

Harvard Soccer Club Fall 2011 Coaches Clinic

Bringing out the Best in Your Team

**An interactive presentation
and discussion on
coaching methods and
techniques**



Developing Youth Soccer Players Coaching Objectives

T.I.C.: Technique-Insight-Communication

AGE

OBJECTIVES

CONTENT



Developing Youth Soccer Players Coaching Objectives

<u>AGE</u>	<u>OBJECTIVES</u>	<u>CONTENT</u>
5-7 Years	Feel for the Ball	T.i.c Ball Control Skill Oriented Games Direction, Speed, Precision
7-12 Years	Basic Proficiency	T.I.c Developing insight and technique by playing games involving soccer situations

T.I.C.: Technique-Insight-Communication

Harvard Soccer Club

Developing Youth Soccer Players Coaching Objectives (con't)

<u>AGE</u>	<u>OBJECTIVES</u>	<u>CONTENT</u>
12-16 Years	Competitive Proficiency	T.I.C. Teamwork, development of tasks per line and position through small and large sided competitive games
16-18 Years	Team Proficiency	T.I.C. Match Coaching Productivity, Competitive proficiency Mental Aspects

Official Coaching Book of the
Dutch Soccer Association

T.I.C.: Technique-Insight-Communication

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Developing Proficiency

Repetition - Repetition

To become truly great at any skill you need at least 10,000 hours of *deep* or deliberate *practice**.

Cellular insulation wraps neural circuits with myelin, boosting stronger and electrical signals in the brain.

Myelin is built only through action or repetition

Deep practice and repetition through small sided games and training at the edge of a players capabilities.

The need to push the edge and fail. e.g. 1v1

* A.Ericcson, Florida State University



Pre-Game Activities

- Players to arrive 30-45 minutes before the game
- Speak to players individually or in groups i.e. midfield/ defense in regards to any particular tactics for the day. Keep it simple.
- Conduct a thorough warm up to include:
 - Heart Raising activities
 - Dynamic Stretching
 - Activities to maximize touches on the ball
 - Keep players hydrated - Isotonic drinks and water

Pre-Game Team Talk

- Name your starting formation
- Instructions - keep them few and simple
- Use visual aids
- Goals and expectations





Squad Rotation

A Case for Less Rotation

- *Overload of information*
- *Lack of knowledge in different position and the roles of the position*
- *Confusing of when to get it to the outside and middle*
- *Allows the players to excel in a position where you as a coach feel there best at*
- *Try not to be influenced by parents*
(isn't just about there child scoring goals)
- *High scoring games allows you to rotate players*
- *Just because they are defense/attack doesn't mean they have to stay there, (encourage stepping up)*



Formations Yes, You Have Options

- Keep them simple
- Idea is to create triangles
- Play to your strengths

“football is a simple game based on the giving and taking of passes, of controlling the ball and making yourself available to receive a pass. It is terribly simple.”

Bill Shankly - Liverpool FC manager (1959-1974)

6 v 6 Formations

2 – 1 – 2

2 – 2 – 1

2 - 3

2-1-2 Advantages

- *Creates width in attack and defense*
- *Role of the midfielder is to help both defense and attack, they are the point of the triangle, distribute the ball wide then make forward runs*
- *When defending:compact, attacking: use the width of the field*
- *Inform goalkeepers of the rules*
- *Encourage players to play their wings, with support coming from the other wing when attacking*
- *Encourage defenders to take throw ins*



2-1-2 Disadvantages

- *Can be left open for a break away*
- *Against a 2-2-1 the midfielders can't out play the 1 mid*
- *Against a 2-3 your outnumbered in defensive*

2-2-1 Advantages

- *Crowds/Controls the midfield*
- *2 solid walls, becomes harder for the other team to break down*
- *Very defensive*
- *Excellent for counter attacking*

2-2-1 Disadvantages

- *Few natural triangles*
- *Very defensive*
- *Striker can become isolated*
- *Tough for young players to understand the role of the midfielder,*
- *The roles of the midfielders when defenders have the ball*
(right defender has the ball RM needs to get wide and LM need to cover the middle)

2-3 Advantages

- *Most common formation used*
- *Excellent attacking options*
- *Keeps width and allows a target striker*
- *Outnumbers the defensive*
- *Width gives an outlet ball for defensive*

