



THE OFFICIAL HOME OF

COVENTRY SOCCER, INC.

COVENTRY, CT



Coventry Soccer Inc

Coaches Manual



THE MISSION OF COVENTRY YOUTH SOCCER:

- Foster the physical, mental and emotional growth and development of Coventry's youth through the sport of soccer at all levels of competition.
- Provide equal playing opportunities for every child of appropriate age who wishes to play recreational soccer.
- Provide opportunities for the advanced development of both individual players and teams by establishing travel and higher level programming for as many qualified players as possible.
- Promote the development of coaching and player skills to enhance the overall soccer experience.
- Make soccer FUN and instill a lifelong passion for the sport in young players.



Useful Links

- US Youth Soccer Player Development Model
 - [https://usys-assets.ae-admin.com/assets/969/15/US Youth Soccer Player Development Model.pdf](https://usys-assets.ae-admin.com/assets/969/15/US%20Youth%20Soccer%20Player%20Development%20Model.pdf)
 - Skills School: Fundamental Ball Skills
 - <https://usys-assets.ae-admin.com/assets/969/15/Skills%20School%20Manual.pdf>
 - US Youth Soccer Technical Videos
 - <https://www.youtube.com/playlist?list=PL805D77038B88D895&feature=plcp>
 - US Youth Soccer
 - <https://www.usyouthsoccer.org/coaching-resources/>
- Massachusetts Youth Soccer Association
<https://www.mayouthsoccer.org>



Getting Started

- Review Coaching Materials, see *Website links and MOJO app* for suggested drills and activities
- Attend Scheduling Meeting:
 - Objective: To meet the other coaches and set up a game schedule
 - CSI should provide you field times and name cards to give to other coaches
 - Try to schedule games with as many different teams as possible
 - Avoid more than one game per day, typically 1 or 2 per weekend
 - Provide your game schedule to CSI for field assignment and ref fee funds
- Notify the parents before the first practice
 - What to bring, when and where, see sample email
 - Provide game schedule and updates as needed



Coaches Responsibilities

- Be Prepared for Practice
 - Get there early
 - Cones, goals and other Equipment ready on time
 - CSI will provide code to shed and first aid kit, as needed
- Be Prepared for Games
 - One week prior, confirm game time and place with opposing coach
 - Confirm color of jerseys in case other arrangements are needed
 - Be ready to pay referee(s) for home games; **referee must sign fee sheet**
- Notify the parents
 - Provide directions to away fields, if needed
 - In case of home game cancelations notify **CSI Referee Assignor**



Sample Email to Parents

Hello parents,

Our kids are starting school in a couple of days and that means that soccer is just around the corner.

My name is _____ and I will be your child's coach this season.

For those that don't know me, I have been doing this since my 10 year old son, Max, was in kindergarten, and this will be my third year coaching Phillip, whose going into 1st grade.

We will start practice next Thursday at Laidlaw Park at 5:30, I'll meet you on one of the lower fields. Practice typically lasts an hour.

I was hoping to start practice this week, but with school just starting and coaches having a meeting to schedule our games for the season we will have to delay.

I will be informing you of any changes and our game schedule via email. If you have another email address you'd like me to use please send that to me.

I have not heard anything about new jerseys, but if your son or daughter needs one, please let me know as well.

For practice you kids should have cleats, shin guards, a size 4 ball and a water bottle.

If you have any questions, you can also call me at _____.

See you soon and looking forward to another season.

Darek



Practice

- Start with the basics
 - What is a kick off, proper throw ins, offside rules, if applicable
 - No using hands or heading the ball
 - No pushing, no sliding and no tackling
- Practice passing and dribbling, various drill
 - Work on improving game skills
 - Take water breaks as needed
- Kids love scrimmages
 - Have some pinnies handy for practice and games



U-6 Practice: The objective is to learn all elementary movement skills by building overall motor skills

- **Fitness:** Introduce the idea of how to warm-up and movement education. Balance, walking, running, how to start and stop, jumping, hopping, rolling, skipping, changing direction, bending, twisting and reaching.
- **Technique:** Dribbling (stop and start) and shooting. Experiment with the qualities of a rolling ball.
- **Psychology:** Sharing, fair play, parental involvement, “how to play” and emotional management.
- **Tactics:** Where is the field? The concept of boundary lines, at which goal to shoot and playing with the ball wherever it may go.



