



Age Group Training Priorities & Coach Characteristics

IMPORTANT STANDARDS FOR ALL LOUDOUN TRAVEL SOCCER COACHES:

1. Coach must be on time and dressed in Loudoun Soccer training gear.
2. Coach should be enthusiastic and positive with players.
3. Coach must be in cleats/training shoes (no running shoes) and be able to demonstrate and play with the players on a regular basis.
4. Sessions should include the 4 pillars of the game - Technical, Tactical, Psychological, & Physical. How much to include of each per session depends on age group, skill level, needs of the team, and the goals of the coach.
5. Sessions should usually last no more than 90 minutes.
6. Each session needs to start and finish with a positive competitive nature and atmosphere. Keep scores and determine winners.
7. Challenge players within themselves – sessions should be skill level/age appropriate and should challenge players.
8. Pick out the details in the session that are coachable moments – coach over the flow of the sessions, coach individuals during the sessions, be concise with coaching points, get in and out quickly, be constructive, demo – TEACH!!
9. Set standards and goals to accomplish at the beginning of each session/season.
10. Stamp your personality and coaching style on each training session. Adapt sessions to fit your players and your coaching style, but make sure we are setting the environment up to provide the players the best opportunity to succeed within the topic.
11. Try to find players doing good; not always when they make mistakes.
12. Coach must insist that players:
 - a. Are on time
 - b. Are dressed like a player
 - c. Each have a properly inflated ball
 - d. Are encouraged to be creative

Focus on execution of technical activity, speed of play, and putting players in situations where they have to make lots of decisions.

Coach Characteristics by Age Group

U9-U10: Coach must be enthusiastic and passionate. Must have the ability to demonstrate. Must be keen and sensitive as well as enjoy teaching children. The coach must seek soccer education. Must respect the game and all who are involved in it. This coach has to focus on development rather than the result. Know the rules of the game

U11-U12: Coach must be enthusiastic and possess soccer awareness. Must be a sensitive teacher and have the ability to demonstrate. The coach must have knowledge of the key factors of basic skills. Coach must give encourage and seek coaching education. It is very important for the coach to establish discipline and instill an attitude necessary to compete and succeed.

U13-U14: Coach must be a strong personality. Must have a deep understanding of the game. Coach should be enthusiastic and be able to fully communicate and demonstrate. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence. Should be seeking continuing coaching education.

U15-U16: Coach must be charismatic, experience, knowledgeable and articulate. Coach must have good discipline, must be able to pick out the details of the game, should be a thoughtful communicator and should have managerial knowhow. The coach needs to help build and facilitate team spirit, leadership, and discipline within the team. Should be seeking continuing coaching education.

U17-U19: Coach must be charismatic, well informed, up to date, experienced, and articulate. Should be seeking and have attained the highest levels of coaching education. Needs to be no doubt who is in charge. The players must respect the coach on and off the field. The coach must have managerial know how. Demanding and challenging training sessions and matches are a must!!!

U9 & U10– Developmental Phase

Individual Technical Skill Development

Understanding of 1v1s – attacking and defending

Introduction to the basics of Combination Play

Development of early understanding of team technical and tactical play

Provide players opportunity to make decisions

Understanding of 3 principles of the game – Attacking, Defending, Transition

Encourage risk taking/creativity

Important to have points, winners in practice games

Going to Goal in sessions - finishing

Sample Session Outline

Active warm up; try to do everything with a ball. Ballistic stretching.

1. 50% OF THE PRACTICE ON TECHNICAL TRAINING
 - a) 1st Touch Control-On the move, all surfaces, Mastery of the Ball.
 - b) Passing-Both feet-Inside, Outside, Laces, Long Balls-On the move.
 - c) Shooting-Both feet-Laces, Bending Balls, Toe Pokes, Volleys, ½ Volleys-On the move.
 - d) Dribbling-Different moves (Cruyff, Matthews, C. Ronaldo, scissors). Make the technical session competitive. Challenge player's decision-making and speed of execution. Change of Direction. Change of Speed.
2. 25% OF THE PRACTICE ON DIRECTION/TRANSITION/GOING TO GOAL-
 - a) 1v1s, 2v2s, 3v3s
 - b) Direction-Groups of 4v4, 5v5, over end lines or dribbled through small end goals, pug goals
 - c) Dribbling, creativity, combinations
3. 25% OF PRACTICE ON SMALL SIDED GAMES-
 - a) 4v4s, 5v5s With GK's
 - b) Emphasize competition
 - c) Quickness in technique, dribbling, beating players, trying to be creative
 - d) Combination plays
 - e) Put some conditions on games to bring out individual and collective attacking/defending.
 - No 11V11 games.
 - Players must have a properly inflated ball; shirts tucked in boots clean and be on time.
 - Everything needs to be executed properly with highest possible speed.
 - Changing Pace during and after every skill performed.
 - Focus on the weaker foot.

