



AYSO Region 76  
12U Coaching Course – 2018  
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 – Alex Grossman  
[commissioner@ayso76.org](mailto:commissioner@ayso76.org)
- ⚽ Coach Administrators – Ji Lee and Jeff Gross  
[coach@ayso76.org](mailto:coach@ayso76.org)
- ⚽ Webmaster – Michael Karlin [webmaster@ayso76.org](mailto:webmaster@ayso76.org)
- ⚽ Boys 12U Division Director – Norm Sarafian  
[bu12@ayso76.org](mailto:bu12@ayso76.org)
- ⚽ Girls 12U Division Director – Gary Dyner –  
[gu12@ayso76.org](mailto:gu12@ayso76.org)
- ⚽ Our website:
  - ⚽ Public: [www.ayso76.org](http://www.ayso76.org)
  - ⚽ Password protected: [www.ayso76.net](http://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 (American Youth Soccer Organization, Founded 1964) and the text "Beverly Hills AYSO Region 76" next to a soccer ball. The user is identified as "User: Federico Robino (federico@energipromo.com)".

The main navigation menu consists of: [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 cards:

- 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: soccer jersey)
- Team Colors**: Enter your team's name and jersey colors. (Icon: shorts and jersey)
- 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)

The screenshot shows a web browser window with the URL <https://www.ayso76.net/inleague/chooser.cfm?menuID=22>. The page header includes the Beverly Hills AYSO logo and navigation links for "Players", "Teams", "Games", and "Events". Below the header is a "Quick Links" section with "Team Rosters", "Uniform Assignments", and "Team Colors". The main content area is titled "Team Rosters -- Select a Team" and features four dropdown menus: "Select a Season" (Fall 2015, Fall 2016), "Select a Competition" (AYSO Extra - Section 1), "Select a Division" (B10), and "Select a Team" (B10-R76-X (Federico Robino)). Below these menus are two sections: "Select a Roster Function" and "Sort Roster by". The "Select a Roster Function" section includes radio buttons for "eAYSO Style Tournament Roster", "Standard Team Roster", "Line-Up Cards", "Picture Day Roster", "Team Name & Colors", "Team Information / Contact Info", "Player ID Cards", and "Exclude Players from Roster". The "Sort Roster by" section includes radio buttons for "Uniform #" and "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 10U and 12U
-  Cones – flat
-  Practice vests – 7 x 2 colors
-  First aid supplies (see below)

## Practices and build-up

## Game day preparation

# The Team Meeting

- 🍈 Set the team goal
- 🍈 Make it a pool party for the kids
- 🍈 When talking to the parents:
  - ⚽ Briefly mention AYSO's vision, mission and philosophies
  - ⚽ Explain your coaching philosophy and expectations (punctuality, communication, equipment, etc.)
  - ⚽ Introduce Player and Parent Pledges
  - ⚽ Introduce Kids Zone for a positive sideline
  - ⚽ Discuss team goal
  - ⚽ Encourage communication regarding any player injuries
  - ⚽ Discuss concussion awareness, Safe Haven, etc.
  - ⚽ Recruit team parents

# 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 12U 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

# Age Appropriate Training





- ⚽ Training/sessions *must* be adapted to the player's specific age and stage of development – at this age especially, players of the same age may have wide variations in development and maturity
- ⚽ Four key components should be considered and woven through each session; however, *at all-times* with deep respect to the player's specific age *and* stage of development





# Psychosocial

## 12U Players:

-  In between childhood and adolescence, 12U players are ready to learn
-  Can process more abstract thought and handle more complex tasks
-  More analytical which boost their tactical awareness and understanding
-  Early or late puberty can impact self-esteem and relationships.

