

KenTon Soccer Association



**2009-2010
Coaches Manual**

Our Mission

The mission of the organization is to promote interest and participation in the game of soccer among youth, to improve soccer skills and knowledge by offering quality coaching to all participants, to improve their physical and mental capabilities, to conduct a fair, equitable, and positive soccer experience, and to offer the expertise gained through the above activities to any and all other individuals or groups that are interested in the furtherance and development of soccer as a competitive team sport.

Director of Coaching

Dave Kreger 713-3240

dmkreger@roadrunner.com

Boys Coaching Staff

U10 Bullets	Ken Kasperek, Glenn Wirth
U10 Galaxy	Mike Kraus, Dustin Weiss
U10 Crusaders	Jeff Marsha, Dave Mills
U10 Revolution	Cheick Diarra
U11 Cougars	Dave Decker, Greg Emminger
U12 Avalanche	Todd Marquardt, Dave Moran, Bob Walter
U13 Rapids	Joe Olivieri, Mike Hawke, Rob Contarin
U13 Vipers	Pat Burke
U14 Storm	Gino Pinzone,
U15 Dynamo	Joe Cabral
U15 Magic	Phil Dinunzio
U16 Bulldogs	Dan Weigel, Dave Voyer
U17 Celtic	Gary Kokolus, Ann Linderman, Gary Kokolus
U18 Roma	Joe Olivieri, Evan Williamson, Rob Contarin
U19 Invaders	Michael Dinunzio, Gino Pinzone

Girls Coaching Staff

U10 Eagles	Caitlin Long, Steve Devlin
U10 Spirit	Sean Riley
U11 Wildcats	Joe Olivieri, Jeff Rapp, Mike Hawke
U12 Sharks	Ken Kasperek, Karen Kasperek
U14 Krush	Mai Nguyen, Erik Smith
U17 Extreme	Jeff Rickan, Mike Michalski
U17 Cascade	Tom Dinunzio
U19 Lightning/Diablo	Nerio Ragau

Role of the DOC

The role of the director of coaching is to oversee all soccer programs, and to make recommendations to the board to improve the performance of the club. The DOC will be a personal resource for the coaching staff. Coaches should feel free to call upon the DOC at any time for information related to coaching in the club. The primary role of the DOC will be to work with the coaches to make them feel more comfortable, and expand the knowledge base of each individual coach.

I will be out from time to time to run a training session for you. These sessions are meant to:

1. Give your players a fresh or different perspective on the game.
2. Allow the coach to see new training activities.
3. Allow the coach to see a different training method

A schedule will be e-mailed on a monthly basis. Coaches can also request that the DOC come out and help train his/her team on any occasion.

Tryouts

Tryouts will be held on an annual basis to determine the make up of each team. Over the course of the year a review will be done to determine the most efficient way to select teams for the 2009-2010 season. A final determination will be made during the summer of 2009.

Tournaments

Coaches should try to select tournaments that will be competitive for their particular team. It is also recommended that coaches make an attempt not to play to many tournaments in a season. Although tournaments can be fun and bring a team together, they can also result in overuse injuries and poor play.

Coaches Clinics

Coaches' clinics will be held on a regular basis throughout the year. A variety of topics will be introduced in order to maximize the benefit for each coach. Clinics will also be broken up by age and/or ability level. Coaches are encouraged to attend as many clinics as possible.

Coaches Corner - Website

A “coaches corner” link on our webpage is up and running and will provide most of the club information for coaches in this site. Look in here for clinic schedules, lesson plans, and general coaching information. Please stop by this site on a regular basis as there will be a lot of helpful information provided to you on the site.

Playing Time

Although playing time can't always be equal for every player in every game each coach should make an attempt to provide each player with his/her fair share of playing time over the course of the season.

Role of the Coach

1. The coach's responsibility is to the health and safety of all participants. The coach must never place the value of winning over the safety and welfare of players.
2. Coach should know and understand the Laws of the Game and instruct players to play within the laws and the spirit of the game at all times.
3. Coach should be positive role model and set the standard for sportsmanship.
4. Coach should keep sport in proper perspective with player's academic education.
6. Under no circumstances should coach authorize or encourage the use of, but not limited to, medicinal or performance enhancing drugs.
7. Coach should inspect player's equipment and field conditions for safety reasons.
8. Coach should continue his/her own education in the sport in order to be able to educate the players in technical, tactical, physical and psychological demands of the game for their level.
9. Coach should encourage moral and social responsibility.
10. Coach should be sensitive to each child's developmental needs, strive to have each player reach his/her full potential and be prepared to move to the next stage of development.
11. Coach should develop the child's appreciation of the game. Players should have fun and receive positive feedback.
12. Coach should supervise and control his/her players to avoid injury situations. Players should be directed to seek proper medical attention for injuries and to follow the physician's instructions regarding treatment and recovery. At no time should a player be put at risk by returning from injury prematurely or by being forced to play while injured.
13. It is recommended that the coach become certified in basic first aid and be prepared to handle medical emergencies at all practices and games.
 - Coach should bring properly supplied first aid kit and ice to all practices and games.
 - Coach should know 911 and emergency phone numbers and procedures.
 - Coach should know location of nearest emergency medical facilities.
 - Coach should bring Medical Release and Liability Waiver to all practices and games.
14. The coach must behave in an ethical and legal manner. The Coach must complete and submit a Disclosure Statement to a club representative.



