRISE

- The use of deception to hide a team's attacking intentions.

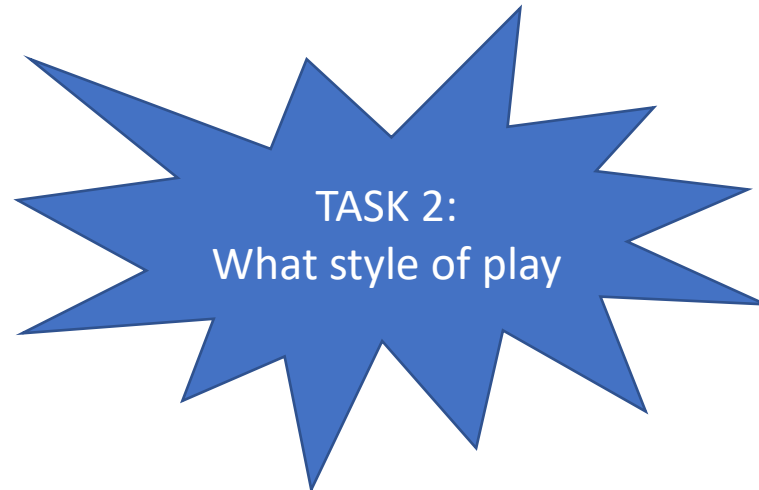
INDIVIDUALISM

- The ability of an individual player to do the unexpected.

What do we see On & Around the Ball



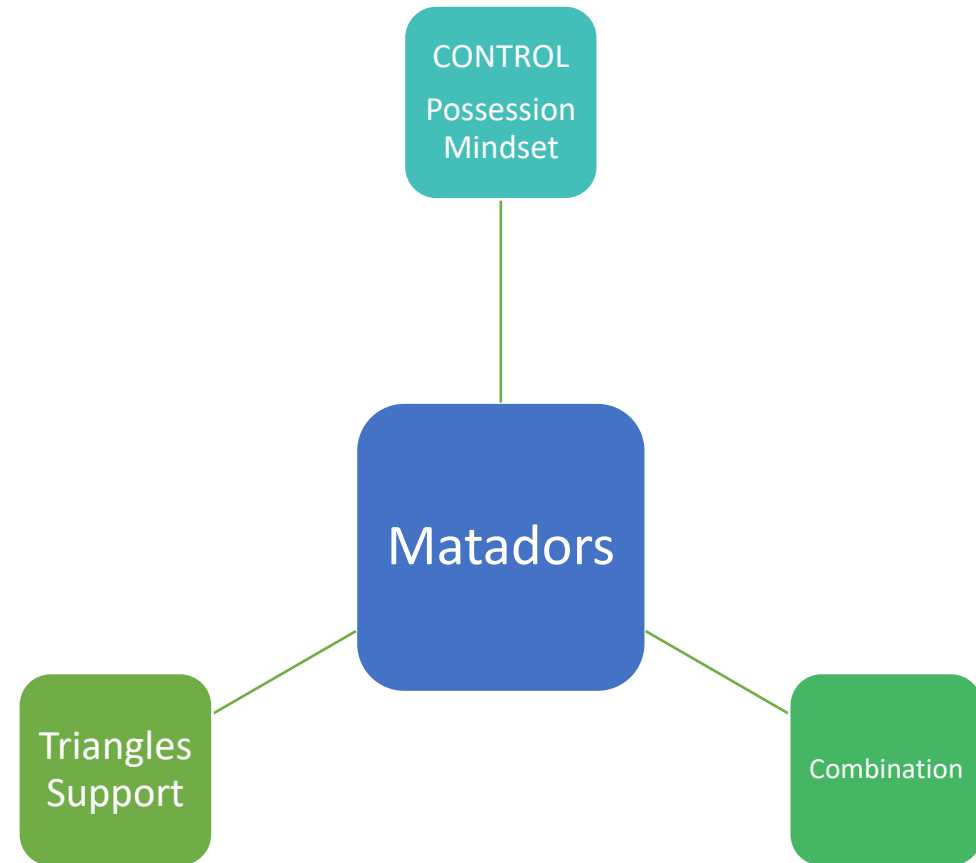
Proactive Passing and 1 Touch Play 2011 WWC 1.mp4





Attacking On & Around the ball

- The game in its simplest form – **triangles** and diamonds
- Pairs & Groups Dealing with immediate pressure
 - **Combinations** with supporting players immediately around the ball within 15 yards or within the short pass range.



ATTACKING

How Do WE TACKLE IT!

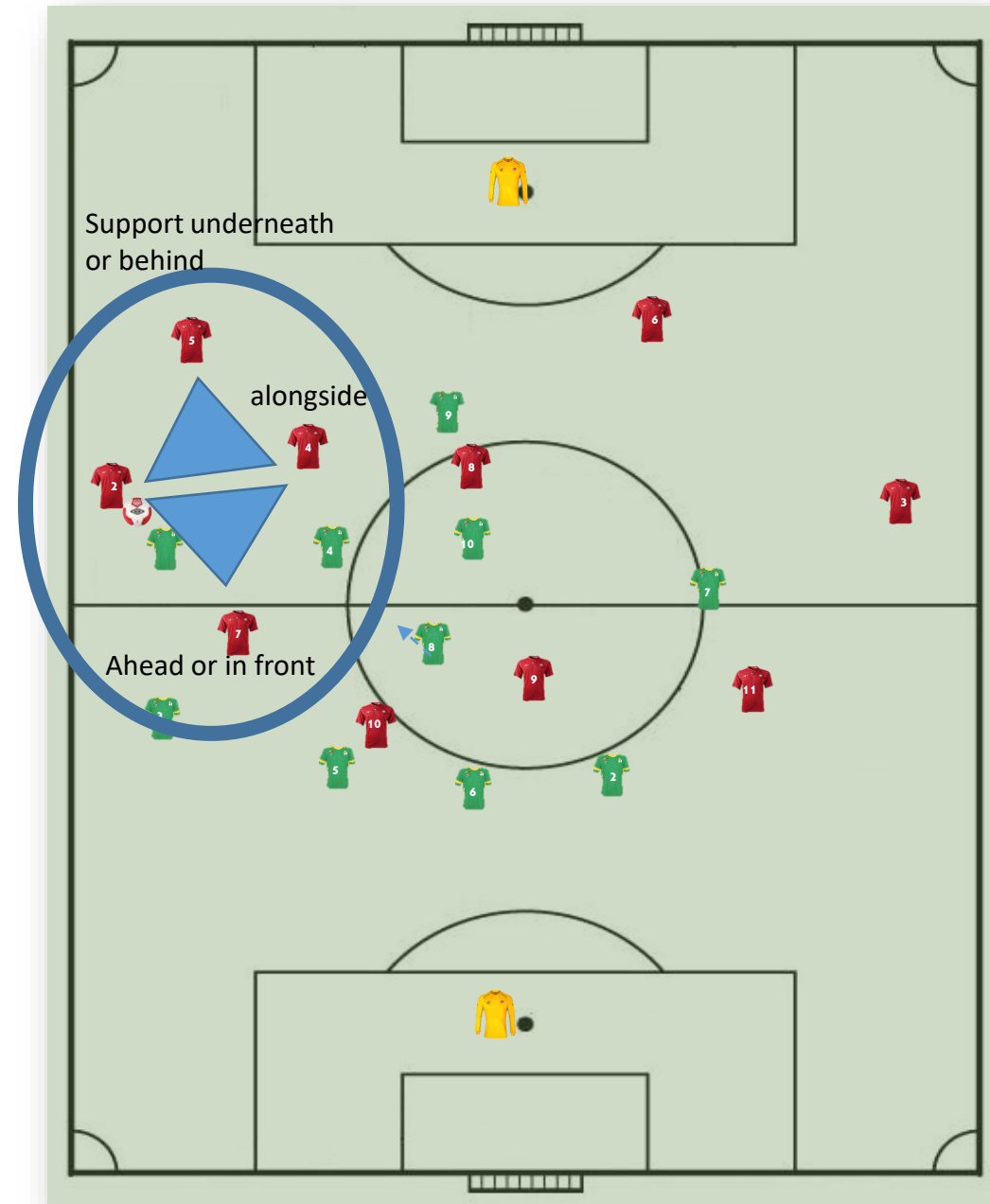
Key Elements:

On & Around the Ball!

- Keep Possession in limited spaces
- Combination Play
- Triangles / Support

Away From the Ball

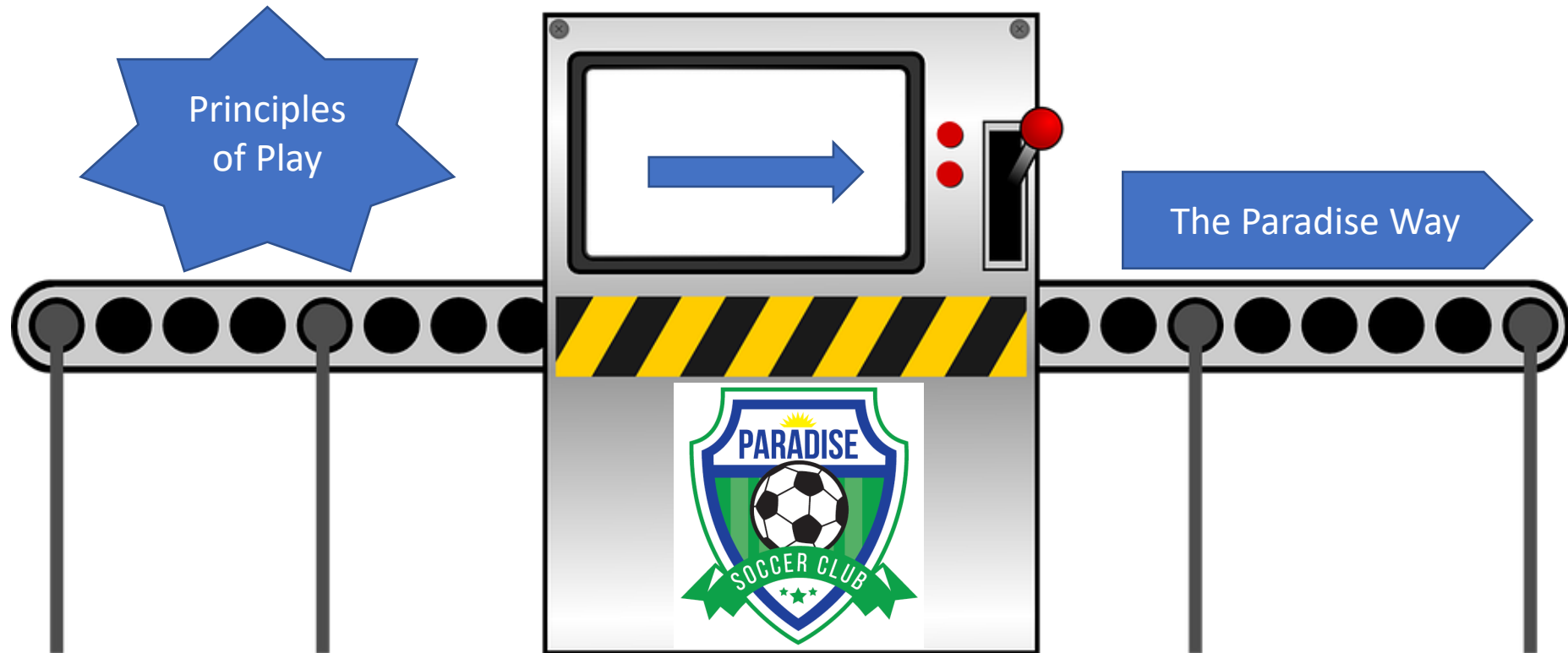
- Creating space as a Team
- Using Space as a Team – Over, Round Through (eg Direct Play switching Play)



TACTIC	U8	U9	U11	U13
PAIRS ATTACKING ON & AROUND THE BALL Possession	The ESCAPE– Whether to Pass - dribble vs pass (up against lots of defenders)	The RELEASE - 2v1 Whether to dribble or pass, recognition or situation and awareness of option alongside. 2v1 pass to release player - When do you pass - Committing the defender, use of disguise Supporting behind the defenders back	The TEASE - Wall pass possession to progress. 1st touch as control away from def towards next pass Keeping the ball moving, generally need 1 or 2 touch on the ball, but also recognize the situation where a def needs to keep the ball to draw a def before passing	Refinement techniques + qualities expected from passer + wall creating and recognising opportunities for a wall pass in game situations, eg wide to create crossing opportunity, in MF to free player to pass or run forward, in attack to create a shooting opportunity, mf combining with F to break offside trap.

TACTIC	U8	U9	U11	U13
GROUPS ATTACKING ON & AROUND THE BALL Combination play		awareness of the situation - team mates, opposition Creating an angle, space for pass Quality of pass - accuracy, weight, timing Encourage players to keep ball moving	Combinations in 2s and 3s, Wall Pass - requirements of the two players for success / Where to Pass - to furthest foot / Distance and angle and timing of support. Awareness of options, pass + move, overlaps, 3rd Man runs	Recognizing the need to keep possession, evaluate risk v gain for common situations Ability to retain the ball with composed possession in games with direction Setting up play through the thirds Quick transfer of the ball, keeping it moving, 1 or 2 touch Combinations with forwards in/around the box
GROUPS ATTACKING ON & AROUND THE BALL TRIANGLES / Support		Working in a 3v3 to create a triangle Support + movement - choose when to move to support or when to hold position	Triangular play 3v3 - Support alongside the ball, angle and distance Support ahead of the ball, forward movement to offer a pass	Movement of players without the ball, support alongside, behind + ahead of the ball Forwards keeping possession, shielding, to give a platform for support from MF diamond 4v4 Patience required, passing back to eventually go forward

The Simplifier





We Defend like Bees.....
& Attack like Matadors



The Matador Style
Controlled Possession –
Timing & Support



The Matador Style

Controlled Possession – Timing & Support

- Use the bulls momentum and aggression and predictability against him to first keep possession and next to progress & get past him
- The ball = the red cloth
- The flick of the wrist is the pass to the partner
- Key Concepts
 - When do I pass? Sweet spot
 - What do I do Next – Move ? Or Not?

Attacking Tactics - On & Around the Ball

U7/U8

Intro

PAIRS – THE MATADOR
The Escape



U9

Intro

GROUP – TRIANGLES to
POSSESS Support
alongside and in front

Intro

GROUPS
COMBINING – Wall
Passes

Develop

PAIRS – THE MATADOR
The Release



U11

Develop

GROUP – TRIANGLES to
PROGRESS
Break a line & support

Develop

GROUPS
COMBINING – Wall
Passes, 3rd Man Runs,
overlaps

Develop

PAIRS – THE MATADOR
The Tease



U13+

Refine

GROUP – DIAMONDS
Bounce to draw/open

Refine

GROUPS
COMBINING in context of
game, area of field,
positional partnerships

Refine

PAIRS – THE MATADOR
Positional Partnerships

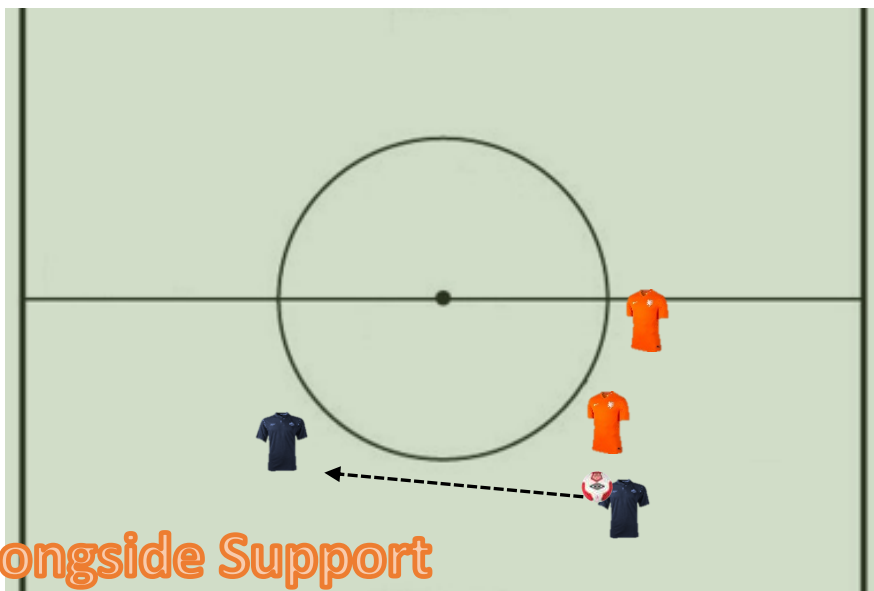
+1

Create and Use Overloads!



Under 8 PAIRS TO ESCAPE

U8's should understand that teammates can be helpers to the dribbler by keeping up alongside



Alongside Support
"Helper"



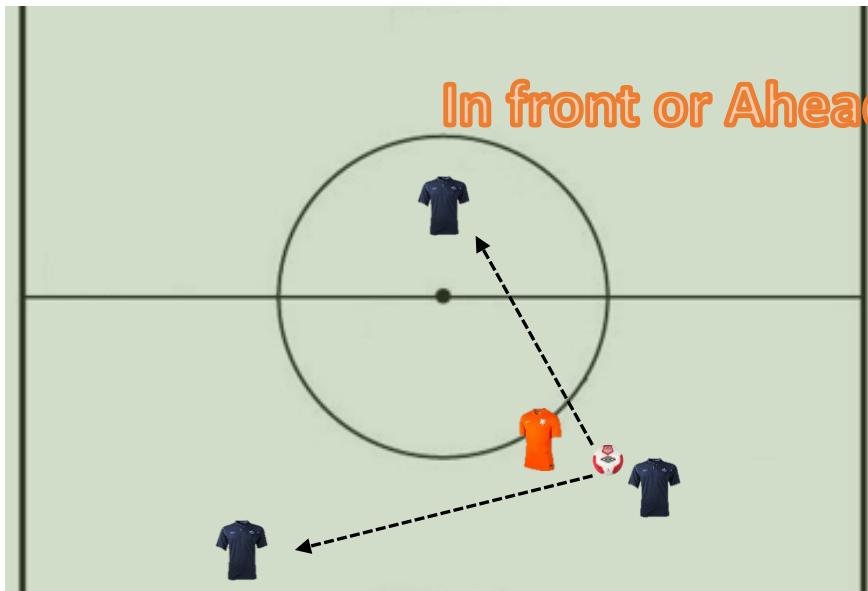
Helpers keeping up
with the dribbler

Not to close or too
far away

Asking for the ball

Under 9 TRIANGLES TO POSSESS

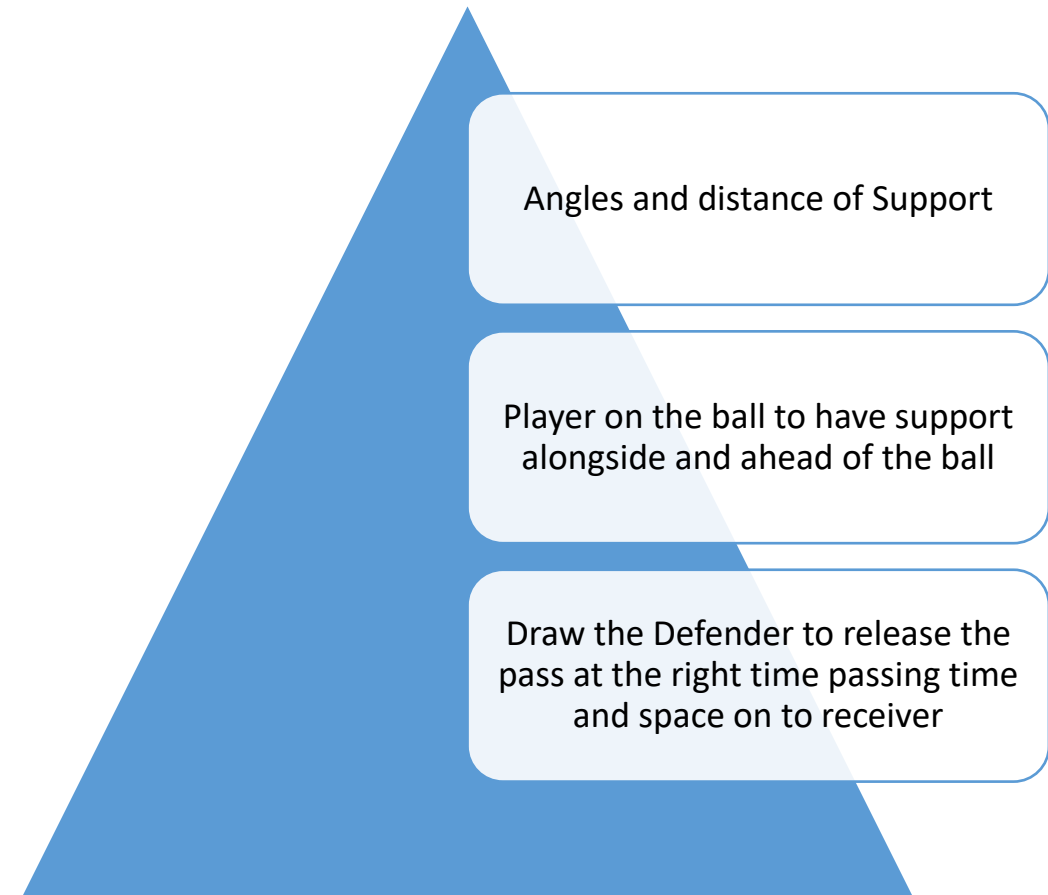
U9's should be recognising multiple supporting options and drawing defenders with timing of release



Alongside Support



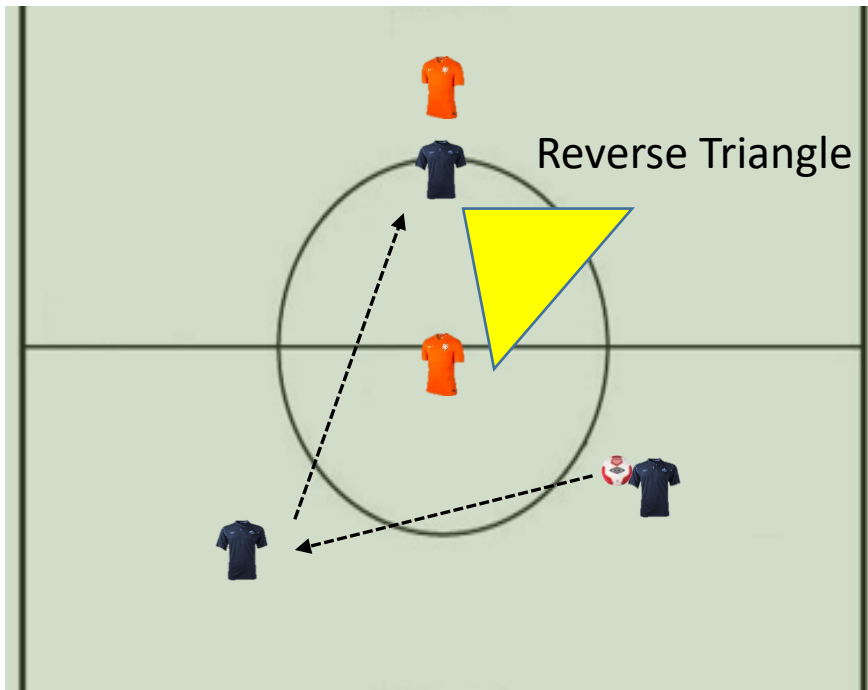
Matadors to Release
Pass on Time and Space



Understanding the Matador Style

Under 11 TRIANGLES TO PROGRESS

U11's should be playing sideways and/or backwards to play forward

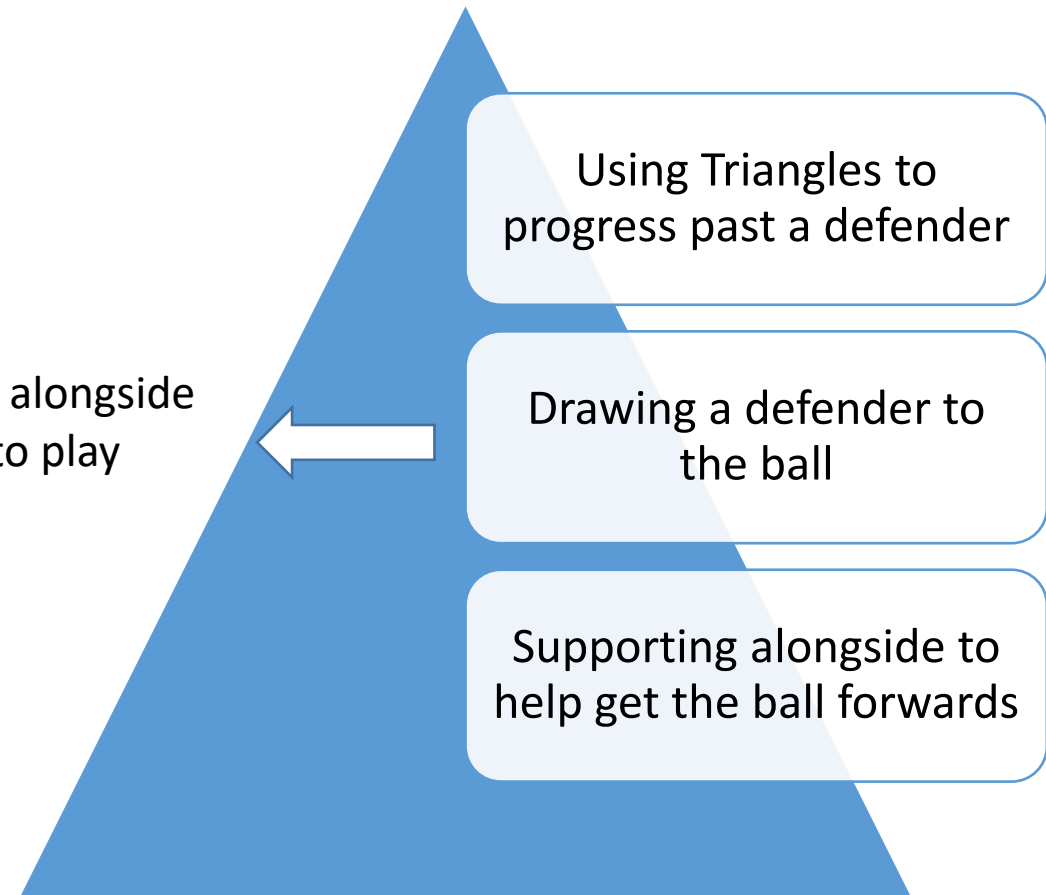


Developing the pass and move mindset to progress



Matadors to Tease

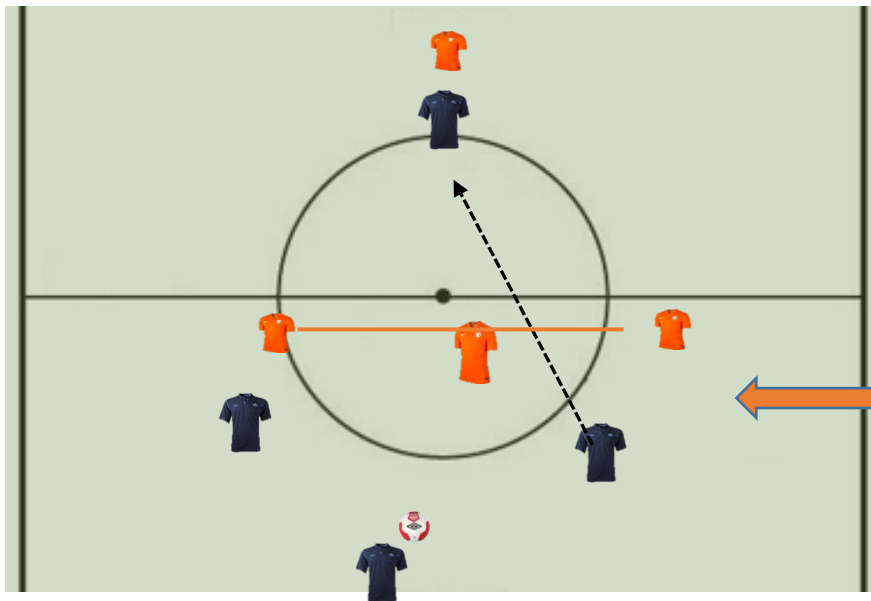
Using the alongside
support to play
forward