# 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, observe (silently) and correct)
- 🌿 See, Show, Say Method (watch, show them what needs to be corrected or improved, and then critique)

# The Coaching Cycle



- ⚽ Coaching involves **OBSERVING** and **EVALUATING** player and team performance to determine what needs to be worked on (**ORGANIZING** and **COACHING**) during training in order to maximize (**Player and Team**) **DEVELOPMENT**
- ⚽ Training components (psychosocial physical, technical, tactical) are then incorporated into a training session (plan) to develop and improve the player's competence in match conditions

# The Coaching Cycle

- ⚽ **ORGANIZE/COACH:** Training is comprised of: (free play); warm-up; activities I & II; small-sided matches and cool-down
- ⚽ **Principles of Play** should be considered and woven throughout the session
- ⚽ Adjusting ***Speed, Space, Opposition*** controls the intensity of an activity
- ⚽ Coach using sound methodology (P.I.E., Say, Show, Do, Review, etc.) to increase success and develop players
- ⚽ **DEVELOPMENT:** Player's improved competence within match environment (finishing; short/long play; short combined with long play; ability to keep possession; risk; transition)
- ⚽ **OBSERVE and EVALUATE** performance and select elements for the ***next*** training session

# 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

# One Topic Per Session

- ⚽ Focus on one topic per session
- ⚽ Resist the temptation to coach skills or correct mistakes that are unrelated to the topic of your session
- ⚽ **Repetition** is the key to developing skills – more than you might expect, the players often have a lot of patience with repeating the same drill until they get it right
  - ⚽ For those that get it right away, vary the drill to make it more difficult (e.g., work with the weaker foot)

# 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-demarcated passing lanes
- 🌿 Coaches:
  - ⚽ Play only if you know what you're doing
  - ⚽ Don't show off and don't score
  - ⚽ BE CAREFUL –players are 1/3<sup>rd</sup> 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
- 🌍 12U 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 (heading OK in 12U if 12U and 11U are separate division, but in Region 76, 12U and 11U are combined)	Laws of the Game

**We cover techniques during the field sessions**




# 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 and SIT DOWN

🍈 **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**

🍈 Treat your own child like any other and have realistic expectations of them and everyone else

🍈 Coach before the game and at the breaks

🍈 Coach the substitutes

🍈 After the game, cool down and review

**Let the game be the teacher**

# Objectives of the Game

<b>Attacking Objectives</b>	<b>Defending Objectives</b>
Score	Prevent Scoring
Move the Ball Forward	Delay the Opponents
Keep the Ball	Get the Ball Back

- Which of these objectives is primary depends on the player's position relative to the ball, other players, location on the field and time in the game
- 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!  
Movement on and off the ball.

Width – Spread out; use the space

(added at 12U) Creativity – Use your skills

### **Defending**

Delay – Slow down the attack

Depth – Support the player challenging for the ball







Balance – Match other team's numbers; at 12U, begin to “read” the game

Concentration – Play in a small space

(added at 12U) Composure – Stay calm; don't dive!

# Systems of Play

## Systems of Play

-  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

<b>Position</b>	<b>Own Team Has Ball</b>	<b>Other Team Has Ball</b>
■ 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

- ⚽ The Laws were substantially revised in 2016; relatively fewer changes in 2017 and 2018 relevant to children
- ⚽ Some highlights:
  - ⚽ Kickoff – ball can go backward
  - ⚽ Offside restarts from where player was when he/she became offside. (Restart used to be where he/she was originally in offside position.)
  - ⚽ Denial of “obvious goal-scoring opportunity” – no red card if penalty is given (i.e., offence inside penalty area) and defender made legitimate attempt to play the ball (this has since been further clarified)
  - ⚽ No re-take of PK if the kicker committed an offence
  - ⚽ Fake corners are disallowed
  - ⚽ Laws cut nearly in half, but interpretations now folded into the laws
- ⚽ Authoritative source: <http://theifab.com/document/laws-of-the-game>

