



AYSO Region 76
U-12 Coaching Course – 2016
Michael Karlin

Agenda

- 🏀 Classroom – 9:00 to 11:45 am
 - ⚽ 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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- ⚽ Boys Under 12 Division Director – Greg Dyner –
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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



American Youth Soccer Organization
eAYSO

- Home
- Help
- Signout

My Profile

Welcome Toby Karlin to My eAYSO

PLAYERS

New Player? [Sign Up](#)

Returning Player? [Sign Up](#)

VOLUNTEERS

New Adult Volunteer? [Apply](#)

Returning Adult Volunteer? [Apply](#)

New Youth Volunteer? [Apply](#)

Returning Youth Volunteer? [Apply](#)

ALREADY REGISTERED

- Update Player Application
- Print Player Application
- Online Payments
- Sign Up For Other Programs
- Contact Your Coach/Region

ALREADY APPLIED

- Update Volunteer Application
- Print Volunteer Application
- Referees View Schedule
- Coaches View Team

COURSES/CERTIFICATIONS

- Sign Up To Take A Class
- View Enrolled Classes
- View Certifications

inLeague (ayso76.net)

The screenshot shows a web browser window with the URL <https://www.ayso76.net/inleague/inleague.cfm?menu=Teams>. The page header includes the Beverly Hills AYSO logo (founded 1964) and the text "Beverly Hills AYSO Region 76". The user is logged in as "Federico Robino (federico@energipromo.com)".

The main navigation menu includes: [Players](#), [Teams](#), [Games](#), [Events](#), [Utilities](#), and [Messaging](#).

Quick Links: [Team Rosters](#), [Uniform Assignments](#), [Team Colors](#)

Reset Login to Michael Karlin : Workspace Mode

The main content area features five interactive tiles:

- Team Rosters**: View or print team rosters in one of several available formats. (Icon: clipboard with people)
- Uniform Assignments**: Enter uniform numbers for players assigned to your team(s). (Icon: two jerseys)
- Team Colors**: Enter your team's name and jersey colors. (Icon: blue and white shorts)
- Team Check Requests**: View team accounting status or request for a league check to cover tournament or other expenses on behalf of your team. (Icon: speech bubble with dollar sign)
- Team Announcements**: Create or edit announcements to appear on your team's schedule page. (Icon: megaphone)

inLeague (ayso76.net)

Team / Competition / Division... x +

https://www.ayso76.net/inleague/chooser.cfm?menuID=22

RoboForm Search Logins Bookmarks Ayso76 - Michael Karlin (+46) Michael J Karlin

Beverly Hills AYSO | AYSO Area 1-P | AYSO National

AMERICAN YOUTH SOCCER ORGANIZATION
AYSO
FOUNDED 1964

Beverly Hills AYSO
Region 76

Players Teams Games Events U

Quick Links: Team Rosters Uniform Assignments Team Colors

Team Rosters -- Select a Team

-- Select a Season --
Fall 2015
Fall 2016

-- Select a Competition --
AYSO Extra - Section 1

-- Select a Division --
B10

-- Select a Team --
B10-R76-X (Federico Robino)

Select a Roster Function: Sort Roster by:

- eAYSO Style Tournament Roster
- Standard Team Roster
- Line-Up Cards
- Picture Day Roster
- Team Name & Colors
- Team Information / Contact Info
- Player ID Cards
- Exclude Players from Roster

- Uniform #
- Name






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 – The Lesson Plan

- 🌐 You don't have to make it up
 - ⚽ Many training plans are in the Manual
 - 👤 Use the QR codes to see animated versions of drills
 - ⚽ Visit <http://www.ayso76.org/Coach/coach-resources.cfm> (we will be updating this soon)
- 🌐 Organization of a coaching session
 - ⚽ Sideline warm-up (don't wait for the field to be yours!)
 - ⚽ Technical warm-up
 - ⚽ Activities – two or three at the most
 - ⚽ Small-sided match

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)