Understanding the Matador Style

Under 13 TRIANGLES & DIAMONDS TO PENETRATE

U13's should be recognising how triangles can help them play forward and support to get past defenders



Manipulate The
Defensive Line
Eg MF 3

Using Triangles to break a
line or progress past a
defender

Drawing a defender to the
ball with a dribble or a
bounce pass

Supporting the forward pass
to create a new triangle
behind the defender

Developing one touch play and bounce passes to manipulate defensive structure



Matadors to Tease

U8

- SSG 2v2 Over praise passes
- 5v5 show how a partner helps and others spread out like butter

U9

- 2v1s, 2v2's Pairs Drills
- 3v1's, 3v2's, Triangles Drills
- SSG – GOAL TRANSITION GAME & 1 Touch Finish

U11

- 3v3, 4v4 mini games
- Hot Box Possession
- Wall Pass Game
- SSG –Wall Ball & Jokers

13+

- All of the Above plus
- Diamond Drills = 4 players creating two triangles to break lines
- Directional Possession
- Wall Ball
- Functional / Phase of Play

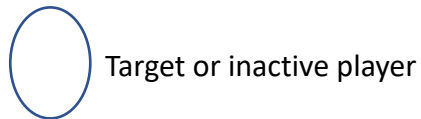
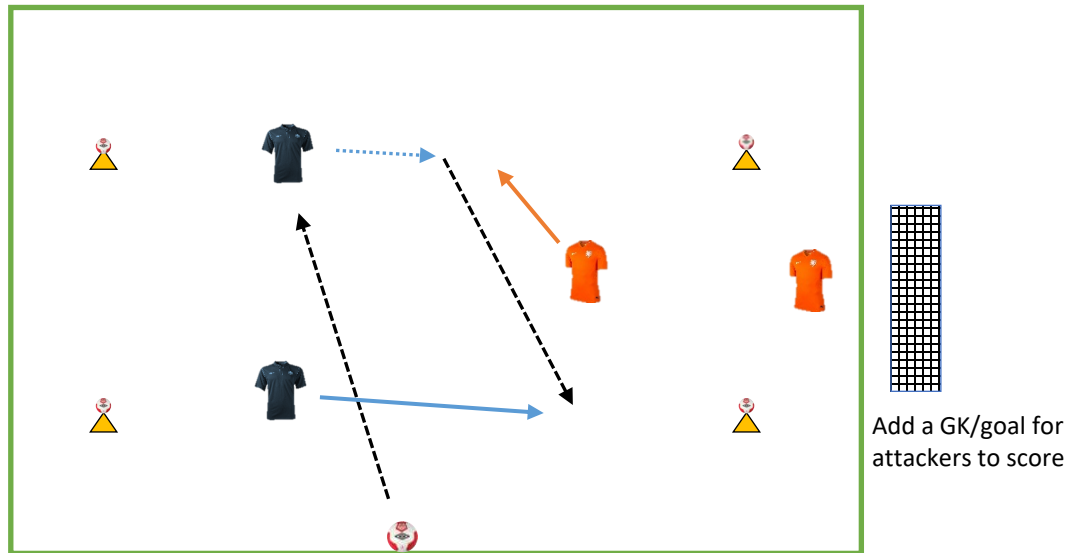
+1 Create & Use Overloads

ON & AROUND THE BALL - MATADORS PAIRS & GROUP ATTACKING TACTICAL

PRACTICES FOR USE as GAME 1 or GAME 2
in GAG sessions

**THE GAME - TACTICAL PART
HAVE DIRECTION - REALISM
REDUCE NUMBERS
CREATE OVERLOADS
TRANSITION to COMPLETION
KEEP SCORES/LADDERS**

2v1 Pairs Attacking – “Matador”



Note For U8/U10 Pairs Drills can be included as prt 2 technical opposed and/or in prt 3 SSG's last 25 minutes of the session. For U12 + older Pairs drills should be done in prt 2 technical opposed.

Set Up:

Minimum 15 yds x 12 yds, with two small goals at each end. 1 inactive defender is not involved initially and must stand touching the line or wall so that 2 attackers play against 1 defender, Ball can start with a pass from the coach on the half way or from the inactive player.

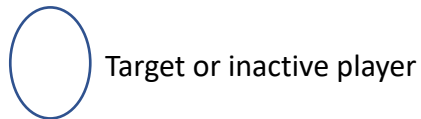
Instructions:

Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to “TIME THE PASS” or “COMMIT THE DEFENDER”
Player off the ball – “GET FORWARD” “GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:

Once the orange defender touches the ball the second orange defender can join the play
Ensure that there is separation at the start so that the receiver is able to take 1st touch forward (can use cones as reference start points).

2v1 Pairs Attacking – “Combining”



Note For U8/U10 Pairs Drills can be included as prt 2 technical opposed and/or in prt 3 SSG's last 25 minutes of the session. For U12 + older Pairs drills should be done in prt 2 technical opposed.

Set Up:

Minimum 20 yds x 15 yds, with 10 by 10 box in the middle. Ball can start with the player on outside who must work with their partner to play the ball through both gates, dribble or pass before finishing with a shot or pass. Orange defender tries to score in opposite goal.

Instructions:

“HEAD UP” “WATCH THE DEFENDER” to enable you to
“TIME THE PASS” or “COMMIT THE DEFENDER”
“SUPPORT?”

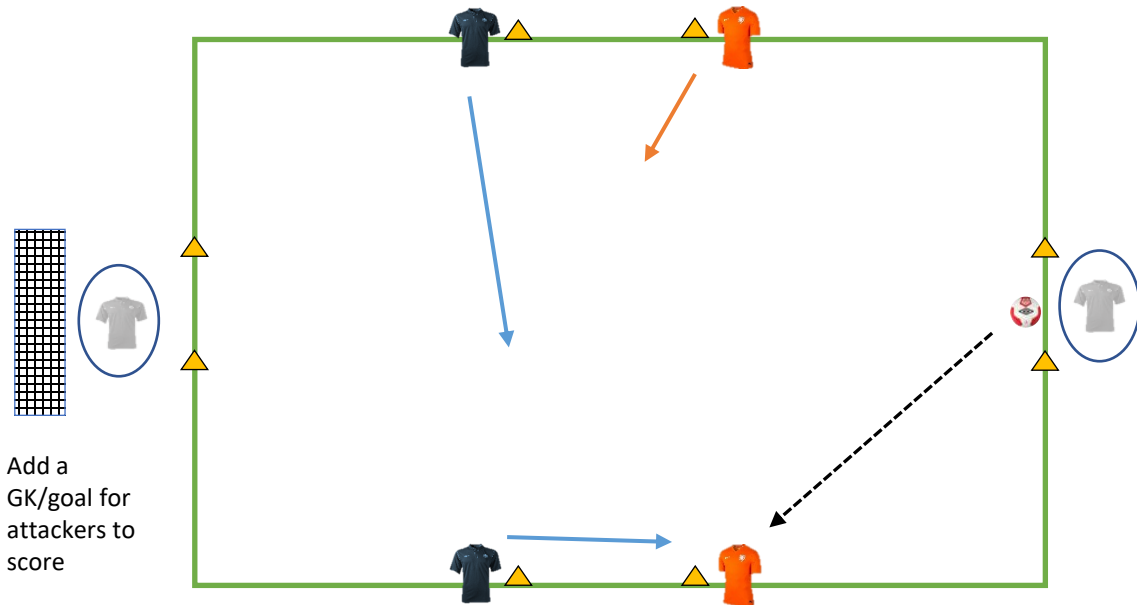
Options:

Limit the touches of the attacker that starts inside the box.

Add wall players on the sides.

Condition attackers free to dribble instead of pass or do they have to pass?

2v2 Pairs Attacking – Alongside Support



Target or inactive player

Note For U8/U10 Pairs Drills can be included as prt 2 technical opposed and/or in prt 3 SSG's last 25 minutes of the session. For U12 + older Pairs drills should be done in prt 2 technical opposed.

Set Up:

Min 12 x 15 yds, with two small goals at each end. Can use GK at one end.

Instructions:

“SUPPORT ALONGSIDE” “HE NEEDS YOU” but support player can also make forward runs when his partner is in a good situation.

“HEAD UP” to “TIME THE PASS”.

“PASS & MOVE” to “COMBINE”

Options:

Orange attacker can pass back to support player who must remain behind the goal or remove that option

3v2 Attacking – “Overloads”



Set Up:

Minimum 15 yds x 12 yds, with two small goals at each end. 1 orange passive defender is not involved initially and must stand touching the line or wall so that 3 attackers play against 2 defender, Ball can start with a pass from the coach on the half way or from the passive player. Ensure players start in line with red cones. Once the defenders touch the ball the second orange player can join the play. Whoever kicks the ball out has to defend the next round

Instructions:

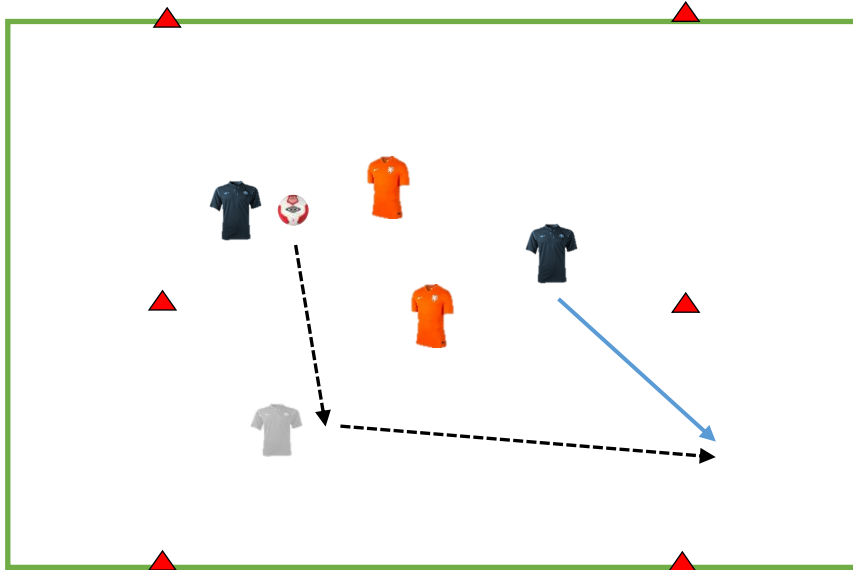
Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to “CAN YOU PLAY FORWARD”“TIME THE PASS” or “COMMIT THE DEFENDER”

Player off the ball – “GET FORWARD” “GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:

Ensure that there is separation at the start so that the dribbler is able to turn (can use cones as reference start points) or allow Attackers freedom to start anywhere

3v2 Attacking – “Moving Triangles”



Do Not use for U8/U10
Use this drill in Part 2 or 3a for U12 and for U13
and older

Set Up:

Minimum 15 yds x 12 yds, with two end zones at each end. 2v2 plus one neutral creating 3v2, Play starts in an endzone (defenders not allowed into endzone) with the objective to maintain possession and travel across to the opposite end zone. Pass in and join in or dribble in. Once they reach opposite end zone they can immediately turn and restart in the opposite direction. Once the defenders win the ball they can attack either end zone. Whoever kicks the ball out has to defend the next round.

Instructions:

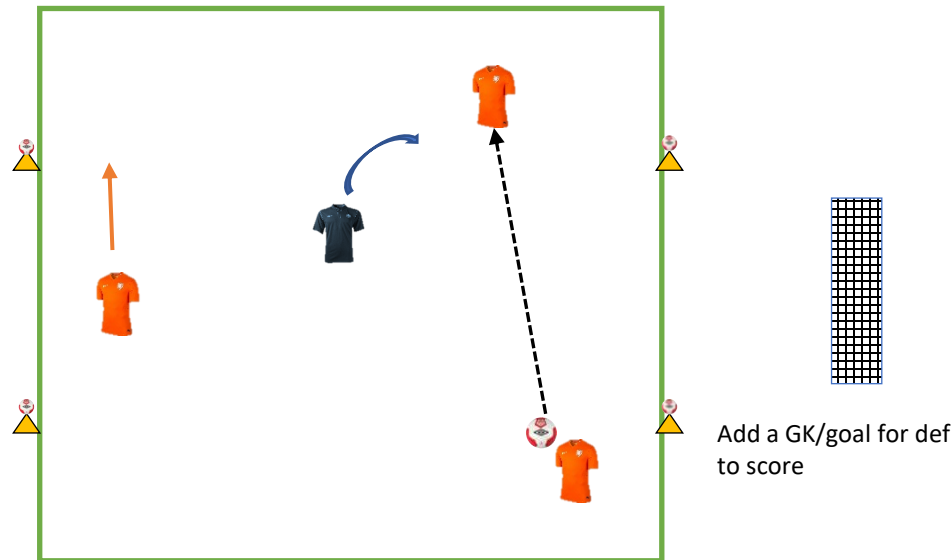
Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to “CAN YOU PLAY FORWARD”“TIME THE PASS” or “COMMIT THE DEFENDER”

Player off the ball – “GET FORWARD” “GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:

Restriction that players in end zone must pass in rather than dribble in.

3v1 Attacking – “Rondo”



Set Up:

Minimum 8 yds x 8 yds, with two small goals as shown. 1 minute challenge, how many goals can blue defenders score by winning the ball off the orange attackers who look to keep the ball to kill the clock. After 1 minute switch roles.

Instructions:

“SUPPORT” as the ball travels ”...“TIME THE PASS” or “COMMIT THE DEFENDER” . “USE A FAKE” to trick the defender

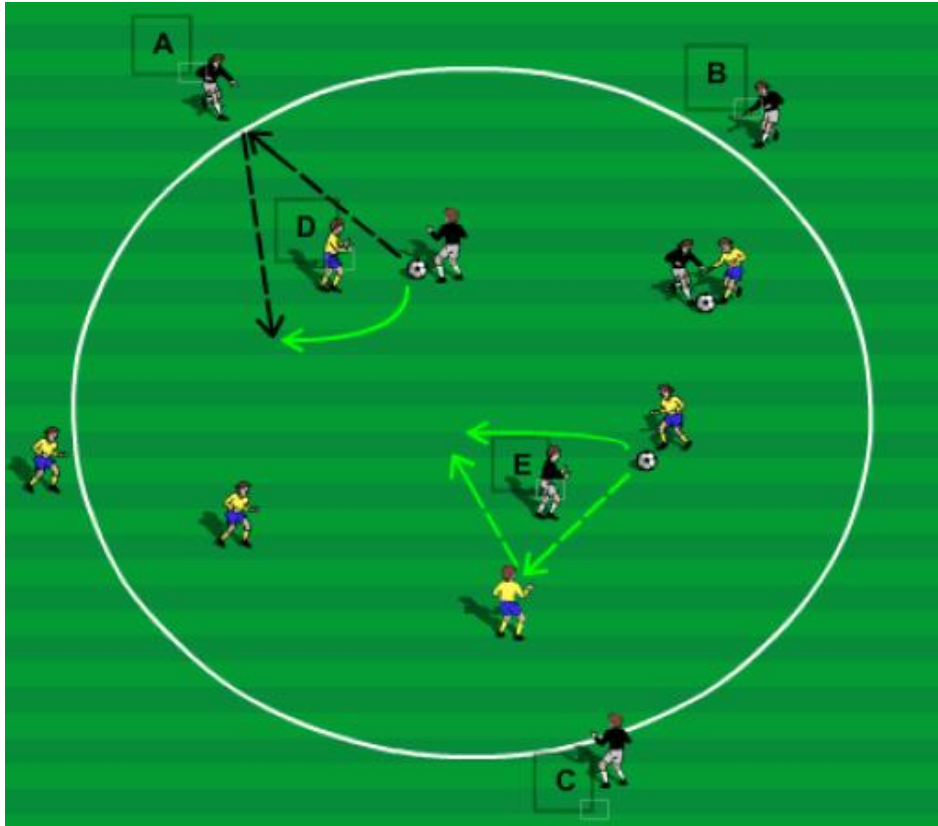
Options:

Progress to 3v2 game.

Rather than using goals can have a 3rd defender on the outside who the blues must connect a pass to for a goal.

Use this drill in Part 2 or 3 for U8/U10/U12.
Use only in part 2 for U13 and older

“WALL PASS GAME”



SET UP

- Unlimited number of players. Two teams all players start inside the circle.
- # of balls = # of players divided by 3 or 4
- Can use a circle or a square

INSTRUCTIONS

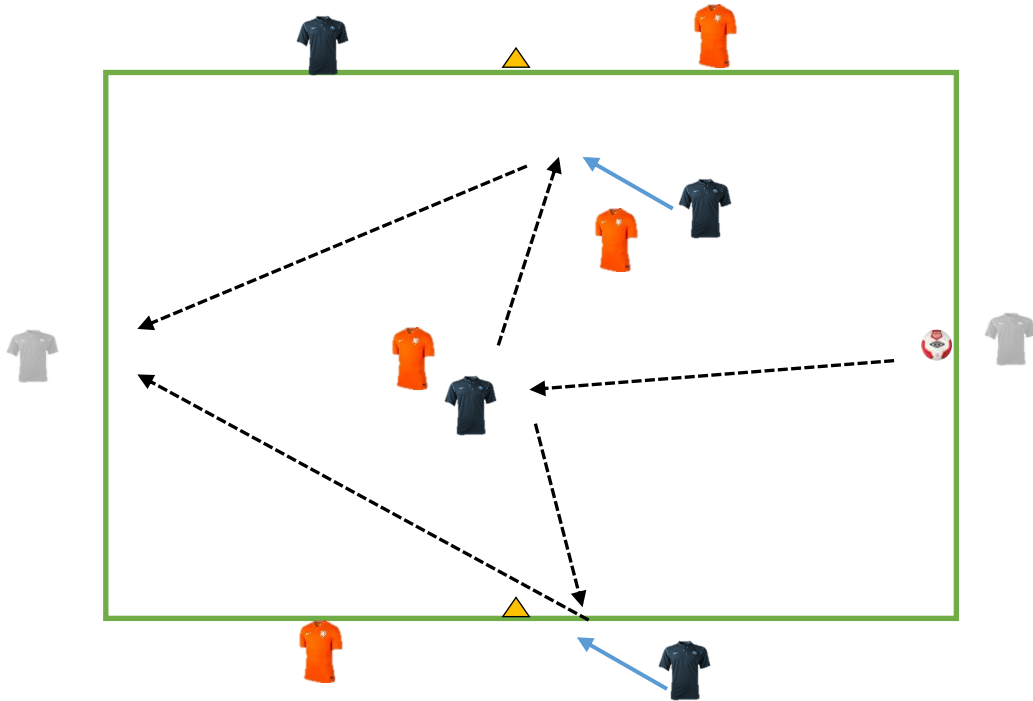
- Try to play a wall pass around an opponent to eliminate them from inside the circle. In the diagram player E is eliminated and must now play from outside the circle. Once eliminated players are still active and can be the wall player. If they help make a successful wall pass then they can re join the players inside the circle (player A in the diagram can go back inside. At the end of the game the team with the most players in the middle wins!
- The wall player has to play 1 touch for it to count

OPTIONS

- Allow the wall player to play 2 touch if needed

Do Not use for U8/U10
Use this drill in Part 1 or 2 for U12 and part 1
for U13 and older

HOTBOX POSSESSION



Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13
and older

Set Up:

Min 12 x 15 yds, with minimum 2v2 in the middle – can also have 3v3. Neutral players at each end can be Gk's. Can add additional players on outside also as long as they are alternating in colour. Objective to keep the ball. Outside players can bypass the central players if they wish.

Instructions:

“SUPPORT AS THE BALL TRAVELS” “SUPPORT ALONGSIDE” “HE NEEDS YOU” but support player can also make forward runs when his partner is in a good situation.
“PASS & MOVE” to “COMBINE”

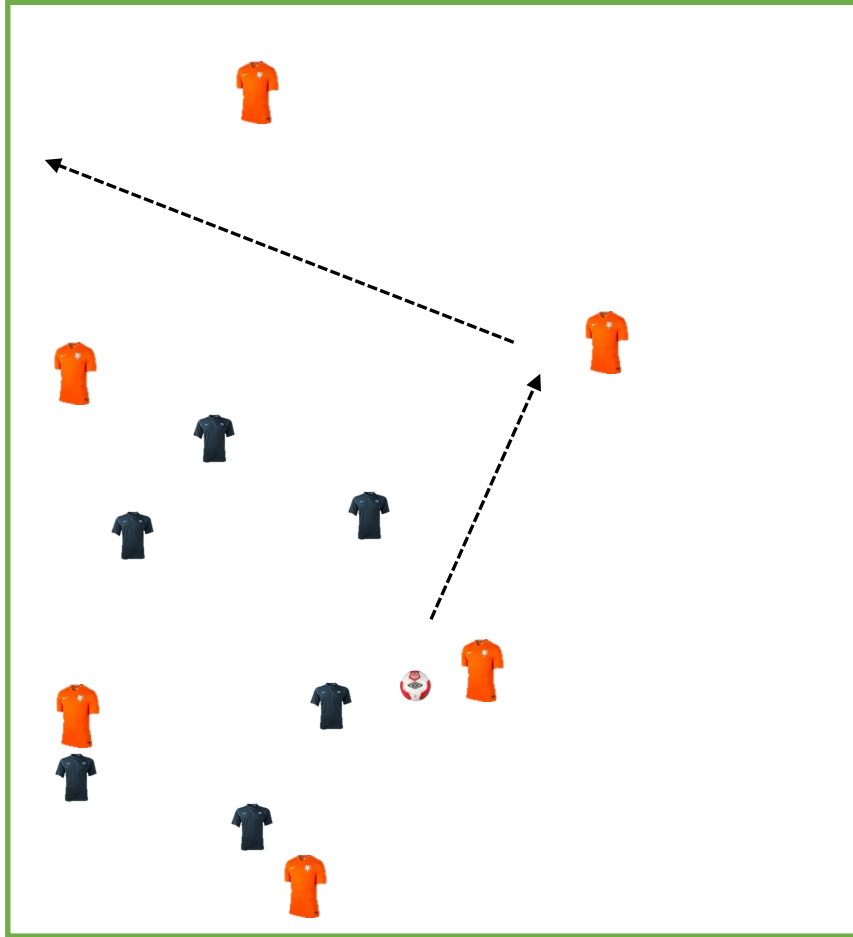
Options:

Can keep score by challenging players to get ball from GK to GK.

Condition the central players to play with limited touches.

Condition outside players to play on limited touches.

SSG – “WALL BALL”



Set Up:

Play sideways across the field so its wider than longer. To score players must play a 1 touch pass against the wall.

Instructions:

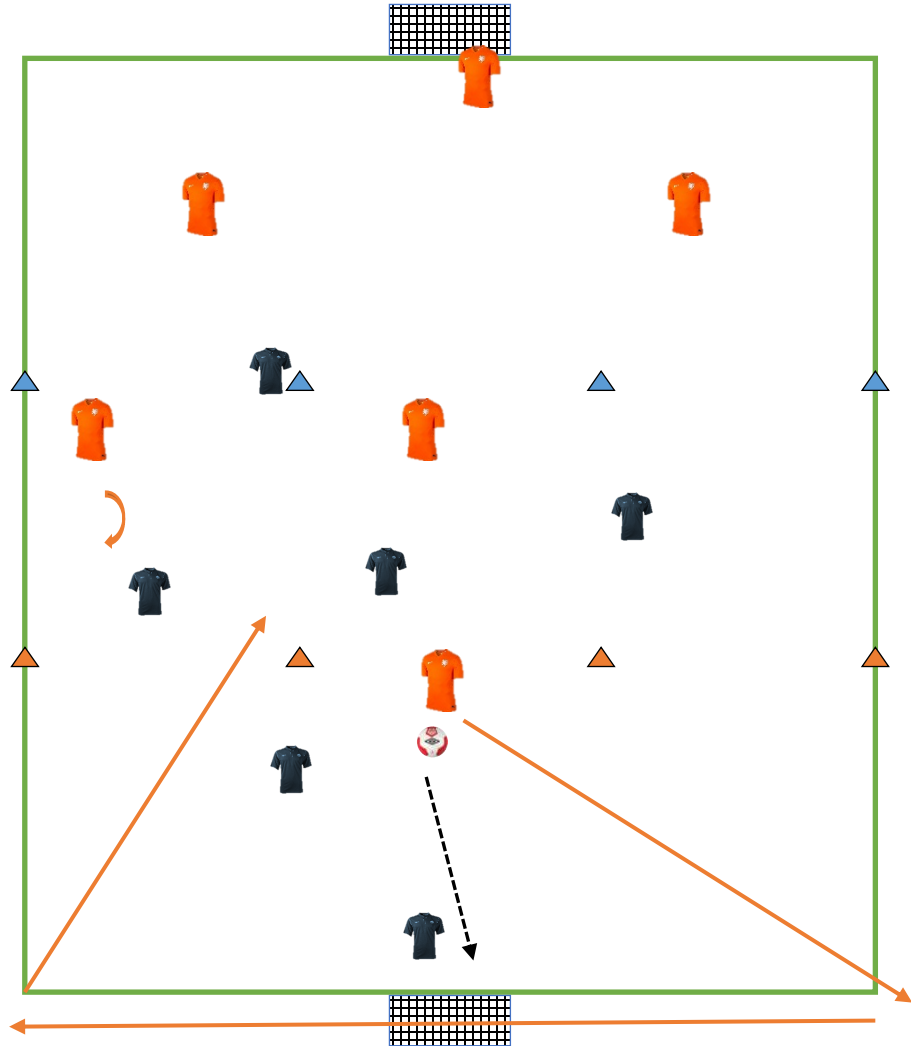
“SUPPORT UNDERNEATH” “SUPPORT ALONGSIDE” to “SWITCH IT”. “SET THE 1 TOUCH PLAY” with a softer pass backwards/sideways to set it up. “SUPPORT THE FORWARD PASS”

Options:

Progress to condition that in order for a goal to count then an attacker must be the first one to touch it when it bounces back off the wall.

Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13
and older

SSG – “GOAL TRANSITION GAME”



Set Up:

Normal SSG – can be reduced or Full format .
“AFTER A GOAL SCORER MUST TOUCH BOTH CORNERS”

Instructions:

“PLAY QUICKLY” to use the overload before the defender recovers to help

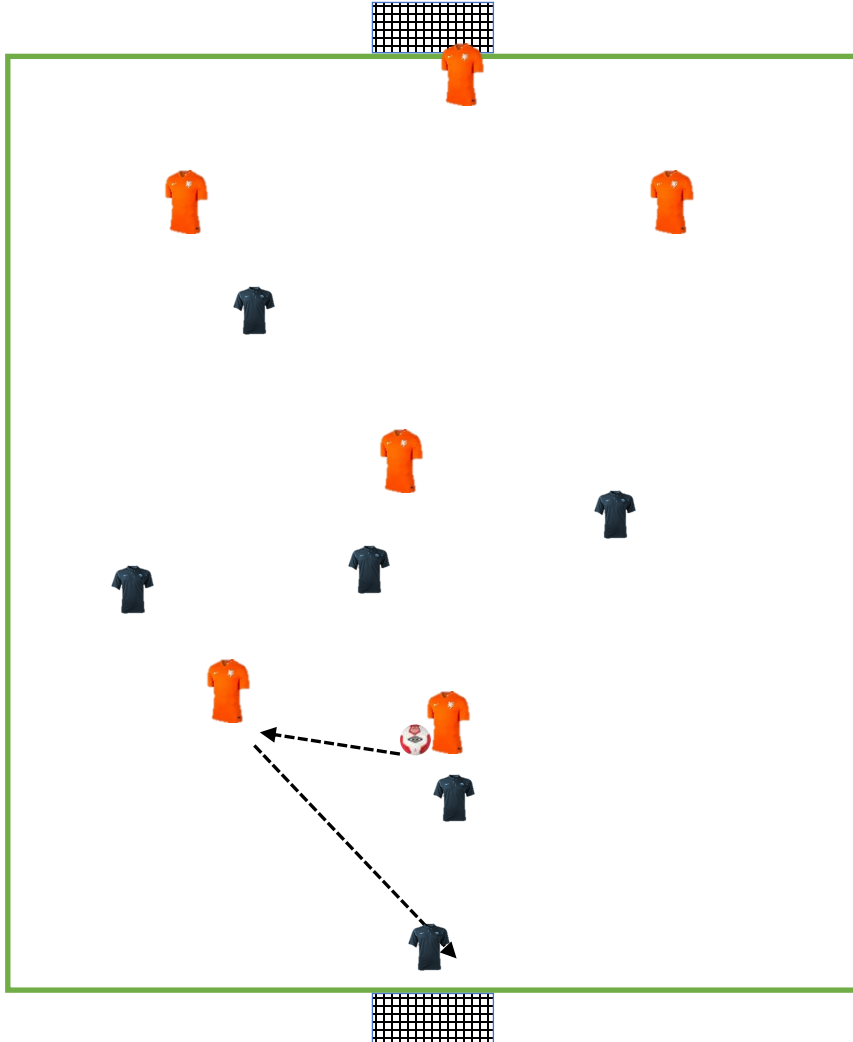
Options:

Have them touch just one corner.

Can also have balls on cones round perimeter of field so if a ball roles out then the attacking team can use the nearest cone ball to restart, while they do that the team that kicked it out must send a player to replace the ball that was taken off the cone

Do Not use for U8
Use this drill in Part 3 for U10/U12 and for U13 and older

SSG – “1 Touch Finish”



Set Up:

Normal SSG – can be reduced or Full format .
“You CAN ONLY SCORE IF YOU SHOOT WITH YOUR FIRST TOUCH”

Instructions:

“SUPPORT” the player on the ball. “WHO CAN SCORE” – “SET UP THE SHOT” by playing sideways or back with a weighted pass that they can hit first time

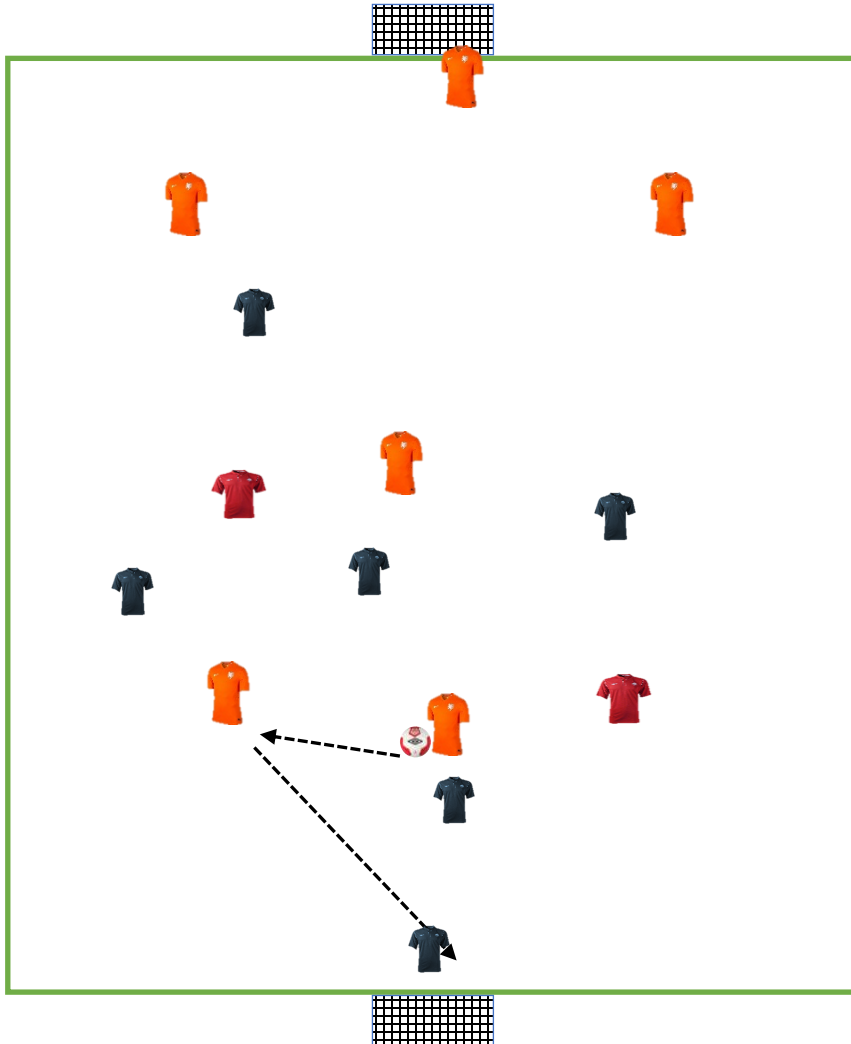
Options:

Play with or without a GK

Add a condition that for a goal to count every player must be over the half way line

Do Not use for U8
Use this drill in Part 3 for U10/U12 and for U13 and older

SSG – “Jokers”



Set Up:

Normal SSG – can be reduced or Full format .
“JOKERS PLAY AS NEUTRALS ALWAYS HELPING THE TEAM IN POSSESSION”

Instructions:

“TIME THE PASS”.

“PASS & MOVE” to “COMBINE”

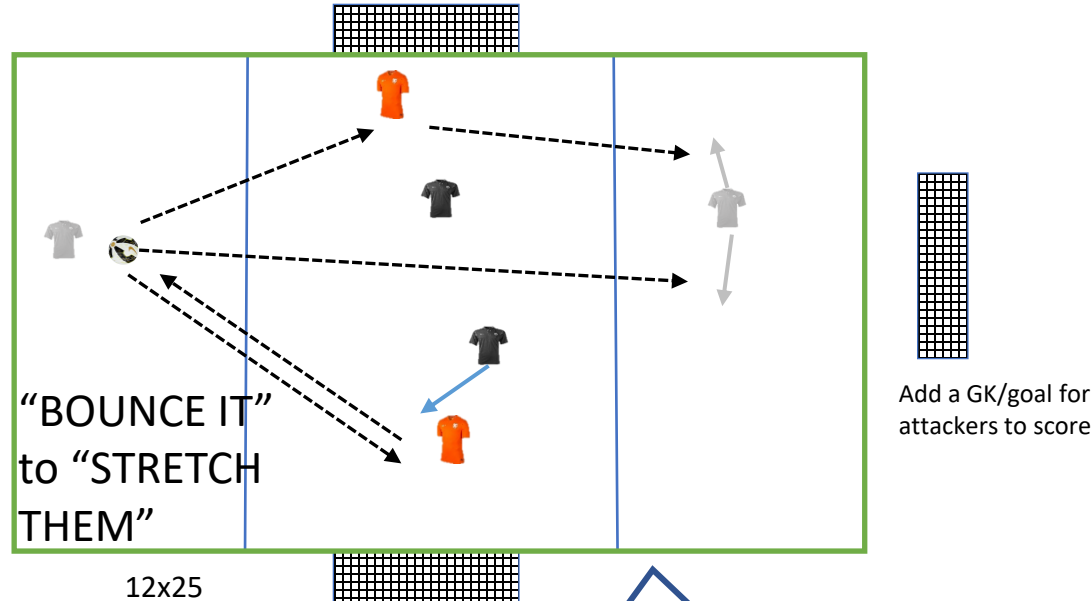
Options:

Play with 1, 2 or 3 neutrals

Add a condition that neutrals play with limited touches (1 or two touch)

Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13
and older

Simple Diamond Drill



Do Not use for U8/U10
Introduce in part 3 for U12 and use in
part 3 for U13 and older

Set Up:

Minimum 12 x 25 yds. 2 Oranges play with 2 whites trying to play the ball from 1 end to the other without blacks gaining possession. Each time oranges receive from one white and play to the other they get a point. If blacks win it they can play to whites to become attackers or if playing with same defenders for a set time defenders score on side goals to reduce the attackers score or keep possession to kill the clock. KEY to success – orange can play back to white.

Instructions:

"WIDTH" to "STRETCH THEM"

"WHITE CAN YOU BREAK THE LINE WITH A PASS" " the whites can play direct end to end (below waist height)

If not "BOUNCE IT" to "CHANGE THE PICTURE" or "STRETCH THEM"

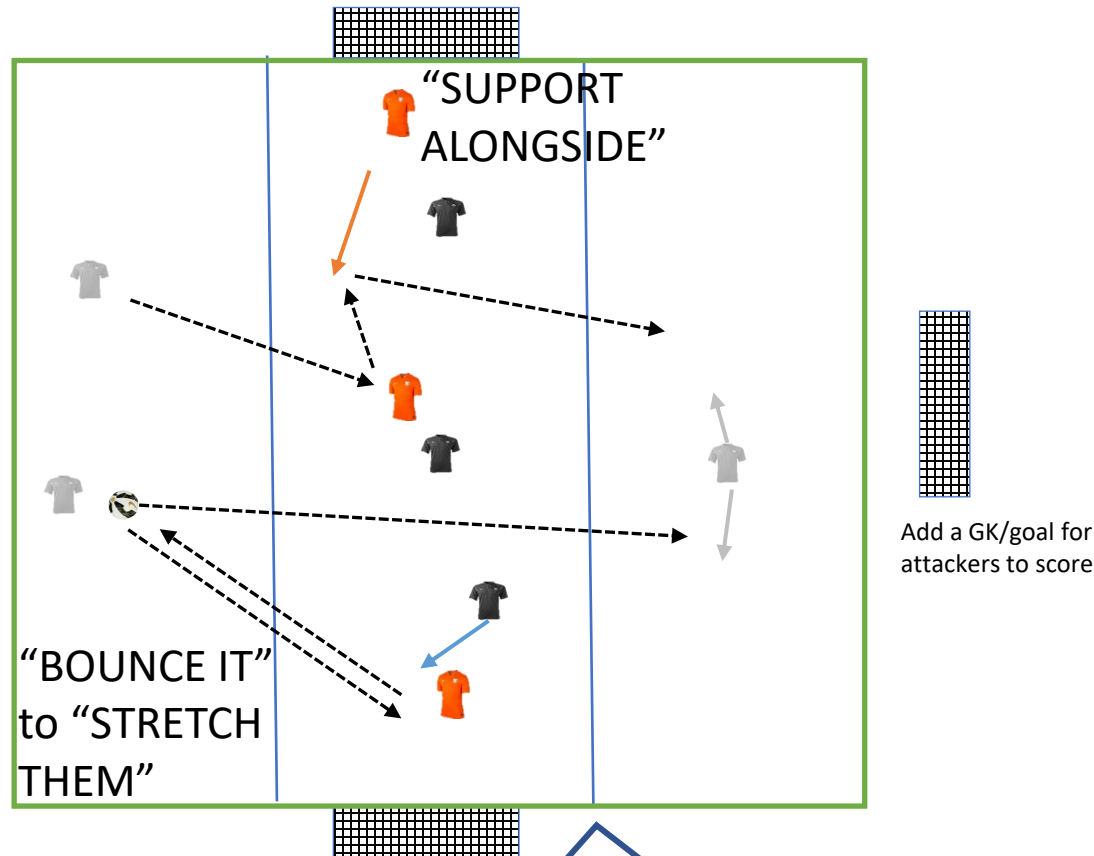
"SUPPORT ALONGSIDE" from oranges partner to show alongside. "SUPPORT UNDERNEATH" with white adjusting their distance and angle to set up the split pass

Options:

To Goal - Restarts always from left side and work the ball to right to finish with a shot for oranges.

Progression – restrict so that attackers not allowed to play back to support players so pairs must support alongside

Complex Diamond Drill



Do Not use for U8/U10
Introduce in part 3 for U12 and use in part 3 for
U13 and older

Set Up:

Minimum 25 x 25 yds. Oranges play with whites trying to play the ball from 1 end to the other without blacks gaining possession. Each time oranges receive from one white and play to the other they get a point. If blacks win it they can play to whites to become attackers or if playing with same defenders for a set time defenders score on side goals to reduce the attackers score or keep possession to kill the clock. KEY to success – orange can play back to white.

Instructions:

“WIDTH” to “STRETCH THEM”

“WHITE CAN YOU BREAK THE LINE WITH A PASS” “ the whites can play direct end to end (below waist height)

If not “BOUNCE IT” to “CHANGE THE PICTURE” or “STRETCH THEM”

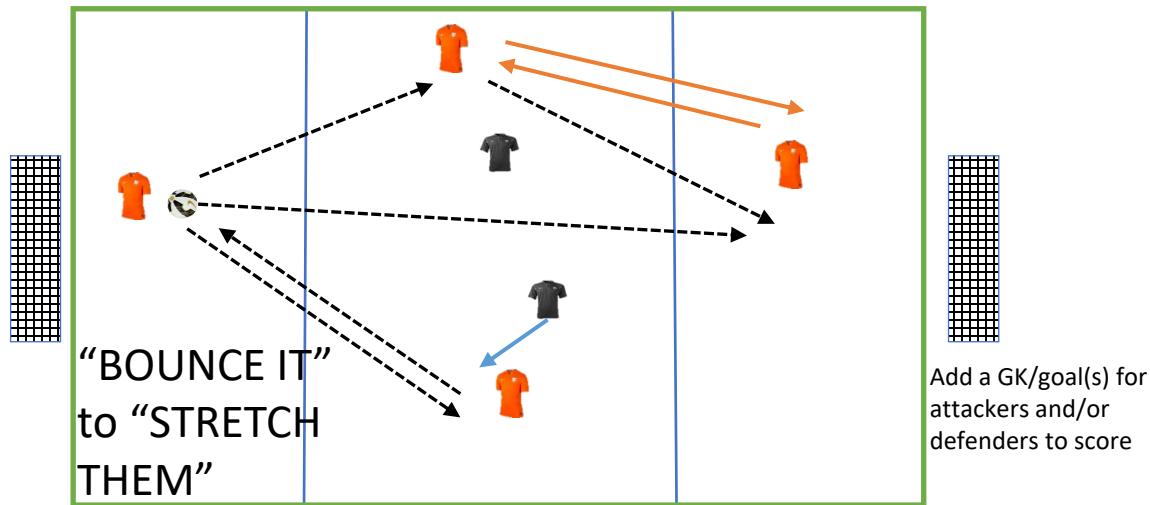
“SUPPORT ALONGSIDE” from oranges partner to show alongside. “SUPPORT UNDERNEATH” with white adjusting their distance and angle to set up the split pass

Options:

To Goal - Restarts always from left side and work the ball to right right to finish with a shot for oranges.

Condition – restrict so that attackers not allowed to play back to support players

Dynamic Diamond Drill



12x25

Add a GK/goal(s) for attackers and/or defenders to score

Do Not use for U8/U10
Introduce in part 3 for U12 and use in part 3 for U13 and older

Set Up:

Minimum 12 x 25 yds. 4v2 with 1 orange conditioned to support underneath but the other 3 players free to move around and switch places. Objective is to play from 1 end to the other end zone without blacks gaining possession. This can then repeat in the reverse direction. If blacks win it they can score on side goals to reduce the attackers score or keep possession to kill the clock. KEY to success – orange can play back to white.

Instructions:

"WIDTH" to "STRETCH THEM"

"WHITE CAN YOU BREAK THE LINE WITH A PASS" "the whites can play direct end to end (below waist height)

If not "BOUNCE IT" to "CHANGE THE PICTURE" or "STRETCH THEM"

"SUPPORT ALONGSIDE" from oranges partner to show alongside. "SUPPORT UNDERNEATH" with white adjusting their distance and angle to set up the split pass

Options: Work the ball to Goal - finish with a shot for oranges.



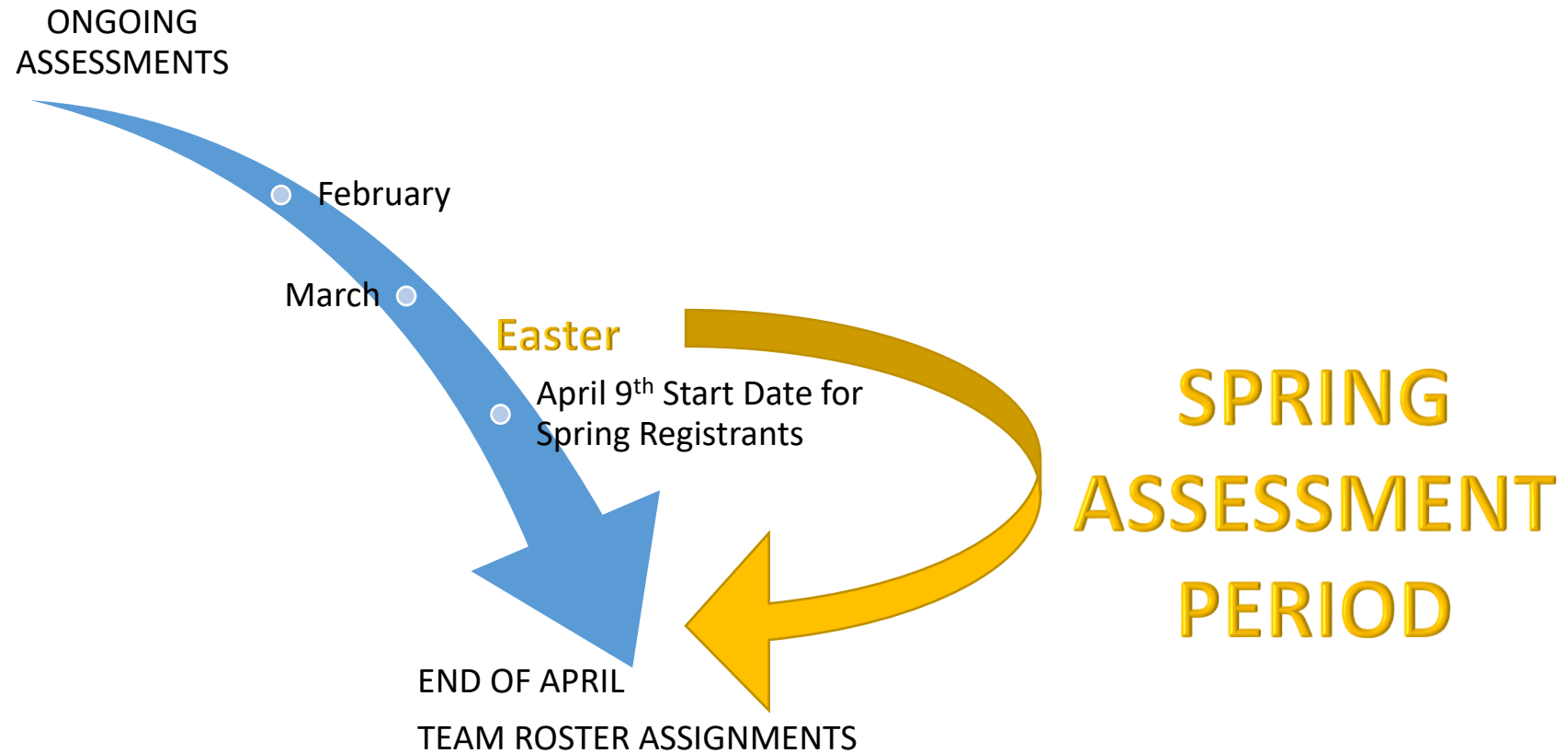
THE PARADISE WAY

Part 7: PLAYER ASSESSMENT PROCESS

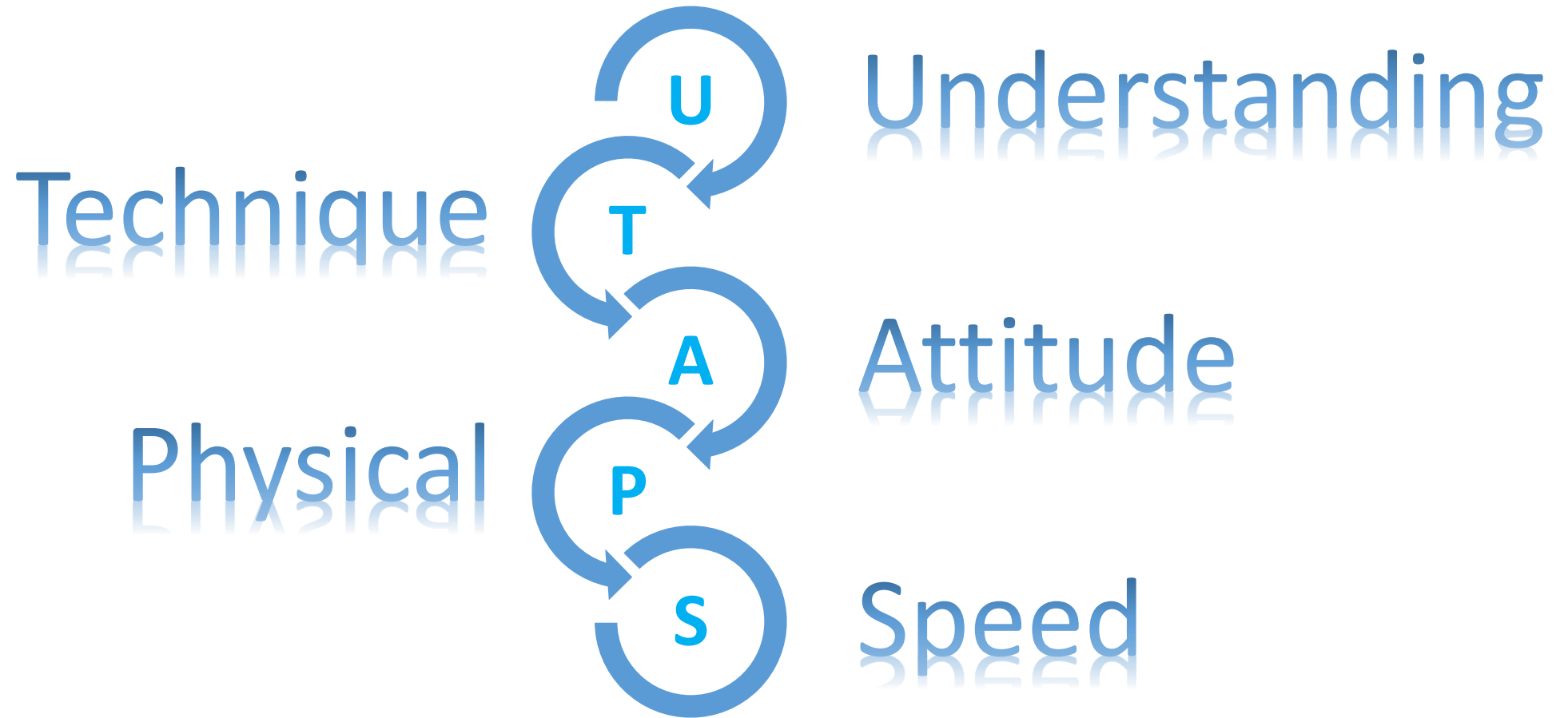
PLAYER ASSESSMENT/SELECTION PROCESS

- Team Head Coaches are required to complete Ongoing Assessments and submit at three key points
 - Start of program Fall
 - Spring
 - End of Program August
- Players are assessed so that we can assign them to the level of play that will be most beneficial to their development.
- Assessments should ongoing and players assessment sheets should be updated periodically during summer and winter seasons.
- Final Rosters are assigned after the Spring Assessment Period (after Easter) to accommodate the inclusion of Spring Registrants.
- Head Coach submits their form to Manager of Soccer Operations for Approval. Where Head Coach is a parent they do not need to assess their own child. Assistant coaches are also asked to complete assessments forms if they feel comfortable and able to do so and submit for reference. Manager of Soccer Operations will authorise final decisions after consultation where necessary with Head Coach/Tec Committee