# Field Sessions

## Required elements

### Techniques

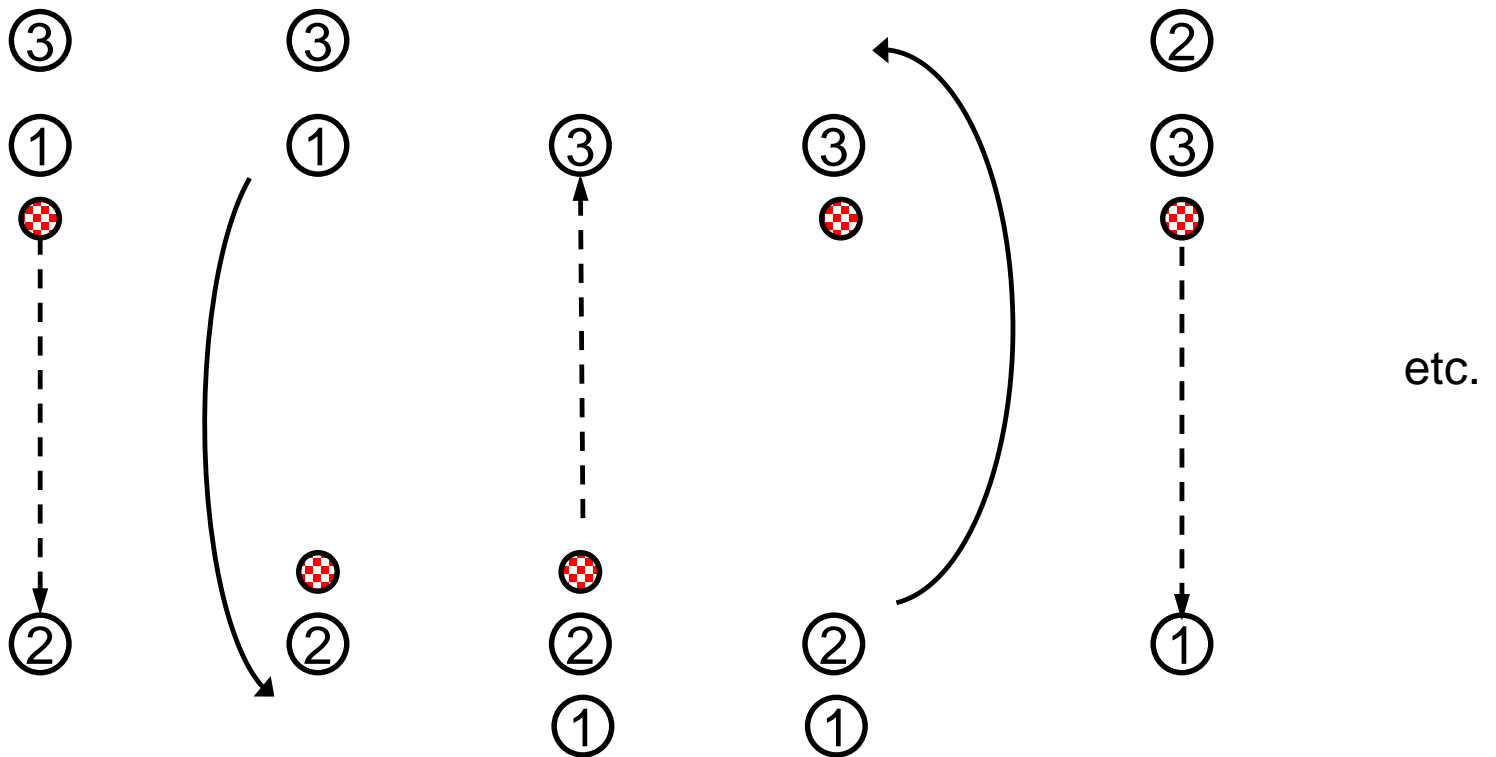
-  Dribbling
-  Inside of the Foot – Ball Control
-  Sole of the Foot – Ball Control
-  Top of the Thigh – Ball Control
-  Instep Kick
-  Inside of the Foot – Push Pass
-  Throw-In
-  Tackling – Front Block
-  Goalkeeping – try to put everyone in goal for at least a quarter