U11 & U12: Developmental Phase

Continued Individual Technical Skill Development

Increase Speed of Individual technical skills

Increase Understanding of Combination Play/Group Possession

Facilitate Player Decision Making

Increase Understanding of Defensive Play in small groups (2s/3s)

Transition from Defending to Attacking

Development of Competitiveness/Enjoyment of Competition/Points and winners

Going to Goal in sessions - Finishing

Sample Session Outline

Active warm up; try to do everything with a ball. Ballistic stretching.

1. 50% OF THE PRACTICE ON TECHNICAL TRAINING
 - a. 1st Touch Control-On the move, All surfaces, Mastery of the Ball.
 - b. Passing-Both feet-Inside, Outside, Laces, Long Balls-On the move.
 - c. Shooting-Both feet-Laces, Bending Balls, Toe Pokes, Volleys, ½ Volleys-On the move.
 - d. Dribbling-Different moves (Cruyff, Matthews, C. Ronaldo, scissors). Make the technical session competitive. Challenge player's decision-making and speed of execution. Change of Direction. Change of Speed.
2. 30% OF THE PRACTICE ON POSSESSION/PENETRATION/GOING TO GOAL-MUST HAVE COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED
 - a. No Direction-Groups of 4v2, 3v1, 5v2-tight grids (8yds X 8yds for example), encourage 1 touch, deception, nut-megs, lift ball over defender's leg.
 - b. Direction-Groups of 4v4+ 1, 5v5+2, etc. over end lines or dribbled through small end goals.
 - c. Bring out individual and collective defending.
3. 20% OF PRACTICE ON SMALL SIDED GAMES-MUST HAVE COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED
 - a. 5v5s, 6v6s. Conditioned games. With GK's
 - b. Emphasize competition and winning the game.
 - c. Quickness in technique, keep the ball, move as a unit.
 - d. Put conditions on games to bring out individual and collective defending.
 - No 11v11 games (except for transitional tournament preparation)
 - Players must have a properly inflated ball, shirts tucked in, boots clean, and be on time.
 - Everything needs to be executed properly with highest possible speed.
 - Changing Pace during and after every skill performed.
 - Special focus on the weaker foot

U13 and U14: Transitional Phase

Enhanced Individual Technical Skill Development/Speed of Ball Movement

Possession with a Purpose – Individual, Group, Team

Enhanced Development of Combination Play

Enhanced Development of Individual, Group, and Team Defending

Increased Development of Team Technical, Functional, Tactical Play

Awareness of Space on the Field, Forward/Midfield Runs, Angles of Attack/Penetration

Player Concentration, Leadership, Responsibilities, Communication

Transition from Defending to Attacking

Development of winners, winning mentality

Depth, Balance, Width

Patience with and without the ball

Pattern of Team Play/Set Plays

Going to Goal in sessions - Finishing

Sample Session Outline

Active warm up; try to do everything with a ball. Ballistic stretching.

1. 40% OF THE PRACTICE ON TECHNICAL TRAINING
 - a. 1st Touch Control-On the move, All surfaces, Mastery of the Ball.
 - b. Passing-Both feet-Inside, Outside, Laces, Long Balls-On the move.
 - c. Shooting-Both feet-Laces, Bending Balls, Toe Pokes, Volleys, ½ Volleys-On the move.
 - d. Dribbling-Different moves (Cruyff, Matthews, C. Ronaldo, scissors).
Make the technical session competitive. Challenge player's decision-making and speed of execution. Change of Direction. Change of Speed.
 2. 30% OF THE PRACTICE ON POSSESSION/PENETRATION/GOING TO GOAL-MUST HAVE COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED
 - a. No Direction-Groups of 4V2, 3V1, 5V2-tight grids (8yds X 8yds for example), encourage 1 touch, deception, nut-megs, lift ball over defender's leg.
 - b. Direction-Groups of 4v4+ 1, 5V5+2, etc. over end lines or dribbled through small end goals.
 - c. Bring out individual and collective defending.
 3. 30% OF PRACTICE ON SMALL SIDED GAMES-MUST HAVE COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED
 - a. Games 7v7s/8v8s. With GK's
 - b. Emphasize competition and winning the game.
 - c. Quickness in technique, keep the ball, move as a unit.
 - d. Put conditions on games to bring out individual and collective defending.
 - e. Decision making
- Players must have a properly inflated ball, shirts tucked in boots clean, on time
 - Everything needs to be executed properly with highest possible speed.
 - Changing Pace during and after every skill performed.
 - Special focus on the weaker foot.