TEN PRINCIPLES FOR IMPROVING TRAINING SESSIONS

1. Plan out your training session: Take 10 or 15 minutes to organize your thoughts and put them down on paper.
2. Focus on one topic per training session: Players learn better when they can focus on improving in one area at a time. This will also allow the coach to focus his/her attention on one topic.
3. Teach in a simple to complex progression.
4. Eliminate lines: Get your players involved in game-like situations.
5. Conduct economical activities as much as possible (activities that incorporate technique, tactics, fitness, and psychology).
6. Put players in game-like situations: Replicate the demands of the game in your activities.
7. Create a competitive environment
8. Allow for problem solving and decision-making: Present a problem and allow the players to come up with the solution.
9. Encourage creativity
10. Put players in goal scoring situations



Training Curriculum

The purpose of this document is to:

- Educate coaches as to the “standard of play” and “expectations” for each age.
- Provide coaches with a framework with which to organize curriculum decisions.
- Provide for consistency, and guidance throughout all levels of play.
- Improve “vertical integration” for player development

It is important to note that each player and each team is different. The following serves as a “*guideline*” or “*standard*” by which players and coaches can plan development. Individual and team needs can therefore be identified and addressed. Individual strengths can be stabilized while deficiencies can be improved. Of course, an accurate assessment of each player’s and team’s needs are essential. It is imperative that each coach take the time to observe and study the level for which their team is preparing to compete.

“There are many people, particularly in sports who think that success and excellence are the same thing and they are not the same thing. Excellence is something that is lasting and dependable and largely within a person’s control. In contrast, success is perishable and is often outside our control. If you strive for excellence, you will probably be successful eventually. People who put excellence in first place have the patience to end up with success. An additional burden for the victim of the success mentality is that he/she is threatened by success of others and resents real excellence. In contrast, the person fascinated by quality is excited when he/she sees it in others.”

Joe Paterno – Penn State University Head Football Coach

Under 10

Philosophy: Player Development

- Players can now understand the concept of small group play. Activities can now be performed in small groups of three, four, or five.
- Small sided games (3v3 to 5v5)
- Fun age appropriate games need to be played in order to develop a love for the game of soccer
- It is critical that coaches are aware of the cognitive, social, and physical development of the players in this age group

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on
- Shielding

Players in this age group are strictly playing for fun. A love for the game at this age needs to be developed. Fun thought provoking activities need to be incorporated in order to perk the child's interest as well as allowing them to think and make their own decisions. Developmentally appropriate activities must be incorporated in order to allow each child an opportunity for success.

The introduction of tactical awareness is now economically incorporated into your training sessions. An attacking mentality must be established. Allow player to be creative and make mistakes. **This age group is based heavily on technical training.**

Under 11

Philosophy: Player Development

- Players can now understand the concept of small group play. Activities can now be performed in small groups of three, four, or five.
- Small sided games (3v3 to 7v7)
- Fun age appropriate games need to be played in order to develop a love for the game of soccer
- It is critical that coaches are aware of the cognitive, social, and physical development of the players in this age group

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on

Tactical:

- Role of the 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
- Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack.

Players in this age group are strictly playing for fun. A love for the game at this age needs to be developed. Fun thought provoking activities need to be incorporated in order to perk the child's interest as well as allowing them to think and make their own decisions. Developmentally appropriate activities must be incorporated in order to allow each child an opportunity for success.

The introduction of tactical awareness is now economically incorporated into your training sessions. An attacking mentality must be established. Allow player to be creative and make mistakes. **This age group is based heavily on technical training.**

We need to create:

- Players who can move on and off of the ball.
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?

Under 12

Philosophy: Player Development

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on

These techniques must be incorporated into game like situations under pressure from defenders.

Fast footwork and coerver: incorporate into game like situations.

Tactical:

- Role of 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
- Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack. How to mark goal side and ball side.

Players need to understand the concept of 2nd attackers and 2nd defenders.

