



AYSO Region 76
U-12 Coaching Course – 2012
Michael Karlin

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

Contact Information

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

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

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

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

Registering in eAYSO



My eAYSO

1

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



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 #






Before We Begin

**“Failing to prepare is
preparing to fail.”**





John Wooden

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

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

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

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

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

Teaching Methods

🌿 P.I.E. (Positive Instruction & Encouragement)

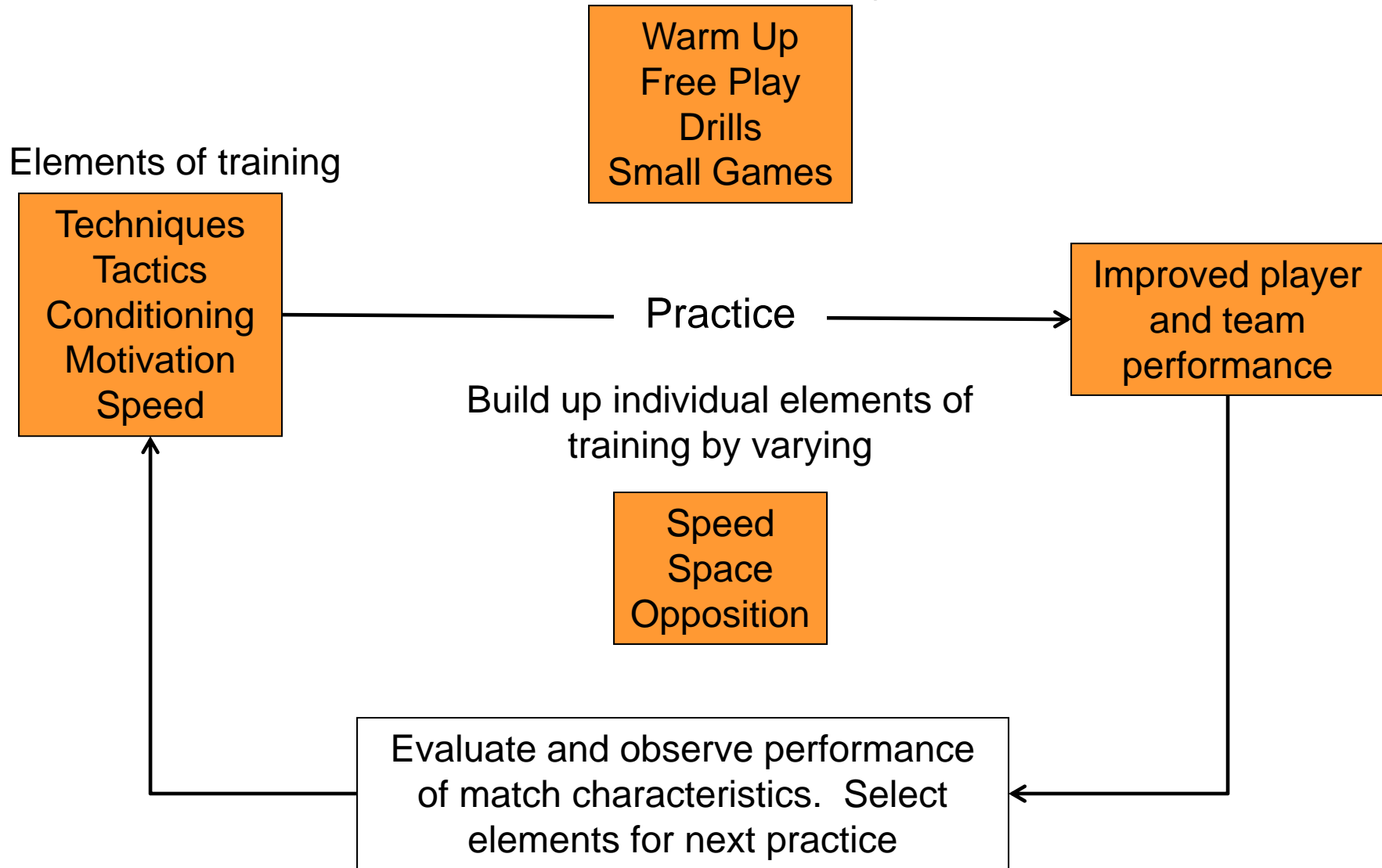
🌿 Coaching Sandwich: A slice of critique inside two slices of praise

🌿 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)

Coaching Cycle

Systematically build up training session with



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

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

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”

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

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

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!

