

## Recreation Coach Course materials. September 13, 2003

This information is entirely a direct quote from the IYSA Recreation Coaching Certificate course taught at Pike Soccer Club, Northwestway Park, Indianapolis, on 9/13/03. Please credit Vince Ganzberg, IYSA Director of Coaching and Player Development, on any reprints or posting. Please check the IYSA web site Coaching Education page for upcoming coaching courses and clinics.

The purpose of the RCC course is to provide beginning coaches a basic understanding of:

- The game of soccer
- The role of the coach in soccer
- To provide a basic understanding of the methodology of coaching in soccer
- Show how to organize a training session
- To provide a visual introduction to the basic techniques used in the game of soccer
- To present activities (not drills!) to use when teaching technique in a training session
- To show a model training session with players
- To provide information on safety and prevention

It is the goal of the IYSA coaching education staff to ease the beginning coaches' minds of: the game, the knowledge to organize an effective training session, and an improved confidence when taking the field for the season with your players. Good luck this season and with your experience in coaching children in the game of soccer.

### The Game

#### What is it?

- A competitive game-made difficult by the opponent.
- It is a game that has rules.
- Free Flowing-not scripted
- Players meet the demands of the game, **not the coach**
- It is a game played by players, made complicated by coaches

### Coaching

#### What am I doing?

- When you are coaching, you are teaching!
- It is the ability to take players somewhere new!
- You are a facilitator of games and activities!
- You are a role model!

#### Philosophy for the coaching the youth soccer player:

- Focus-should be on developing an enthusiasm for the game!
- Focus-should be on developing the player first, then the team!
- Focus-should be on providing a safe environment for the players-BE POSITIVE!!
- Focus-should be more of being a **“guide on the side”**, rather than the **“sage on the stage”**.
- Focus-should be to put the players in an environment where **they** are making the decisions!

## **Bill of Rights for Young Athletes**

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- Right to participate at a level commensurate with each child's maturity & ability.
- Right to have qualified adult leadership.
- Right to play as a child and not as an adult.
- Right of children to share in the leadership & decision making of their sport participation.
- Right to participate in a safe & health environments.
- Right to proper preparation for participation in sport.
- Right to have an equal opportunity to strive for success.
- Right to be treated with dignity.
- Right to have FUN in sport.

### **Role of the Coach**

- As a facilitator
- Set up conditions and environment for learning
- Players need to have fun and receive positive feedback
- Coach must be enthusiastic
- Practice should be about learning and enjoyment
- Activities geared for success

### **How do players learn?**

- Players learn by repetition
- Small bits of information at a time-one point at a time
- Players learn when we teach and don't talk!
- Players learn the game when we let them play it!
- No Lines, Lecture, or Laps!

### **Organizing a Training Session**

- Begin with the end in mind!
- Fail to prepare, prepare to fail!
- KISS Theory
- Have cones, vests, and balls already to go. Have flow to your training sessions.
- Have a specific focus for your training session-focus on that. Everything else is a bonus!
- Players need to be in motion during activities and games, don't use Drills!!!
- Activities need to relate to the game!

- Activities should be geared to their success as a player, not to develop a winning team!
- Activities should be geared for the players to make their own decisions
- Always end the training session with a game to two goals. Let them play!!
- Cool Down
- End with smiles ☺

## **Stages of a Training Session**

### **Fundamental Stage (20-25%)**

- Warm-up
- Create a specific theme for session. Warm-up should reflect the focus of session.
- Preparation for physical activity-include stretching to develop flexibility
- Mental preparation (focus and enthusiasm)
- With younger players U6-U8 years of age, include body awareness activities
- No pressure of an opponent space or time
- Work towards execution at top speed. Break a sweat!

### **Match Related Stages (50%)**

- Introduce pressure of an opponent, space, or time
- Incrementally add pressure of an opponent based upon the players' level of success.
- Go from Clarity to Reality or Simple to Complex
- Example of Simple activity-Maze Game
- Example of Complex-Target/Directional Game
- Can use restrictions such as mandatory two touch, can only play two touch, etc.
- Can change what coach wants by adjusting:
  - Size of space
  - Number of players
  - Time
  - Touch restriction
  - Number of goals
  - Number of balls
- Should use 2-3 Match related activities

### **Match Condition Stage (25-30%)**

- This is the part where the players play the game!
- Play to two goals
- The smaller numbers-the clearer the teaching point
- No restrictions
- Observe first, then correct
- Stop to make point that reflects topic of training, but avoid talking. They don't come to hear the coach talk!
- Let them play-step off to the side and be a guide!

### **Cool Down (5%)**

- Stretch and permit players to cool down
- Don't forget upper body
- Use time positively-do something fun!

