



Anthony Wayne United Soccer Club

2009-2010

Coaches Manual

Mission Statement:

The goal of the Anthony Wayne Soccer Club (AWSC) is to develop youth soccer players to achieve their highest potential as a soccer player and person by focusing on individual player development in a team based environment.

The AWSC will accomplish its goal by fostering a spirit of volunteer commitment from parent/guardians and players to promote youth soccer throughout the Anthony Wayne (Ohio) district and its surrounding areas.

ANTHONY WAYNE UNITED COACHES MANUAL

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Dear Anthony Wayne Soccer Club Coaches-

Welcome to the 2009-2010 season of Anthony Wayne United Soccer. We are looking forward to an exciting and productive fall and spring. We have created this coaching manual to provide our club coaches a resource to use for training sessions and games. These guidelines and ideas are broken down by age groups and should be taken into consideration when planning for every training session. Please take time to read through the manual, including the age groups you may not be working with, as it will help to increase your understanding of what is expected of your players' development through their youth years.

At the end of this manual, there is a copy of the coach evaluation form. Every head coach will be formally evaluated during each season on a training session. In order for our club to achieve its vision of quality player development, our coaches need to be providing environments for our players to develop. These evaluations are meant to be helpful and enlightening. We will work with you to make you a better coach, as long as you are willing to learn. There are many different ways to coach, but the basic principles must be the same. This manual provides some great things to consider when planning and running sessions.

Please feel free to give me a call if you have any questions or would like to discuss anything in regards to coaching your team. Good luck this fall and spring. Remember it is our responsibility as coaches to create fun, development based environments that keep kids involved and enjoying soccer.

Director of Coaching
Anthony Wayne United Soccer

ANTHONY WAYNE UNITED EXECUTIVE BOARD

<u>Office</u>	<u>Name</u>	<u>Contact</u>
President	Steve Sutton	419-867-1761 (h) 419-467-4367 (c)
Vice President	Trish Miller	419-865-3498 (h)
Club Manager	Rick Yokum	419-878-3735 (h) 419-351-6725 (c)
Secretary	Charlene Hansen	419-878-0954 (h)
Finance Director	Kelly Rill	419-345-7343 (c)
Publicity Director	Doug Herrington	419-877-9005 (h) 419-344-1010 (c)
Equipment Manager	Kent Adams	419-861-1614 (h) 419-392-4223 (c)
Parent Advisor	Lori Adams	419-861-1614 (h)
Club Advisor	Lori Williams	419-206-7869 (c)
Club Advisor	Scot Morehouse	419-878-0157 (h)
Director of Coaching	TBA	TBA
Director of Player Development	Brian Billings	419-344-3704 (c) 419-491-0370 (h)
Director of Academy	Esther Robbins	805-705-0987 (c)

Coaching Selection

In terms of coaching selection for the AWSC, all candidates must submit an application for appointment. The application can be found on the AWSC website, www.awsoccer.org. Candidates should have some playing experience and meet the minimum requirements as specified by AWSC and the Director of Coaching. The Director of Coaching will make all final coaching assignments, including parent volunteer and professional coaches. The head coaching assignments will be announced before tryouts.

Responsibilities of AWSC Head and Assistant Coaches

Alongside Anthony Wayne Soccer Club's *Coach's Code of Commitment*, there are other responsibilities and duties that must be recognized and handled by the coaching staff for every team. The coaching staff for every AWSC team must consist of a Head Coach and at least one assistant coach.

