



AYSO Region 76
U-12 Coaching Course – 2013
Michael Karlin

8/10/2013

U12 Coaching Course

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Agenda

- 🌿 Classroom – 1:30 to 3:30 pm
 - ⚽ AYSO Fundamentals
 - ⚽ Team Management
 - ⚽ Teaching Methods and the Coaching Cycle
 - ⚽ Objective and Principles of the Game
 - ⚽ Systems of Play
 - ⚽ Laws of the Game
 - ⚽ Test
 - ⚽ Wrap up

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Contact Information

- ⚽ Regional Commissioner – Mike Karon
commissioner@ayso76.org
- ⚽ Coach Administrators – Ji Lee and Jeff Gross
coach@ayso76.org
- ⚽ Webmaster – Michael Karlin webmaster@ayso76.org
- ⚽ Boys Under 12 Division Director – Patrick Reynolds –
preynolds@ayso76.org
- ⚽ Girls Under 12 Division Director – Bernard Markowitz
and Rand Bleimeister – gu12@ayso76.org
- ⚽ Our website:
 - ⚽ Public: www.ayso76.org
 - ⚽ Password protected: www.ayso76.net

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AYSO Fundamentals

- ⚽ Vision Statement: To provide world class youth soccer programs that enrich children's lives
- ⚽ Mission Statement: To develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies
- ⚽ AYSO Six Philosophies
 - ⚽ Everyone Plays – 2 and 3 quarter rule – we mean it!
 - ⚽ Open Registration – we take everyone
 - ⚽ Balanced Teams – no requests or player retention
 - ⚽ Positive Coaching – be nice
 - ⚽ Good Sportsmanship – teach the players to be nice
 - ⚽ Player Development – improve players skills

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Local Philosophies

- ⚽ The primary goal of our coaching program is **player development**
 - ⚽ Defined as the improvement of all players' individual and team skills to their maximum potential
 - ⚽ The program must meet the desire of players and their families for recreation that is safe, fun and educational
 - ⚽ **IT'S NOT ABOUT WINNING! IT'S ABOUT TEACHING!**
- ⚽ The program must also be **rewarding for coaches**.
 - ⚽ Coaches are volunteers, many with limited experience as educators and with the game of soccer
 - ⚽ To help them, we will provide and, in some cases, mandate the use of a wide variety of additional training and resources

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Web Systems

- ⚽ eAYSO.org – National Program
 - ⚽ While eAYSO has many functionalities, the only one regional coaches need to use it for is for is volunteer registration
 - ⚽ Volunteer registration must be done once a year
 - ⚽ We no longer need to verify your identity every year – just the first time you register in our region
 - ⚽ E-signature is mandatory
- ⚽ ayso76.net – Regional Program
 - ⚽ Our entire program is administered using this system
- ⚽ Logins for these programs are separate and you have to register as a user for both


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Registering in eAYSO





DEVELOP YOUR SKILLS
WATCH THE BEST TEAMS AND PLAYERS
EVERY WEEK ON FOX SOCCER CHANNEL!

[Home](#)
[Español](#)
[Help](#)
[Signout](#)

My eAYSO
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Welcome Toby Karlin

Apply for my children to play

- [Application](#) for a new player
- Application for a returning player

Player who already applied

- Update **player** information
- Team / Coach information
- Online **payments**
- Print **player** form
- Signup for other programs

Adults wanting to volunteer

- [Apply](#) as a new adult volunteer
- [Apply](#) as a continuing adult volunteer


Youths wanting to volunteer

- [Apply](#) as a new youth volunteer
- Apply as a continuing youth volunteer

Those who have already volunteered


- Update **volunteer** information
- Print **form**
- [View](#) certification
- [View](#) referee schedule
- [View](#) coach team
- [Enroll](#) to take a class

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Beverly Hills AYSO

Region 76



HOME
My Account
Coaches
Referees

Team Rosters & Admin

Medical Release Forms

Player Ratings

Team Admin Assignments

Logged in as:
tkarlin@berklee.net

Access level:

- Coach
- Referee
- Parent

Team Rosters & Uniforms

One team found: Using G12A.