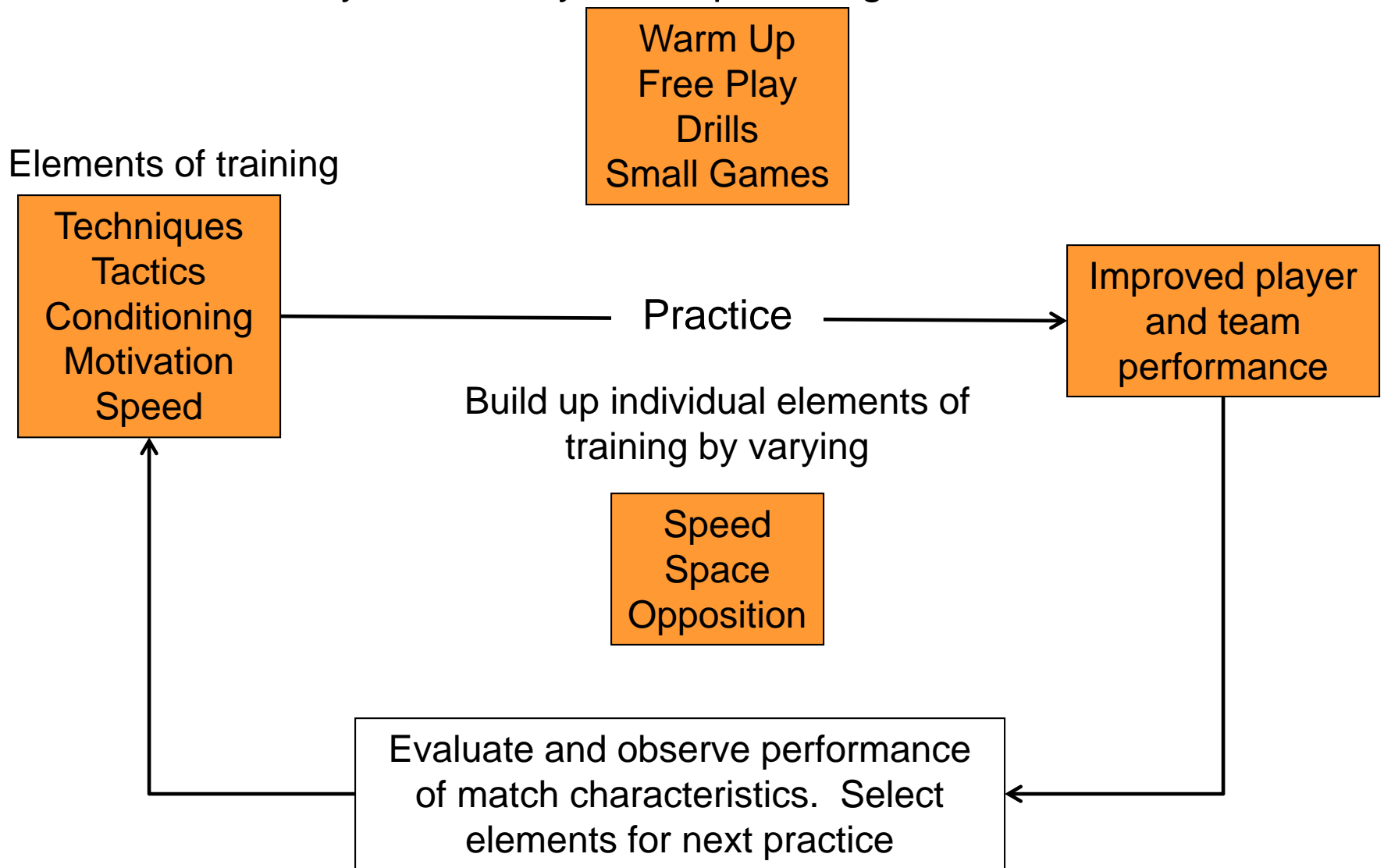
 Coaching Sandwich: A slice of critique inside two slices of praise

 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
Throw-in	Indirect free kick
Tackling	Throw-in
Goalkeeping	Kick off
Heading may NOT be taught	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 (11 v 11) and 3-3-2, 3-2-3, 4-3-1 (9 v 9) 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; if IFK, referee will raise hand high
-  Handling must be deliberate
-  Basics of offside
 -  Offside position v offside
 -  Cannot be offside when receiving ball directly from goal kick, throw-in or corner
 -  Stay level with last defender (not including keeper)

Laws of the Game


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)

When the other side commits the offence

-  Play the whistle

-  Leave it to the referee







-  Don't let your players blame the referee

-  Keep quiet

Laws of the Game – 2016-17

 The Laws were substantially revised this year

 Some highlights:

-  Kickoff – ball can go backward
-  Offside restarts taken from where player was when he/she became offside. (Currently, restart would be where he/she was originally in an offside position.)
-  Denial of “obvious goal-scoring opportunity” – no red card if penalty is given (i.e., offence was inside penalty area) and defender made legitimate attempt to play the ball
-  No re-take of PK if the kicker committed an offence
-  Fake corners are disallowed
-  Length of laws cut nearly in half











 Full summary here (with many other changes):

<http://blog.proreferee.com/summary-of-changes-2016-laws-of-the-game-official-soccer-rules>

Field Sessions

Required elements

Techniques

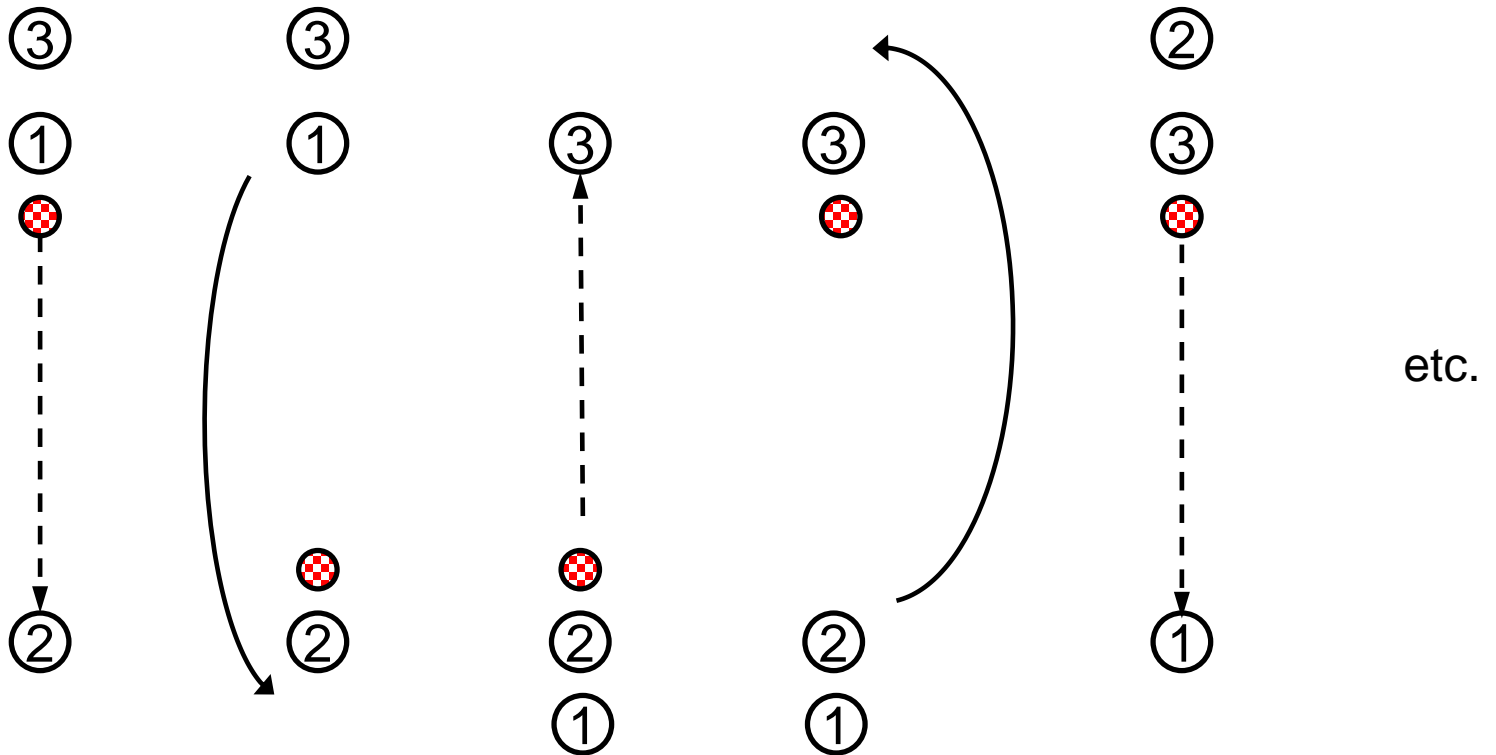
-  Dribbling
-  Inside of the Foot – Ball Control
-  Sole of the Foot – Ball Control
-  Top of the Thigh – Ball Control
-  Instep Kick
-  Inside of the Foot – Push Pass
-  Heading
-  Throw-In
-  Tackling – Front Block
-  Goalkeeping – try to put everyone in goal for at least a quarter