Head Coach Responsibilities-

- Attend all of their team's league and tournament games. If the head coach cannot make a match, one of the assistant coaches will assume responsibilities.
- Head coaches should inform the Director of Coaching of any absences.
- Be in charge of game management and may delegate responsibilities to assistant coaches as needed.
- Attend their team's regular practices. Conduct 1-2 practices a week in accordance with the philosophy for each age level. The Director of Coaching must approve all practices over the recommended amount. Practice guidelines will be as followed:
 - No more than 60 minutes for U8 Academy
 - No more than 60-75 minutes for U8 (NWOYSL)-U10
 - No more than 75-90 minutes for U11-U12
 - No more than 90-105 minutes for U13-U14
- Attend the monthly AWSC meeting, held the third Monday of every month. The head coach will be responsible to provide a team report at every meeting. If for any reason the head coach cannot attend, an assistant coach will assume the responsibility.
- Continue to further education training and development as a professional coaching and obtain appropriate coaching license.
- Promote the Olympic Development Program by encouraging players to tryout.
- Work with fellow coaches within and outside of the age group to include but not limited to sharing of information about team/players and combined training sessions.
- Support the decisions of the Director of Coaching, Director of Player Development, and Director of Academy.
- Arrive at practice on time, at least 15 minutes prior to the session, and remain until all players are picked up.
- Responsible for team discipline, player substitution, and game management responsibilities.

- Coordinate guest players with the Director of Player Development
- Promote club events
- Wear club gear at matches and tournaments
- No Coach should hire a trainer without the approval from the Director of Coaching
- Any coach performing additional trainings must inform the Director of Coaching
- Be professional in all regards

Assistant Coach Responsibilities:

- Expected to attend all of their team's league and tournament games. In the event that the head coach cannot make a match, one of the assistant coaches (determined by the head coach) will assume responsibilities
- Attend team's weekly training sessions and assist the head coach as directed.
- Attend monthly AWSC meetings, and in the event the head coach cannot make the meeting, the assistant coach will be responsible for the team report.
- Support the decisions of the head coach.
- Assist the head coach in any tasks delegated by the head coach.
- Be professional in all regards

Recommended Equipment:

- First Aid Kit (including but not limited to: zip lock bags for ice, band aids, Vaseline, sterile pads, adhesive tape, elastic wraps, and antibiotic ointment)
- Pump and inflating needle
- Spare balls and/or shin guards if desired
- Cones
- Pinnies/practice vests
- Medical Release Forms
- Notepad

Game Day and Playing Time

Game Day Coach Responsibilities:

- Prepare team line up and possible substitutions
- Field Preparation: for home games arrive early enough to check the field and goals. Repair any holes in the net. Please notify the Executive Board of any major damages to fields, goals, nets, corner flags, benches, etc.
- Warm up your team for the game using an age appropriate warm up.
- Coach from the touchline. Be simple and respectful. You are a role model of the game to your players and parents. Coaching is best done during practice time, not during the game. Let the players make their own decisions on the field so that they develop a feel for the game.
- Assistant coaches should not provide information that contradicts what the head coach is saying.
- Take notes of situations and skills that your team needs to work on in upcoming training sessions or items to address at halftime.

- Halftime – keep the team together so they can listen to you; give positive feedback about their performance; do not criticize individual players; ask the players questions about the game; give them 1-2 points to focus on in the second half; give the team line up for the second half
- After the game – encourage players to shake opponents hand; thank the official and other coaching staff after the game; have players do a cool down (U11 and up); speak briefly to your players; have players pick up trash on sideline; and remind them of next team event (practice, match, etc.)

Playing Time:

For the U12 age groups and below, the expectation is a healthy and fit player will participate in field play for a minimum of 50% of the game duration. Obviously injury, late arrival or early departure could detrimentally impact the participation distribution, however the spirit of the rule is passion for development is not instilled in young kids sitting on the bench.

For age groups U13 and above, the playing time distribution is the prerogative of the coaching staff.

In terms of positional development, for the U10 age groups and below, players should obtain experience in as many facets of the game feasible to encourage development. While personality may dictate a preferential position, early specialization should be minimized. Variations should include attacking/defending/goalkeeping, as well as right, left, and central.

For U11 and above, specialization is not encouraged but it is recognized personality and maturity may dictate a preferential position.

Disciplinary Actions

If for any reason a head coach or assistant coach cannot abide by the *Coach's Code of Commitment*, or any of the responsibilities mentioned above, the following will be protocol:

First offense - Written warning between coach and Director of Coaching recognizing the offense.