### Build up the techniques

### Training games

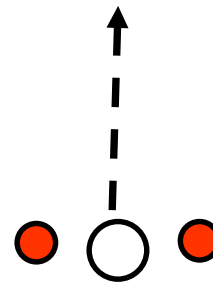
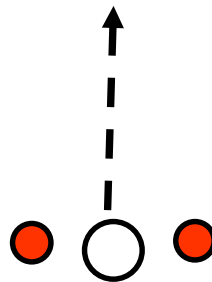
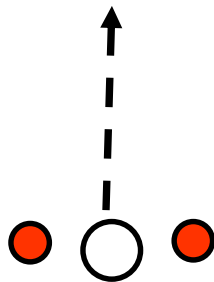
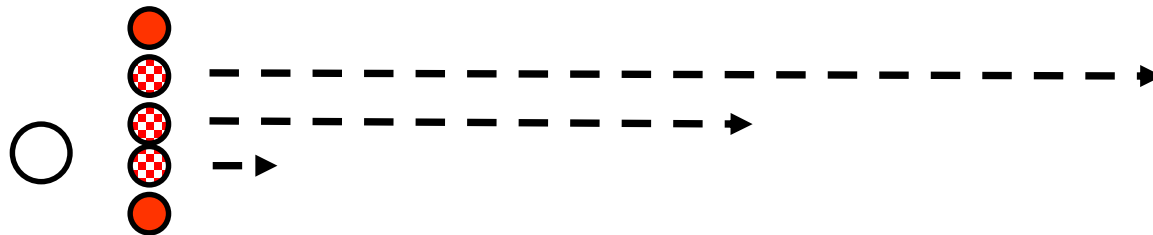
# Passing Warm-Ups