- 2nd attacker: Depth and width in attack. Combination play (wall pass, Overlapping runs, take-overs)
- 2nd defender: Compactness, support, and communication in defense.

The introduction of tactical awareness is now economically incorporated into your training sessions. An attacking mentality must be established. Allow players to be creative and make mistakes. The introduction of some group concepts can now be introduced to your team. **This age group is based heavily on technical training.**

We need to create:

- Players who can move on and off of the ball.
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?

Under 13

Philosophy: Player Development

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface (inside and outside of foot).
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on

These players **MUST** be able to perform the basic techniques under the pressure of opponents. Passing and receiving of the ball, under pressure, should be one of our main areas of concentration. Limit space and time to help increase speed of play. Continue fast footwork and coerver: Opponents must be introduced on a regular basis.

Tactical:

- Role of 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
- Role of 2nd attacker: Give support to the 1st attacker. Keep possession of the ball and combine with teammates to penetrate the defense.
- Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack.
- Role of the 2nd defender: Give support to the pressuring defender. Deny penetration of the ball.
- Combination play: Wall pass, overlapping runs, double pass, takeovers

The introduction of tactical awareness is now economically incorporated into your training sessions. An attacking mentality must be established. Allow players to be creative and make mistakes. The introduction of some group concepts can now be introduced to your team. **This age group is still based heavily on technical training.**

We need to create:

- Players who can move on and off of the ball.
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?
- Players who have great tactical speed.
- Players who can play in transition.

Under 14

Philosophy: Player Development

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on

Players at this age group must be able to keep possession of the ball under pressure. They must also be able to recognize the right time to keep possession and when to go forward and penetrate the defense. Movement with and without the ball becomes increasingly important at these upcoming age groups. Players must also be able to finish from a variety of angles and positions under pressure.

Tactical:

- Role of 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
- Role of 2nd attacker: Give support to the 1st attacker. Keep possession of the ball and combine with teammates to penetrate the defense.
- Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack.
- Role of the 2nd defender: Give support to the pressuring defender. Deny penetration of the ball.
- Combination play: Wall pass, overlapping runs, double pass, and takeovers
- Transition play: Players must understand their roles when the ball is won and when the ball is lost. What do I do with the ball when I win it? What do I do, where do I go when the ball is lost?

This age group is still based heavily on technical training, but there is a gradual transition from technical training to individual and group tactical training. An attacking mentality must be established. Allow player to be creative and make mistakes. The introduction of some group concepts can now be introduced to your team.

We need to create:

- Players who can move on and off of the ball.
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?
- Players who have great tactical speed.
- Players who can play in transition.

Under 15

Philosophy: Player Development

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on

Limit time and space for these players as to improve their speed of play both physically and mentally. Goal scorer's mentality must be maintained for these players. Put them into situations in which they feel comfortable scoring and taking on defenders.

Combination play: Wall pass, overlap, double pass, and three man combinations should be emphasized.

Tactical:

- Role of 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
- Role of 2nd attacker: Give support to the 1st attacker. Keep possession of the ball and combine with teammates to penetrate the defense.
- Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack.
- Role of the 2nd defender: Give support to the pressuring defender. Deny penetration of the ball.
- Combination play: Wall pass, overlapping runs, double pass, and takeovers
- Transition play: players must understand their roles when the ball is won and when the ball is lost. what do I do with the ball when I win it? What do I do, where do I go when the ball is lost.
- Role of the 3rd attacker: Unbalance the defense, with an emphasis on mobility.
- Role of the 3rd defender: Team shape and balance

Individual and group training must be perfected before team tactical training can be introduced. An introduction of the roles of the third attacker and defender should be incorporated.

An attacking mentality must be established. Allow player to be creative and make mistakes. The introduction of some team concepts can now be introduced. Players should be put into competitive situations as much as possible. Small-sided games and/or tournaments will help to improve the psychological component of the game (competitiveness). Put players into goal scoring game like situations. Restrict players time and space in order to improve speed of play.

Keep team shape both offensively and defensively. Players should try to anticipate movements and read the game. Don't just play but think and make adjustments

We need to create:

- Players who can move on and off of the ball (mobility).
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?
- Players who have great tactical speed.
- Players who can play in transition.

Under 16

Philosophy: Player Development (Starting to become More Result Oriented)

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on
- Crossing & Finishing

Tactical:

- Role of 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
- Role of 2nd attacker: Give support to the 1st attacker. Keep possession of the ball and combine with teammates to penetrate the defense.
- Role of the 3rd attacker: Unbalance the defense (Mobility)
- Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack.
- Role of the 2nd defender: Give support to the pressuring defender. Deny penetration of the ball.
- Role of the 3rd defender: Maintain team shape, balance and compactness. Give support behind the defense.
- Combination play: Wall pass, overlapping runs, double pass, takeovers, and Three man combinations
- Transition play: Players must understand their roles when the ball is won and when the ball is lost. What do I do with the ball when I win it? What do I do, where do I go when the ball is lost?

