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COACHING
.com



Grassrootscoaching.com

has been designed as the ultimate online grassroots coaching resource. There are hundreds of interactive 4D animated training drills that are searchable by skill and technique requirement and are age group specific. There is also a searchable, comprehensive, interactive library of football coaching information to aid coaches development and player improvement along with the "Coaches Chalkboard" which enables a coach to design their own portfolio of soccer coaching drills, set plays and tactics.

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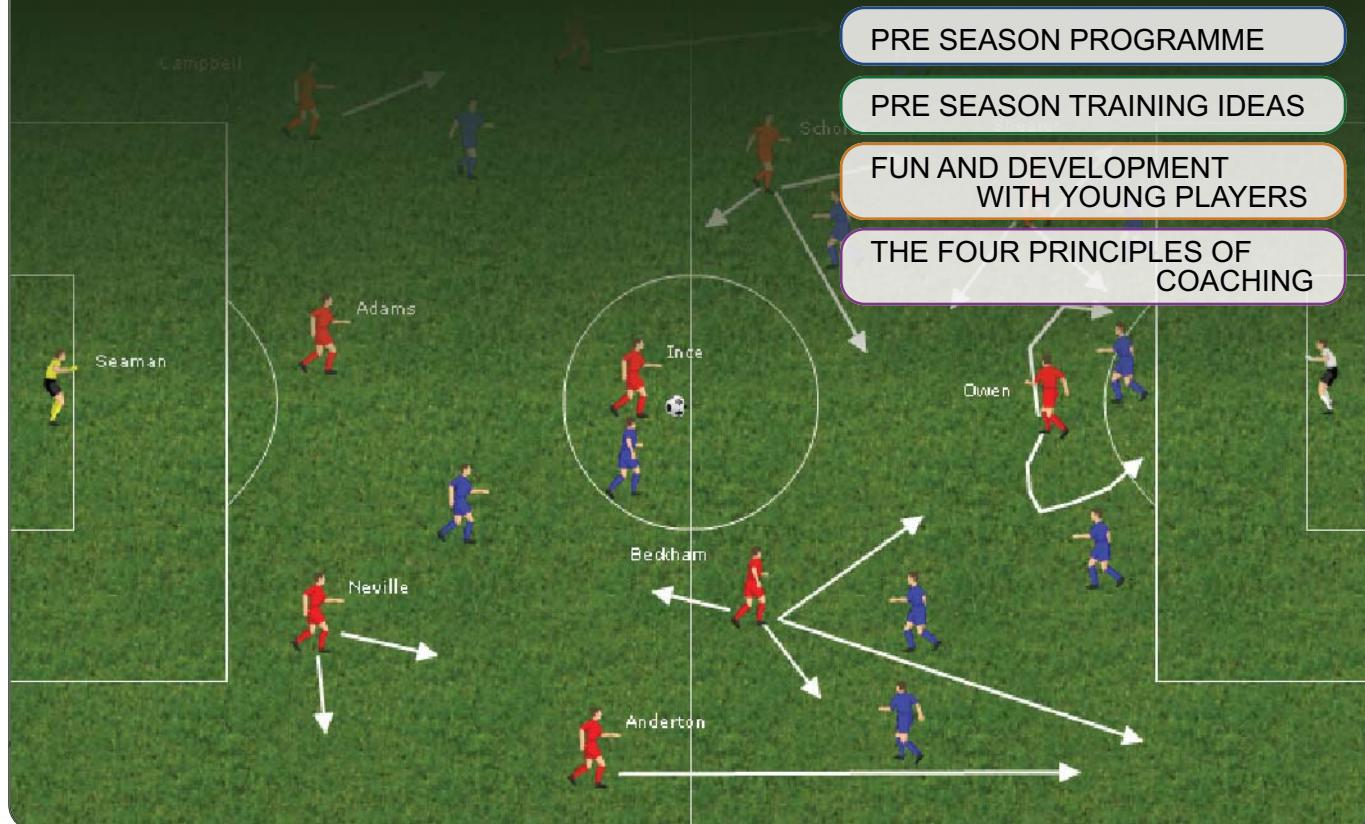
FREE Coaching Magazine

PRE SEASON PROGRAMME

PRE SEASON TRAINING IDEAS

FUN AND DEVELOPMENT
WITH YOUNG PLAYERS

THE FOUR PRINCIPLES OF
COACHING



4D animated training drills

1

The following drill is a graphical example of a progressive drill designed to help passing, turning, support and movement. To see the interactive 4D animated drill, take the FREE TOUR at www.grassrootscoaching.com:

Name

Develop Play through central areas

Purpose

Drill to encourage passing, support, turning and switching play through a central player.