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

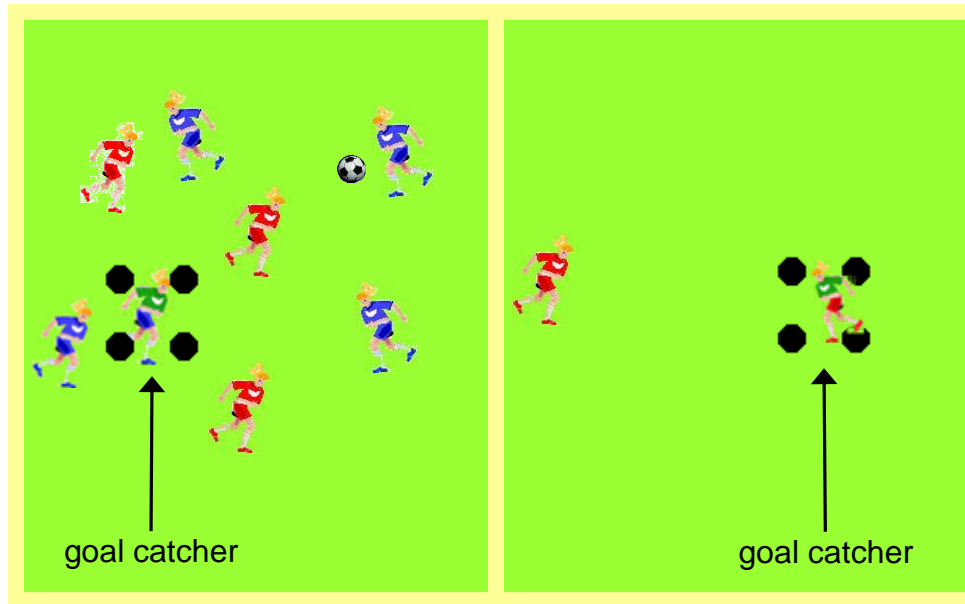


# Coaching Pace – A Simple Drill

- ⚽ 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

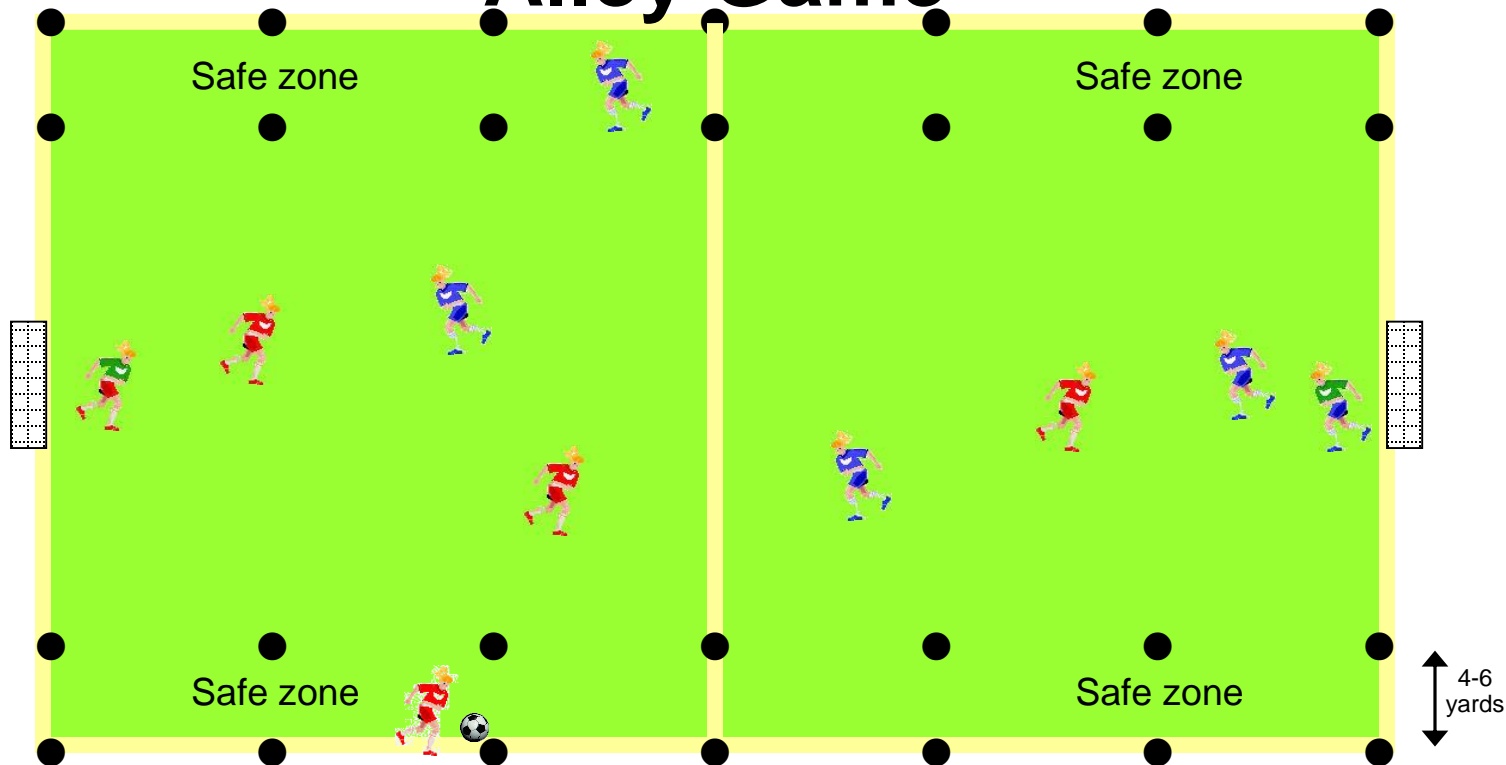


# Handball Game



- 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)