Second offense - Coach will be suspended from 1 training session and 1 match.

Third offense – Coach's position and possible termination will be reviewed by the Executive Board of the Anthony Wayne Soccer Club for further discussion and final decision-making on the coach's position within the club.

Basic Ideas to Consider When Coaching Youth Soccer

Source: U.S. Soccer Best Practices for Coaching Soccer in the United States

1. Set up situations where the players can learn by playing the game. The game is the best teacher for younger players.
2. Coaches are often more helpful to a young player's development by organizing less and allowing the players to do more. Keep most of your comments for before and after practice and during water breaks. Keep the comments short and simple
3. Teaching and learning the game of soccer is a process: make your goals seasonal, as well as daily and weekly.
4. Set age-appropriate goals (know what the child is able to do at that age).
5. Do not expect games and practices to look like professional soccer. When looking at high-level soccer as a teaching tool, focus on the individual skill level of the professional players, not their organization on the field.
6. Recognize and understand how the skills learned at each age are connected to preparing the player to move into the next phase of his/her development.
7. Allow your players to develop these requisite skills in an environment where the main goal is to have fun with the ball.
8. Have a clear idea to what you want to accomplish at practice.
9. Matches/games provide young players the opportunity to showcase their newly acquired skill and creativity. ***It is always nice to win, however that should not be your focus at the younger age groups (through 14 years).***
10. Remember the game is the best teacher for the players. Coaches and parents should think of themselves more as facilitators, monitors, guides, or even participants, to provide a rich environment for the kids to learn from and enjoy.

Practice Plan Lay-out

Topic: 1-2 ideas – BE SPECIFIC

-EXAMPLE: Improve dribbling skill and comfort of players

Warm-up: Technical – works on skills that will be needed to accomplish practice topic – should take first 10-15 minutes of practices

-EXAMPLE:

- 15 x 15 yard box
- 2 yard – 5 yard gates set up with cones in area,
- Players dribble around, use different parts of their foot
- Each player tracks how many they can get in a minute, next minute they try to beat their previous score

Small- Sided Activity: Becomes more game like, small numbers (1v1, 2v2, 3v3, 1v2), does NOT have to be to goal, added pressure (possible defenders) – typically 15-20 minutes

-EXAMPLE:

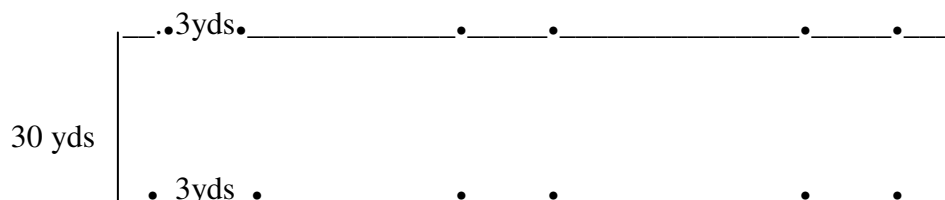
- Knock out – 2 fields marked by cones, 15 x 15 yard box and 7 x 7 yard box
- Players dribble around and try to knock out other players ball
- If their ball is knocked out, they go to the smaller grid and play same game
- Players go back and forth between grids every time their ball goes out of bounds until time is expired.

Small-Sided Activity going to Goal(s): Bigger space typically, more players on the field, should be going to a big goal or at least one direction – typically 15-25 minutes

-EXAMPLE:

- 40 wide x 30 long yard field, with three 3 yard goals on each endline
- 4v4 – one team wearing yellow practice vests – each team of 4 defending each side going towards the opponents 3 goals
- Score by dribbling through an opponents goal
- Balls around field, especially all six goals
- Kick-ins on touchlines

40 yds



Game to Big Goals: Should replicate a match in terms of field size, number of players on field, rules – typically last 20 -30 minutes of practice