Build up the techniques

Training games

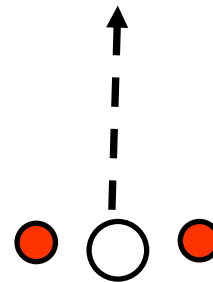
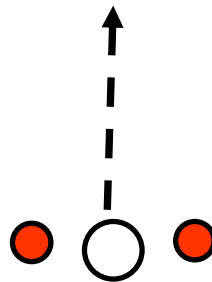
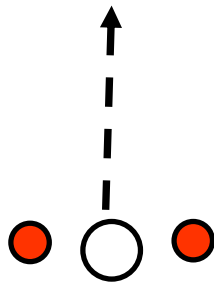
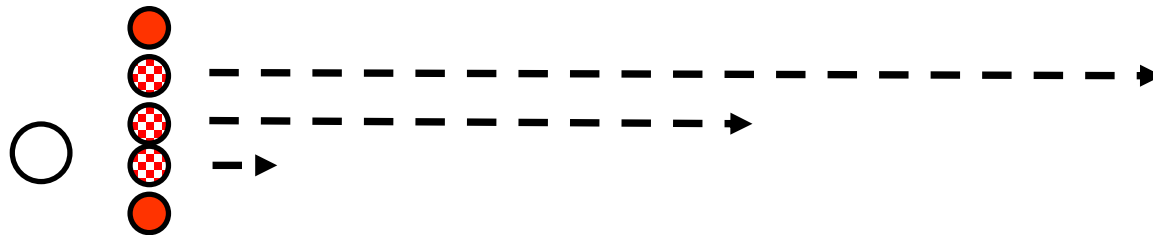
Passing Warm-Ups

- ⚽ Three players – standard configuration (see below)
- ⚽ Multiple players in small space
- ⚽ The weave
- ⚽ Short-sided keep away game 5 v 1 → 5 v 2

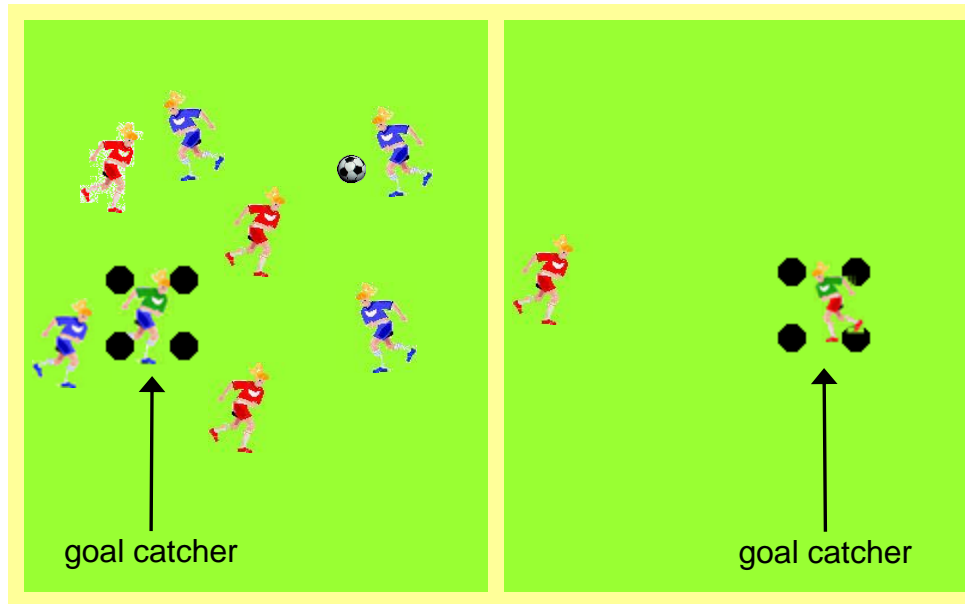


Coaching Pace – A Simple Drill

- ⚽ Basic idea: Make short, medium and longer square passes into the path of receiver in motion
- ⚽ Key: Receiver collects ball without slowing down
- ⚽ Multiple variations possible