ASSESSMENT TIMELINES



Player Assessment – Key Competencies



THE COMPETENCIES - Foundations

U = Understanding	T = Technique	A = Attitude	P = Physical	S = Speed
<p>PARTNERSHIPS 1v1, 2v1 and 2v2 concepts of possession (for example timing of release of a pass, when to dribble vs pass) and progression (eg passing into space versus feet based on situation) and defending in pairs. Basic Group concept of Triangles of support. Basic Team Principles of Attack & Defence.</p>	<p>Short passing, running with the ball with the head up, dribbling, control of ball on the ground.</p>	<p>In the game (emotional responses to situations eg refs decisions, being fouled, missed opportunities) and out of the game (training ethic, behaviours, respect)</p>	<p>Physical literacy ABC - Agility, Balance & Coordination Ability to move 360 degrees, and change direction fluidly.</p>	<p>Speed over short distances 5yards, and medium to long distances 10yards +</p>

THE COMPETENCIES – Competitive Ages

U = Understanding	T = Technique	A = Attitude	P = Physical	S = Speed
TEAM Understands Team Principles of Attacking and Defending eg Positioning on the field relative to teammates and opponents in both attack and defense. Grasps group concepts ie defensive shape within their unit. Also understands roles and responsibilities as they apply to positions eg Full backs getting forward to attack but also back to defend.	Passing Variety in techniques and distance, on the ball techniques at pace and under pressure, varied control of the ball to escape pressure with 1st touch (aerial)	Competitive edge on the field, physical in the duel or challenge	Ability to sustain aerobic exercise, and to repeatedly execute the movements required within their role in the game	As above

Assessment Scoresheet

COMPETENCY : Rate the player

#	Name	Select	U	T	A	P	S	TOTAL
1		T2	1	1	1	1	1	5
2		T2	1	1	1	1	1	5
3		T2	1	1	1	1	1	5
4		T2	1	1	1	1	1	5
5		T2	1	1	1	1	1	5
6		T2	1	1	1	1	1	5
7		T2	1	1	1	1	1	5
8		T2	1	1	1	1	1	5
9		T2	1	1	1	1	1	5
10		T2	1	1	1	1	1	5

T2	T1	Tier 1
	T2 ^	Tier 2 - call up
	T2	Tier 2

TIER : Assign the player to proper level

0	Beginner	Player has little experience and has not yet been introduced to the game fully
1	Introduction	Introduction to fundamental movements, concepts and behaviours is ongoing at this stage
2	Developing	Fundamentals have been introduced and through repeated practice the child is developing and needs to continue to develop more techniques, concepts, physical literacy and capacity and social skills so that execution is becoming reliable
3	Developed	Through repeated practice the child has developed a variety of techniques, concepts, physical literacy and capacity and social skills so that execution is becoming more consistent
4	Refinement	In the refinement stage the child demonstrates higher levels of execution at speed and reliable under pressure, they display adaptation of their skills/capacities specific to their own unique characteristics
5	Matured	In the matured stage the player displays attributes that will enable them to transition into the Adult competitive environment

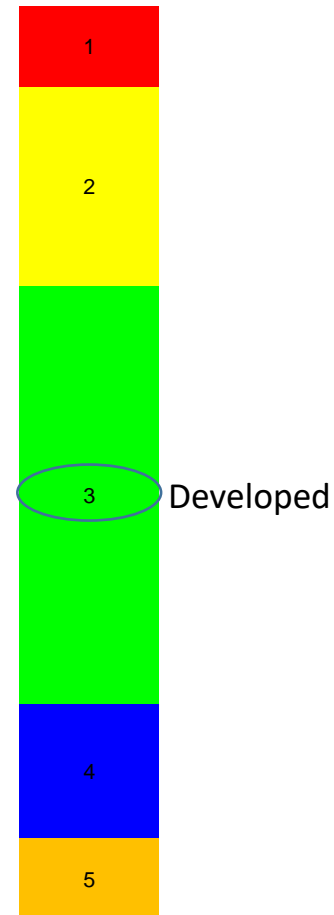
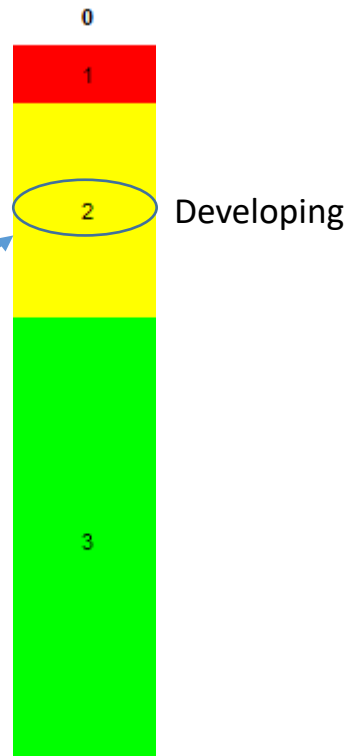
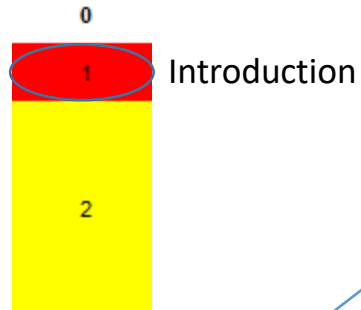
Progressive Range of Rating Scales

U7/8

U9/10

U11/12

U13-17



Default Scores

Range of Scores

Printer Version

[illegible]

Using the Assessment Sheets

Barfitt	2009-02-17	T2	1	1	2	3	1	8	D	2	9	Y	U12			
O'Keefe	10/9/2009	T2	1	1	1	1	1	5	F	1	9	Y	U12			
Gillingham	10/31/2009	T2	0	0	0	0	0	0	G	1	9	Y	U12			
Grandy	12/15/2009	T1	2	3	2	3	3	13	F	2	9	Y	U12			
Jewer	12/24/2009	T1	3	2	3	2	3	13	D	2	9	Y	U12			
Wells	2/12/2009	T2	2	2	2	2	1	10	F	1	9	Y	U12			
20 21 U12 Scoresheet Spring 21			20 21 U12 Scoresheet Fall 20						20 21 U13 Scoresheet Spring 21				20 21 U13 Scoresheet Fall 20			

Note:
 separate sheet for 1st year U13
 players
 Not the case for U15/U17

We are currently editing the
 Spring tab

For reference we keep the fall
 tab (unedited)

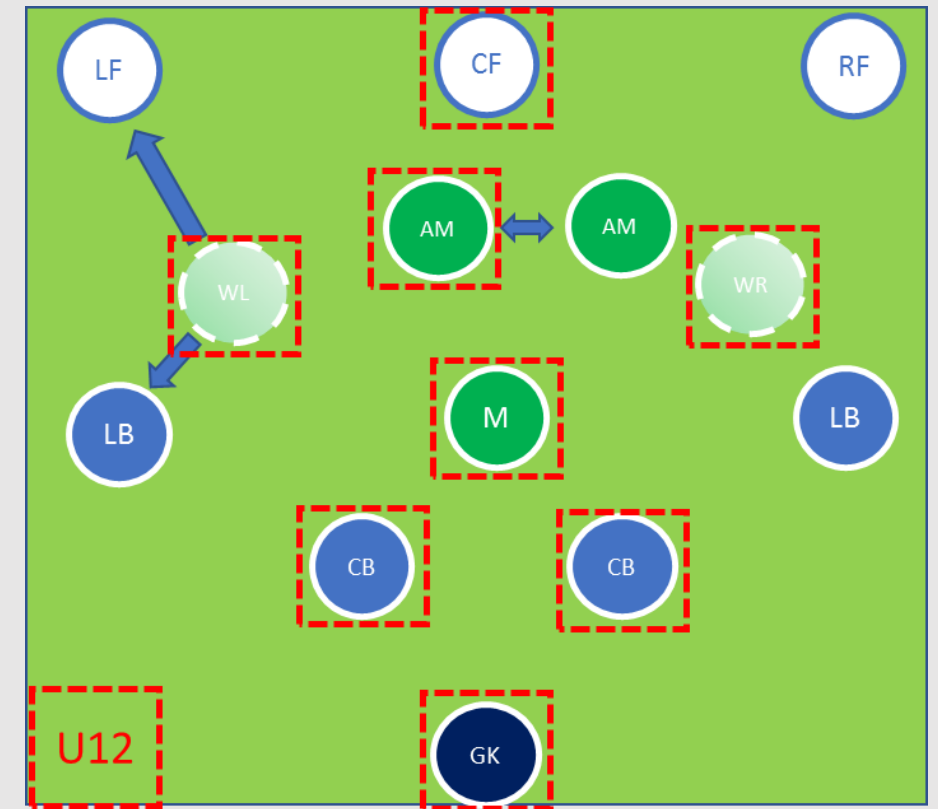


THE PARADISE WAY

Part 8: Team Formations

Paradise Team Formations

- Recommendations for Playing Formations
 - Number of players
 - Rotation of players positions
 - Sequential and logical progression from SSG to 11v11

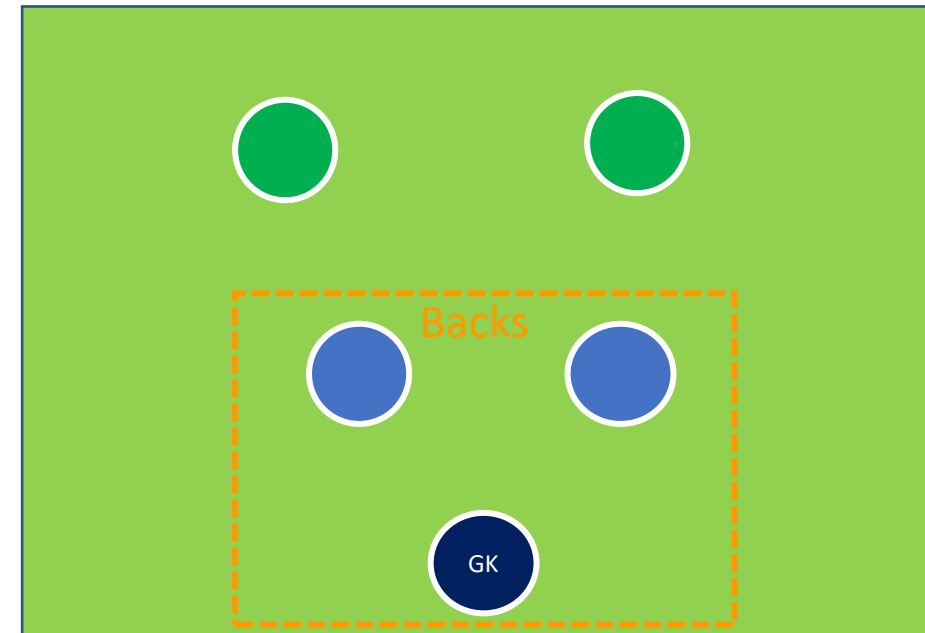


Under 8 Preferred Formation/Positions – None!

No Positions/Formation

Designate 2 players per shift as the “goalie helpers” players – all this means is that these players take turns to receive the ball from GK on Goal kicks

Other than that all players are free to roam help attack and help defend



Under 9 Preferred Formation –Introduction

Begin the summer as per U8;

No Positions/Formation

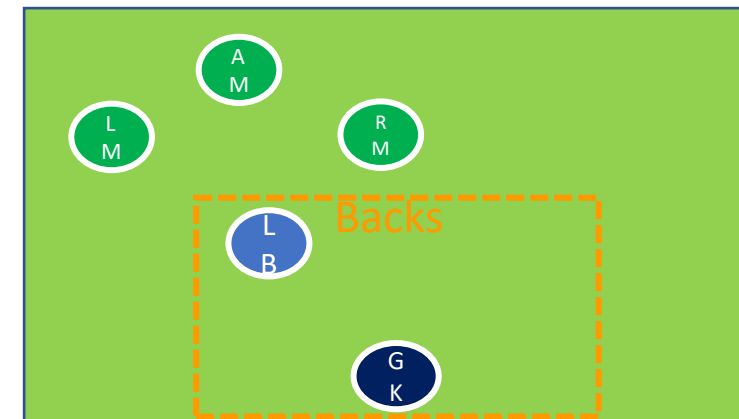
Designate 2 players per shift as the back players – all this means is that these players take turns to receive the ball from GK on Goal kicks

Gradually introduce positions (ie one game per weekend, or the entire last weekend of summer for example)



Alternate Formation

1 Back, 2 wide mids, one attacking mid



Under 11 Preferred Formation – GK-2-3-1

At this age positions are introduced.

Gk – 2 – 3 - 1

Blue players classed as backs

Green players as mids.

White players as a forward.

All players except CF expected to recover ball side and defend together and all players attack together, one green must stay back and one green should remain behind the ball

Backs - Goalkeeper, Left Back, Right Back

Mids – Wide Left, centre mid, Wide Right

Rotation - players should be rotated between playing as a back and mid. And left to right to develop both feet. This can be done within a game or their position can change from one game to the next. Key is they should rotate in the interest of development instead of being pigeon holed into one specific position or role.

Positions
Assign each player to a specific position



Under 13 Preferred Formation – GK-3-4-1

Gk – 3 -◇ - 1

At this age positions become more relevant.

Blue players - classed as backs

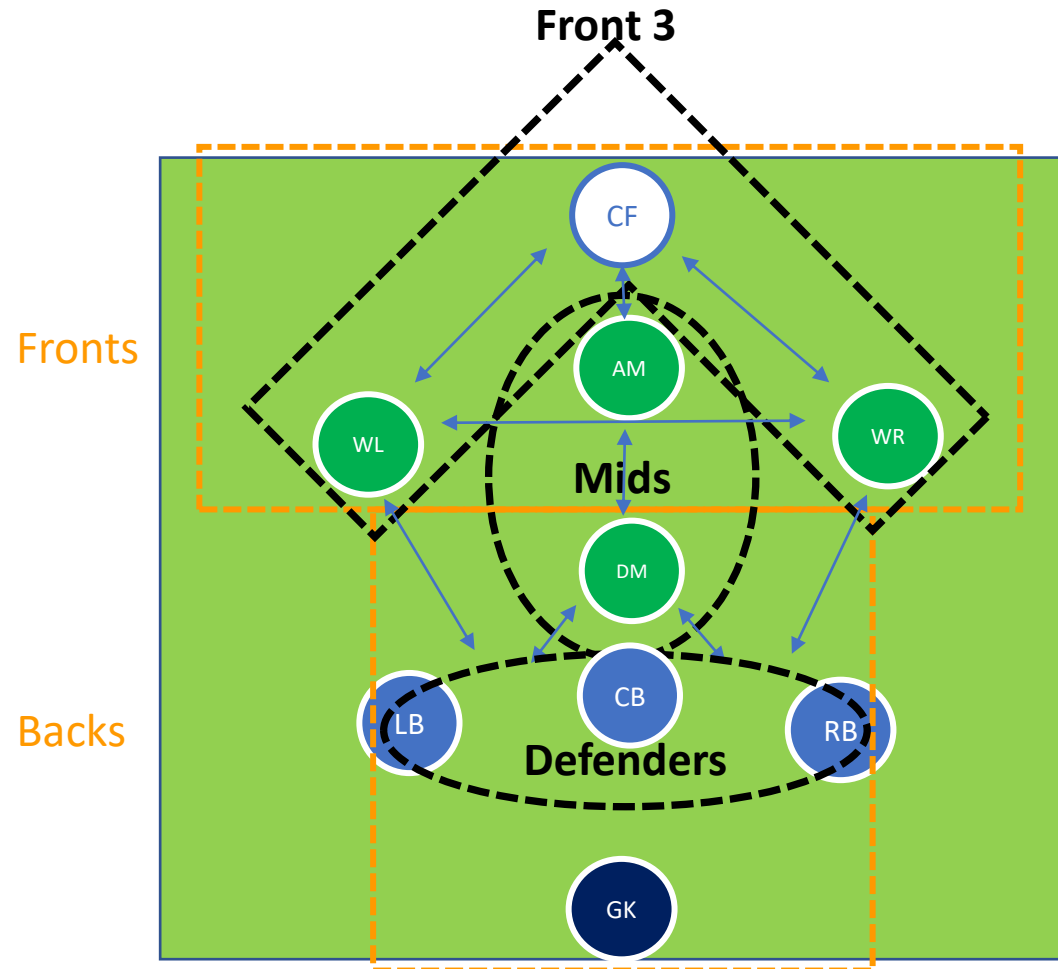
Green players - as mids (central and wide players).

White - **We introduce a Forward! Role?**

All green players expected to recover behind the ball and defend together with the blues .

Rotation - Players can display tendencies toward certain positions and may prefer or fit best into one primary position, however for development purposes its still important to rotate them.

During a game players should be rotated through a minimum of two positions ie either as a Defender & Mid, or Front 3 and Mid, or Defender and Front 3. Still beneficial to rotate players left to right to develop both feet.



Under 13 Alternate Formation – GK-3-3-2

Gk – 3 -3 - 2

At this age positions become more relevant.

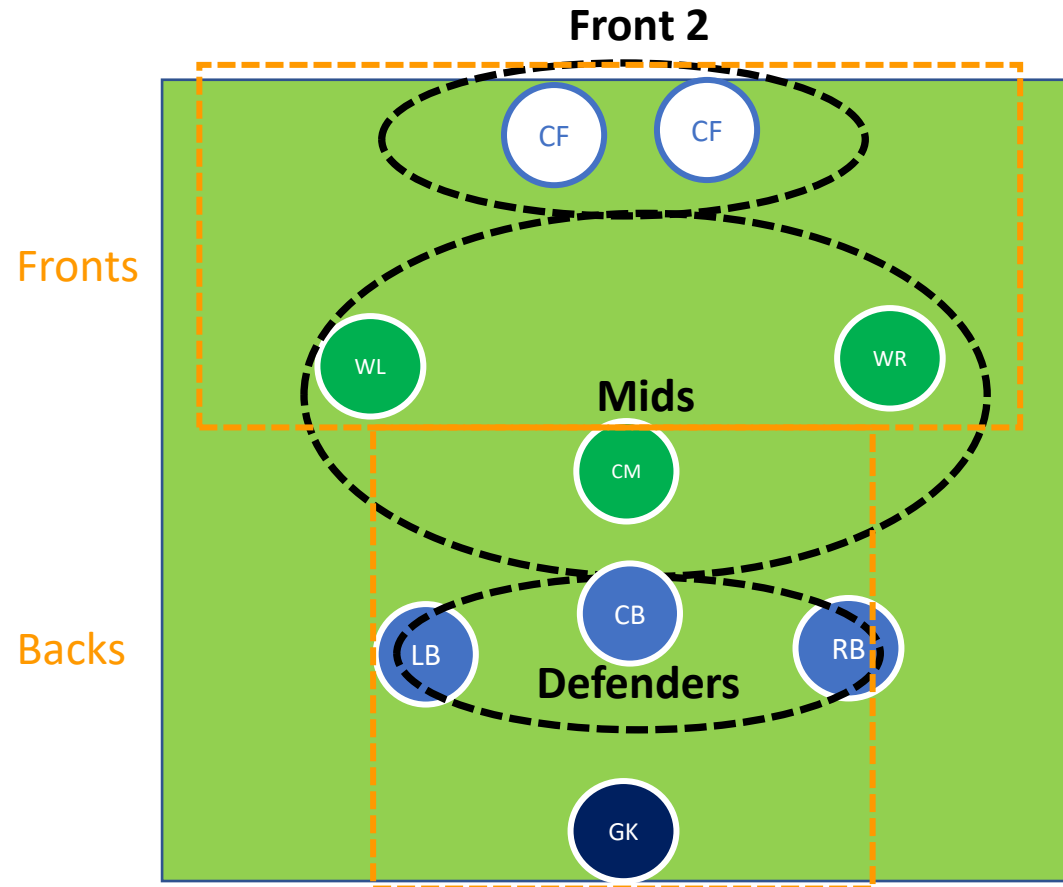
Blue players - classed as backs

Green players - as mids (central and wide players).

White – Two Forward!

All green players expected to recover behind the ball and defend together with the blues .

Rotation - Players can display tendencies toward certain positions and may prefer or fit best into one primary position, however for development purposes its still important to rotate them. During a game players should be rotated through a minimum of two positions ie either as a Defender & Mid, or Front 3 and Mid, or Defender and Front 2.



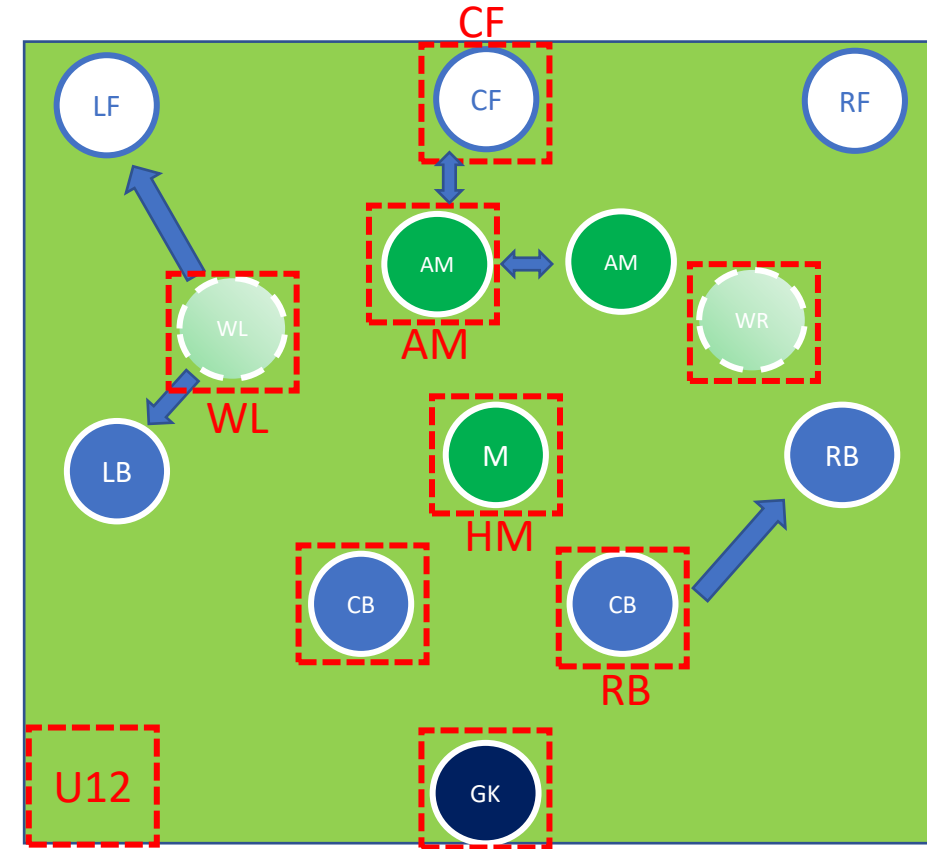
Preferred Formation – Transfer from SSG to 11v11

RB leads into Right side Centreback

HM and AM Concept already developed

CF and AM interchangeable

WL players become LF or LB



Under 13-17 Preferred Formation

Gk - 4 - 3 - 3
Defending Deep mf 2-1 or 3
Attacking 1-2, 1 FB





THE PARADISE WAY

Coaches Seminar Series

Seminar 3 Overview

- Part 9: The Art of Attacking 2 Away from the Ball (25 mins)
 - Tactical Curriculum
 - Sample Drills
- Part 10: TEAM Management Best Practice (25 mins)
- Part 11: Rosters and Training (10 mins)



THE PARADISE WAY

Part 9: THE ART OF ATTACKING 2

Away from the Ball

ATTACKING

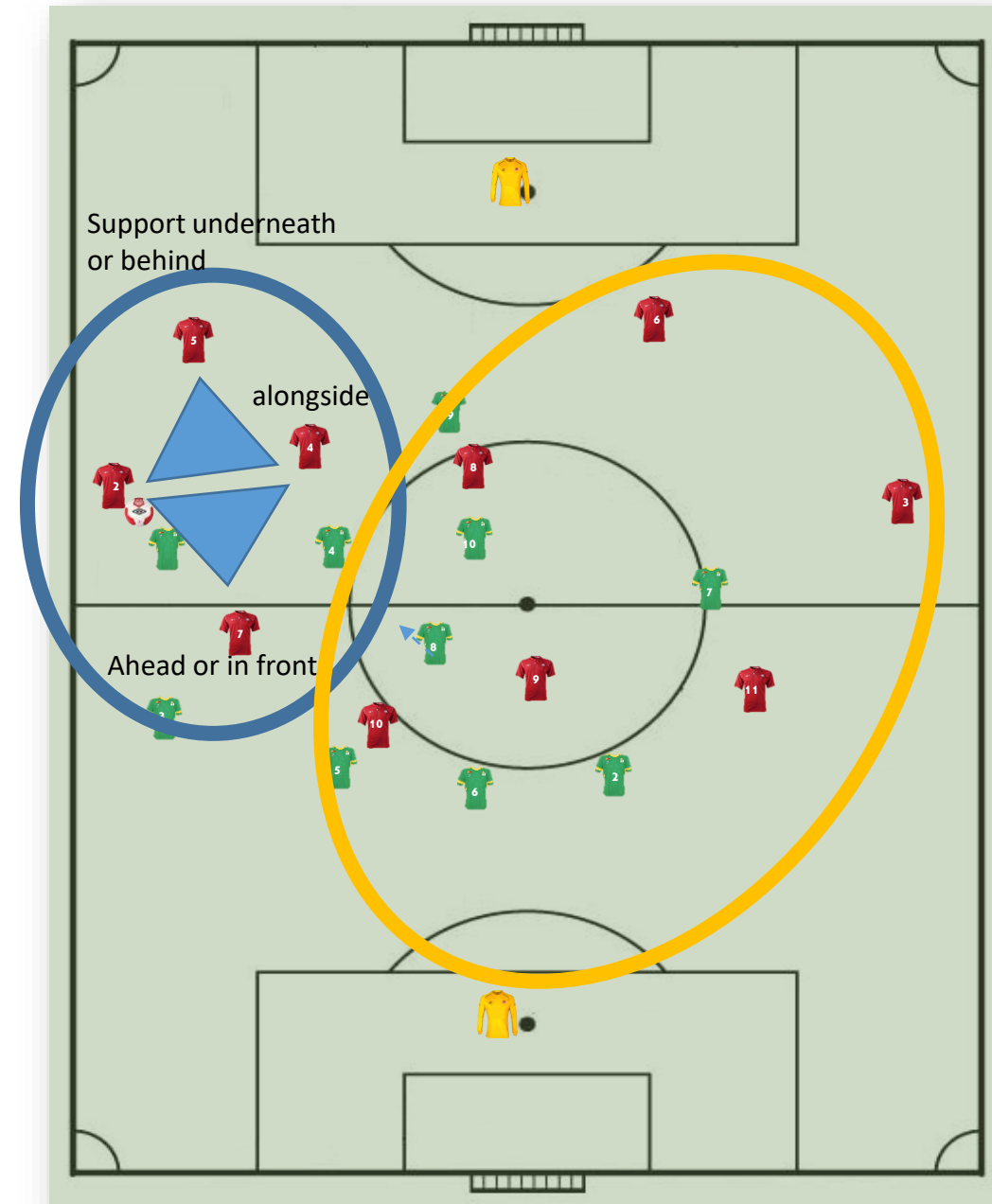
How Do WE TACKLE IT!