Select the team function you want:

- Full Roster
- Line-Up Cards
- Picture Day Roster
- Uniform Assignments
- Team Information / Contact Info
- Team Announcements
- Team Name & Colors Page
- Coach Contact Info for Selected Division
- Yearbook orders

If you have selected a roster, you may choose how to sort the players:

- Sort by Name
- Sort by Uniform #

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Before We Begin

“Failing to prepare is preparing to fail.”
John Wooden






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Team Management

Organizing the Team

-  Roster and other web resources
-  Parent meeting and appointing a team administrator
 -  You can now do this
-  Medical releases and Kid Zone Pledges
 -  A player **cannot** practice or play unless the coach is in possession of a signed medical release

Equipment

-  Balls – size 4 for U10 and U12
-  Cones – flat
-  Practice vests – 7 x 2 colors
-  First aid supplies (see below)

Practices and build-up

Game day preparation

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Training Management

- ⚽ Prepare your practice before you get to the field
 - ⚽ **Have a lesson plan – you are a teacher and the field is your classroom**
 - ⚽ Be sure there is a ball for each player
 - ⚽ Players bring one each or you bring them
 - ⚽ Training uniforms (white t-shirt, black shorts) promotes team spirit
- ⚽ You have just one hour
 - ⚽ Arrive early and appropriately dressed
 - ⚽ Require players to arrive 15 minutes before official start time, so they can put on cleats and get ready
 - ⚽ Work with assistants to mark out spaces with flat cones
 - ⚽ Warm up on the sideline if you can
- ⚽ Hydration is vital:
 - ⚽ Short, disciplined breaks, especially early in season
 - ⚽ Water not sweetened drinks so players take more fluid

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Training Management

- ⚽ Practices should be planned into 5 segments:
 - ⚽ Warm-up (at least 80% free play with the ball) – 5-10 minutes; use dynamic not static stretches
 - ⚽ One or two skill drills – 20 minutes
 - ⚽ A scrimmage or game – 15-20 minutes
 - ⚽ A second drill at the end – 5-7 minutes
 - ⚽ Cool down run and stretch after practice, not before
- ⚽ You don't have to make it up. Several curricula for U12 are available (see last slide)
- ⚽ All activities should involve frequent touches – **NO STANDING IN LONG LINES – for a shooting drill without lines, see the Appendix**
- ⚽ If it doesn't work, stop. Do something else.
- ⚽ Use the Coaching Cycle and concept of Build-up

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Game Day Management

- ⚽ Punctuality and Warm-Up
- ⚽ Line-up
 - ⚽ Line-up cards (use the web application; uniform order)
 - ⚽ Plan your substitutions – three-quarter rule until playoffs
 - ⚽ Rotate players into different positions
- ⚽ First aid supplies
 - ⚽ Ice and ice packs
 - ⚽ Bandages and disinfectant
 - ⚽ Advil, Alleve: Don't give it to players – leave this to parents

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Game Day Management

- ⚽ Bring a chair
- ⚽ **KEEP QUIET DURING THE PLAY**
 - ⚽ Players learn best from their own mistakes
 - ⚽ “If you're not making mistakes, then you're not doing anything.” – John Wooden
 - ⚽ Error prevention hurts your players
- ⚽ **COACH, DON'T CRITICIZE**
- ⚽ Coach before the game and at the breaks
- ⚽ Coach the substitutes
- ⚽ After the game, cool down and review

Let the game be the teacher

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Teaching Methods

- ⊕ P.I.E. (Positive Instruction & Encouragement)
 - ⊕ Coaching Sandwich: A slice of critique inside two slices of praise
- ⊕ Say, Show, Do and Review (explain, demonstrate, have them do it, correct)
- ⊕ See, Show, Say Method (watch, show them what needs to be corrected or improved, and then critique)

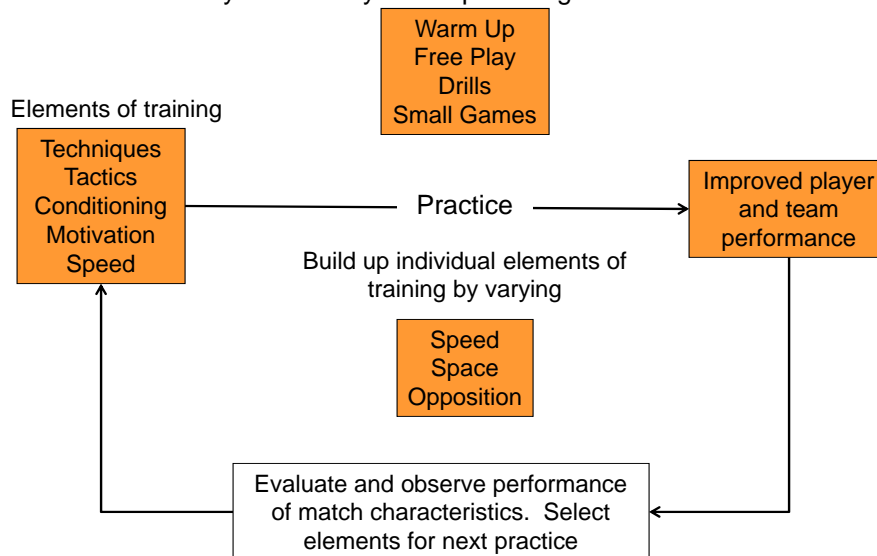
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Coaching Cycle