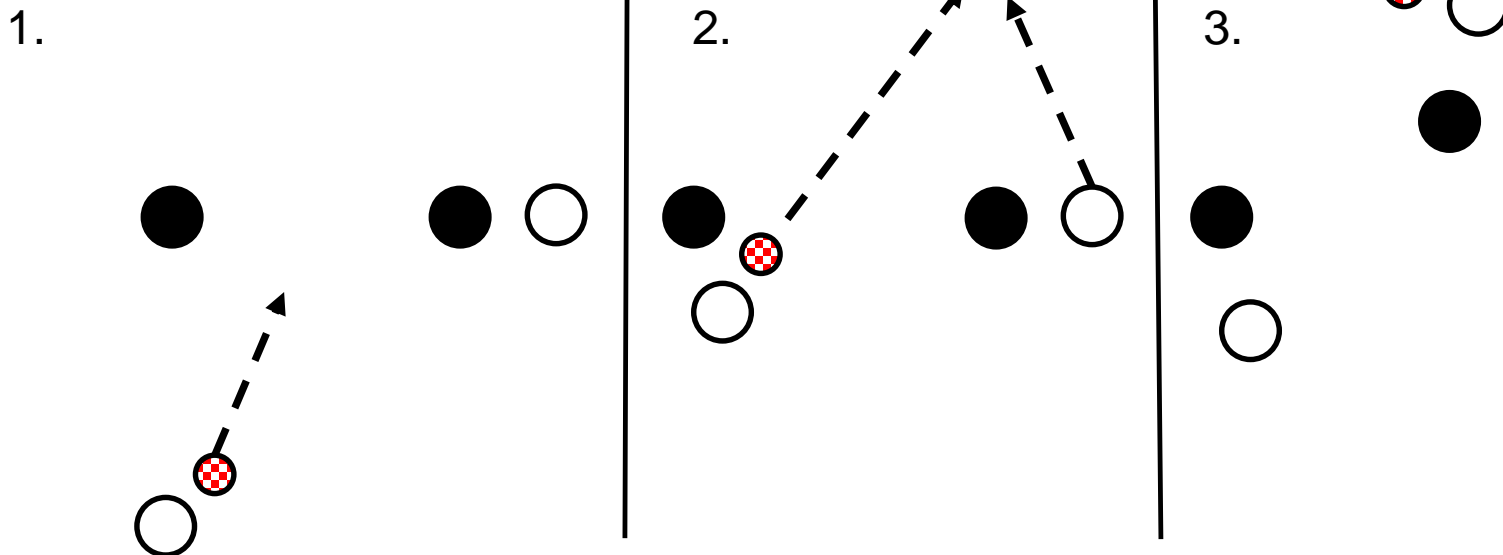


# Coaching the Through Ball

## 🌿 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

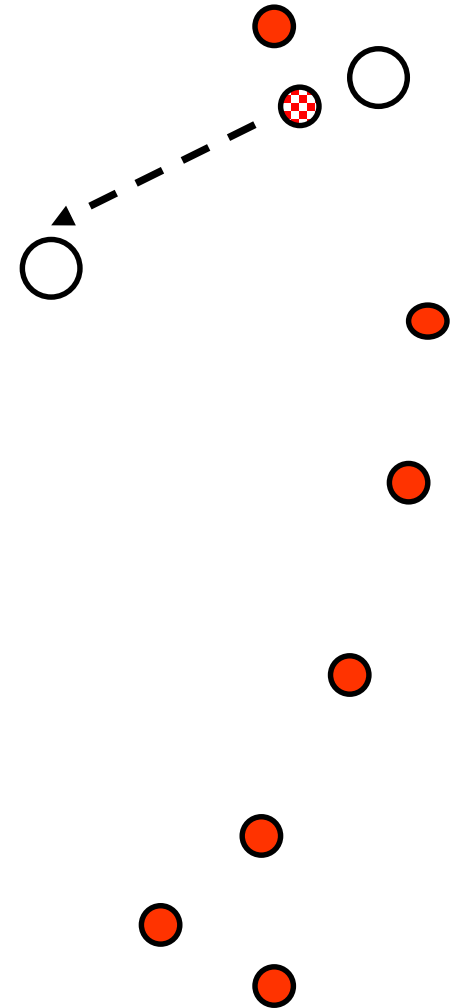
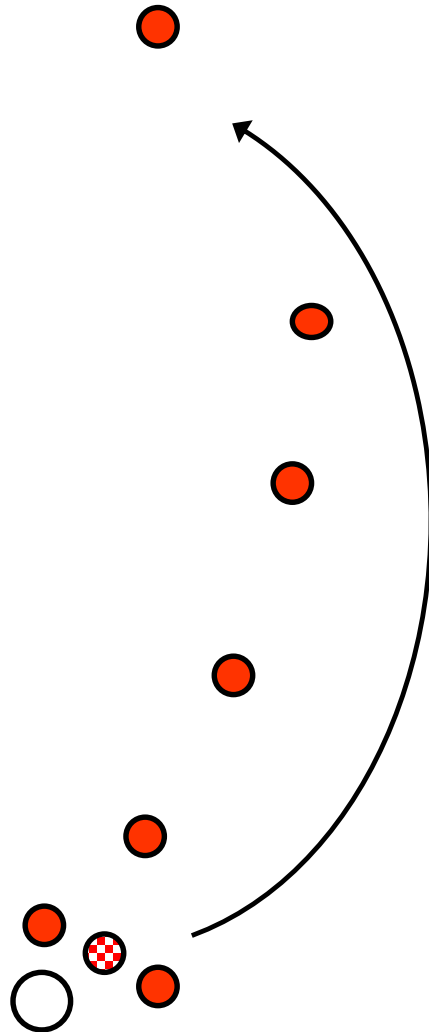
## Drill:

-  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

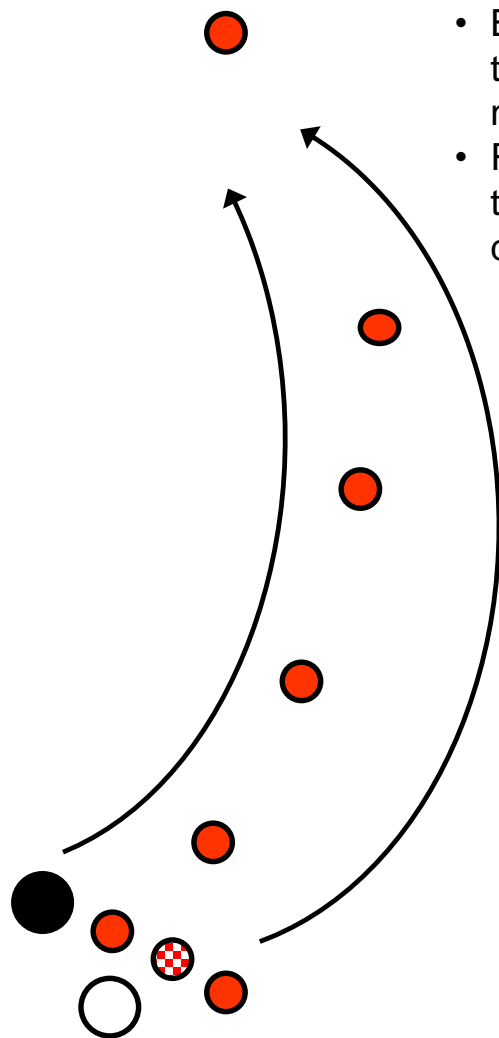
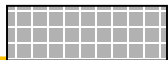
## Do this drill from the right, then from the left