On & Around the Ball!

- Players immediately involved in the play supporting the ball carrier to keep possession

Away From the Ball

- Players preparing to receive long balls or preparing for 2/3 pass sequence that can exploit the opposition



ATTACKING

How Do WE TACKLE IT!

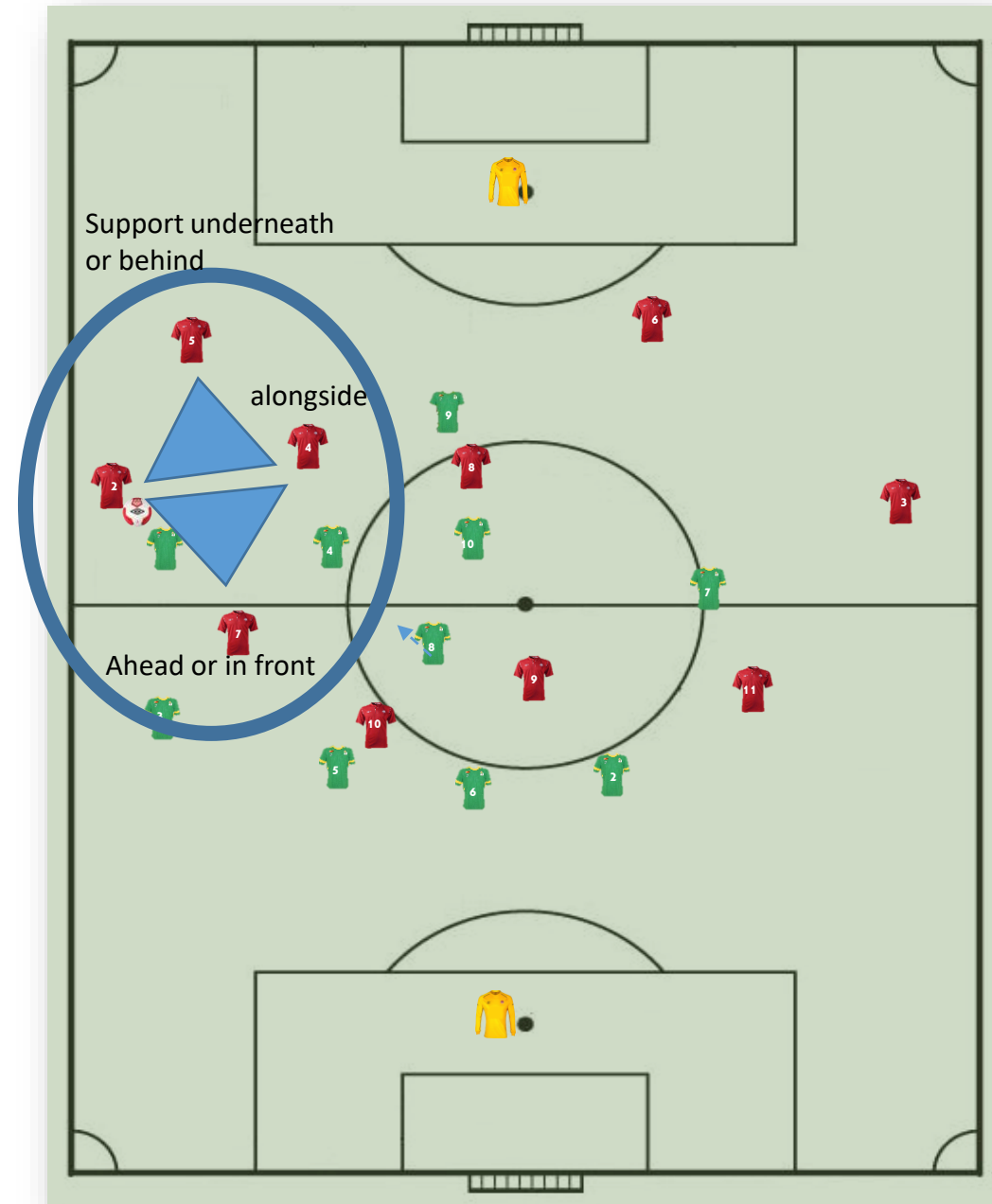
Key Elements

On & Around the Ball!

- Combination Play
- Triangles / Support

Away From the Ball

- Creating space as a Team
- Using Space as a Team – Over, Around Through (eg Direct Forward Play or switching Play)



Principles of Attacking

TASK: Discuss which are most important for your age group

DISPERSAL

- A team spreading out from side to side and end to end within the passing range and abilities of the players. Creating space by stretching the distance and support relationships between defenders and the lines of defence

SUPPORT/DEPTH

- Passing options provided through 360 degrees to the player on the ball.

PENETRATION

- The ability to eliminate opponents from being goal-side of the ball.

MOBILITY MOVEMENT

- Calculated movements of players & interchanging of positions to cause unbalance opponents and cause problems.

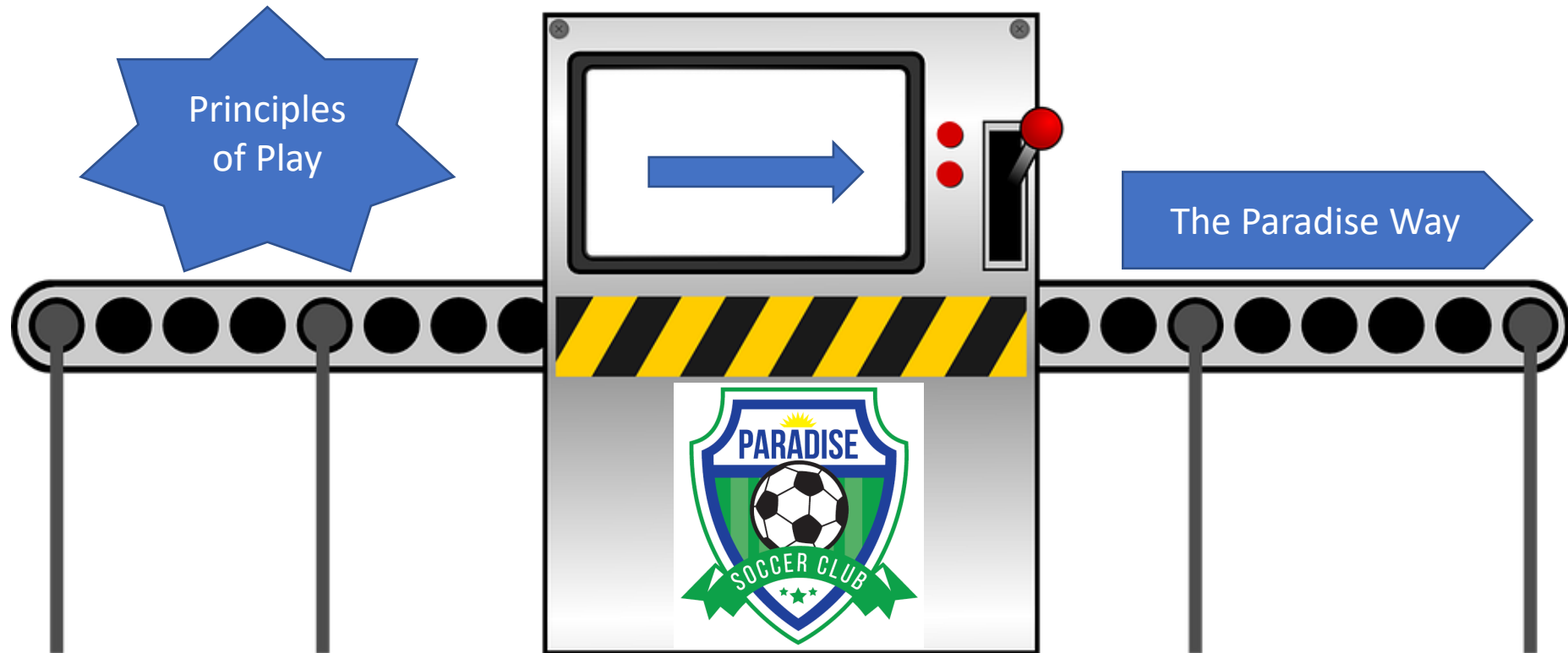
SURPRISE

- The use of deception to hide a team's attacking intentions.

INDIVIDUALISM

- The ability of an individual player to do the unexpected.

The Simplifier





The Matador Style

Controlled Possession

- The idea of staying one step ahead of the opponent and controlling / responding to their moves to stay in control.

THE PARADISE WAY - COMFORTABLE AND IN CONTROL ON THE BALL, COMMIT THE DEFENDER, TAKE YOUR SPACE!

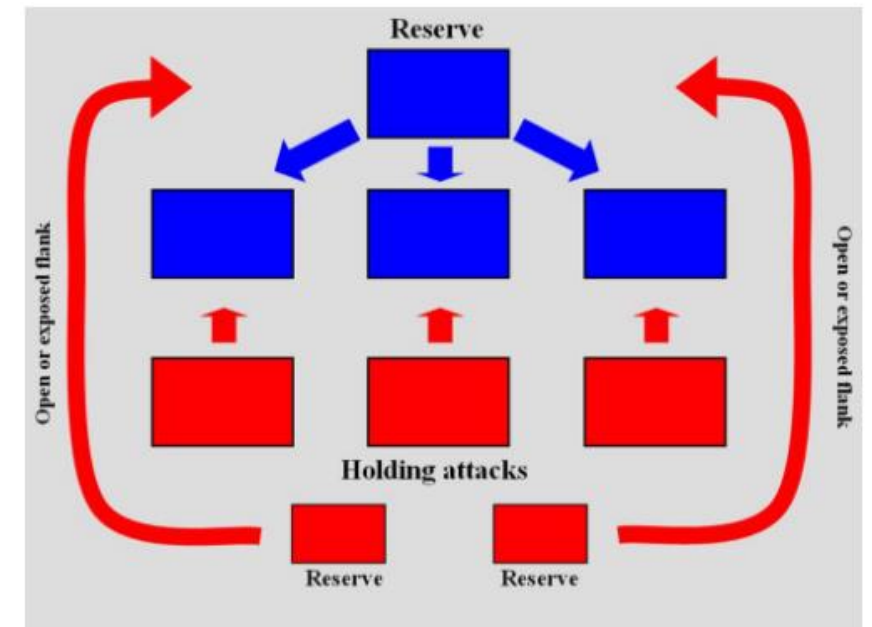
This Matador concept we used for around the ball still applies when we think of the team and team tactics.....

ATTACKING – TEAM TACTICS

- Soccer is a battle, and team tactics are employed.
- Over, Around, Through – if we cannot go through then we will go around or over. Whatever defensive tactics they employ we have an answer!

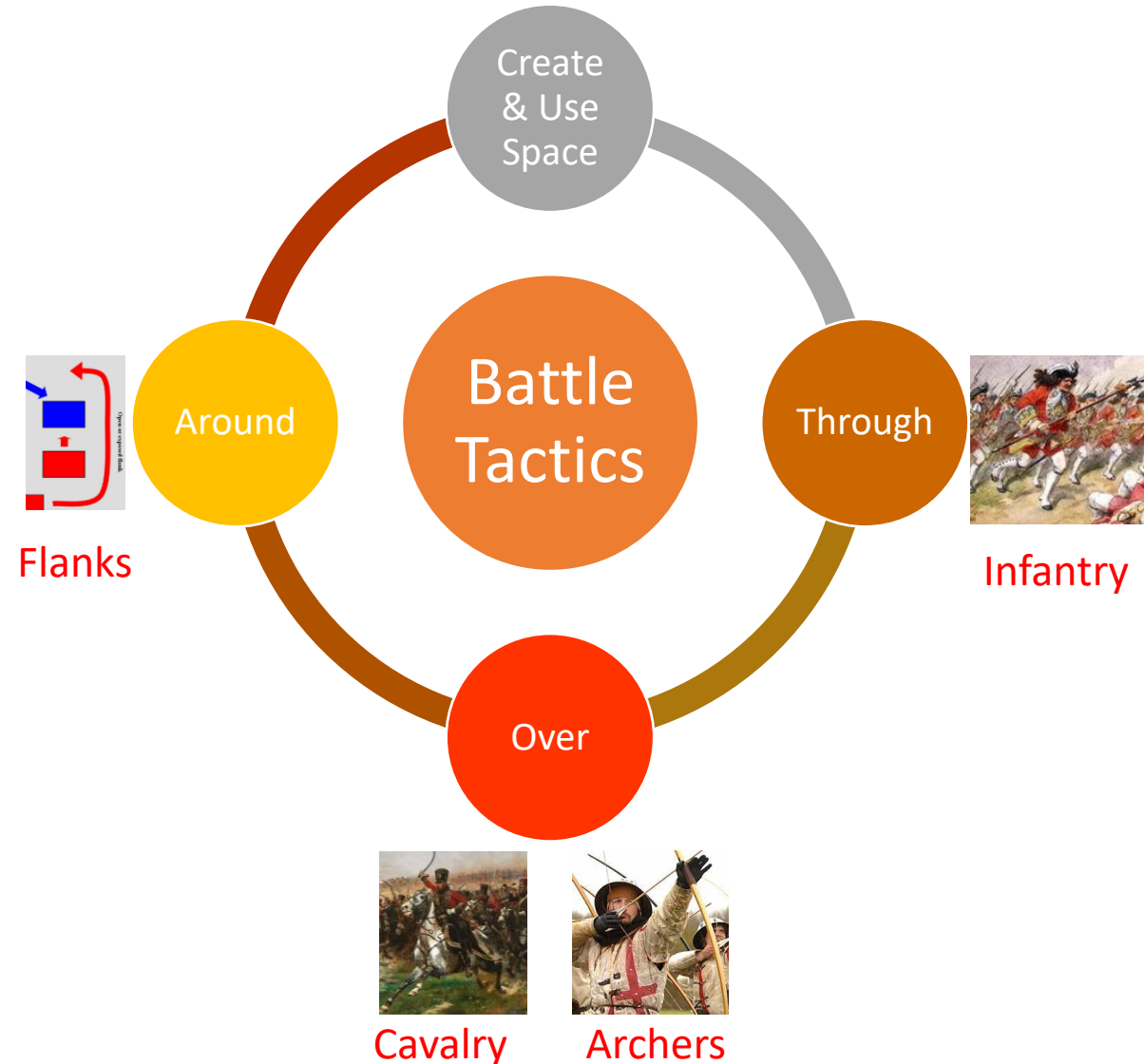
Key Concept – By U13 we can play as Matadors in a TEAM TACTICS sense.....

- We play long to push them back so we can then play short, we use width to open them up so we can play through them and so on. When they think they have solved the problem we can respond, adapt and overcome and maintain control.

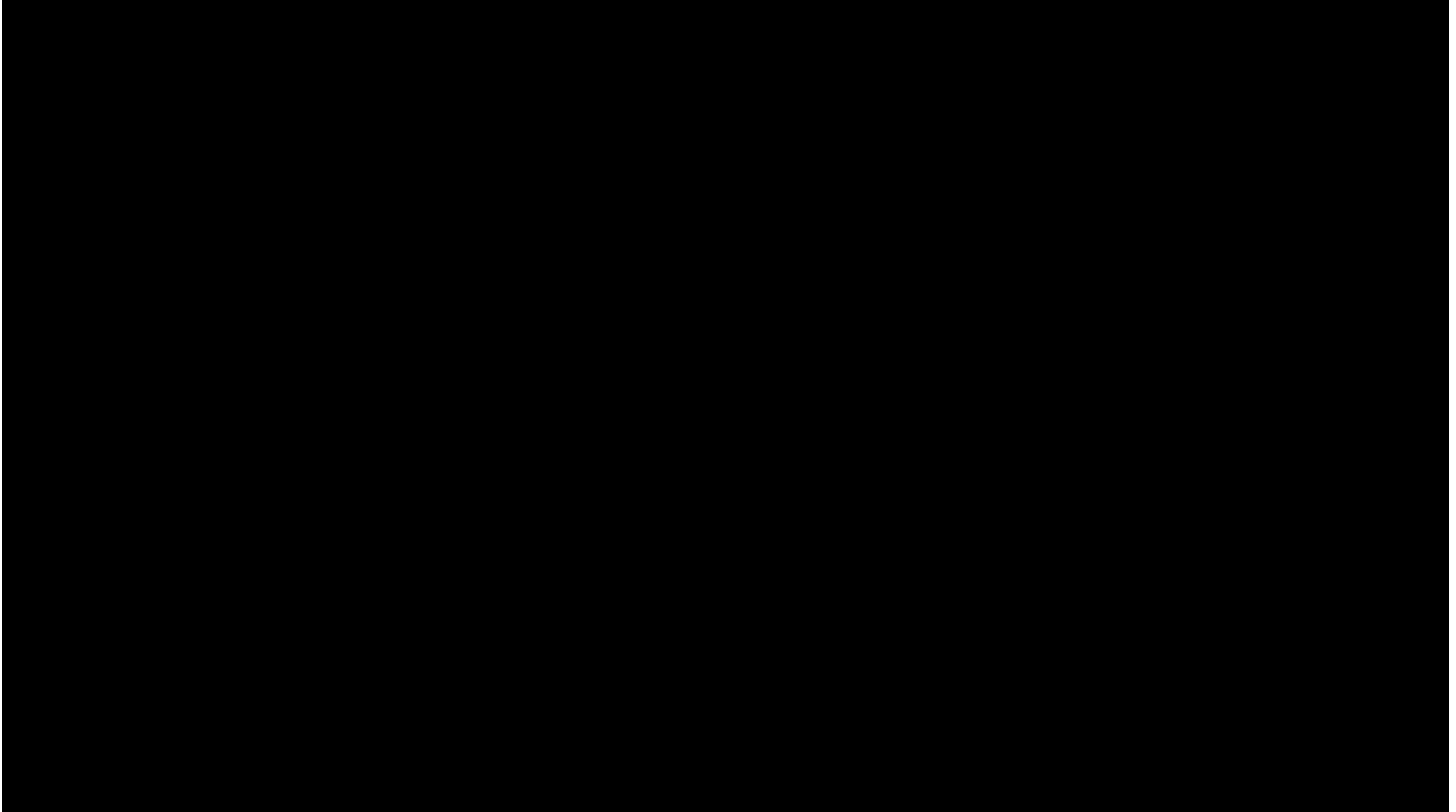


Attacking Away from the ball

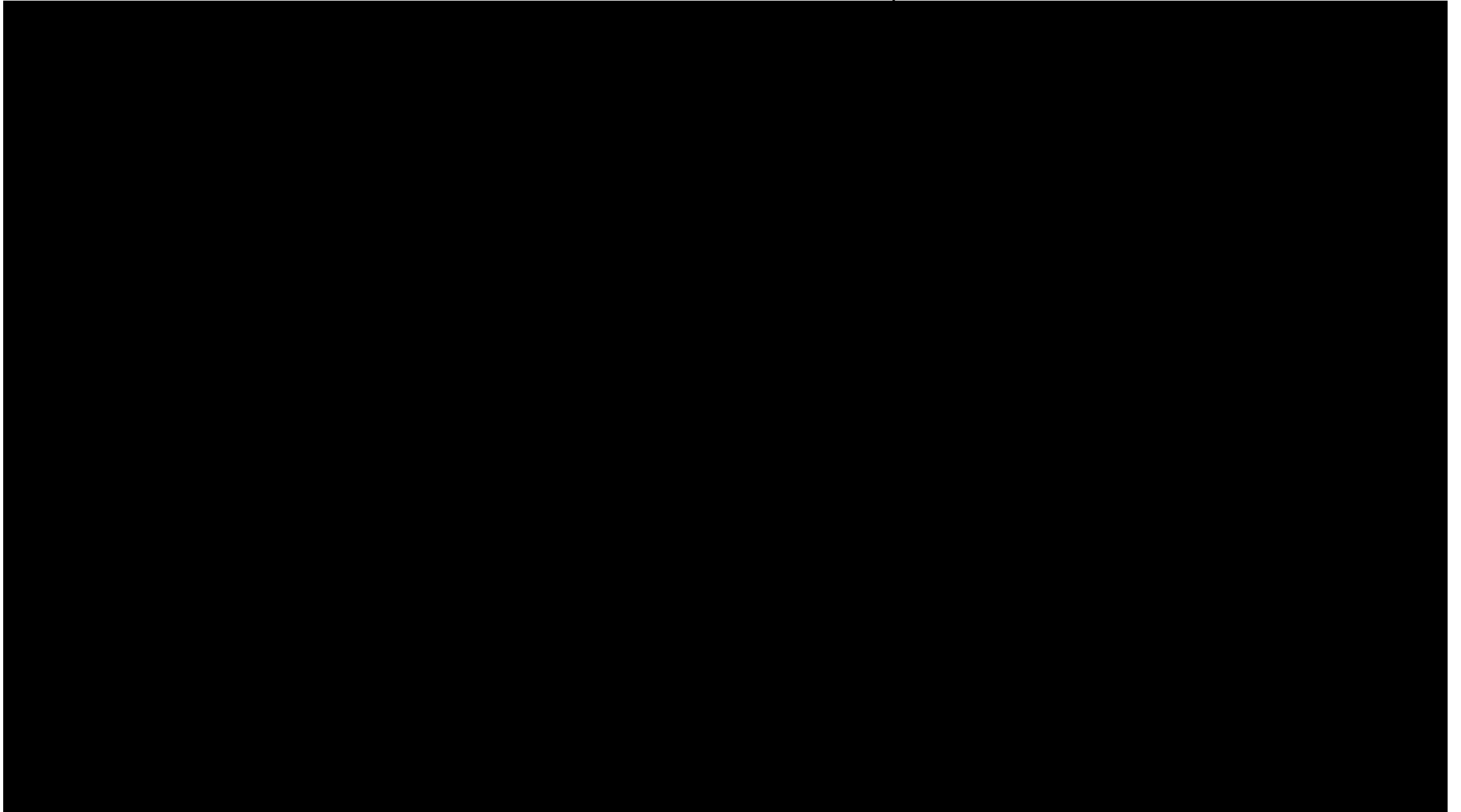
- The bigger picture of the game involving the whole team
- The tactical aspects of how **a team** sets up to exploit opportunities in different areas of the field **CREATE & USE SPACE**
- What should players do that are not immediately involved in the play but are anticipating 2nd or 3rd pass?



ATTACKING AWAY FROM THE BALL – CREATE WIDTH



ATTACKING AWAY FROM THE BALL – CREATE DEPTH/WIDTH & THE SWITCH



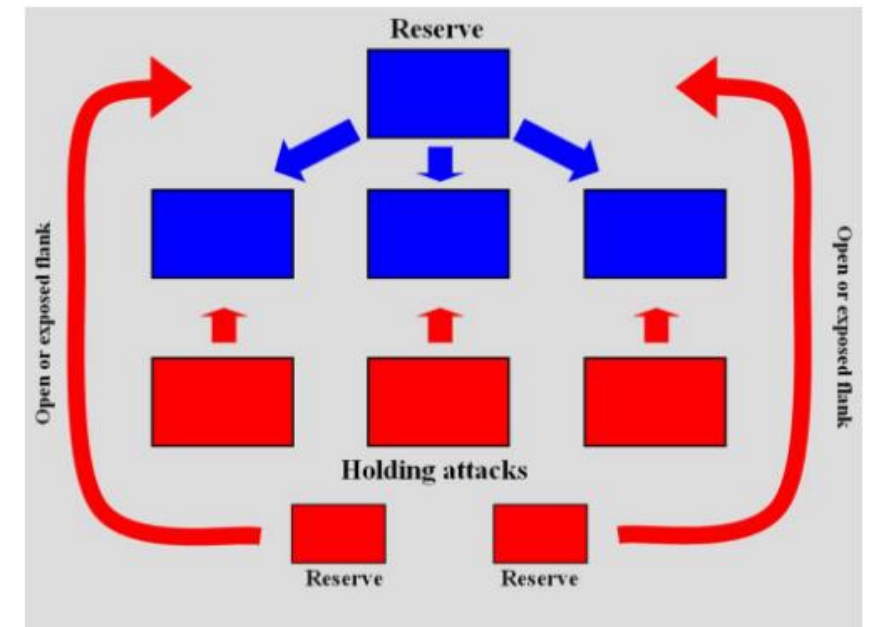
AWAY FROM THE BALL – TEAM TACTICS

Milestones – Stepped Approach to Curriculum

How do We Get There?