Systematically build up training session with



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Build-Up

- ⚽ Learn the concept of build-up
 - ⚽ Start with no pressure – time or space
 - ⚽ Limited pressure – reduce time or space; add opponent(s)
 - ⚽ Full pressure – players involved in game-like situations
 - ⚽ Game conditions – game with rules designed to emphasize what you want to teach – small-sided games are the best way to do this
- ⚽ Give time to weaker players – how well you coach them will determine your team's success

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Scrimmages and Games

- ⚽ Don't just scrimmage. Scrimmages should be tuned to the practice theme. For example:
 - ⚽ To teach offence:
 - ⚽ Use unbalanced teams
 - ⚽ Shorten the field to eliminate transition
 - ⚽ To teach passing:
 - ⚽ [Use Hands Game](#)
 - ⚽ [Alley Game - create a field with cone-demarkated passing lanes](#)
- ⚽ Coaches:
 - ⚽ Play only if you know what you're doing
 - ⚽ Don't show off and don't score
 - ⚽ BE CAREFUL –players are 1/3rd to 1/2 of your weight
- ⚽ Scrimmage in mid-session, not the end, so players don't spend all practice waiting for it to begin

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Technique and Tactics

- ⚽ Soccer is an individual sport and a team game
- ⚽ Before the age of 12, the primary emphasis has to be on individual technique:
 - ⚽ Bringing the ball under control
 - ⚽ Moving with the ball
 - ⚽ Kicking the ball accurately and at the right pace
 - ⚽ One on one play
- ⚽ Team tactics become more important as players get older – but understand that the key to tactical success, spatial awareness, develops over time and is not fully developed at 11 years old
- ⚽ U12 is primarily about “Technical Cleansing”

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Training Overview for U-12 Players

U-12 Techniques	U-12 Knowledge
Dribbling	Know the 8 restarts
Inside of foot – ball control	Corner kick
Sole of foot – ball control	Goal kick
Top of the thigh – ball control	Penalty kick
Instep kick	Drop ball
Inside of the foot – push pass	Direct free kick
Heading (not before U12)	Indirect free kick
Throw-in	Throw-in
Tackling	Kick off
Goalkeeping	Laws of the Game

We cover techniques during the field sessions

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Objectives of the Game

Attacking Objectives	Defending Objectives
Score	Prevent Scoring
Move the Ball Forward	Delay the Opponents
Keep the Ball	Get the Ball Back

- Players are taught the objectives and principles through training sessions, not during the game

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Principles of Play

How to achieve your objectives

Attacking

Penetration – Advance ball by dribbling, passing and shooting

Depth – Give your teammates options

Mobility – Don't just stand there!

Width – Spread out; use the space

(added at U12) Creativity – Use your skills

Defending

Delay – Slow down the attack

Depth – Support the player challenging for the ball

Balance – Match other team's numbers

Concentration – Play in a small space

(added at U12) Composure – Stay calm; don't dive!

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Systems of Play

⚽ Systems of Play

- ⚽ 4-4-2, 4-3-3, 3-4-3, 4-5-1, 2-3-5 OR
- ⚽ Everyone defends, everyone attacks and everyone helps teammates nearby
- ⚽ Mobility and numbers matter more than systems
- ⚽ Whatever else you do, don't have defenders standing back while the forwards attack
 - ⚽ In a practice, do you ask 2-3 forwards to score against 8 players?
 - ⚽ Risk breakaways – they rarely score

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Positional Skills

- ⚽ Except for the keeper, in the modern game, the technical skills are the same at every position
 - ⚽ **Touch and ball control**
 - ⚽ Dribbling – dribble like you run
 - ⚽ Solid kicking skills
 - ⚽ Awareness
 - ⚽ Think where the ball may go next
 - ⚽ Think what you could do to help your teammate
 - ⚽ Positioning off the ball
 - ⚽ On attack: Get open, meaning away from defenders
 - ⚽ On defense:
 - ⚽ Get ball side and goal side
 - ⚽ Support your teammate
 - ⚽ Be patient when challenging an attacker - go for the ball only if sure you can get it
- ⚽ Emphasize areas of responsibility, not positions

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Positional Responsibilities

Position	Own Team Has Ball	Other Team Has Ball
■ Goalkeeper	■ Begin Attack	■ Stop scoring try
■ Defender	■ Keep Ball ■ Advance Ball	■ Stop scoring try ■ Regain ball
■ Midfielder	■ Advance ball ■ Keep Ball ■ Score	■ Delay attack ■ Regain ball
■ Forward	■ Advance ball ■ Keep ball	■ Regain ball ■ Delay attack