U6-U8 Academy

Field Size: 4 v 4 (40 yards x 25 yards) – 3 v 3 (30 yards x 20 yards)

Ball Size: 3

Theme: Individual ply and a little passing

Considerations when coaching this age:

- Fun activities that encourage the children to explore their physical abilities, while also including a ball with which to play
- Activity-based games that emphasize exploration and experimentation with the rolling, spinning, and bouncing qualities of the ball
- **NO PLAYERS SHOULD WAIT IN LINE** to perform a pre-determined movement or required action
- Love to use their imagination when they play
- Keep activities short and simple – limited ability to stay focused on one thing
- Positional awareness is not as important and every player should play everywhere on the field
- Treat children with care, patience, and give plenty of encouragement
- **KEEP AS MANY CHILDREN ACTIVELY INVOLVED WITH A BALL AS POSSIBLE**

Development Goals:

- Coordination with and without a ball – they are beginning to gain more control over their bodies
- Basic ideas on how to keep the ball from running out of bounds too often – dribbling and ball control
- Encourage players not to fear the ball
- Changing direction and changing how fast they run
- Dealing with balls on the ground and with bouncing balls
- Simple ideas for maneuvering in tight spaces and past opponents
- Passing the ball using different surfaces of the foot – proper technique is not a big concern
- Taking a “soft” controlling touch to set up a dribble pass or shot
- Moving to open areas to receive passes
- They do NOT understand offside
- During training the players should be working individually or in pairs

U9-U10 6 v 6

Field Size: 50 yards x 40 yards

Ball Size: 4

Theme: Individual Play, Support and Ball Circulation, and Small-Group Tactics

Considerations when coaching this age:

- Coach-guided, not coach-directed
- Demand that all players on the field, regardless of their specified position, participate in defending and attacking
- Explanations must be brief, concise, and purposeful
- Scoring goals and winning the game are fundamental parts of soccer – allow the children to enjoy this aspect without making it the focus
- Players play all positions, including GK

Development Goals:

- Emphasis remains on increasing ball skill and control, especially in tight spaces
- Introduction of the basic technique to using the six surfaces of the foot- instep, inside, outside, sole, heel, toe – when it comes to controlling and passing the ball
- Basic passing techniques – range can be upwards to 30-40 yards (girls may be less)
- Creating 1 v 1 or 2 v 1 duels on the field
- Becoming aware of space to the side and behind them to play the ball and move into to get the ball
- Beginning of vision to determine “what next” starts before the ball arrives – purposeful touches on the ball rather than just kicking the ball away
- Vision and support on the field as to it relates to the 3-4 closest players
- Grant children the freedom to creatively produce individual solutions to tactical and technical problems

U11-U12 8v8

Field Size: 8v8 (55 yards x 70 yards)

Ball Size: 4

Theme: Individual Play, Support and Combination Play and Large Group Tactics

Considerations when coaching this age:

- 11 and 12 year olds' bodies are beginning to change and have awkward growth spurts – these changes can make soccer frustrating and no longer fluid or fun for a player
- Encouragement and patience is essential as a coach
- Ball skill and soccer instincts must be encouraged above the results
- Matches are the forum for the players to test their ball skills and game awareness and should be considered an additional means of development, rather than the objective – results play a role in development as it gives the players a competitive focus
- Promote soccer that is free-flowing, is coach-guided but not coach-directed, and demands that all players on the field, regardless of their specified position, participate in defending and attacking
- Players should have experience to play all positions within the season - GK position rotates between 2-3 players, who should share time equally

Development Goals:

- Technical repetition and small sided play still reinforced to refine technical base
- Kick the ball with a wide range of techniques
- Shots and passes can be struck with power and accuracy
- Crossing the ball should become a more common theme
- Heading – proper technique is essential
- Control and change the rhythm of play in large groups
- Problem solving on the field is based on working with teammates, both in attack and defense
- Combination play of two to three attackers on the field
- Basic ideas of positioning and roles on field, especially as they relate to one another