2-3 Disadvantages

- *Only 2 rows deep leaves you wide open in the middle*
- *Forward line is straight*
- *Striker needs to play in the hole to create a triangle for the wide players*
- *Hard for defenders to get the ball to the strikers*
- *Passing options are reduced due to no midfielder*

8 v 8 Formations

3 – 3 – 1

2 – 3 – 2

3 – 3 – 1

(3-1-2-1)

3-3-1 ATTACKING

ADVANTAGES

- Creates width
- Produces opportunities to get crosses into the box
- Allows you to switch the point of attack
- Allows you to play on the counter attack - transition from defense to attack

DISADVANTAGES

- Lone forward often has their back to goal
- Forward at times can have little support
- Lack of pressure on opposition back line



3-3-1 Defending

ADVANTAGES

- Allows you to defend as a unit and maintain defensive shape
- Clarifies the role of 1st, 2nd & 3rd defenders
- Closes down attacking space for opposing teams

DISADVANTAGES

- Transition from defense to attack can often take too long
- Creates channels for attacking team to exploit if players are unsure of their role
- If opposing team plays with 2 attackers that can often lead to confusion



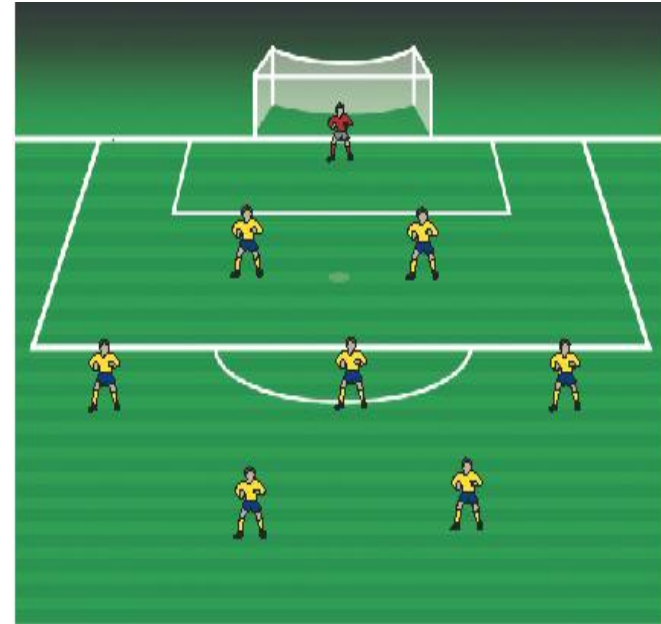
2-3-2 Attacking

ADVANTAGES

- Increased number of players going forward and entering the attacking third
- Allows you to switch the point of attack - play through the middle or from wide areas
- Allows the midfield to link up with the forwards easier

DISADVANTAGES

- Can lead to confusion if players do not fully understand their roles
- Can reduce space if players do not hold their position



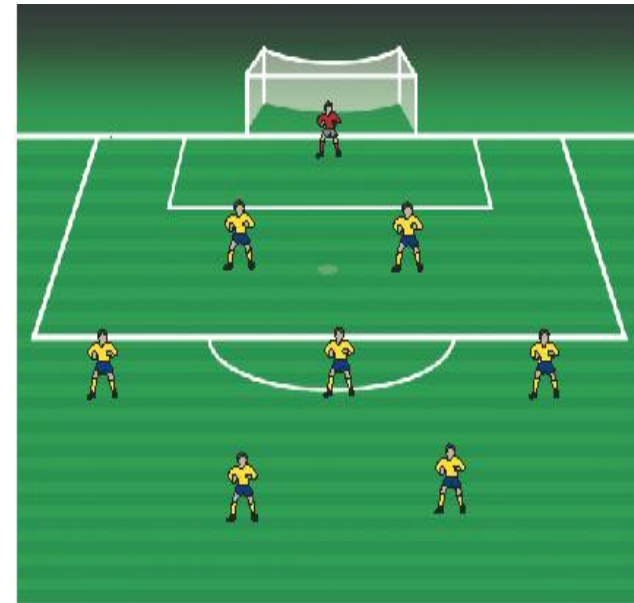
2-3-2 Defending


ADVANTAGES

- Forwards can pressure opposition defenders - defend from the front
- Allows your team to defend higher up the pitch
- Easy to play the offside trap