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Laws of the Game

⚽ What players (and coaches) need to know

- ⚽ Ball in and out of play – if part of ball is on the line, it is in play; a ball that hasn't fully crossed the line is not out
- ⚽ Throw-in technique – arms straight, ball over head
- ⚽ Direct v. indirect kick – 2nd touch before goal can be scored
- ⚽ Goalkeeper infractions
 - ⚽ Don't pick ball up on
 - ⚽ Deliberate pass back by foot
 - ⚽ Throw-in
 - ⚽ More than 6 seconds before releasing ball from hands
 - ⚽ Handling ball up outside penalty area (but can dribble ball into penalty area and then pick up)
- ⚽ Basics of offside
 - ⚽ Offside position v offside
 - ⚽ Stay level with last defender (not including keeper)

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Field Sessions

Required elements

Techniques

- ⚽ Dribbling
- ⚽ Inside of the Foot – Ball Control
- ⚽ Sole of the Foot – Ball Control
- ⚽ Top of the Thigh – Ball Control
- ⚽ Instep Kick
- ⚽ Inside of the Foot – Push Pass
- ⚽ Heading
- ⚽ Throw-In
- ⚽ Tackling – Front Block
- ⚽ Goalkeeping – try to put everyone in goal for at least a quarter

Build up the techniques

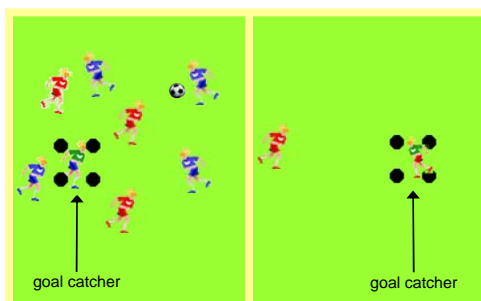
Training games

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Handball Game



- Keep field quite small (30 x 25 yards)
- Object is to find open space near (but not too close to) teammates
- To score, all players must catch ball, then throw to their “goal catcher”
- Stop play to stress need to spread out and OK to pass back
- No offside (so red forward is available for quick pass)
- Variation/progression: Maximum of 3 steps before passing
- Progression: Alternate throw in air, then roll on ground

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Alley Game

Variations:

- ⚽ Basic: 1 red in one lane, 1 blue in the other
- ⚽ 1 red and 1 blue in each lane
- ⚽ Anyone can go into lane with ball; while there, player is “safe”

Coaching points

- ⚽ Player in safe zone should pass back, not at goalkeeper
- ⚽ Midfield player should trail safe zone player (option for pass back)

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Teaching Shooting Without Lines

- 5 players – GK plus 2 on one side of goal, 2 on the other
- Basic set-up: Player shoots; if GK saves, turns and feeds to player on opposite side of goal; if ball passes GK, player on opposite side has ball and can shoot
- Progressions
 - ◆ Player with ball takes ball toward goal, turns and lays it off for teammate
 - ◆ Player passes the ball sharply to GK who parries it for other player to follow up
 - ◆ Player with ball runs wide of goal and passes angled ball back to teammate

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Resources

- 🌱 Before you do anything else, watch pros in action:
http://www.youtube.com/watch?v=Xm33Z_2sZj8
- 🌱 Check out www.ayso.org/resources/coach_res.aspx and www.catzcoach.com
- 🌱 Videos of the drills shown in the AYSO U12 Manual starting at page 53 are available at <http://apps.ayso.org/coachvideo.php?grp=u12&id=1>, 2, 3 and so on
- 🌱 Watch some skills training videos (Coerver's are expensive but the best) – more information can be found at <http://www.playgreatsoccer.com>
- 🌱 Massachusetts Youth Soccer statewide curriculum is great for learning what to expect from players at different ages and maturity levels
http://www.mayouthsoccer.org/download/273_statewide_curriculum_u6_u12_2_.pdf.
- 🌱 We like www.soccerclinics.com and www.grassrootscoaching.com/ because of the animated diagrams – but there are subscription fees
- 🌱 www.dprsports.com/drills.htm and www.soccerxpert.com have lots of free drills
- 🌱 Schedule free practice session with UK International coaches or have a member of the Coaching Commission mentor you at a game: Contact the coach administrator (coach@ayso76.org)
- 🌱 Laws of the Game <http://www.fifa.com/aboutfifa/documentlibrary/doclists/laws.html#laws>
- 🌱 U.S. Soccer Federation resources - <http://www.ussoccer.com/Referees/Laws-of-the-Game.aspx>