U13-U14 11v11

Field Size: 100 yards x 60 yards

Ball Size: 5

Theme: Large Group Tactics and Team Building

Considerations when coaching this age:

- Players can become less certain about themselves, less communicative, and somewhat more vulnerable
- Now more focused on their friends and begin to view themselves as somewhat separate from their parents
- Stronger physically and more aware of what their bodies can do (speed, strength, and appearance)
- Expansion and refinement of their technical base must still be the primary focus
- Be more concerned with them developing into better players who can figure out how to win than with telling them exactly what to do
- Don't begin to pigeonhole players – encourage and allow them to play different positions – being versatile is incredibly important in the higher levels

Development Goals:

- Refine technical base – dribbling, passing, shooting, heading
- Decision making under pressure
- Players solve small and large group problems quickly and collectively
- Defenders become stronger, faster, and more aggressive
- Attackers require sharper instincts for creating and using space, particularly, when playing with their backs to goal
- Soccer-specific fitness activities become apart of an overall training and development plan – **CAUTION ADVISED WITH REGARD TO OVER-TRAINING AND BURNOUT**

U15 and Up 11v11

Field Size: 120 yards x 80 yards

Ball Size: 5

Theme: Team Building, Functional Training, and Learning to Win

Considerations when coaching this age:

This is truly the beginning of the formal “teambuilding” years. As players begin to reach physical and technical maturity, training should seek to develop the skills specific to positional (functional) play and fitness becomes important as a means of achieving victory. Players’ strategic understanding of soccer must be expanded to help make them coach-independent. Appreciation of the various systems of play, the study of individual and team tendencies, and the tactical application of the laws become important aspects of player development.

Final Thought

We should measure success in coaching by how long it takes the player to no longer need his coach.

Coaching Resources

Below are a list of websites that will provide excellent ideas and insights about training sessions. Please use these, as they can be extremely helpful when planning sessions. If at any time you have questions about a training session, please feel free to get a hold of me, or if you find another coaching resource that has helped you, please let me know.

Ohio Youth Soccer Association North –

<http://www.oysan.org/Coaches/coachingarticles.htm>

US Youth Soccer - <http://www.usyouthsoccer.org/coaches/>

US Soccer - <http://www.ussoccer.com/coaches/index.jsp.html>

Better Soccer, More Fun -

<http://www.bettersoccermorefun.com/dwtext/tablecon.htm>

Ohio South Youth Soccer Association –

<http://www.osysa.com/coach/coacharticles.htm>

Indiana Youth Soccer –

http://www.indianayouthsoccer.org/Left_Nav/coachinghome/coachingcourses/coachlessons.htm

Michigan State Youth Soccer Association –

<http://www.michiganyouthsoccer.org/coaching/coachingtips.htm>

And many, many more..... Let me know what helps you!

Coaching Licenses

Under Anthony Wayne Soccer Club *Coach's Code of Commitment*, it states:

I will do my best to learn the fundamental skills of soccer and before I start my second year of coaching I will acquire the USSF "9/10" Coaching Certificate or the equivalent. I will continue to upgrade my skills and will obtain an "11/12" Certificate or equivalent before the start of my third year of coaching.

This commitment will begin to be upheld strictly this upcoming year and into the following year. The Director of Coaching will be holding each coach responsible for obtaining the required license and providing proof of completion of the course.

The link to the Ohio North Coaching Courses is:
<http://ssl.hammerhead.net/ohionorthcoaching/displaycoursesnew.asp>.

The professional coaches within Anthony Wayne Soccer Club, who will mainly be responsible for coaching the U13-U14 age group, are strongly encouraged to complete their USSF D License course. Failure to do so may result in the inability to coach within the U13-U14 age group.

Local courses within the Toledo area may be provided through the year and all local coaches are strongly encouraged to participate. Remember, it is your responsibility as a coach to obtain the necessary licenses and to provide the best training environment possible for your players.

If there are any questions or comments concerning the coaching licenses and courses, please feel free to contact the Director of Coaching.