# Practice Planner

**Date:**

**Focus of Session:**

**Equipment Needed:**

## Warm-up

**Description**

1)

2)

**Diagrams**

## Match Related

**Description**

1)

2)

3)

## Match Condition

**Description**

**Should be the game!**

## Techniques

- Involves all skills of the game
- Biomechanics of a skill
- Progress by teaching motions with/without ball then add movement and pressure
- Technique vs. Skill
  - Technique is taught
  - Skill is acquired

### Techniques:

**Dribbling-Coaching Points:** Control of ball and body, Head up (awareness), Bent knees (balance), change of direction, feints, change of pace, Body between ball and opponent (shielding), Sideways stance of body (shielding), Use of arms for balance and to make space, Bravery!

**Passing- Coaching Points:** Approach to ball, Ankle locked, toe point up, strike middle of ball (shorter passing), strike ball at angle for longer passing, strike bottom half of ball for longer passing, placement of non-kicking foot for short passing and long passing, head steady, eye contact.

*Receiving-*

**Receiving-Coaching Points:** First touch and importance of cushioning ball, take a touch away from pressure, first touch sets up 2nd touch, get in line with the ball, select controlling surface early, open body up to see as much of field as possible, read the path of the ball, keep ball moving-don't stop ball.

**Heading- Coaching Points:** Use top of forehead (hairline) to contact ball, Neck should be firm on contacting the ball, Keep eyes open, Head is moved forward-not up and down, Follow thru, Arms and elbows up for protection and thrust. Attacking-Head top half of ball and low, Defending-Head high, far, and away!

**Crossing- Coaching points:** Preparation of ball, placement of non-striking foot, Striking foot is slightly bent (like a wedge), hips and shoulders face target, Eyes on ball, Strike ball with laces, land on striking foot.

**Finishing- Coaching Points:** Toe down, ankle locked, head, chest, and knee over ball, head is steady, strike top half-center of ball, land on striking foot, placement of non-striking foot, hit the target.

## Prevention and Care of Soccer Injuries

### I. Basic Concepts

- The first line of defense in the treatment of soccer injuries is to prevent them. This is accomplished by a well organized program, a proper warm-up, and adherence to the Laws of the Game. **ALWAYS ERR ON THE SIDE OF CAUTION!**
- Proper equipment (shin guards, appropriate/tied shoes, no jewelry, appropriate uniform)
- Upkeep and monitoring of playing surface
- Ample water supply and breaks.

- Prior knowledge of existing conditions (asthma, sprains, etc.)
- If a player is injured, inform parents and follow-up within 48 hours.
- Keep a First-Aid kit accessible
- Have medical release forms, information forms and treatment forms signed by parents for each player.

## II. Basic First Aid Information

-**R.I.C.E.**-Rest, Ice, Compression, Elevation

-Strains are the stretching of tendon or muscle fibers, recommended treatment: **R.I.C.E.**

-Sprains are the stretching of ligaments, recommended treatment: R.I.C.E.

-Dislocations and Fractures involve deformation or breaking of bones, recommended treatment: seek medical treatment **Immediately.**

-Cramps are a result of an insufficient flow of blood to the muscle and can be caused by a blow to the muscle, insufficient consumption of fluids, poor diet or fatigue. Recommended treatment: massage and stretch

-Heat Exhaustion is exhibited by signs of weakness, pale skin, cold and clammy skin, pupils slightly dilated, and a rapid pulse. Recommended treatment: remove from the game immediately, lie down in a cool or shaded area, give plenty of liquids and if improvement is minimal, should see a doctor.

-Heat Stroke is a life-threatening situation where the body has lost a significant amount of fluid and salt. Exhibited by high body temperature, hot to the touch, dry and flushed skin, strong rapid pulse, and player is dizzy and weak. Recommended treatment: give a cold bath (pouring ice water over body) and give plenty of cold fluids, get to medical care immediately.

-Blisters are often caused by poor fitting footwear, usually shoes that are too big (so the player can "grow into them") and/or wet, causing excessive rubbing against the skin. Recommended treatment: apply adhesive tape to the reddened area and do not use gauze (the sore will rub against the tape rather than the skin.)

-Concussions are caused by a blow to the head and are mild bruising of brain tissue. Recommended treatment: get player checked immediately by a physician.

## II. Rules of thumb when handling injuries

- When an accident occurs, stop all activity.
- Look for any deformity, discoloration, bleeding or shock.
- Ask questions. Have the player explain where it hurts.
- Stay calm, inspire confidence and reassurance in the injured player
- Don't move the player if the injury looks serious.
- Seek professional help when appropriate

## **Team Administration and Risk Management**

Team administration includes more than just the players. The real "Team" includes the players, parents, and coaches. As the coach your role is to organize and involve the parents by giving as many of them as possible a role. They can be responsible for the team phone tree, uniforms, water, transportation, etc. It is important to have a meeting at the start of the season to assign these roles as well as to communicate a philosophy and determine all developmental goals for the season. With this accomplished the coach can concentrate on coaching.