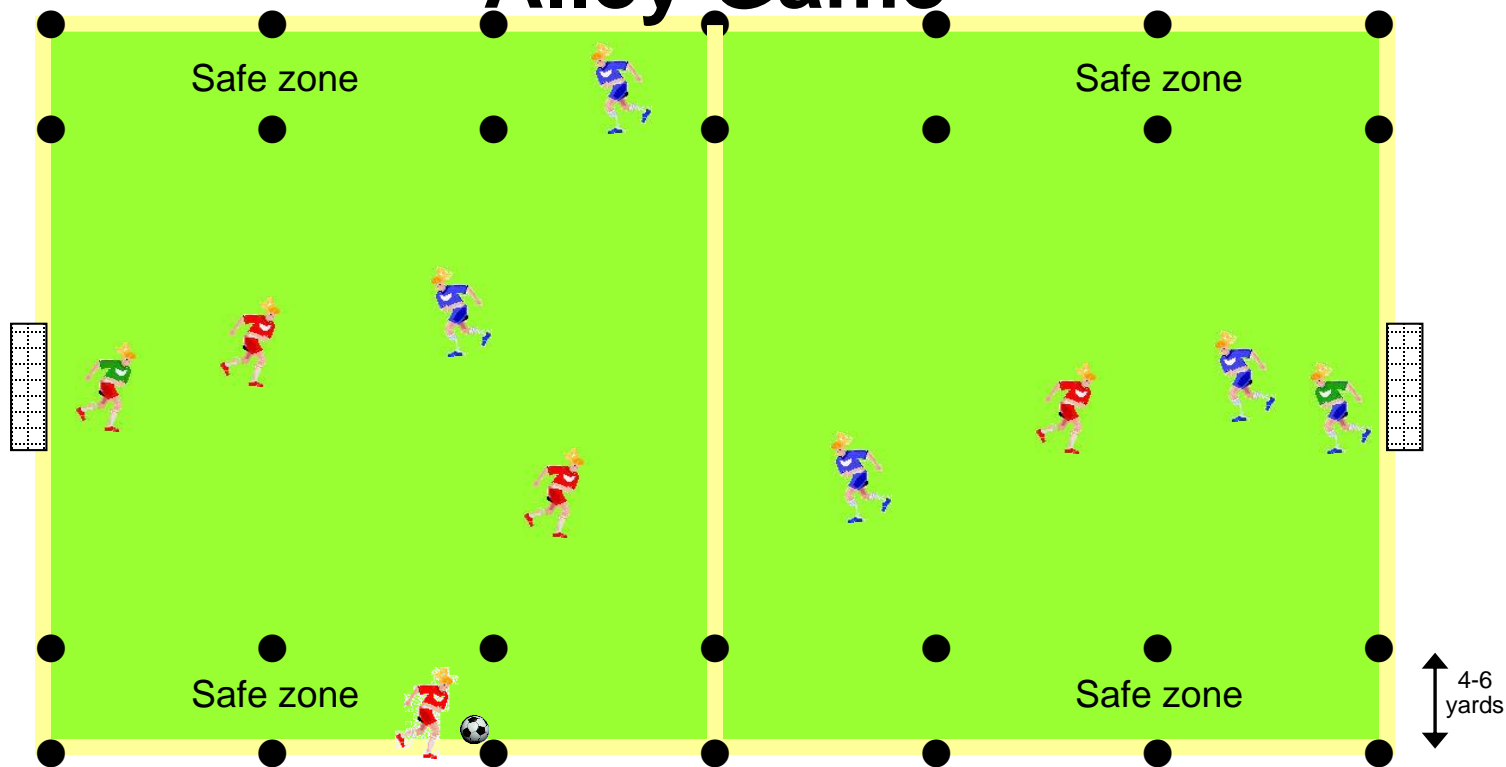


Handball Game



- 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

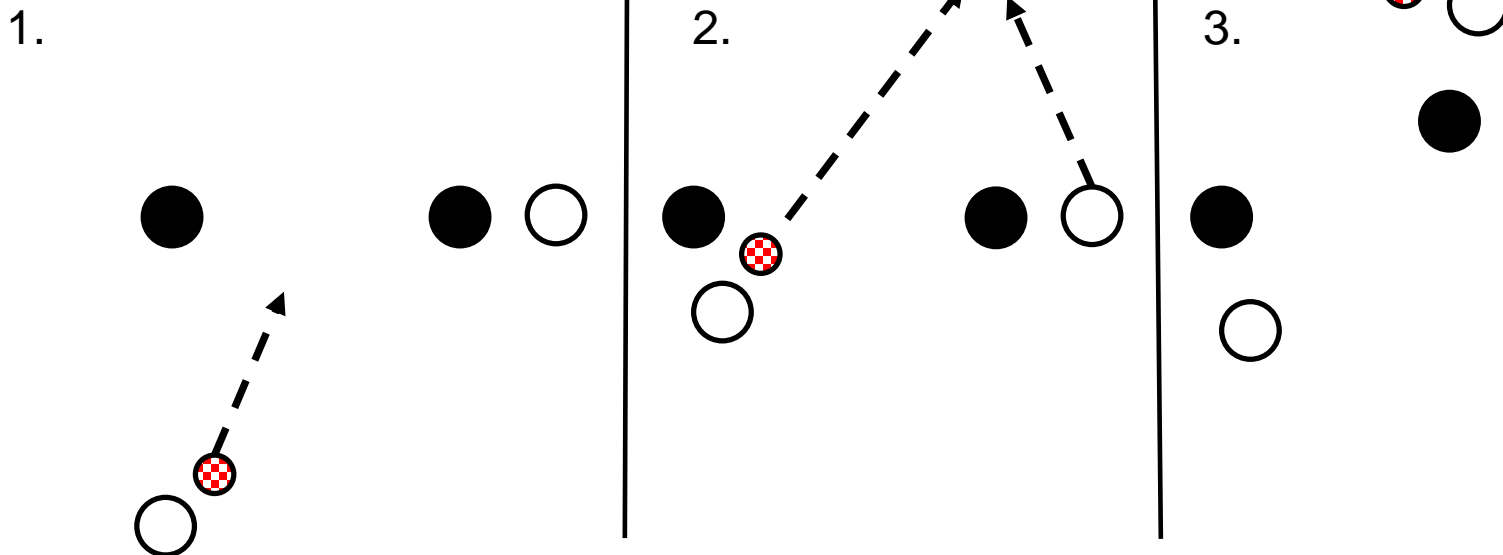
- ⚽ Player in safe zone should pass back, not at goalkeeper
- ⚽ Midfield player should trail safe zone player (option for pass back)

Coaching the Through Ball