Typical U-6 Training Session

- Should not exceed 45 minutes
- Every child should have a ball
- Free play or a warm-up, including movement education challenges
 - approximately 15 minutes
- Game-like activities, mostly body awareness and maze games
 - approximately 15 minutes
- Finish with a 3v3 game with two goals, no goalkeepers
 - approximately 15 minutes



U-8 Practice: The objective of the fundamental stage is to learn all basic movement skills

- **Technique:** Experiment with the qualities of a rolling or spinning ball. Introduce ball lifting, juggling, block tackle, receiving ground balls with the inside and sole of the foot, shooting with the inside of the foot, toe passing and shooting and dribbling while changing direction.
- **Psychology:** Encourage working in pairs, sportsmanship, parental involvement, how to play, emotional management, creativity, dynamic activities, participation of all players and a safe and fun environment.
- **Tactics:** Back line and forward line, 1v1 attack and choosing to dribble or pass. Introduce the names of positions (fullbacks and forwards). Institute games of 2v1, 1v2 and 2v2, playing with the ball with a purpose and promote problem solving.



Typical U-8 Training Session

- Should not exceed one hour
- Free play or a warm-up, each player with a ball, dynamic stretching
 - approximately 15 minutes
- Some individual body awareness activities
- Introduce partner activities
- A mixture of individual and partner activities
- Introduce target games with a variety of player combinations: 1v1, 2v1, 1v2 and 2v2
 - approximately 25 minutes
- Conclude with a Small-Sided Game of 4v4, two goals and no goalkeepers
 - approximately 20 minutes



U-10 Practice: The objective is to learn all of the fundamental soccer skills, building overall sports skills

- Technique: Experiment with the qualities of a bouncing ball and running with the ball, passing with the inside and outside of the foot (emphasis on quality push pass), instep drive, receiving ground balls
- Psychology: Keep soccer enjoyable to foster a desire to play using self-motivation. Working in groups of three, four or five, stay focused for one entire half.
- Fitness: Factors are endurance, range of motion flexibility, rhythm exercises and running mechanics. Any fitness activities must be done with the ball. Introduce body resistance exercises and the idea of cool down.
- Tactics: 1v1 defending, roles of 1st attacker and defender, 2v1 attacking, what it means to get goal-side, small group shape in pairs and threes (emphasize support on both attack and defense), playing on and around the ball as a group with purpose, playing a variety of positions to develop the complete player, introduce the principles of attack and set plays.



Typical U-10 Training Session

- Should not exceed one hour and 15 minutes
- Free play or a warm-up (ball juggling), partner and small group activities, dynamic stretching
 - approximately 15 minutes
- Introduce small group activities (four to six players)
- Add more directional games. Play to targets and/or zones
 - approximately 25 minutes
- Conclude with a Small-Sided Game, 6v6, with goalkeepers
 - approximately 25 minutes
- Finish with cool down activities
 - approximately 10 minutes



U-12 Practice: The objective is to learn all of the fundamental soccer skills

- Technique: moving throw-in, master the qualities of a bouncing spinning ball. Experiment with the qualities of a flighted ball, receiving bouncing and air balls with the thigh and chest, first touch receiving, outside of foot passing, receiving with either foot, short passing with both feet...
- Tactics: 2v1 defending, 2v2 attacking and defending, roles of 2nd attacker and defender, man-to-man defense, combination passing, playing on and around the ball as a group with purpose...
- Psychology: Keep it fun and enjoyable to foster a desire to play, self-motivation. Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each match, fair play, parental involvement and emotional management (discipline).
- Fitness: Fitness work continues to be done with the ball. Strength can be improved with body resistance and aerobic exercises. Also focus on agility at speed (sharp turns), acceleration, deceleration, reaction speed, range of motion exercises, proper warm-up and cool-down (include static stretching in the cooldown) are highly recommended now.



Typical U-12 Training Session

- Should not exceed one hour and 30 minutes
- Warm-up, small group activities, range of motion stretching
 - approximately 15 minutes
- Introduce large group/team activities (six to eight players)
- Continue with directional games. Play to targets and/or zones
 - approximately 30 minutes
- Conclude with Small-Sided Games, 8v8 with goalkeepers
 - approximately 35 minutes
- Finish with cool-down activity, including static stretching
 - approximately 10 minutes



During the Season

- Let CSI know if more funds are needed due to additional games scheduled
 - Contact CSI Treasurer
- Raise any concerns to CSI
 - Contact CSI President and Director of Coaching
- Let CSI know if you need any help or if we can improve things
 - We want to retain kids and coaches for the future
 - Contact CSI Director of Coaching



At the End of Season

- Return completed Referee Fee Sheet with remaining funds to CSI