

PROGRAM GOALS AND OVERVIEW



**DEVELOP &
REFINE
INDIVIDUAL
SKILL,
TECHNIQUE &
SUPPORT
AWAY FROM
THE BALL**

**INTRODUCING 7V7
TO 11V11 GAME
PLAY FORMAT**

**UNDERSTANDING
OF TEAM SHAPE
AND TACTICS**

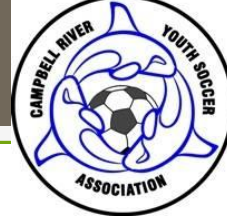
**CREATE A FUN
& SAFE
ENVIRONMENT**



Things to remember when coaching players at this age....



- Warm ups are very important at this age where growth is erratic and unpredictable
- Static stretching should only be performed AFTER activity with this age group. Dynamic movements are now introduced into the warm up and cool downs. Tag/chase games are ideal and incorporate a lot of physical literacy
- Warm-ups without the soccer ball should be no more than 15 minutes
- Warm ups should be fun, appropriate and active (no shooting and players waiting in lines) The FIFA 11+ Document supplied by the club outlines appropriate movements
- Isolated activities for skill development should be no longer than 20 minutes
- Give players 20 minutes of game time in practice and at least 10 minutes of free play where the coach only encourages
- Create competition in your practice! Winning is not everything but they must foster a competitive mentality to maximize their learning
- Make sure there is success in your session and if there isn't manipulate the practice accordingly
- Games are all 5v5 to 11v11 with Goalkeepers



Coaching Habits

- Come prepared to each session with plans that have the flexibility to progress and regress the practice if needed – be adaptable!
- Coaching position area should be on the side, not in the practice – we want the players to feel as comfortable as possible
- Setup at least 15 minutes beforehand (organize your practice so you can transition to each game seamlessly without having to move equipment around)
- No cell phone use and hot drinks whilst coaching
- Wear appropriate soccer attire and try not to wear sunglasses as eye contact is important
- Fluctuate your tone of voice. For instance when you want to be directive, command and raise your voice whereas if you are asking questions be softer and open
- Be open and correct mistakes them in a way that is sensitive to the age you are coaching...there is a lot happening at this age socially, physically and psychologically
- Absolutely no sitting during breaks
- To develop young soccer players repetition is vital so do not worry if you are repeating the same session a few times, as long as it is developmentally appropriate
- **When demonstrating techniques or skills please make sure you are painting a correct picture, if you are not comfortable use a player in your group who is**
- **Have standards and expectations – if players are walking, losing focus, goofing off, be assertive... but keep always ask yourself is my session fun and challenging?**
- **Limit coaching points to as little as possible, let them make mistakes and play**

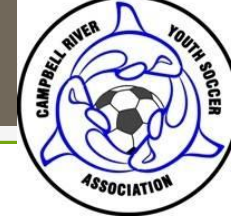


Player Practice Habits (expectations within this age group)

- When players arrive at the field they should be active – dribbling, juggling or playing small possession games, at this age you may even want them to set up the first part of the warm up...create leaders within the group (no shooting or inactivity)
- Bring drink bottles to the side of the session
- Collect their own soccer ball when it is needed
- Before gameplay in practice the players must fill the goals with balls, then reload them on drink breaks and not waiting for a coach to get the game going
- PLAYERS are responsible for referee calls and making substitutes, when in practice, not coaches
- Collect equipment when required
- Communication amongst the group - eye contact, verbal (positive and informative), high fives...create an atmosphere where young athletes can confide, discuss, laugh and above all be themselves

These habits are put in place to build a CRYSA athlete who is confident in possession and not afraid to express themselves.

They show respect to coaches & players and are decision makers on and off the field



PLAYER HABITS – Pro Active Passing & Support *(Skills and techniques to learn and improve within this age group)*

Pro-Active Passing

- Correct technique and weight of pass
- Always look to penetrate
- Secure and retain possession
- Be patient do not force
- Pass into an area of team mate where they can play at speed (back foot)

Support

- Short support around the ball
- Provide width, depth and length
- Away from the ball, unbalance opposition
- Be unpredictable
- Correct body shape
- Communication
- Do not be screened
- Continuously alter support with play
- Improvisation (moves, imagination)

These habits are put in place to build a CRYSA athlete who is confident in possession and not afraid to express themselves. They show respect to coaches & players and are decision makers on and off the field




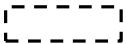









Session Plans

Session plans are designed to give you a detailed document to plan and implement your soccer practice. Each plan has a diagram with a description adjacent that explains how to organize, how to progress or alternatively regress the session. Key Factors (KF) or also known as Coaching Points serve as your learning outcomes for the session and the techniques/skills you are identifying in the session. Area or gate sizes are all approximate.

In the diagram there are graphics that symbolize components of your practice, it is important these are understood so you can deliver the plan. These symbols are as follows

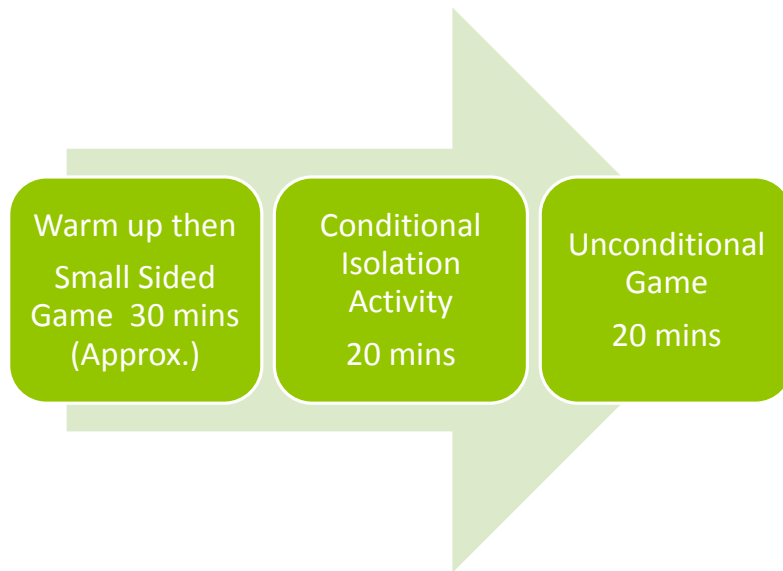
-  **Player/participant which will change colour if there are different teams or different roles**
-  **Larger cone or traffic cone normally used to make a gate, an imaginary line or an obstacle**
-  **Neutral Player, can also be identified by different colours**
-  **Playing area, grid or zone**
-  **Coach**
-  **Movement of players**
-  **Movement of soccer ball**
-  **Goal**
-  **Goalkeeper (GK)**



How the Curriculum works

The activities presented are based on all appropriate for this age group. The CRYSA Curriculum can be carried in a few ways. One is to follow the session sequential (warm up, small sided game, isolated activity then non conditional game) or you can take a component of the session and run that as a station within a group practice, for instance you could divide the field up in to quadrants and run different activities from the curriculum, with a coach at each station

FULL SESSION IN SEQUENCE



GROUP PRACTICE FORMAT