DISADVANTAGES

- Opposition can exploit space in wide areas
- Low numbers defensively
- Marking issues





3-1-3 (3-1-2-1) Three an a Diamond

Advantages

- Creates natural triangles, Natural width going forward
- Strong defensively
- Rarely get outnumbered

Disadvantages

- Midfielder can become isolated
- Need a natural ball distributor
- Can get caught on the counter attack



Fundamentals of Stopping the Attack

What is the fundamental goal of defense?

It is not stopping the opposition from scoring

The primary goal of your defense should be to win **possession** so that your team can score.



Primary Goals of a Defender

Listed in order of highest priority:

- **Stop forward progress of the ball**
- **Delay**
- **Try to win possession only if you are sure you will be successful.**

Characteristics of a top defender:

Patience, Patience, Patience

Perfecting 1v1 Defending

Fast - Quickly Close the Gap

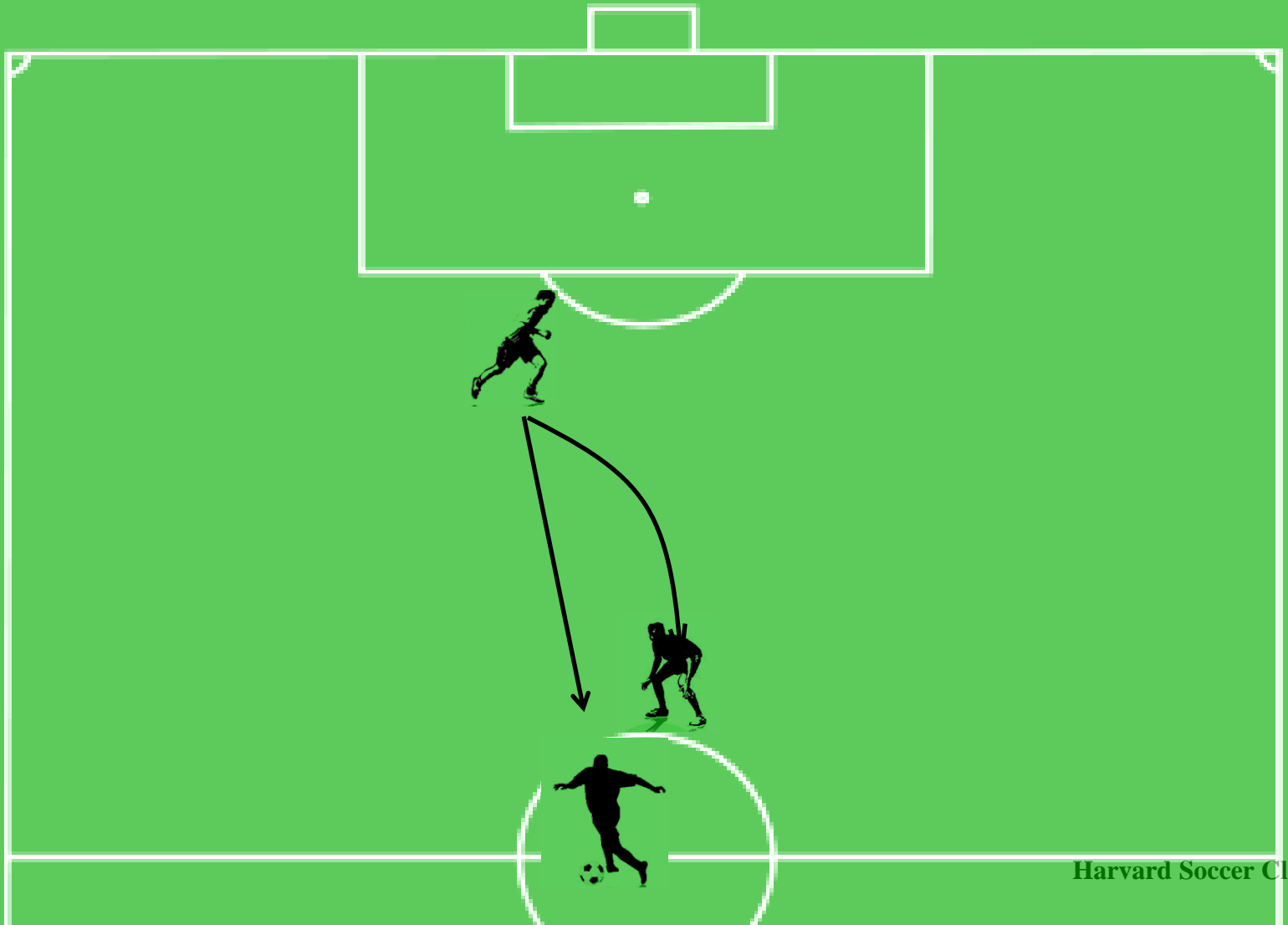
Slow - Slow down when you are close

Sideways — Maintain angle to the player

Low — Knees bent, positioned ready to move in any direction



Fundamentals of Stopping the Attack – 1v1 Defending



Coaching During the Game

- What is the right amount?
- Avoid constantly shouting at the players
- Give coaching points during stoppages in play
- Observe the game and give brief, relevant instructions to that particular game
- Half time team talks or full time analysis can be a more effective coaching method





Half time / Full Time Team Talk

- Do not use this as an opportunity to yell at your players
- Involve them in the talk

Winning/ Won

- Ask the players what has been going well
- Then ask what they need to improve on

Losing / Lost

- Ask the players what they need to improve on
- Highlight what has gone well

Keep it Simple



Come away with Coaching Points

- Every Game win/loss or draw will teach you something about your team/ players
- Have a note pad & pen in your pocket to take down anything in particular you see & would like to work on later
- Take the issues from the game & apply them to your practice
 - e.g lack of goals = Shooting drills
- Also bring your coaching points from practice into your games
 - e.g losing goals at corners = remind players that you worked on man marking during practice



Gender Differences and Age Expectations

- Girls mature both physically & mentally faster than boys
- Boys more willing to take individual feedback with other players present.
- Boys tend to want to stand out, girls prefer not to