Players should be put into competitive situations as much as possible. Small-sided games, and/or tournaments should be played to help improve the psychological component of the game (competitiveness). Put players into goal scoring game like situations. Restrict players time and space in order to improve speed of play. Keep team shape both offensively and defensively. Players should try to anticipate movements and read the game. Don't just play but think and make adjustments.

We need to create:

- Players who can move on and off of the ball.
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?
- Players who have great tactical speed.
- Players who can play in transition.
- Players who can keep possession of the ball

Under 17

Philosophy: Player Development (Becoming More Result Oriented)

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on
- Crossing & Finishing

Technical speed must be perfected by this age. Allow for creativity in the final third. Small-sided competitive games.

Tactical:

- Role of 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
 - Role of 2nd attacker: Give support to the 1st attacker. Keep possession of the ball and combine with teammates to penetrate the defense.
 - Role of the 3rd attacker: Unbalance the defense (Mobility)
 - Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack.
 - Role of the 2nd defender: Give support to the pressuring defender. Deny penetration of the ball.
 - Role of the 3rd defender: Maintain team shape, balance and compactness. Give support behind the defense. Communication
 - Combination play: Wall pass, overlapping runs, double pass, takeovers, and three man combinations.
 - Transition play: Players must understand their roles when the ball is won and when the ball is lost. What do I do with the ball when I win it? What do I do, where do I go when the ball is lost
-
- High pressure and low pressure defending
 - Man marking and zone marking
 - Functional training

The introduction of tactical awareness is now incorporated into your training sessions. An attacking mentality must be established. Allow player to be creative and make mistakes. The introduction of team concepts can now be introduced to your team.

Players should be put into competitive situations as much as possible. Small-sided games, and/or tournaments should be played to help improve the psychological component of the game (competitiveness). Put players into goal scoring game like

situations. Restrict players time and space in order to improve speed of play. Keep team shape both offensively and defensively. Players should try to anticipate movements and read the game. Don't just play but think and make adjustments.

We need to create:

- Players who can move on and off of the ball.
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?
- Players who have great tactical speed.
- Players who can play in transition.
- Players who can keep possession of the ball.

Under 18

Philosophy: Player Development (More of a Result Oriented Team)

Technical:

- Dribbling: Moves to beat an opponent, changing speed, changing direction, balance/body control, and foot speed.
- Passing: Pace, accuracy, vision, and surface.
- Receiving: Quality of first touch and appropriate technique
- Finishing: Proper contact/surface and accuracy over power
- Heading: For clearance and to goal
- Turning: Turning with and without a man on
- Crossing & Finishing

Technical speed must be perfected by this age. Allow for creativity in the final third. Small-sided competitive games.

Tactical:

- Role of 1st attacker: Keep possession of the ball. Penetrate the defense by dribbling, passing, or shooting the ball.
 - Role of 2nd attacker: Give support to the 1st attacker. Keep possession of the ball and combine with teammates to penetrate the defense.
 - Role of the 3rd attacker: Unbalance the defense
 - Role of the 1st defender: Apply immediate pressure to the ball. Deny penetration of the ball, delay, win the ball and start the attack.
 - Role of the 2nd defender: Give support to the pressuring defender. Deny penetration of the ball.
 - Role of the 3rd defender: Maintain team shape, balance and compactness. Give support behind the defense
 - Combination play: Wall pass, overlapping runs, double pass, takeovers, and three man combinations.
 - Transition play: Players must understand their roles when the ball is won and when the ball is lost. What do I do with the ball when I win it? What do I do, where do I go when the ball is lost
-
- High pressure and low pressure defending
 - Man marking and zone marking
 - Functional training

The introduction of tactical awareness is now incorporated into your training sessions. An attacking mentality must be established. Allow player to be creative and make mistakes. The introduction of team concepts can now be introduced to your team.

Players should be put into competitive situations as much as possible. Small-sided games, and/or tournaments should be played to help improve the psychological component of the game (competitiveness). Put players into goal scoring game like

situations. Restrict players time and space in order to improve speed of play. Keep team shape both offensively and defensively. Players should try to anticipate movements and read the game. Don't just play but think and make adjustments.

We need to create:

- Players who can move on and off of the ball.
- Players who can finish. Natural goal scorers.
- Players with great technical speed. Can they play under pressure?
- Players who have great tactical speed.
- Players who can play in transition.
- Players who can keep possession of the ball under pressure