Key Considerations;

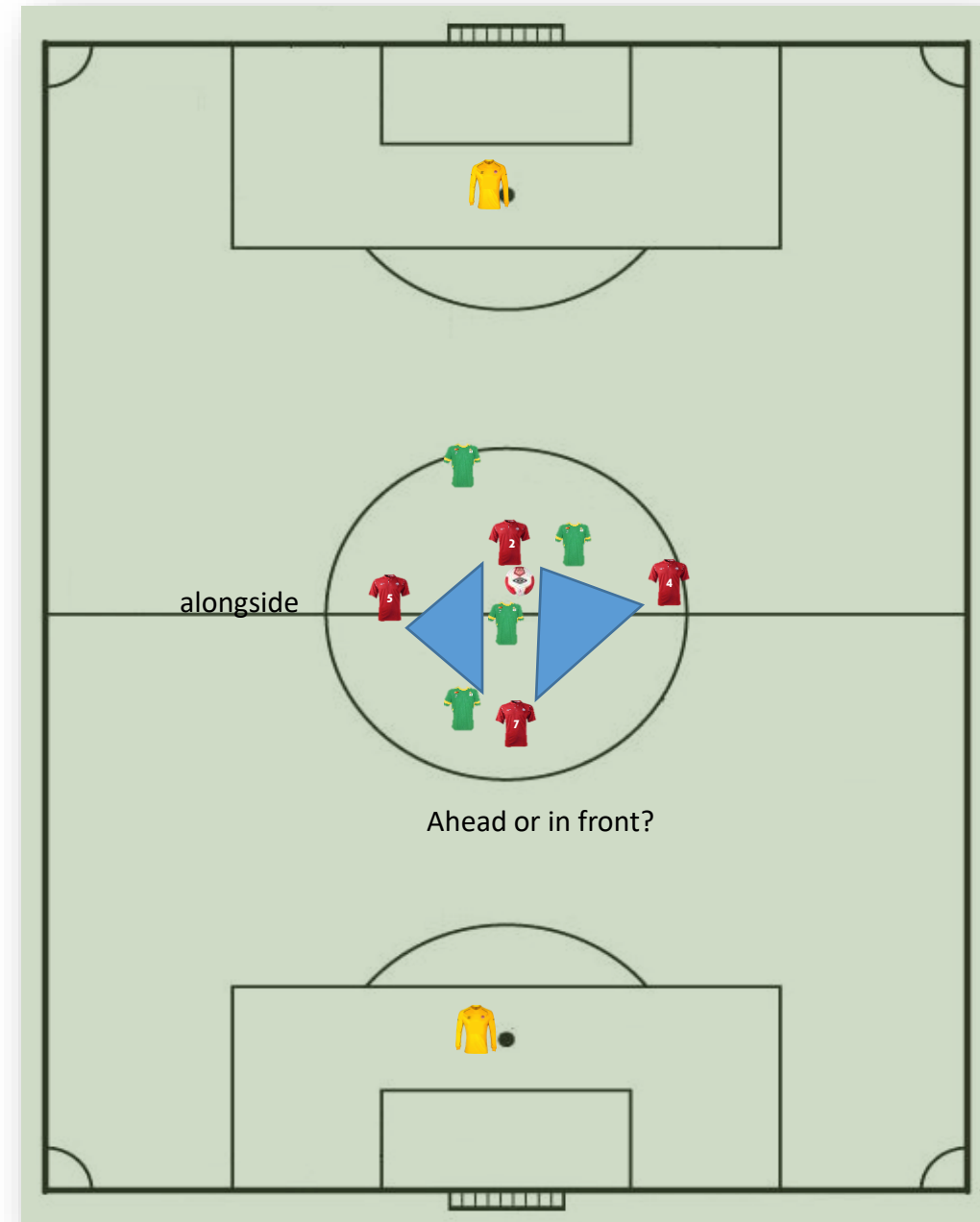
- How many players are on the field for the age group game format?
- What are the characteristics of the player at a given age....their mental capacity, depth of understanding and decision making?
- What are the technical capabilities/limitations of the player eg U8's cannot hit a 30 yard aerial pass so over the top is not a part of their game/understanding.



U8 – 5 a-side
4v4 plus GK

There is no real Away
from the ball!

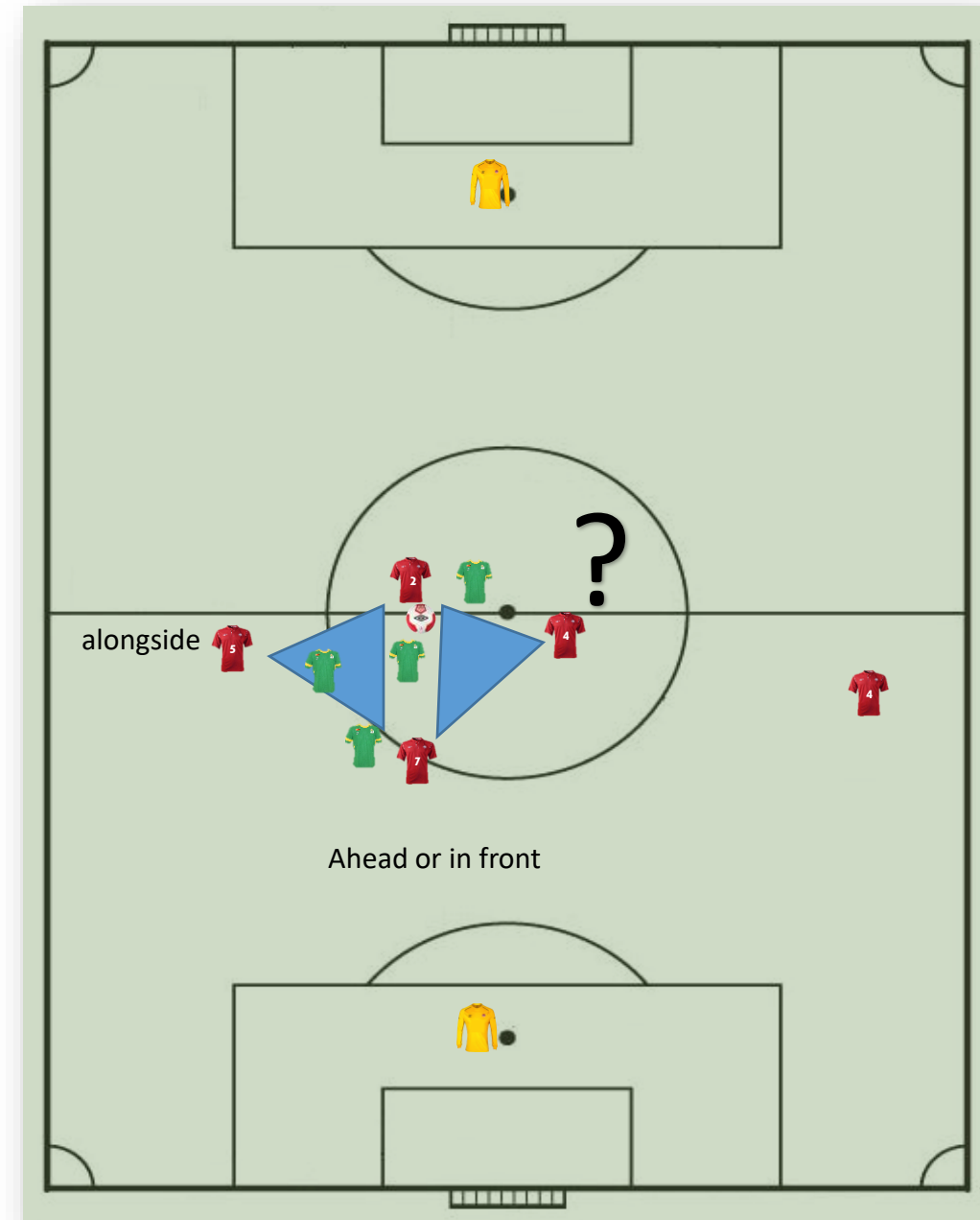
Everything is really
about playing **through** –
direct toward the target
and somehow navigating
past the pack/crowd!



U9 – 5 or 6 a-side
4v4 or 5v5 plus GK

Now we have an
additional player there is
an element of width that
can be added.

Can we go **around**?

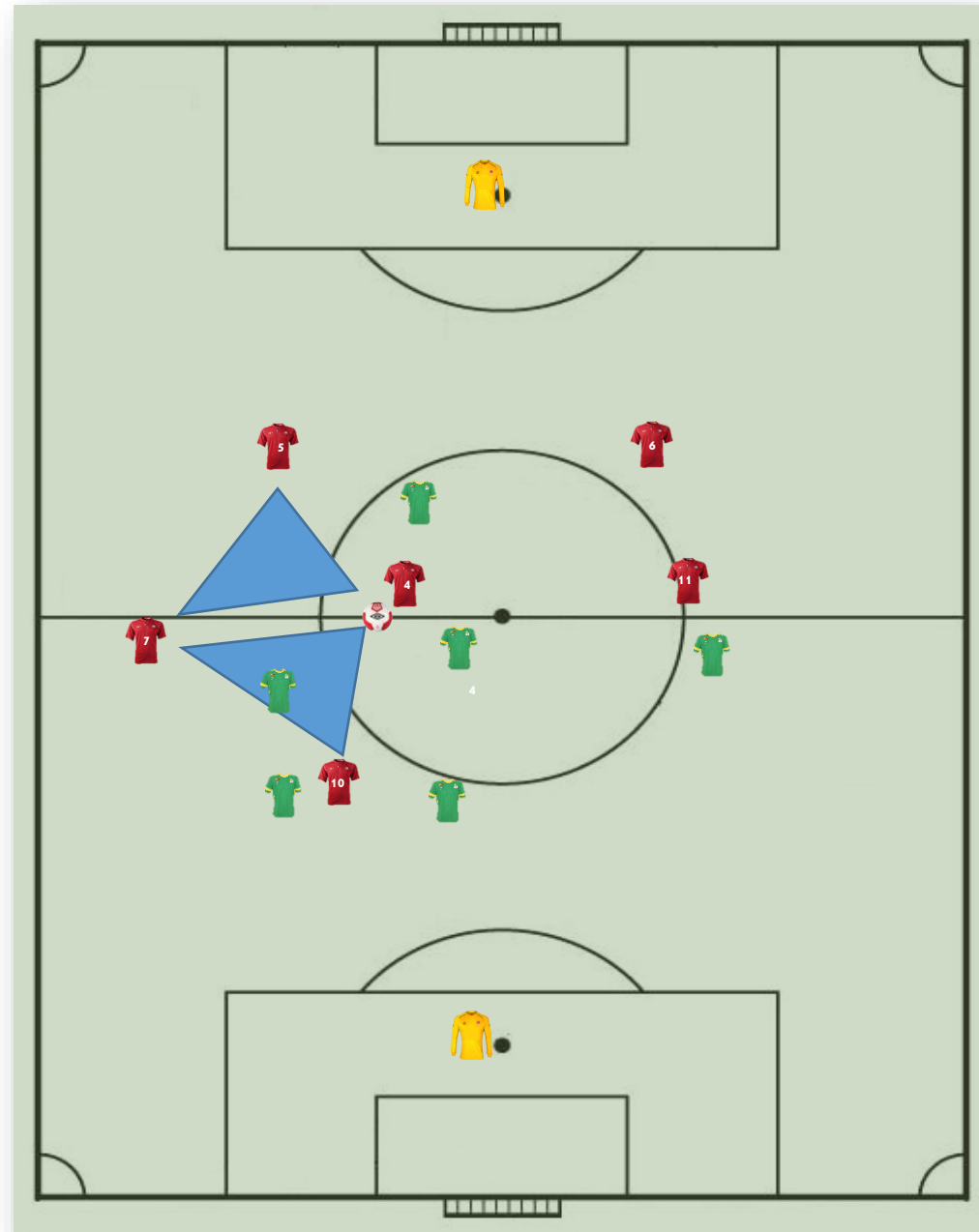


U11 – 7 a-side

6v6 plus GK

- Formation: 3 lines or units
- Defenders / Midfielders / Forwards
- By U12 the game is more complex and much of the 11 a-side game is observed within this format. Players also have the ability to play longer balls in the air - **Over**

Reds Direction of Play
↓

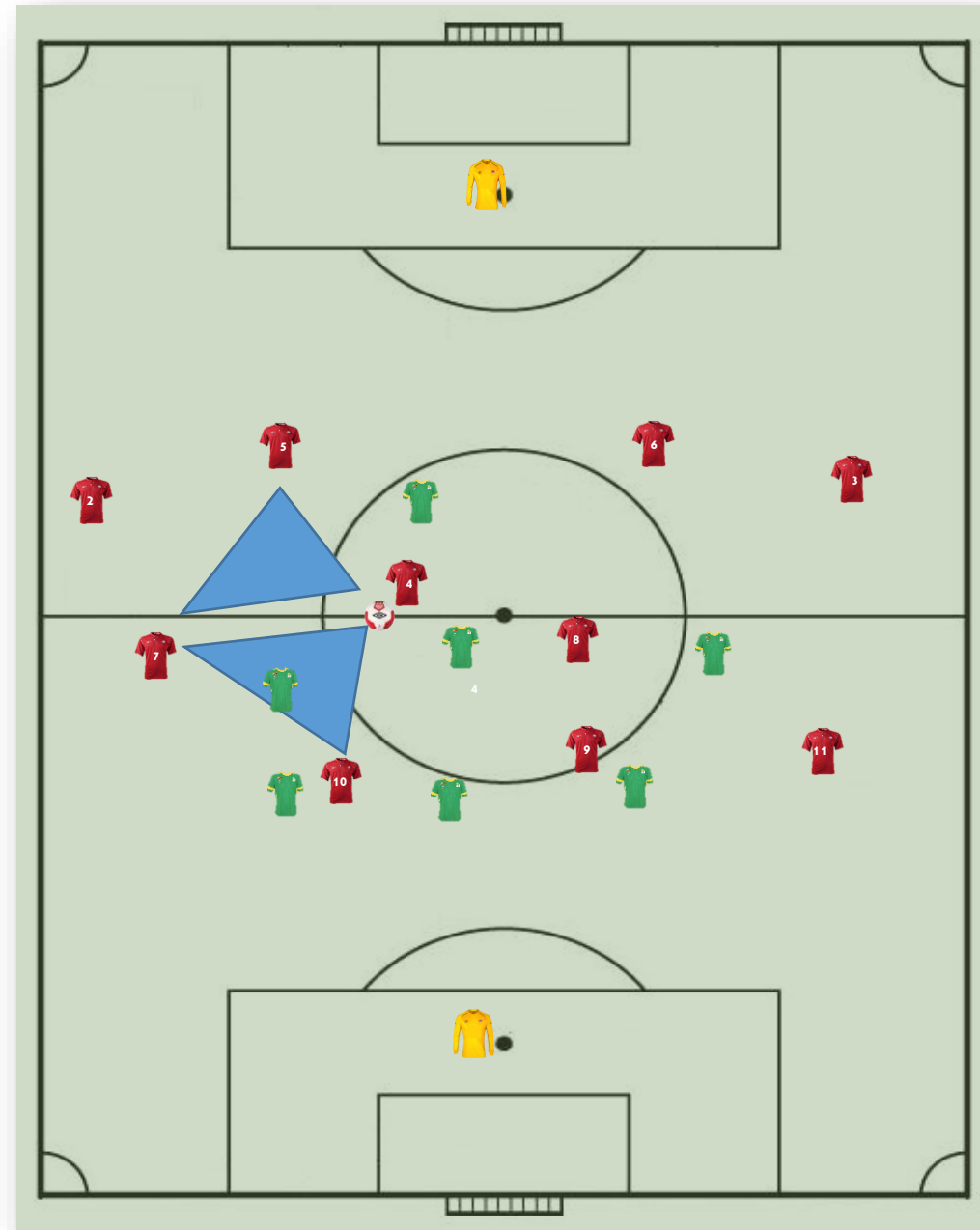


U13+ – 11 a-side 10v10 plus GK

- Formation 3 lines or units
- Defenders / Midfielders / Forwards

Over / Around / Through
(Matadors)

Reds Direction of Play
↓



TACTIC	U8	U9	U11	U13
TEAM ATT WIDTH AWAY FROM THE BALL Creating Space - Width	Supporting alongside as a helper but not too close When ball carrier is wide, one support alongside, and other spread out like butter	spreading out as a team - side to side - create space + passing opportunities, including the need for width immediately when possession is regained.	Moving wide to receive a pass, stretching the play wide Moving wide to passes played down the line from full back position Understand the need for width once possession regained	Use of width to provide passing opportunity to wide player and to stretch a def to create gaps for penetration Width provided by different roles: winger, FB, Mf, F Overlapping, underlapping, movement of wide players in field to provide space for other players to exploit
TEAM ATT WIDTH AWAY FROM THE BALL Using space - Around	Escape with a pass to a player alongside	Passes to feet and passes to space Intro to Changing the direction of play, Make players aware of space and the movement of players	Patterns of linking play across the pitch Individual technique, opening out, receiving on the front foot to turn and pass wide Turns out of congested areas	Recognising the need to switch play quickly away from a compact def, 'ferrying' the ball across the field, wide receiver prepared to maximise forward play Back players moving through into MF

TACTIC	U8	U9	U11	U13
TEAM ATT DEPTH AWAY FROM THE BALL Creating Space - Depth	Spread out – one player go ahead of the ball carrier to receive a pass (if the ball carrier is going backwards then player can still drop back and technically be ahead of the player)	Intro to dropping deep to stretch the play and to receive a pass away from def	Forward runs and dropping deep to stretch the play and to receive a pass away from def Understand the need for depth once possession is regained eg central def dropping off deep to offer for a pass from FB passing back to eventually go forward	Use of depth to draw out a compact def Patience required, passing back to eventually go forward Roles within the team, back players prepared to drop deep to provide link to then penetrate or switch
TEAM ATT DEPTH AWAY FROM THE BALL Using space Through Using space Over / Through <i>Breaking the last line of defence</i>	Team – Spread Out Like Butter away from defenders Pair helping each other and another spreading opposite side and another spreading forwards (ahead of the player)	Encourage to pass forward when possible, patience in build up Forward runs to receive a through pass Receive and turn (in front of defensive line) 3rd man run	Can the player pass forward, or combine to pass to a player who can pass forward & SUPPORT THE FORWARD PASS MF players making runs past F F dropping deep into MF or going wide	Set + play, 3 rd man running, other forward options using gaps between def Playing in the stretch (in between space) Movement ahead of the ball, forward runs, flat + timing to stay onside Runs to create space for others, moving def out of good marking positions

Attacking Tactics – Away from the Ball

U8

Intro TEAM – Create Space
SPREAD OUT FROM THE
PACK (To sides and ahead of
the player on ball)
To escape

Infantry



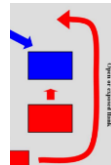
U9

Intro TEAM-USING FLANKS
Playing Around to Feet or
Space

Intro TEAM – USING CENTRAL –
Through
Forward runs for thru balls

Develop TEAM –CREATE SPACE
Width
Wide to go forward

Flanks



U11

Develop TEAM-USING FLANKS
Switching play to opposite
side

Develop TEAM – USING CENTRAL -
Over
Over in behind Who?, OVER
to target and support

Develop TEAM –CREATE SPACE
Depth
Back to go forward

Cavalry and Archers



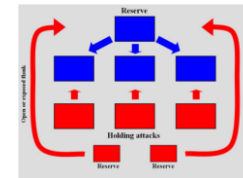
U13+

Refine TEAM-USING FLANKS
Switching play to penetrate
stretching side to side

Refine TEAM –USING CENTRAL –
Through<>Over
Showing for feet, Stretching
end to end

Refine TEAM – CREATE SPACE
Over Around Through
Earning the right

Matador TEAM Style

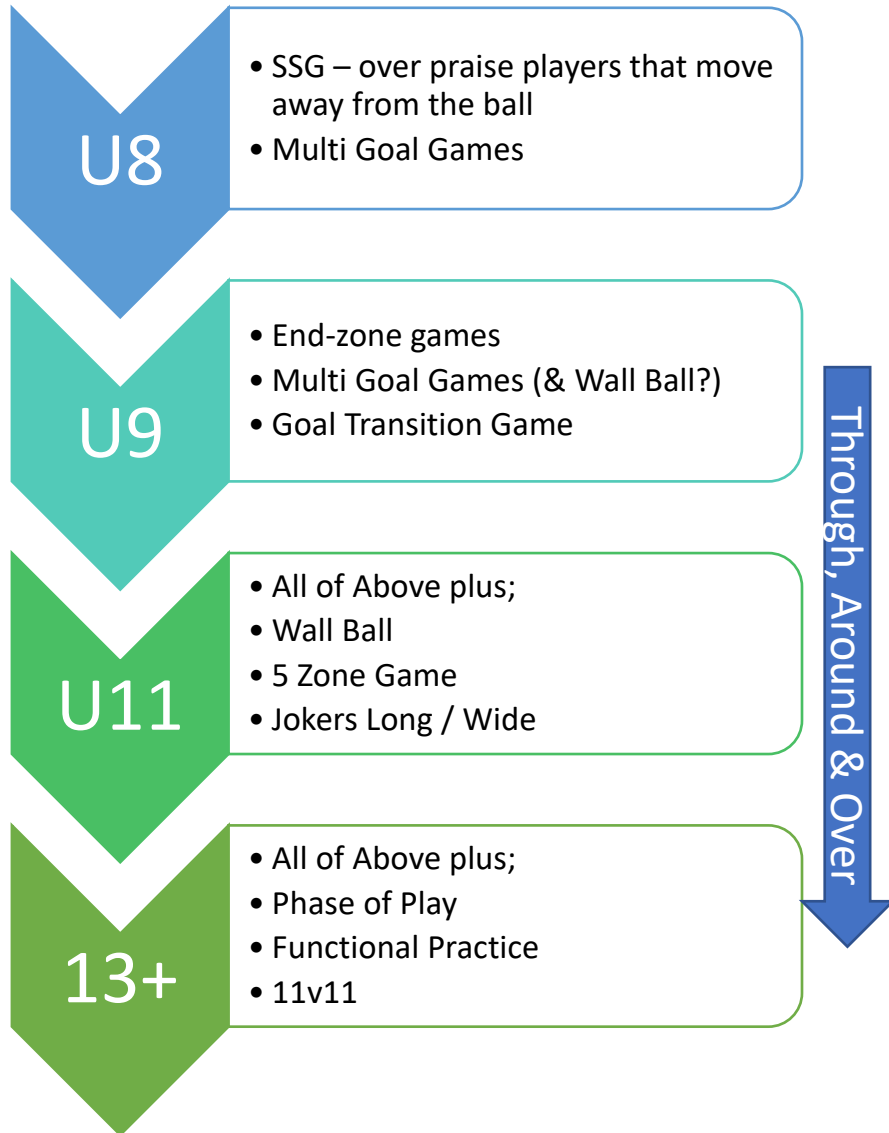


Thru, Around & Over!



TEAM ATTACKING Away from the ball

Key GAMES you can use

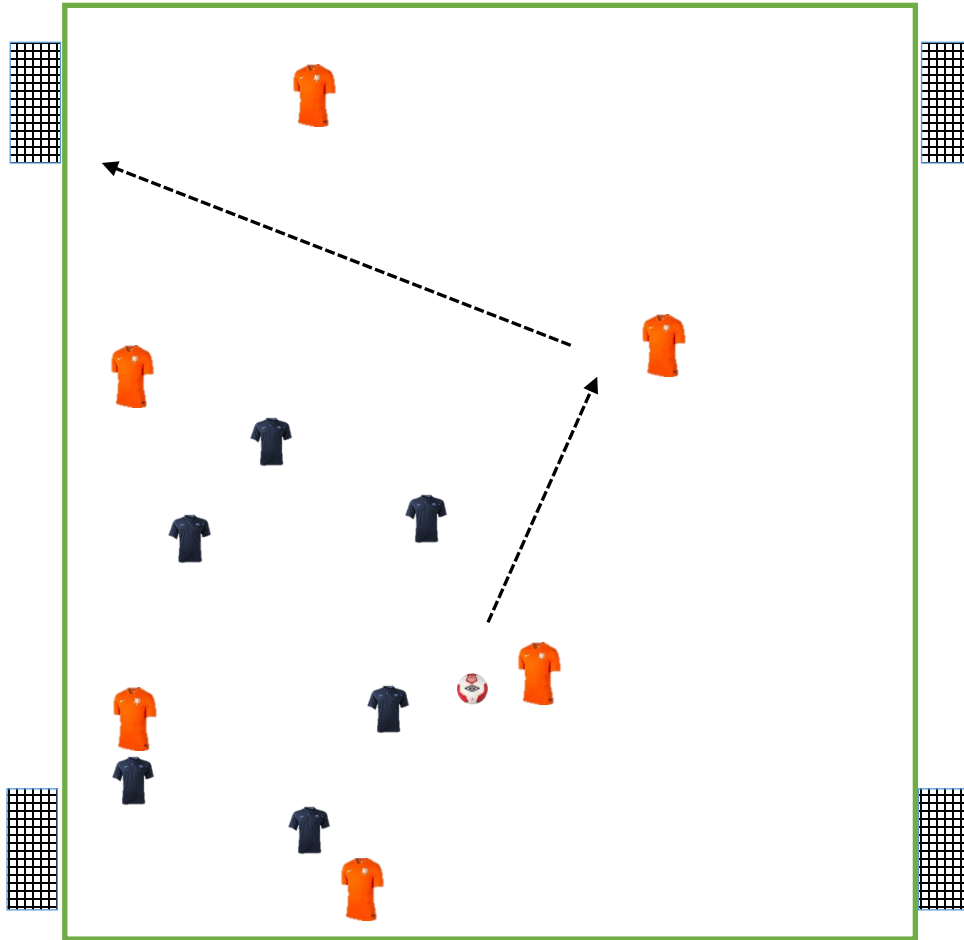


**ALWAYS REMEMBER AGE
APPROPRIATE:**

**GAME FORMAT
MENTAL CAPACITIES
TECHNICAL CAPACITIES**

**USE APPROPRIATE TRIGGER
WORDS**

Multi Goal SSG – “4 or 6 goal game”



Set Up:

Play sideways across the field so its wider than longer and place goals on the sides. Can play with or without GK's.