U15 and U16: Group/Team Play Phase

Increased Development of Possession in all areas of the field
Increased Development of Individual Technical Skill
Individual, group, & team ability to Change Pace of Game
Enhanced Development of Combination Play
Team/Group/Individual Defending – Low/High Pressure, Cover, Balance
Interchanging Position/Roles/Responsibilities
Support Play, Wide Play, Individual/Team Penetration
Midfield, Wide Player, Forward angle of runs/support play/combination play
Transition from defending to attack (full backs), overlaps
Decision Making
Enhanced Development of Field Technical and Tactical Play
Leadership/Communication/Concentration/Winning Mentality
Improve Functional Play/Team Play/Set Plays
Going to Goal in sessions – Finishing

Sample Session Outline

Active warm up; try to do everything with a ball. Ballistic stretching.

1. 40% of the training session must be on Technical Training. All surfaces, On the move, Under pressure.
 - a. 1st Touch, Ref; Using passing/receiving and movement without the ball.
 - b. Passing
 - c. Shooting
 - d. Dribbling
2. 20% on Possession/Penetration with a Purpose-MUST HAVE SMALL SIDED COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED
 - a. With direction
 - b. Towards targets
 - c. Neutral players
 - d. Competitive Games
 - e. Bring out individual and collective defending.
3. 20% - Combination Play and Defending-MUST HAVE COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED
 - a. 1-2's, overlaps only
 - b. With direction-longer grid work
 - c. Towards goal
 - d. Bring out individual and collective defending.
4. 20% - Scrimmages-Place Conditions on Scrimmage
 - a. Determine winners
 - b. 8v8-11v11
 - c. Have GK's
 - d. Bring out individual and collective defending.
 - Everything needs to be executed with highest possible speed
 - Changing Pace during and after every skill performed

U17-U19: Enhanced Development of Team Play and Positional Play

Increased Development of Possession in all areas of the field
Increased Development of Individual Technical Skill
Individual, group, & team ability to Change Pace of Game
Enhanced Development of Combination Play
Team/Group/Individual Defending – Low/High Pressure, Cover, Balance
Interchanging Positions/Roles/Responsibilities
Support Play, Wide Play, Individual/Team Penetration
Midfield, Wide Player, Forward angle of runs/support play/combination play
Transition from defending to attack (full backs), overlaps
Decision Making
Enhanced Development of Field Technical and Tactical Play
Leadership/Communication/Concentration/Winning Mentality
Improve Functional Play/Team Play/Set Plays
Going to Goal in sessions – Finishing
Enhanced Development of Field Technical and Tactical Play
Crossing Angles/Balance/Coverage/Runs/Creativity/Set Plays/Role and Responsibilities

Sample Session Outline

Active warm up; try to do everything with a ball. Ballistic stretching.

1. 30% of the training Must be on Technical work.
 - a. All surfaces.
 - b. Under pressure.
2. 20% of the training on Penetration as well as Crossing and Finishing
 - a. With pressure
 - b. Plenty of repetitions
3. 30% of training on Functional work
 - a. Group work in key areas of the field
 - b. Individual work
 - c. Problem solving
4. 20 % of training on Small Sided Scrimmages.
 - a. Must be competitive Games-Winners must be determined
 - b. 8v8-11v11
 - c. Must push players to succeed, make correct decisions
 - Everything needs to be executed with highest possible speed
 - Changing Pace during and after every skill performed.

Loudoun Goalkeeping Age Group Training Priorities

Competencies U9-U10

Individual Technical Skill Development

- Basic Handling Understanding – Technique for Low/Med/High
- Learning to Dive- not afraid of hitting ground
- Basic Distribution Skills, Ball-Striking, Foot skills – we want our GK's to be soccer players first!
- Through Balls, Breakaways, and High Balls – No line GK's
- Love of the game/ Passion
- Commitment to being a full time GK at the next level!

Competencies - U11-U13

Continued Individual Technical Skill Development

- Advanced Shot-Stopping (Reaction Saves and Back to the Bar)
- Through Balls, and Breakaways, advanced reading of the game
- High Balls and Crosses – the challenges that come with increase in size, speed and strength
- Distribution- Ball-Striking, Back-pass, Ability to combine, being comfortable on the ball
- Learning Advanced Distribution- Drop Kick, Side Volley, Baseball Throw
- Agilities, Coordination, Speed, GK specific movements

Competencies - U14 and above

- Continued Technical Refinement/Advancement
- Development of Psychological Elements/Winning Mentality
- Improved Tactical IQ/Understanding and Application
- Optimize Individual Performance – 1-2 saves per game!
- Improve Consistency/ Growth and comfort in your environment
- Expand Athletic Range/ GK Specific Fitness