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

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

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

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)

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

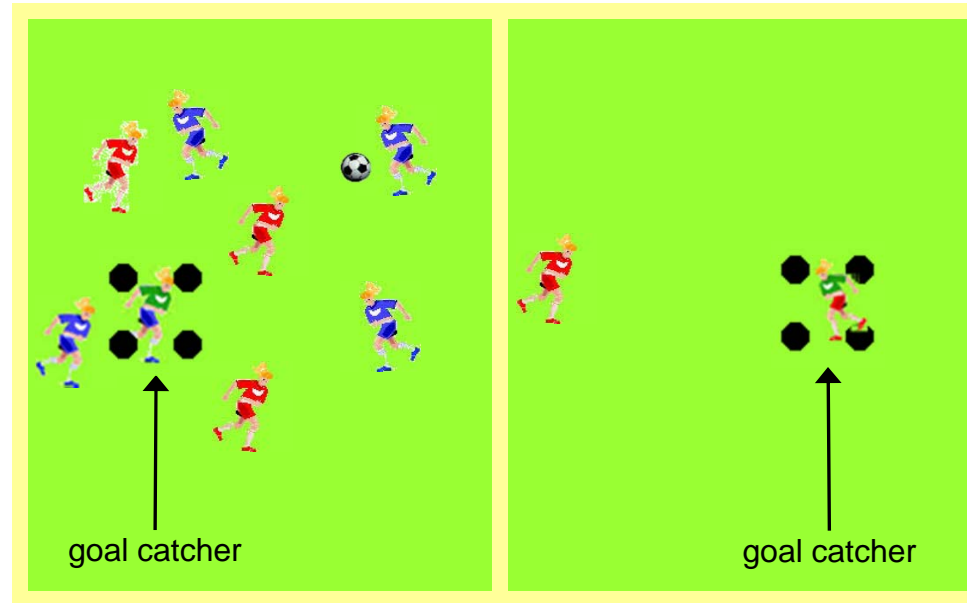
Build up the techniques

Training games

Resources

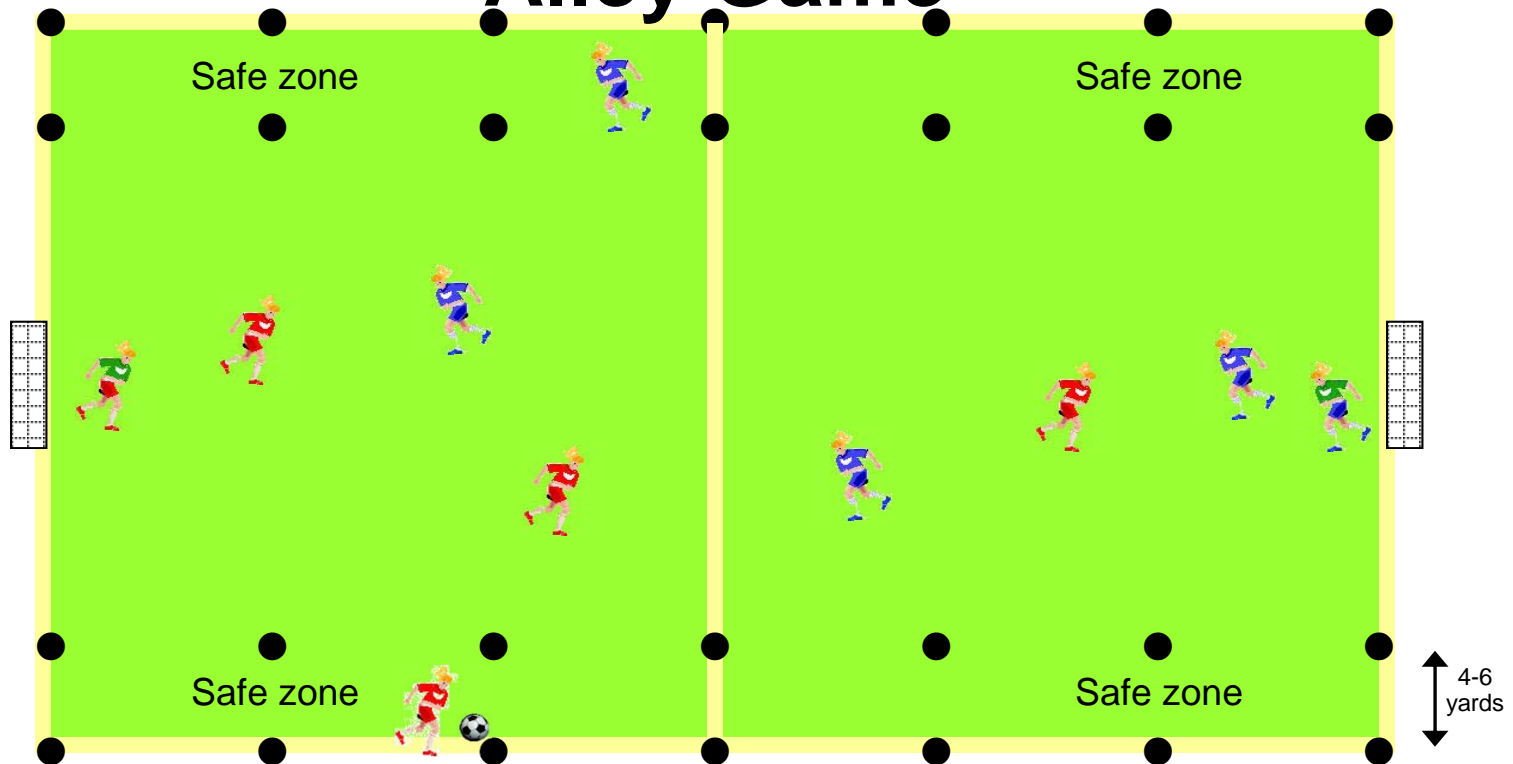
- ⚽ Before you do anything else, watch pros in action:
http://www.youtube.com/watch?v=Xm33Z_2sZj8