🌿 Basic set-up






- ⚽ Teach the through ball with cones
- ⚽ Then with passive defenders
- ⚽ Then with active defenders

🌿 The defenders face the passer. Passing between them forces them to turn and chase the ball



Coaching the Pull Back

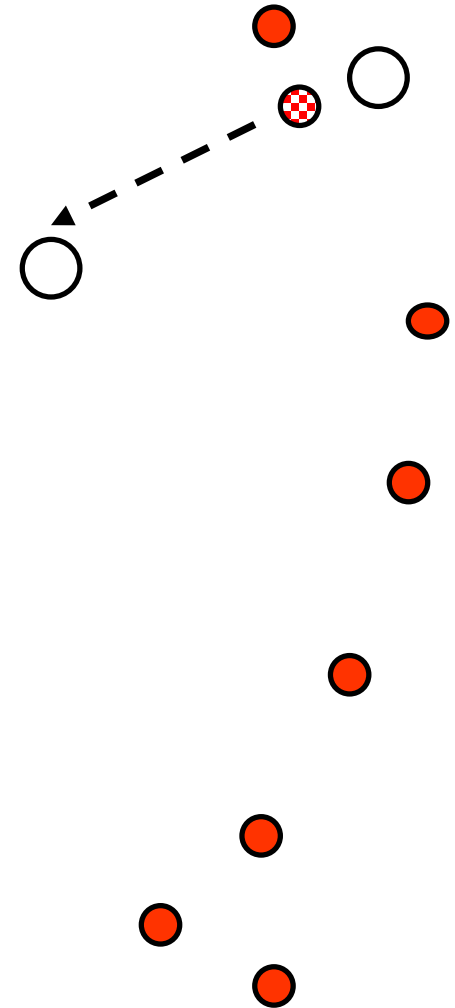
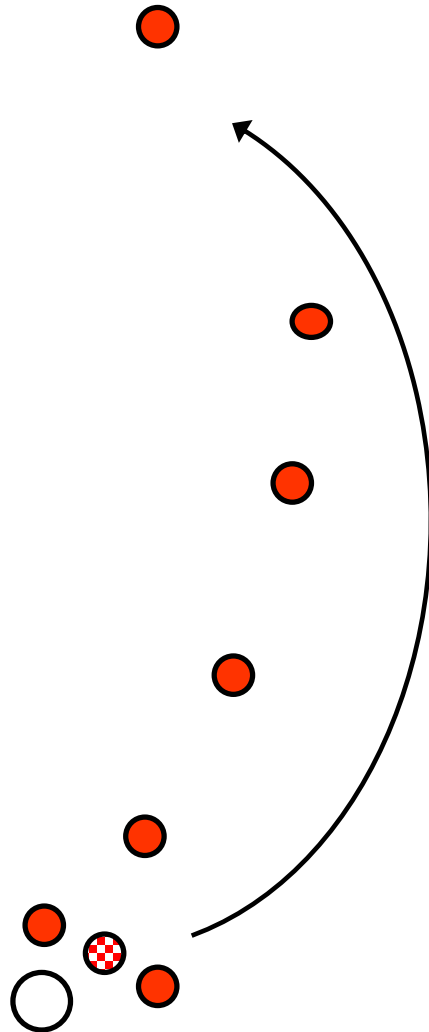
Drill:

-  Zero pressure – move up the sideline and pass the ball diagonally backward into path of forward
-  Passive pressure 1 – same, but with defender shadowing
-  Passive pressure 2 – move ball up sideline, with no defender to prevent pass; GK plus two or three defenders in goal area; two or three attackers outside goal area
 -  Variation: Attackers start in goal area and one or more draw back
-  Active pressure – same but with defender allowed to block the pass; give the passer a head start

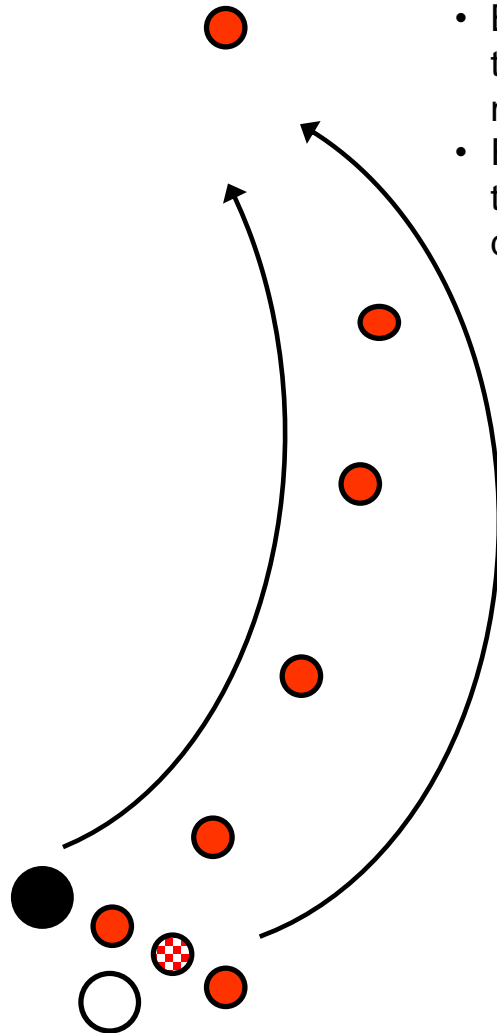
Do this drill from the right, then from the left

-  Teach the pull back as an alternative to simply beating the defender for speed

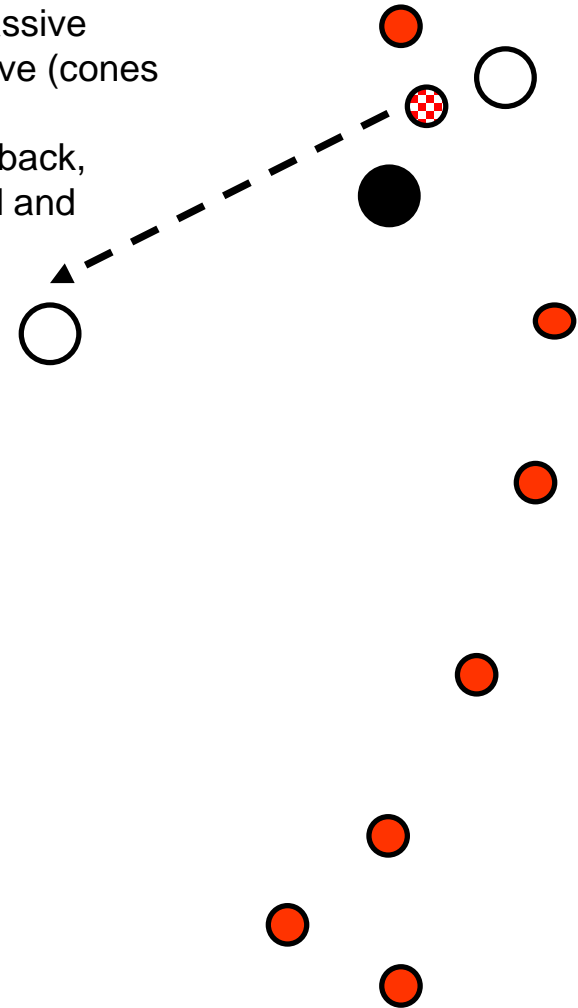
Coaching the Pull Back – Basic Diagrams 1