Risk Management is a program to promote health, safety and protection of the children in the game of soccer. It is important to designate one person involved in your association to be responsible for managing risk as well as communicating with the state association in all matters regarding the safety of the kids. Accepting a coaching position means accepting responsibilities. Here are a few important points to remember:

- Never** leave a player alone after training or games.
- Be certain that players depart with their parents or designated individuals.
- Avoid being left alone with players who are not your children.

## **TEN MOST FREQUENTLY LISTED REASONS FOR PARTICIPATING IN SOCCER**

### **BOYS**

1. To have fun
2. For the excitement of competition
3. To improve my skills
4. To get exercise
5. For the challenge of competition
6. To stay in shape
7. To do something that I am good at
8. To be a part of a team
9. To win
10. To learn new skills

### **GIRLS**

1. To stay in shape
2. To have fun
3. For the excitement of competition
4. To get exercise
5. To do something I am good at
6. To compete at a higher level
7. To be a part of a team
8. To improve my skills
9. For the team spirit
10. To meet new friends

## **TEN MOST FREQUENTLY LISTED REASONS FOR DROPPING OUT OF SOCCER**

Listed according to mean importance

### **BOYS**

1. I was no longer interested
2. It was no longer fun
3. I was tired of playing and practicing
4. This sport conflicted with other sports
5. Practices and games were boring
6. My coach was a poor teacher
7. I wanted to do other non-school activities
8. Coach only played his/her favorites
9. I did not like the coach
10. Too much emphasis was placed on winning

### **GIRLS**

1. I was no longer interested
2. It was no longer fun
3. I wanted to do other non-school Activities
4. This sport conflicted with other Sports
5. I was tired of playing and Practicing
6. Required too much time
7. Practices and games were boring
8. My coach was a poor teacher
9. There was too much pressure
10. I never felt like I belonged with the team



## The Youth Soccer Coach Mike Berticelli

You donate your time for the good of our youth,  
But you scream and you yell and are often uncouth.

The ref is just twelve and still learning the game,  
But you call him a jerk and say he's not sane.

The parents are screaming and follow your lead,  
As you sprint up the sideline at uncontrollable speed.

You jump as you yell-"Pass, pass the ball!"  
You turn red as you bellow-"Ref, make the darn call!"

"You're the left back, get in your position,  
If you don't we might lose and ruin our tradition!"

Positions are needed so we look like a team,  
'Cause they're miniature pros, or so it does seem.

The fullback is bored, he picks at his nose,  
While the others run wild and kick with their toes.

You scream for a goal, no matter how it goes in,  
The skill doesn't matter, just as long as we win!

The parents go crazy as the ball nears the goal,  
Their advice and instructions will soon take their toll.

You see, "Junior" feels pressure, he's not having much fun,  
We tell him to pass, when to shoot, and to run.

He came here to play and to use his own mind,  
'Cause soccer's the most creative game that you'll find.

Imagination is needed on the part of each child,  
Solving problems on the field is what makes them go wild.

A week of long practice, while just standing in line,  
Waiting to shoot, just using one ball at a time.

This just doesn't cut it, and for some it is too late,  
Make your practices fun, don't be the coach that they hate.

They come to "play" soccer, not to work at the game,  
Their excitement is something we don't want to tame.

Maradona had moves that are beyond comprehension,  
No coach taught those moves while threatening detention!

He learned from his friends, and tried copying others,  
While playing in games, without coaches and mothers.

Soccer is different, not like baseball at all,  
We don't need positions, just give them the ball.

They, first must learn skill, it's the meat of the game,  
If they can't dribble or shoot, then who should we blame?

Skill must be learned through repeated trials,  
If motivation is present you will see them run miles.

'Fun games' are the answer to encourage repetition,  
They laugh and they scream and enjoy competition.

Without the skill to dribble past an opponent at will,  
Your players may win, but their growth will stand still.

I dream of the day when the parents just cheer,  
And losing the game doesn't bring out a tear.

When practice is fun, not dull and so boring,  
And playing the game means more than just scoring.

I know you mean well, and you donate your time,  
But bury your ego, and try something sublime.

Call all the parents, and ask for their aid,  
You're teaching their kids and not getting paid.

Your goal's to develop a youngster with skill,  
Not a team that must win, or some fancy new drill!

You see players are not judged by their wins and their losses,  
Instead they are judged by their shots, heads, or crosses!

Scholarships are given to players with great names,  
Not to those who played on youth teams who never lost games.  
A pro player gets paid 'cause his skills are real fine,  
Not because his team never lost when he was nine.  
It's time to bring soccer to new heights in this nation,  
The future's in players, not a coaching citation!  
Let's start to say 'dribble' and stop yelling 'Pass!'  
You'll then see players go to the head of the class.

I hope you're concerned, but not really offended,  
It's the need for more skill that I have defended.

You're giving your all, from the good of your heart,  
Why not make sure the kids get the right start?

This poem was written by Mike Berticelli. Former Notre Dame soccer coach, NSCAA Director of Coaching, mentor and good friend. As he now rests peacefully in heaven, his vision and goals are shared by many who believe that American youth soccer can go to a new level.