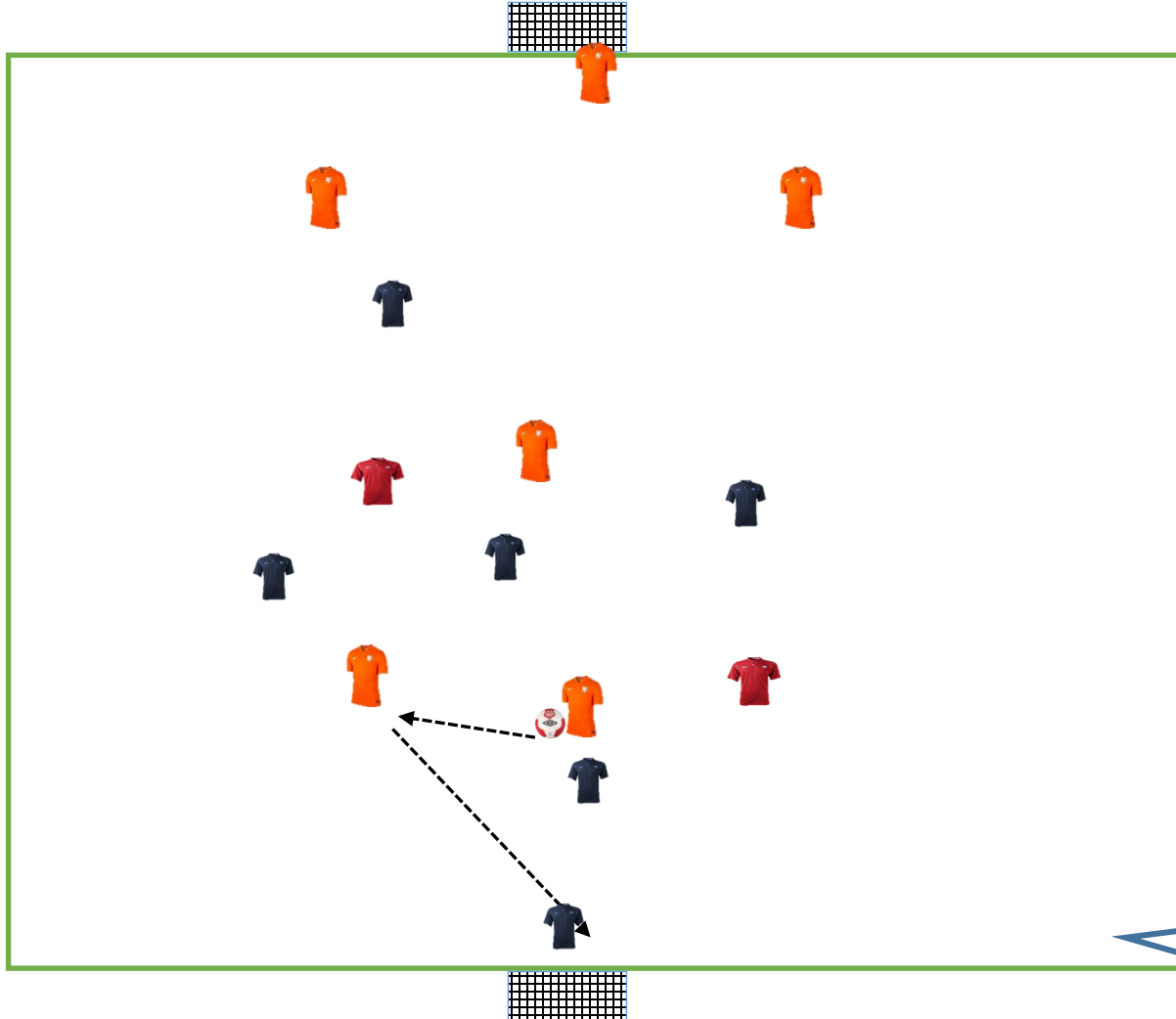
Instructions:

“SUPPORT UNDERNEATH” “SUPPORT ALONGSIDE” to “SWITCH IT”. “GET WIDE”, “PASS to FEET or SPACE”

Options:

Place another third goal for each team central.

SSG – “Jokers” Wide



Set Up:

Normal SSG – can be reduced or Full format .
“JOKERS PLAY AS NEUTRALS ALWAYS HELPING THE TEAM IN POSSESSION” and shape of the field means space can be created by creating & using width

Instructions:

“TIME THE PASS”. “GET WIDE”, “PASS to FEET or SPACE”

“PASS & MOVE” to “COMBINE”

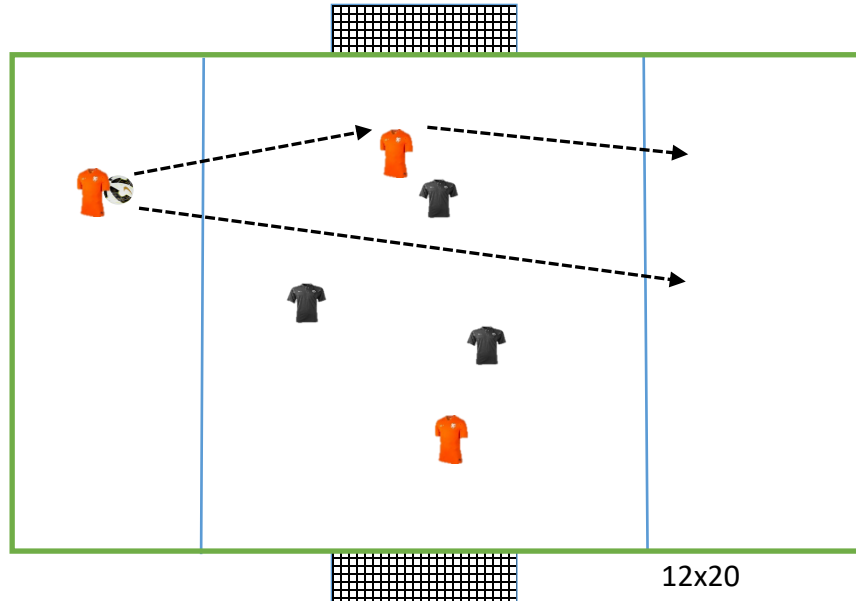
Options:

Play with 1, 2 or 3 neutrals

Add a condition that neutrals play with limited touches (1 or two touch)

Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13
and older

Endzone Games 3v3+



Set Up:

Minimum 12 x 25 yds. team in possession trying to play the ball from 1 end to the other without defenders gaining possession to gain one point. If blacks win it then they can attack.

Instructions:

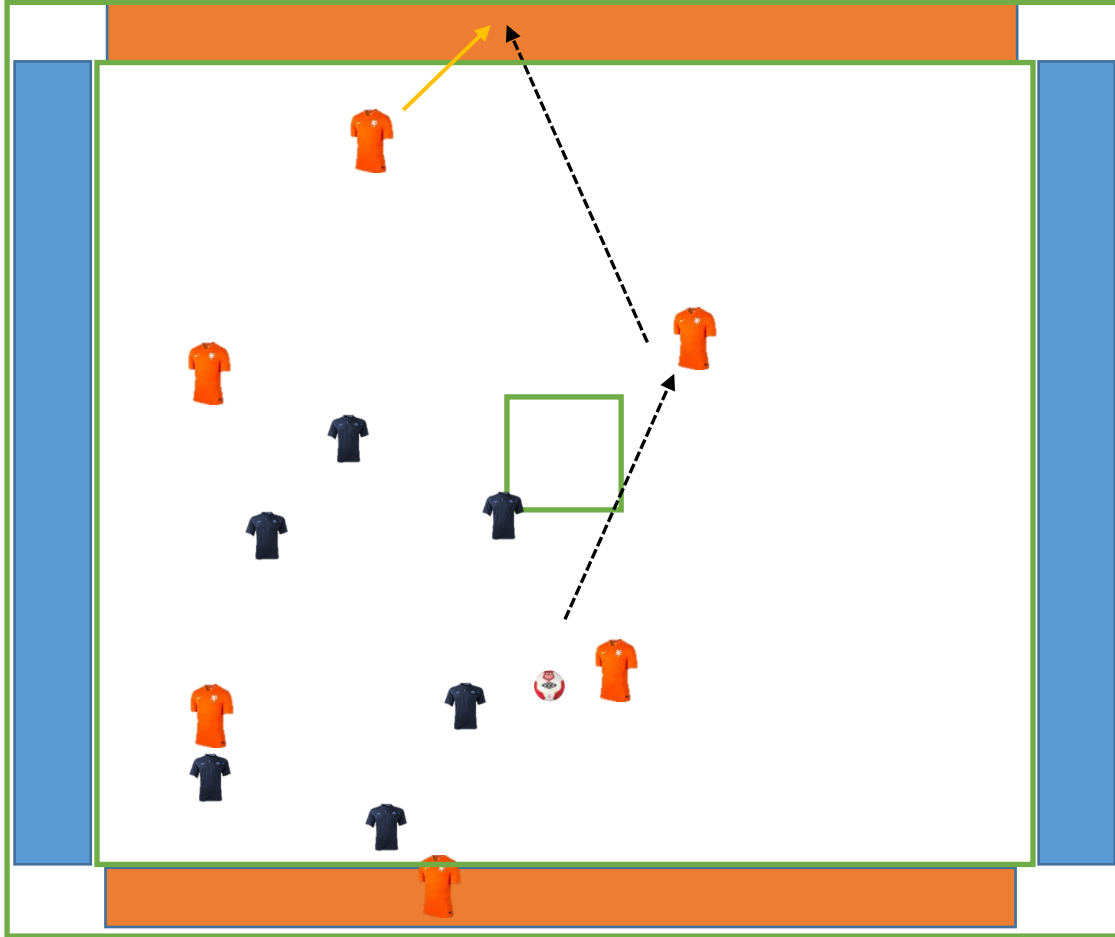
“SPREAD OUT” “GET WIDE”, “PASS to FEET or SPACE”. “PLAY AROUND THEM” or “CAN YOU PLAY THROUGH THEM”

Options:

After 3 points team in possession can go for goal.

Condition – Can allow balls over the top (endzones should be made shallower)

SSG – “5 Zone Game”



Set Up:

25 x 25 yrd playing area plus 5 yrd end zones on all sides and also 5x5 yrd neutral zone in the middle. Teams receive a pass in one of 3 zones to score (their end zones or central neutral zone) and then next goal must be scored in a different zone. Players cannot enter into opponents end zones.

Instructions:

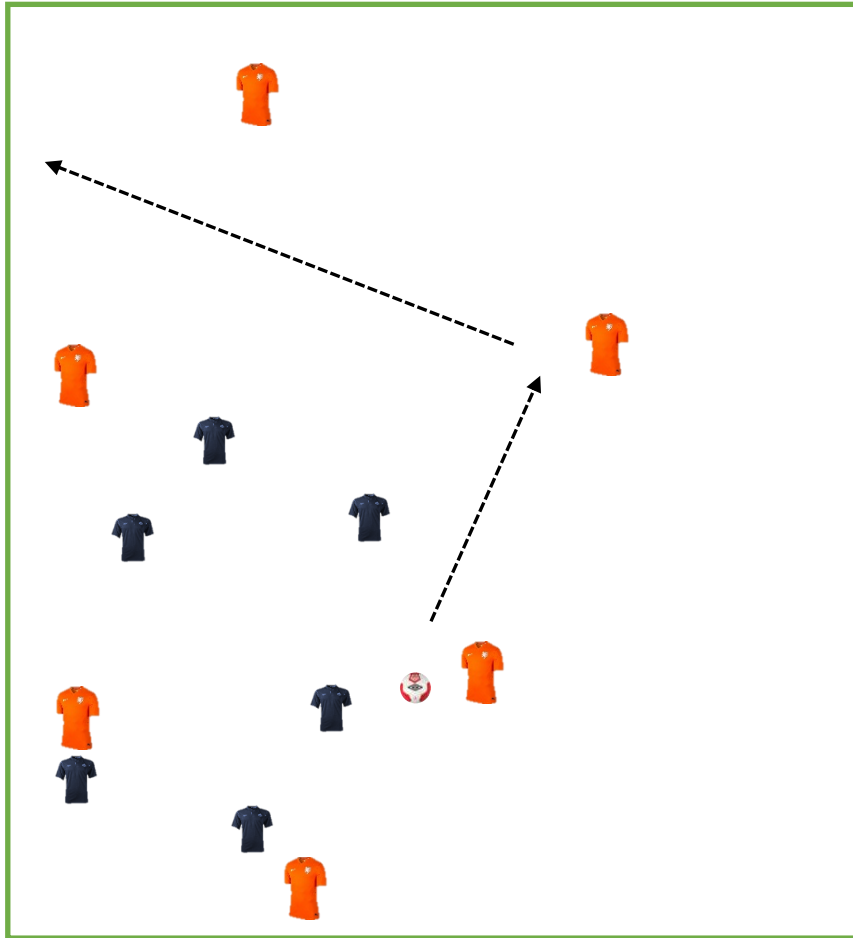
“CAN YOU SCORE” with direct play easy goals over the top or thru balls. If not then need “WIDTH” “PLAY WIDE”. “MOVE THE BALL” to “CHANGE THE PICTURE” with a pass “BOUNCE IT” or just carry it “DRAW A DEFENDER”.

Options:

GK Integration Include a permanent GK in the central zone or one for each team in one of their end zones.

Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13
and older

SSG – “WALL BALL”



Set Up:

Play sideways across the field so its wider than longer. To score players must play a 1 touch pass against the wall.

Instructions:

“SUPPORT UNDERNEATH” “SUPPORT ALONGSIDE” to “SWITCH IT”. “SET THE 1 TOUCH PLAY” with a softer pass backwards/sideways to set it up

Options:

Progress to condition that in order for a goal to count then an attacker must be the first one to touch it when it bounces back off the wall.

Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13
and older

SSG – “Jokers” Long



Set Up:

Normal SSG – can be reduced or Full format .
“JOKERS PLAY AS NEUTRALS ALWAYS HELPING THE TEAM IN POSSESSION” and shape of the field means space is limited so finding ways to play over or thru is critical

Instructions:

“TIME THE PASS”.

“PASS & MOVE” to “COMBINE”. “SUPPORT THE FORWARD PASS”

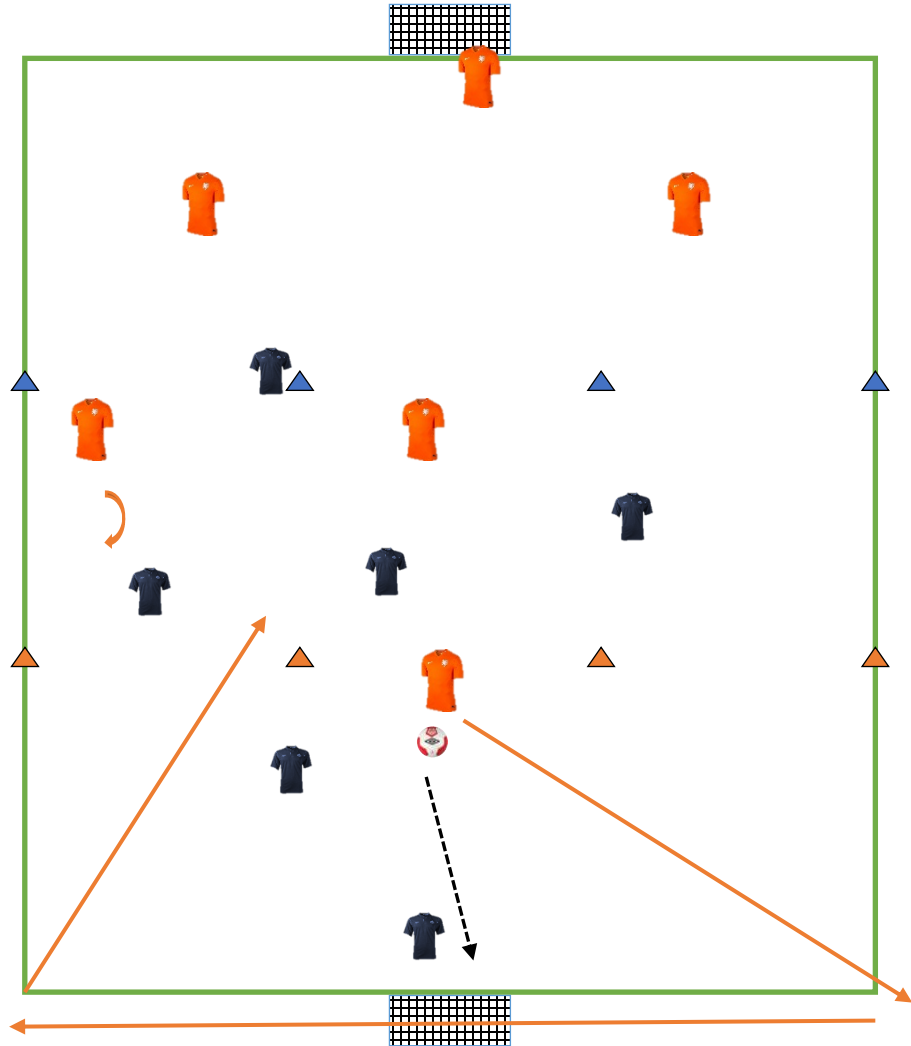
Options:

Play with 1, 2 or 3 neutrals

Add a condition that neutrals play with limited touches (1 or two touch)

Do Not use for U8/U10
Use this drill in Part 2 or 3 for U12 and for U13
and older

SSG – “GOAL TRANSITION GAME”



Set Up:

Normal SSG – can be reduced or Full format .
“AFTER A GOAL SCORER MUST TOUCH BOTH CORNERS”

Instructions:

“PLAY QUICKLY” to use the overload before the defender recovers to help

Options:

Have them touch just one corner.

Can also have balls on cones round perimeter of field so if a ball roles out then the attacking team can use the nearest cone ball to restart, while they do that the team that kicked it out must send a player to replace the ball that was taken off the cone

Do Not use for U8
Use this drill in Part 3 for U10/U12 and for U13
and older



THE PARADISE WAY

Part 10: TEAM MANAGEMENT

Best Practices

TEAM MANAGEMENT BEST PRACTICES

- Playing Time
- Roster sizes
- Call Ups



THE PARADISE WAY

Part 11: SPRING LOGISTICS

Gearing up for Metro League: Timelines

ACTION

March 30th
Spring Reg Closes

Head Coaches preliminary assessments completed
Email to New Registrants to welcome them to the group and start training after Easter
New players to be assessed immediately after Easter

April 15th
Teams Formed

- Teams announced
- Coaching staff Formalised (HC/AC/Manager)
- Coaches provided Mailing List Database for their ROSTER
- BREAK FROM TRAINING LAST WEEK OF APRIL. Last turf sessions April 22nd

April 15th – May 1st
Coach introduction
email

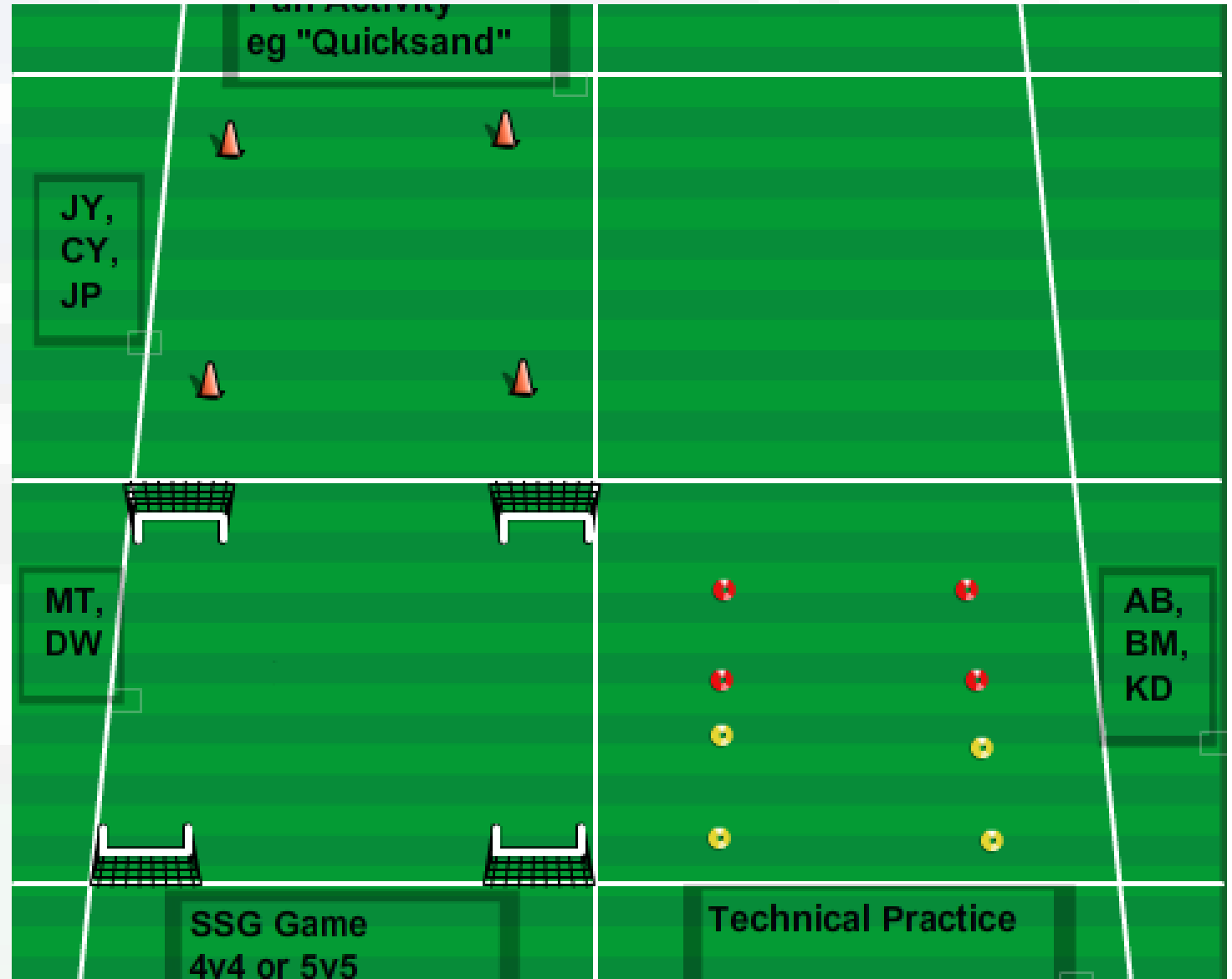
- Head Coach to email parents to outline expectations & objectives. Ideally, You may even wish to arrange a brief team meeting for this purpose. More information /supporting documents to follow
- Request Players blackout dates, Submit requests for schedule blackouts due to low availability of players/staff (June 1st)
- Request additional staff eg. Manager/Coaches

End of May / Early June
PCSP Optional
Weekends

- MPSA TURF Training May 1st to June 3rd
- Under 12 May 25 - 27
- Under 10 June 1 - 3
- Under 8 June 8 - 10

EXAMPLE - Station Approach

- Can work with 2, 3 or 4 Stations
- Saves set up time
- Limited goals available – best way to share equipment
- Less stress on each coach
 - Coaches can either remain at same station or rotate with players





THE PARADISE WAY

Part 2: Equipment

Coaches Apparel

- One Head Coach and One Assistant Coach and one Manager per Team will receive a PSC Coaches Shirt.
 - Note returning coaches that received one in previous year will not receive again this year. (every two years)
 - Contact Kelley Button – psc.kbutton@gmail.com

Coaching Equipment

- BBC's – Balls Bibs Cones
 - By the beginning of June latest Each Team Head Coach should have
 - 1 ball per player
 - Pinnies
 - Cones
- First Aid Kit
- Ball Pump
- Coaches requiring equipment notify Alex McNutt .



Uniforms

- Premier Youth League teams to receive blue kit & white kit
- Uniforms will be given to each team with Paradise Soccer Club logo and club logo (Paradise Physiotherapy) applied
- Managers/Coaches responsible for taking jerseys to Sportscraft on Ropewalk Lane to have numbers applied to jerseys
- PSC to cover cost of numbers
- No teams will have names on jerseys this year
- No team sponsors on jerseys this year
- Younger teams will have plain blue socks, not Under Armour



Team Apparel

- If you have a team sponsor, the sponsor logo must be displayed on team apparel
- Sportscraft on Ropewalk Lane handles the Under Armour orders
- Team orders must be submitted to Kelley before order goes to Sportscraft or Universal Corporate Wear



THE PARADISE WAY

Part 3: Team Meetings

Parent Education – Proactive Approach

- When : After team roster selections and prior to Opening Weekend
- How : Send an email asap once rosters are formed and announced with the generic PSC parent information brochure (will be provided), and hold a meeting in June and hand out the brochure.
- PARADISE SOCCER CLUB PARENT INFO NIGHT
 - MAY – Date to be confirmed prior to Optional Weekends
 - Alex McNutt to deliver
- TEAM PLAYER/PARENT MEETING at Peter Barry Duff in June
 - JUNE – Prior to first weekend of Metro
 - TEAM Staff to arrange deliver

Parent Education – prior to opening weekend

- LTPD
 - Playing Time
 - Positional Rotation
- Grass Roots Season - Goals and Objectives (Measures)
- Gameday – Subs when and why
- Adult Behaviours
 - Coaches
 - Parents & Players (Codes of Conduct)
- Dealing with Conflicts - eg players bullying
- Logistics
 - Schedules – training and games
 - Logistics – training and games arrival times etc
 - Players absences – reporting availability to managers

Players Code of Conduct

Paradise Soccer Club Players Code of Conduct

You have been selected to a Paradise Soccer Club Explosion Provincial League Team. All players are expected to adhere to the following code of conduct and to act as a role model for younger players within the club. This code of conduct requires that you demonstrate specific qualities that will help you and your team develop.

1. PSC players shall maintain the highest standard of conduct at all times while interacting with Coaching Staff and Teamates.
2. Players must show good sportsmanship at all times.
3. Good team spirit is very important, therefore encourage teammates, especially after a mistake has been made.
4. Always listen to your coaches and staff and do as they ask.
5. For Tier 1 teams players are committed to attending Nationals if the team qualifies.
6. Walk away from an opponent who is verbally abusing you and never retaliate.
7. Verbal, racist and physical abuse is totally unacceptable and will not be tolerated.
8. Players are expected to shake hands with referees and opponents at the end of games irrespective of the result.
9. Theft will not be tolerated. Players caught stealing will be suspended and or expelled from the Program.
10. PSC players are required to attend and be punctual for team games, practices, functions and meetings as requested.
11. PSC players are required to adhere to the Travel Code of Conduct regarding curfews, dress code and punctuality.
12. PSC players are required to notify the Head Coach of any soccer or non-soccer related activities that conflict with Regional responsibilities a minimum of two weeks in advance.
13. Players must dress appropriately at all times as prescribed by the PSC Dress Code:
 - Shirts must be tucked in at all times
 - Hats are not to be worn during indoor training
 - Shin pads are to be worn at all training sessions
 - Players are not to wear any jewelry or make-up
 - Soccer boots are to be cleaned and polished at all times
 - Players are to dress appropriately for all weather conditions
 - Players are expected to have all necessary equipment in their bags for all weather conditions, including rain-jackets, extra socks, toques, laces etc...