- Girls respond more to positive reinforcement when being coached i.e Tony DiCicco book “catch them being good”
- Both age groups have players entering or in the middle of puberty so general physical size will differ from player to player. (you must be mindful of this when working with the team)

On Line Resource





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Ray Reid

Tony DiCicco

Cutting-edge instruction for Soccer Coaches from some of the world's best soccer minds.

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2012 Event Information

CLICK HERE TO REGISTER TODAY!

LEARN FROM THE BEST at the 2012 Soccer Champions Coaches' Clinic at Mohegan Sun. Led by **Tony DiCicco** and **Ray Reid**, this clinic for soccer coaches features multiple days of cutting-edge instruction and on-field demos by some of the world's top soccer minds. 2012 presenters include: the FA's Coaching Manager **Dick Bate**; MLS Red Bull Coach **Hans Backe**; National Champion Collegiate Coach and Four-Time National Coach of the Year **Ray Reid**; and, World Cup Champion, U.S. Olympic Gold Medalist and current WPS Boston Breakers Coach **Tony DiCicco** among others.

All attendees become NSCAA members* through our partnership with the National Soccer Coaches Association (a \$75 value) and can earn their E Certificate at no additional cost through our partnership with the Connecticut Junior Soccer Association. "A" License coaches will be able to earn up to 2 U.S. Soccer Continuing Education Unit credits (additional \$25 fee applies). Based on the success of our break-out sessions in 2011, we will continue offering these special topic offerings in 2012 (see Event Schedule page for details).

Sessions will feature top-level youth players/teams who will help our world-class clinicians clearly "paint a picture" of activities, technical skills and training sessions being covered.

NEW THIS YEAR, the Soccer Champions Coaches' Clinic is offering an NSCAA Goalkeeper Level 1 Diploma. Also, the attendee event gift bag will include a complimentary adidas t-shirt courtesy of adidas/WeGotSoccer.com and a

<http://www.soccerchampionsclinic.com/index.php> Systems.



NSCAA Official
Membership*
Included in Registration
Learn more!



**Earn Your
E Certificate**
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**"A" License Coaches
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*Click here for details;
\$25 fee applies

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South Point Hotel
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All registrants
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