- ⚽ Look at the curriculum on UK International's website coaches' website:
 - ⚽ www.uksocca.com or go directly to <http://76.89.105.17/Curriculum/home.php>
 - ⚽ User name AYSO76 and password BeverlyHills (no spaces)
- ⚽ Check out www.ayso.org/resources/coach_res.aspx
- ⚽ 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>

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

Alley Game



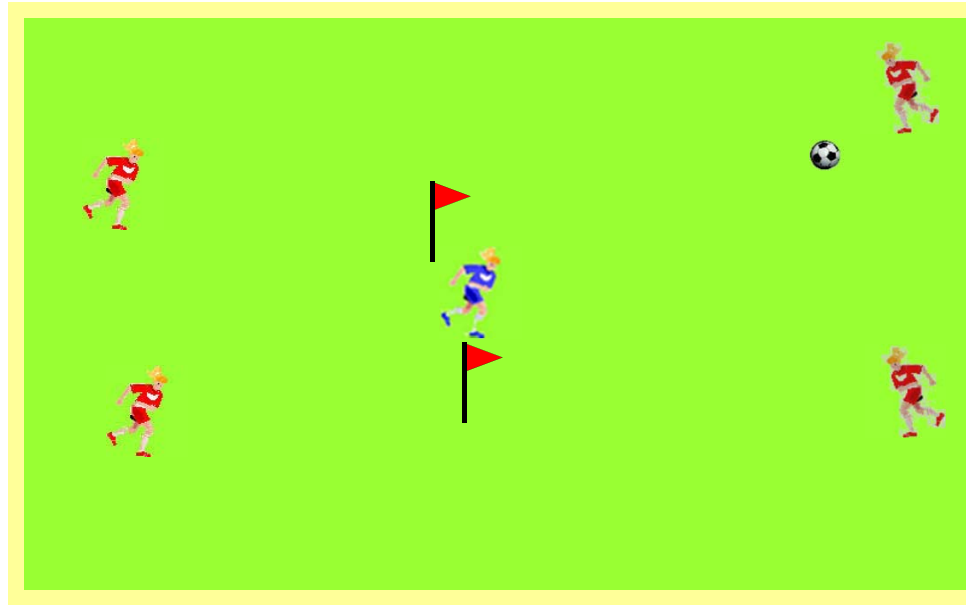
⚽ Variations:

- ⚽ 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)

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