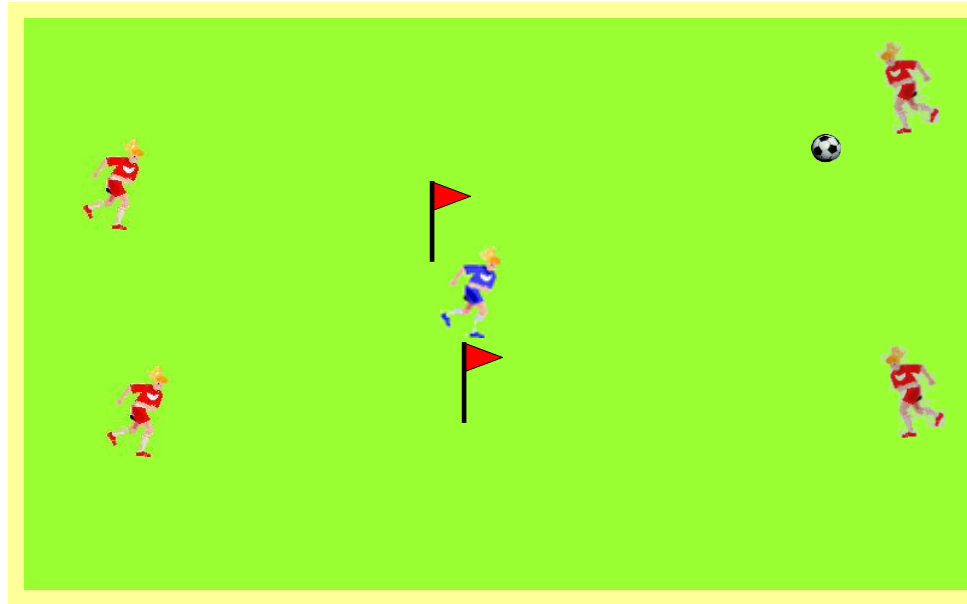
Coaching the Pull Back – Basic Diagrams 2



- Black starts out passive then becomes active (cones not needed)
- Receiver(s) starts back, then starts forward and draws 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

Resources

- ⚽ Before you do anything else, watch pros in action:
http://www.youtube.com/watch?v=Xm33Z_2sZj8
- ⚽ Check out http://www.ayso.org/training/instructors/coach/lesson_plans.htm and www.catzcoach.com (Region 76 has a 2015-6 subscription for all its coaches)
- ⚽ Videos or animations of the drills shown in the AYSO U12 Manual starting at page 53 and training plans at page 71 – use the QIR (scan code)
- ⚽ Watch some skills training videos (Coerver's are expensive but the best) – more information can be found at <http://www.playgreatsoccer.com>
- ⚽ We like www.soccerclinics.com and www.grassrootscoaching.com/ because of the animated diagrams – but there are subscription fees
- ⚽ www.soccerxpert.com has lots of free drills
- ⚽ Schedule free practice session with Serie A coaches or have a senior coach mentor you at a game: Contact the coach administrator (coach@ayso76.org)
- ⚽ Our own regional website – <http://www.ayso76.org/Coach/coach-resources.cfm>, with links to various resources including Michael's video, "Coaching Kicking"
- ⚽ Laws of the Game www.fifa.com/aboutfifa/documentlibrary/doclists/laws.html#laws
- ⚽ U.S. Soccer Federation resources -
<http://www.ussoccer.com/referees/resource-center>