Coach Evaluation

As mentioned previously, every head coach will be formally evaluated at least once during both the fall and spring seasons. During the formal evaluation, the head coach will be responsible for choosing their own topic, along with a written copy of the practice plan for the Director of Coaching to keep for records. The coach will receive at least one-week notice prior to their formal evaluation.

The coach will be evaluated based on their coaching personality and coaching information. At the end of the formal evaluation, the coach will receive one of two grades:

Season Pass – This grade will mean that the Director of Coaching believes that the coach has shown good personality and knowledge of the game, and will not be re-evaluated until the following season.

Reevaluate – This grade will mean that the Director of Coaching believes that the coach has shown the need for improvement in creating an environment centered around development and/or is unable to be player-friendly. If this grade is received, the Director of Coaching will point out the reasons for the grade and ways to improve. The coach will then be re-evaluated within the same season. The time of the evaluation will be determined between the Director of Coaching and coach.

A coach will be re-evaluated only ONCE during a single season. At the end of the reevaluation, the coach can receive one of two grades:

Season Pass – This grade will mean that the Director of Coaching believes that the coach has shown good personality and knowledge of the game, and will not be re-evaluated until the following season.

Review for Board – This grade will mean that the Director of Coaching believes that the coach has shown no improvement in creating environments centered on development and is unable to be player-friendly. At this time, the coach's position and possible termination will be presented to the Executive Board of the Anthony Wayne Soccer Club for discussion and final decision-making on the coach's position within the club.

APPENDIX A

Practice Plan

<u>Warm-up</u>	<u>Organization</u>	<u>Key Coaching Points</u>
<u>Small-Sided Activity</u>		
<u>Small-Sided to Big Goal</u>		
<u>Game to Big Goals</u>		

APPENDIX B
Anthony Wayne United Soccer Club
P.O. Box 2422
Whitehouse, OH 43571-0422
info@awsoccer.org

Coaching Evaluation

Age Group _____ Date _____

Coach (s) _____

Location _____

Topic:

Coaching Personality: communication skills, enthusiasm, tone of voice, positive vs. negative comments, ability to motivate, etc.

Coaching Information: observation skills, quality and quantity of comments, complexity of advice, understandable, etc.

Season Pass

Reevaluate

Review for Board

Assessed by: _____ Date _____

Coach's Code of Commitment

The AWSC succeeds when it has committed coaches. Coaching is a responsibility that will be undertaken with a great deal of respect and enthusiasm. All AWSC coaches are expected to adhere to the following Code of Commitment.

1. **I will treat players, parents opposing coaches and officials with the utmost of respect** and will at all times encourage my players to perform to the best of their ability.
2. **I will do my best to learn the fundamental skills** of soccer and before I start my second year of coaching I will acquire the USSF "9/10" Coaching Certificate or the equivalent. I will continue to upgrade my skills and will obtain an "11/12" Certificate or equivalent before the start of my third year of coaching.
3. **I will fairly enforce the AWSC Player Code of Conduct** and encourage parental involvement by communicating openly about the behavior of players.
4. **I will be consistent and impartial in my decisions**, recognizing that any decision may set a precedent for the future.
5. **I will refrain from expressions of anger** and I will remember that the main objective of the AWSC is education. Anger and intimidation are contrary to a healthy environment for learning.
6. **I will observe my players in practice and competition** and will create practice situations where strengths are nurtured and weaknesses are approached with a positive attitude.
7. **I will provide written evaluations** to every player at a minimum of once per season.
8. **I will conduct practices and games in an atmosphere that gives all players an opportunity to improve** their level of skill and succeed to the best of their ability.
9. **I will uphold the authority of the officials** assigned to the matches that I coach and will assist them in every way to conduct fair and impartial contests.
10. **I will establish clear, realistic goals for my team** that gives them an opportunity for success.
11. **I will make soccer fun for the players on my team.**
12. **I will adhere to the By-laws and rules** of the AWSC and any tournaments or leagues in which the team participates.

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