TRAINING POLICY

If parents arrive early they should not leave players on their own. Parents must wait until one member of staff arrive before they leave the premises. At the end of the training sessions one members of staff should remain with the players until the parents arrive to pick them up. Under no circumstances should coaches leave a player alone to wait for a parent/guardian who may be late. If parents are going to be late they should inform the coaches by contacting one of them on their cell phone. Parents should also notify coaches if they are unable to pick up their child and they have arranged to send someone else to get them instead.

Parents Expectations

Paradise Soccer Club Expectations of Parents

Parents are encouraged to attend matches and training sessions but we ask you obey the following guidelines set out below. These guidelines are in the best interests of all of our members (player/parents/coaches/volunteers/referees) and are geared towards creating healthy team environments in order to provide the best possible experience for our individual players:

- Respecting the Field of Play for training/games. The field of play should be reserved for players and team staff. Parents should remain off/outside the field of play and observe from the outside. For Indoor training where windows are in place parents should watch through the windows rather than coming inside the gym/or playing area. For outdoor training and/or gamedays this means using the assigned viewing area (outside fence where fences are in place).
- No coaching of players by parents is permitted. Coaching must be left to the coaches. Coaching would be defined as shouting instructions while the game is happening either while the action is happening or immediately after the action has finished. Example Shouting to a player that has possession to “shoot”, or after a player has dribbled and given the ball away shouting “pass it next time”.
- Parents should refrain from giving technical feedback to players regarding performance unless they are consulted by the coaches first. By doing this it should eliminate any contradictory information that can lead to confusion or frustration for the player.
- On Gamedays cheering is acceptable when it is positive and comes in the form of encouragement. For example clapping or cheering after an action or calling out “well played or good effort, or keep going” etc.
- Parents are to set a good sporting example by supporting the teams in a positive manner and recognizing opposition contributions in a positive manner too.
- Please seek permission before photographing any player under the age of 18.
- Parents must not enter the field of play or the dressing room area at any point during or at the end of a match or training session unless requested to do so by the Coaching Staff.
- Verbal, racist and physical abuse will not be tolerated.
- Foul and abusive language is unacceptable and will not be tolerated.
- Parents must provide the players with any drinks, food, medicines and inhalers appertaining to the player prior to the coaching sessions, and notify the staff of any change of medication or any allergies that the player has.
- Parents must not engage in recruiting activities ie trying to recruit players from other associations by communicating with players or their parents. If a parent is on the receiving end of a recruitment attempt from another association (Parent or Coach) then please advise the Manager of Soccer Operations so that we can address the issue through the proper channels. Where teams need to recruit players this will be communicated by the Manager of Soccer Operations through the appropriate channels.
- Parents are expected to familiarize themselves with the Gameday Management Guide which outlines our policies and guidelines for coaches with respect to gameday issues such as playing time etc.

Inclement Weather Procedures:

In the event of inclement weather (example: freezing rain, heavy snowfall, etc.) players should check the internet for updates. The internet schedule will be updated a minimum of two hours prior to start time:



THE PARADISE WAY

Part 4: GAME DAY Best Practices

GAMEDAY COACHING BEST PRACTICES

- Gameday Management
 - Playing Time
 - Roster sizes
 - Call Ups
- Gameday Coaching best practice
 - The Coaches Checklist
 - What, When and How?
- Formations and Positions
 - Explosion Playing Model
 - Substitutions
- Game Day Coaches Guide
 - Script
 - GDC Best Practice

THE LOOK AND FEEL

- As a Coach what sort of **game day environment** do you want to create?



Positive



Be Positive and supportive - Varied Coaching Styles – Q&A, Guided, Command. Praise players that try to execute objectives even if they are unsuccessful – they tried which is all you want to see. Reward the proper intent with Praise! Once players realise that all you want them to do is TRY to execute a game plan or objective then they will actually buy in especially if you are generous with praise – they will want that! Then you have an effective team capable of collective thinking and collaboration which is the foundation for growth.

Ownership



LET THE PLAYERS MAKE THEIR OWN DECISIONS.

Give Players Ownership – During Play don't commentate, Let them make decisions and make mistakes. Pre-Game, Half Time allow them to discuss, ask questions, problem solve (Group discussions). TIMING OF INTERVENTION (Pre decision, during, post)

Light



The atmosphere around gameday should feel light and excited energy. Allow them their time (Efficiency of Coaches Words, calculated timing & limited duration of when you speak to the group). Lengthy speeches will clutter them and just create confusion and overthinking and a “heavy” atmosphere which leads to negative thinking.

Clear



Focus – Performance or Task Focussed rather than Result focused. Set Simple objective(s) for the game based on training theme and focus your eye and comments towards supporting the players achieve success in this theme. Review during and after the game. In every game there should be some developmental outcome that they are trying to achieve.

COACHES GAMEDAY CHECKLIST

Creating a Supportive Learning Environment

Best Practices

What to Coach

Objectives always same – have fun! Encourage individuals!

- Freedom to play and enjoy! Try their individual skills. They love to dribble and score goals and some are learning also the joy and benefit of passing to escape “the pack”!

When to Coach

Prompts during defending, encourage during attacking moments!

- Before - during restart such as opponents GK – Who can go and steal the ball?
- During Play – Don’t coach the player on the ball. But its ok to remind others to help!
- After Play – Give positive Feedback after a play even if they tried and failed – we want them to try again!

How to Coach

Positive!

- Positive, try to find a positive in every players game.
- Example – that was a great dribble – maybe next time you will get a chance to shoot!

TRIGGER WORDS

U8 is all about intent to try to execute a technique in a game – dribble/shoot/pass;

Defending – go get it, steal the ball, keep going, don’t give up

Attacking – encourage dribbling, ask the players what else they can do?

Who can be a helper?

TEC/TAC

Individual Play is prominent

Improving basic skills

The Game is the teacher

Interchange of positions

Phys

ABCs

General Movement Skills

Soccer coordination

FACTORS

Psych

Enthusiasm

Individual Imagination and exploration

Avoid Anxiety & Boredom

Social

Fun & Enjoyment

Behaviours influenced by adult leaders

Inclusion / participation

Forming Relationships

Simple rules ethics – play fair!

Under 8 – What do they need?

Best Practices

What to Coach

Objectives are focussed on individual skills, simple team ideas

- Still allow them the freedom to experiment with their developing individual skills. They love to dribble and score goals and should now also be passing!
- Focus on how the players work together in pairs in attack (matadors) and defending

When to Coach

Avoid coaching their decisions! Triggers to refocus/prompt support!

- During Play – Avoid or Limit coaching the player on the ball. But its ok to remind others to help! Use Trigger Words
- After Play – Give positive Feedback with detail, eg great pass to space

How to Coach

Positive with detail, and what else questions!

- Highlight Positives based on specific objectives, Example – that was a great decision to dribble – maybe next time you will beat him/her!

TRIGGER WORDS

U9 is all about learning to work in pairs, but allowing the individual to grow also;

Defending – Recover, squeeze, tight together. Pressure, Don't give up. No Turns once attacker if faced backwards. Support

Attacking – On ball - Head Up, When do you pass, Around ball – support alongside, support in front, Away from ball- spread Out, play wide to feet or space

TEC/TAC

Partnership Pairs working together

Developing basic skills
The Game is the teacher
Interchange of positions

Physical

ABCs

General Movement Skills
Soccer coordination

FACTORS

Psychological

Enthusiasm
Progression to group play
Avoid Anxiety & Boredom

Social

Fun & Enjoyment
Behaviours influenced by adults & also group
Inclusion / participation
Forming Relationships
Simple rules and ethics – play fair!

Under 9 – What do they need?

Best Practices

What to Coach

Focus: More Specific Objectives relating to group and team play!

- Still allow them the freedom to experiment with their developing individual skills. They love to dribble and score goals and should now also be passing short and long!
- Focus on how the players work together in pairs in attack (matadors) and defending
- Expect to see players on ball taking space, and playing back or sideways when they cannot play forward. In Defence expect to see a Tight Team (compact front to side back to back 12 yards between players). All players except forward recovering behind ball.

When to Coach

Mostly After plays have finished – ask questions!

- During Play – Avoid coaching the player on the ball. But its ok to remind others to help! Use Trigger Words (eg Support alongside). Away from the ball coach positioning can COMMAND.
- After Play – Give positive Feedback with detail, eg great pass to space.

How to Coach

Positive but Look to challenge players to think, demand a little more!

- Highlight Positives based on specific objectives, Example – that was a great decision to dribble – maybe next time you can go around them on the outside!
- DEMAND – have to first make clear expectations eg which players recover behind ball, if a players is not executing then can encourage them first and then prompt them with commands

TRIGGER WORDS

Player has responsibility to team & making tactical decisions
Defending – recover, pressure, use your body, be aggressive. Groups stop turns & stop split.
Marking goal side & ball side. Attacking – triangles, play forward and support back or sideways to play forward. Tease them in. Over Around thru!

TEC/TAC

Intro to tactics, Group and Team concepts

Developing more complex Skills

Execution varied & under pressure, eg running with the ball at pace & passing

Rotation of positions

Physical

Growth spurt

Aerobic development

Variation – early late developers

FACTORS

Psychological

Self Concept

Responsibility

Goal setting

Confidence

Social

Fun & Enjoyment

Accept Personal & Group Responsibility

Appropriate Behaviours – Ethics & Fair Play

Relationships / Peer Pressures

Inclusion & Participation

Under 11 – What do they need?

Best Practices

METRO Rule Updates

U10 Division Structure

Length of Shifts – Recommended to move to longer shifts to cut down on time lost with shift changes – 6 shifts of 10 minutes + 5 minute half – maybe move down to 9 minutes if games are going too late – this will be trialed at the optional weekends in PCSP and St. John's

U12 Division Structure

Subs on the Fly – too much dead time making changes last summer. 1 player at a time on the fly. 2 stoppages per half for unlimited subs. Will test at optional weekends

FORMATIONS/SUBSTITUTIONS & ROTATIONS

- Positional Rotations: Backs to Fronts & Left to Right, GK
- Reduce the number of shifts increasing length : progressively condition players for U13 2x35 minute halves with limited subs.
 - also less management for development coach

Recommended Shift Length

- U8s = 5 to 10 min shifts (Metro shifts 5 mins)
- U10s = 10 to 20 min shifts (** New for 2018 - 10 min Metro shifts)
- U12s = 15/20 min shifts (Metro Subs on Stoppages)

STARTERS v BALANCED LINEUPS

- Pros & Cons (U8/10 vs U12)
- Communication & Impact on Player Mindset
 - Can it be positive
 - Subs or Impact players

CLEAR COMMUNICATION

Ideal Game Day Roster

10 players = 2 lines of 5



CREATE BALANCED LINES

OPTION 1: Subs at 10 20 30 40 50 for six 10 minute shifts = 30 mins per line

OPTION 2: Subs at 20, 40 and 50 mins gives 2 lineups a 20 minute and 10 minute shift each = 30 mins per line

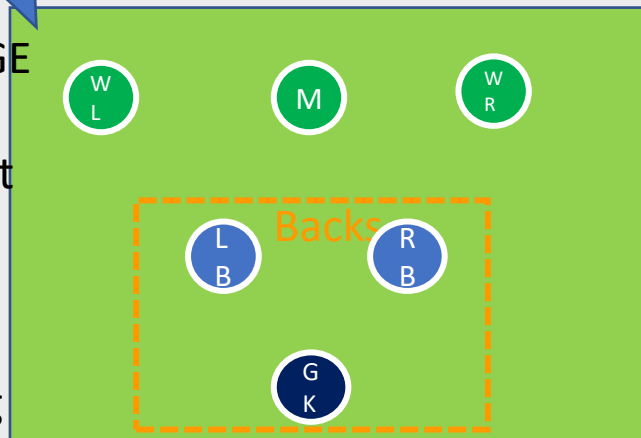
Managing Large Squads

- 11 or 12 players - creates 2 lineups of 6 players.
 - For the first 10 min shift 3 of the players on a given line will be designated as backs and the other 3 as mids.
 - For the second shift they flip, those that played as back play as mids
 - For the third 10 minute shift, half way through the shift on a stoppage backs flip with mids
- 10 players - creates 2 lineups of 5 players. The GK role will be played by a filler from the other lineup. For each shift designate 2 players as backs and ensure that over the 3 shifts everyone had a turn playing the role of Backs.
- Players can be rotated from left to right side during play on a stoppage, throw or goal kick!

Gradually
Introduce
positions and
rotate players
between front
and back roles.

U10 subs

INTERCHANGE
through all
positions, not
a rigid
formation,
players free
rotate during
free play.



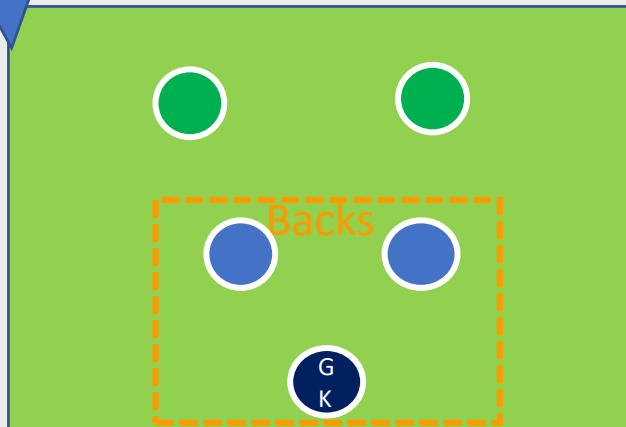
Ideal Game Day Roster
8 players = 2 lines of 4



Under 8 Subs and Rotations

Introduce
concept of two
backs that
receive ball
from GK.

All players
attack and
all players
defend,
total
freedom



CREATE BALANCED LINES

- OPTION 1 – Subs every 5 mins with shift changes = 25 mins per line
- OPTION 2 - Subs at 10, 20, 30, 40 45 using break after 5 mins to rotate positions.
- Where there are 5 players in a lineup then the GK must be rotated every 5 mins.
- Where a lineup has 4 players then the other line provides the fillers that play Gk during their rest.
- 7 players or less – ensure players are rotated and play GK, as a back and as a front during each game.

Under 12 Preferred Formation – GK-2-4-1

At this age positions become more relevant to the 11v11

Blue players – Defenders - classed as backs

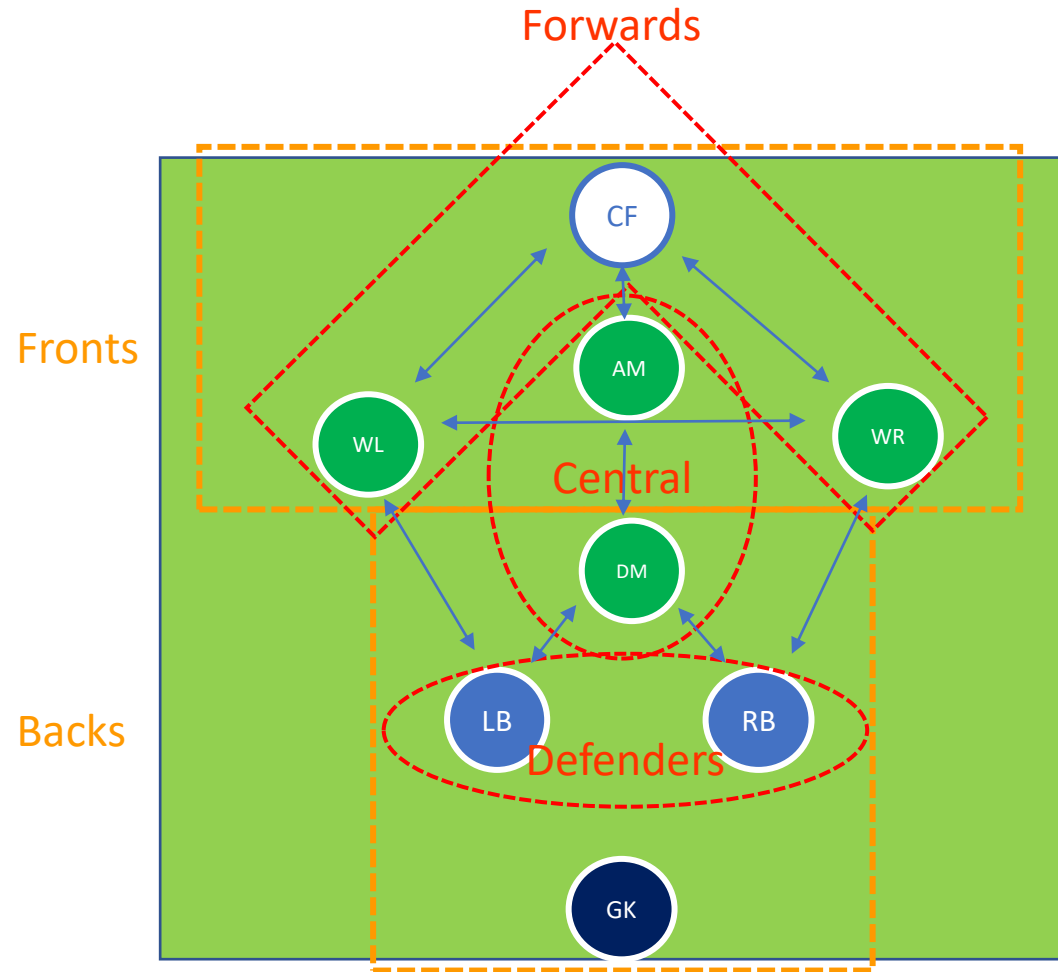
Green players - Midfielders (central Attacking Mid classed as a front player, central Defensive Mid classed as a back and wide players).

White - We introduce a Forward!

All green players expected to recover behind the ball and defend together with the blues .

3 Backs expected to remain behind the ball, if one ventures forward then they must be covered by their partner

Rotation - Players can display tendencies toward certain positions and may prefer or fit best into one primary position, however for development purposes its still important to rotate them.



Ideal Game Day Roster
12 players = 2 lines of 6
or 3 lines of 4



U12 subs

For



BALANCED LINE-UPS SHOULD STILL BE FAVOURED!

FOR SELECT GROUPS STARTING LINE UPS CAN BE INTRODUCED ON PRE SET OCCASIONS AS A MOTIVATIONAL TOOL TO REWARD COMMITMENT & DEDICATION!

- *****NEW for 2018 SUBS on the fly (one at a time) and Limit of two stoppages per half for multiple subs. For managing 12 or more players options could be;**
- OPTION 1: 4 SHIFTS - Subs at 15, 30 and 45 and 60 mins gives 2 lineups two 15 min shift each for a total of minimum 30 minutes per lineup with a 12 man roster.
- OPTION 2: 4 SHIFTS - Subs at 20, 40 and 50 mins gives 2 lineups a 20 minute and 10 minute shift each for a total of minimum 30 minutes playing time per lineup.
- OPTION 3: Subs at 20 and 40 mins (or 10 20 30 40 50)

Non-Specific Position Option – Maximal Positional Rotation


- 12 players - creates 3 groups of 4 players. Use Option 3. Each group would rest for 1 of 3 shifts. Each group will play two 20 minute shifts with one as the role of backs and the other as front players. These groups can be balanced based on player characteristics such as size/speed even if you are not defining primary positions).

Primary/Secondary Position Option

- 12 players – Use Option 1. Create 2 lines of 6 players where players are designated into primary positions as Defenders, mid players and forward. This will provide two balanced groups of players. The remaining two spots (GK and 8th player) can then be fillers from other line - unless there is a player wanting to play GK
- While they are on the field they can easily be rotated between primary and secondary positions. These two lines can then split the four 15 minute shifts available, or for their second shift they can play a secondary position.

Game Day Guides

Under 12



GAME DAY GUIDE

PRE-GAME

PLAYERS ARRIVAL - KO minus 20 minutes

TEAM MEETING - KO minus 15 minutes Objectives Have Fun, Celebrate Goals! Spread Like Butter, Player with the ball needs help! Be Busy Bees, Squeeze Like Cheese!

WARM UP - KO minus 10 minutes Moving and Touching the ball, Talking, Fun

[

Rotation

]


Player name	0-10	10-20	20-30	30-40	40-45	45-50
1.	X	X	X		X	
2.	X	X	X		X	
3.	X		X	X	X	
4.	X		X	X	X	
	X		X		X	X
1.		X	X	X		X
2.		X	X	X		X
3.		X		X	X	X
4.		X		X	X	X
		X		X		X

No Position but can designate 2 backstarts alternate in receiving the ball from the GK in a shift.

Subs at 10, 20, 30, 40 & 45 25 minutes each as a minimum for rotation of up to 10 players.

If 5 players in a lineup then the GK must be rotated at each 5 minute interval.

If less than 5 players then the other line up rotates in as a filler for GK and as needed.



COACHING IN-GAME

POSITIVE ALWAYS - After a play - Praise Players for attempting to dribble. Overpraise Passing and active defending.

USE TRIGGERS - to prepare team - gg Needs a Helper, Squeeze Like Cheese, Go Steal the Ball, Spread Like Butter

AVOID DECISION COACHING - in the pre decision moment - example shouting shoot or pass to a player on the ball

HALF TIME & POST-GAME

Free time - 0-2 mins - Players hydrate and free to talk, coach can speak to individual players that need encouragement

Coach's Words - 2-4 mins - Choose one positive thing to focus on as a learning moment highlight a positive example of good individual play or intention, and highlight a positive example of team play or fair play

4-5 mins - Preparation time

Best
Practices

PRE-GAME

PLAYERS ARRIVAL - KO minus 20 minutes

TEAM MEETING - KO minus 15 minutes Objectives Have Fun, Celebrate Goals! Spread Like Butter,
Player with the ball needs helpers! Be Busy Bees, Squeeze Like Cheese!

WARM UP - KO minus 10 minutes Moving and Touching the ball, Talking, Fun

Player name	0-10	10-20	20-30	30-40	40-45	45-50
1.	X—GK		X		X	
2.	X—GK		X		X	
3.	X		X—GK		X	
4.	X		X—GK		X	
	X		X		X—GK	
1.		X—GK		X		X
2.		X—GK		X		X
3.		X		X—GK		X
4.		X		X—GK		X
		X		X		X—GK

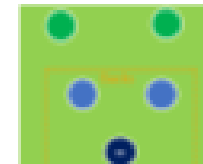
[Rotation]

No Positions but can designate 2 backs that alternate in receiving the ball from the GK in a shift.

Substit 10, 20, 30, 40 & 45' 25 minutes each a minimum for roster does up to 10 players.

If 5 players in a lineup then the GK must be rotated at each 5 minute interval.

If less than 5 players then the other line up rotates in as fillers for GK or out if needed.



Game Day Guides

Best
Practices

COACHING IN-GAME

POSITIVE ALWAYS - After a play - Praise Players for attempting to dribble, Overpraise Passing and active defending.

USE TRIGGERS - to prepare team - eg Needs a Helper, Squeeze Like Cheese, Go Steal the Ball, Spread Like Butter

AVOID DECISION COACHING—in the pre-decision moment - example shouting shoot or pass to a player on the ball

HALF TIME & POST-GAME

Free time - 0-2 mins—Players hydrate and free to talk, coach can speak to individual players that need encouragement

Coaches Words - 2-4 mins —Choose one positive thing to focus on as a learning moment. Highlight a positive example of good individual play or intention, and highlight a positive example of team play or fair play

4-5 mins – Preparation time

Game Day Guides

Best
Practices

The Role of the Manager

- Communications point to and from parent group eg regarding scheduling & player availability
 - Metro Schedule request deadlines
- Dealing with logistics – eg distributing uniforms, sizings for team clothing
- Gamedays – assisting the Head coach where required (example filling out game sheets for referees)
- Equipment – assisting with equipment needs as and when needed
- Point of contact for Paradise Soccer Club Staff regarding administrative issues including team registration and payment
- Travel Co-ordination - in the event of travel to play outside Avalon managers can provide parents with necessary information regarding hotels (work with Kelley Button regarding blocking required number of rooms) and other related tasks
- Fundraising – Lead Role in coordinating any fundraising initiatives
- Sponsorship – Dealing with Sponsors
- Sharing Documentation - Club Charter for Player & Parent, Codes of Conduct

Game Day – Managers Role

PSC would like for Managers to be present in the stands with the parents, therefore managers are requested not to be on the bench on Gameday

- Unless necessary to satisfy Requirement for Gender Specific Coaching staff on Bench
- Or at Coaches Request
- Fill out game sheet with players names, numbers, etc.
- Send out game reminders to team via email or Goal Line or TeamSnap
- Maintaining an up to date file for coaches to have at hand at training and games with **Emergency Action Plan**, contact information, medical records, health card numbers etc

Managers role is purely to provide behind the scenes support so that the coaches and the coaches alone can focus on the coaching!

If requested on the bench the manager should never address the players on the field!



THE PARADISE WAY

END

THANKS FOR COMING

Parent Education

- http://www.canadasoccer.com/files/CSA_2009_W2WC_Brochure_EN.pdf
- http://www.canadasoccer.com/files/CSA_2009_WellnessWorldCup_volume1_EN.pdf
- http://www.canadasoccer.com/files/CanadaSoccerPathway_LTPDCommunityGuide_EN_20140623.pdf

Attacking		U8	27	U10	33	U12	31	U13+	29
Attacking On & Around the Ball	Pairs	Introduce Pairs to escape	27	Develop Pairs to release	8	Develop Pairs to tease	5	Refine pairs to game context area/positions	4
	Group			Introduce Triangles to possess Introduce Combination Play	8	Develop Triangles to progress, Develop Combination Play	10	Refine Triangles and Combination play to context of game, area of field, positional partnerships. Introduce and Develop Diamonds.	10
Attacking Away from the Ball	Team	Introduce Creating Space as a Team Spread out		Develop Creating Space as a Team and Introduce Using space (switching play)	17	Develop Creating and using space	16	Refine create and Use space to context of game, area of field, positional partnerships	15
Defending		U8	7	U10	11	U12	13	U13+	15
Defending	Pairs			Introduce defending in pairs	5	Develop pairs defending	5	Refine pairs defending	5
	Group					Introduce Group Defending (Covering vs Marking)	3	Develop Unit defending, shape and Marking Position	5
	Team	Introduce Defending General Team principles	7	Develop defending Simple Team Principles (Pressure and Recovery)	6	Develop defending Team Principles (Compactness front to back side to side)	5	Refine Team Defending (Positional Roles and Responsibilities)	5

Spend half of your Attacking Tactical Part focussing on The Bigger picture Away from the Ball