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

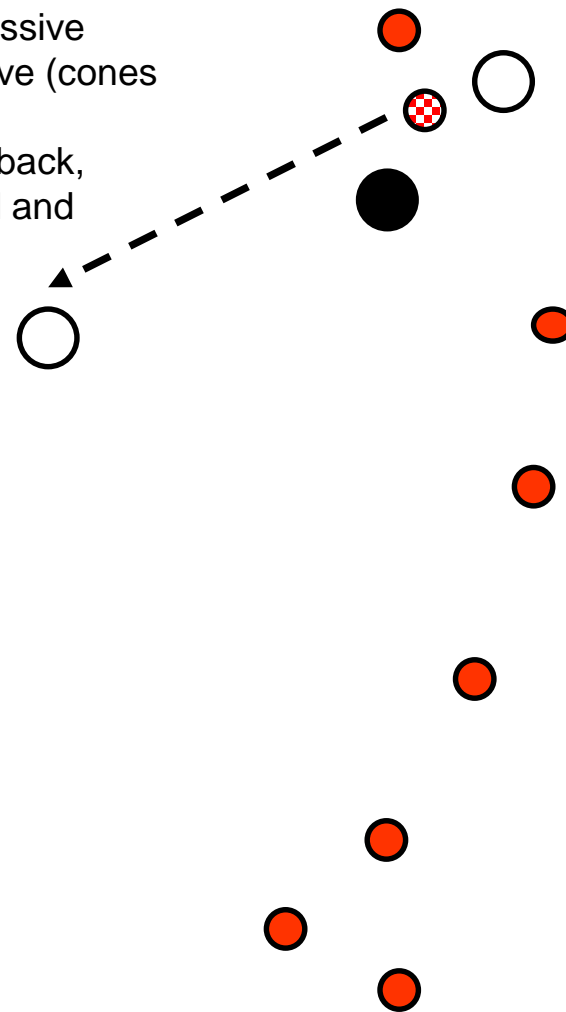
# Coaching the Pull Back – Basic Diagrams 1



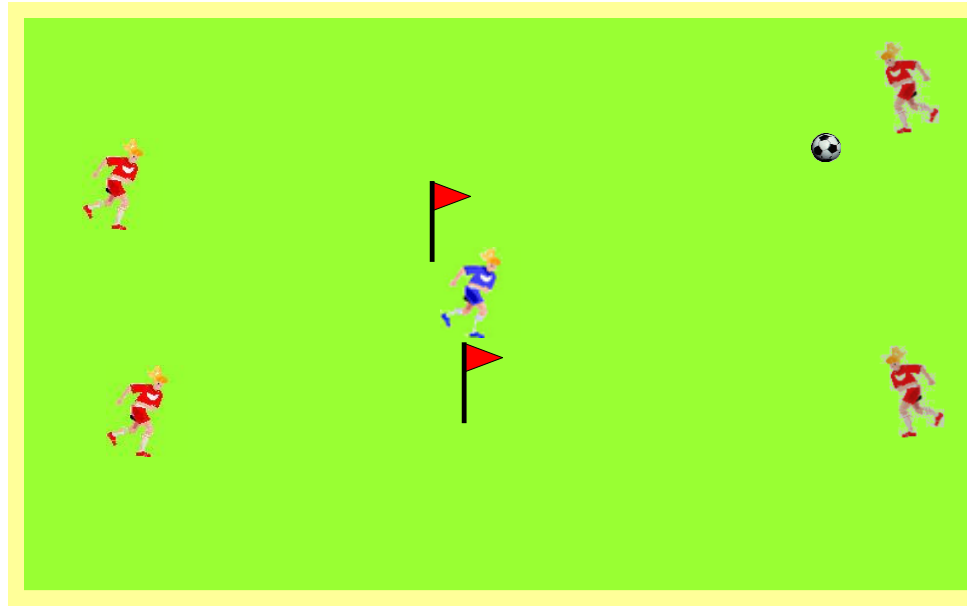
# Coaching the Pull Back – Basic Diagrams 2



- 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](http://www.youtube.com/watch?v=Xm33Z_2sZj8) or  
<https://www.youtube.com/watch?v=0-ZSoZScqBU>
- ⚽ Videos or animations of the drills shown in the AYSO 12U 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](http://www.soccerclinics.com) and [www.grassrootscoaching.com/](http://www.grassrootscoaching.com/) because of the animated diagrams – but there are subscription fees
- ⚽ [www.soccerxpert.com](http://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](mailto: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 also at [www.fifa.com/aboutfifa/documentlibrary/doclists/laws.html#laws](http://www.fifa.com/aboutfifa/documentlibrary/doclists/laws.html#laws)
- ⚽ U.S. Soccer Federation resources -  
<http://www.ussoccer.com/referees/resource-center>
- ⚽ AYSO Resources: <http://www.aysovolunteers.org/>