Structure

30 x 30 meter area has a central grid of 10 x 10 that only the central link player can play in. The other attackers and defenders must stay out of this area. Objective is to keep possession and whenever possible play through the central link player, who must look to turn and switch to free players



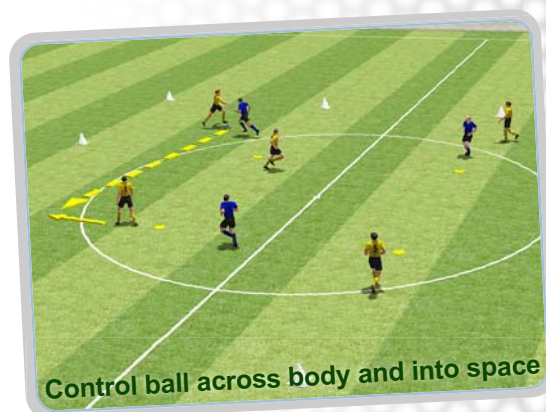
Progressions

Condition all attacking players to a maximum of two touches



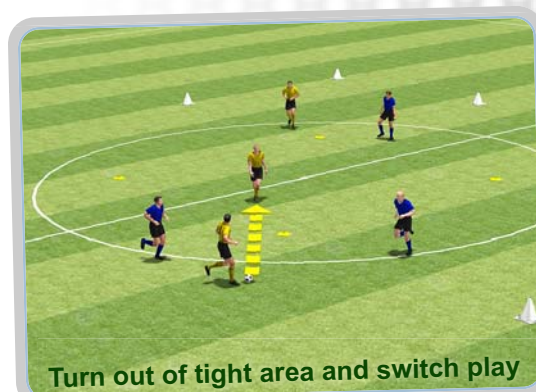
Set Up

Use cones to mark out area
Area minimum of 30 x 30 meters.
Area has a defined 10 x 10 central grid area.
Supply of balls
Bibs



Coaching Tips

1. Link player to create space to receive the ball
2. Create good angles
3. Get on half turn and receive with back foot
4. Control away from defenders and into space
5. Good communication
6. Good movement to help passer
7. Head up and accurate passing



"Great coaching resource. I use many of the drills when coaching at all levels at West Ham academy"

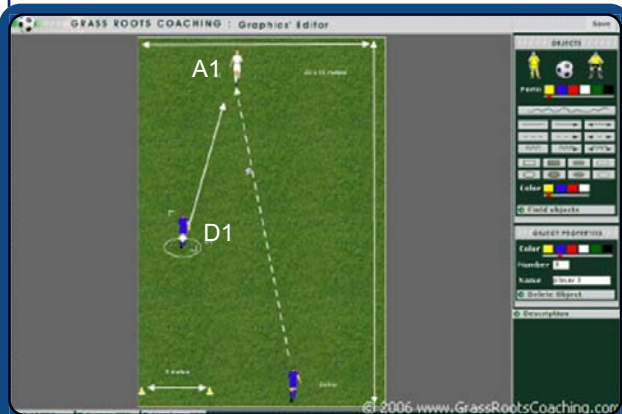
Mark Newson - West Ham United U16 Academy Coach

1

The following drill has been designed using "Coaches Chalkboard". Coaches Chalkboard allows you to select the type of pitch or training area, animate the players movement, add equipment, goals, cones etc. By animating the players, using connecting lines and arrows and the text editor, your team will be able to visually see and fully understand exactly what you want them to, be it as team or as an individual. The following is a defensive drill that features in the F.A. Level 2 practical coaching curriculum. It is technical drill designed to develop 1 v 1 defending.

Name

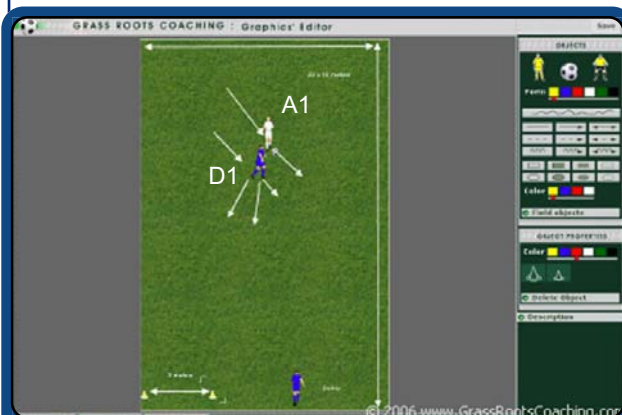
Defending - 1 V 1 forcing play down the line



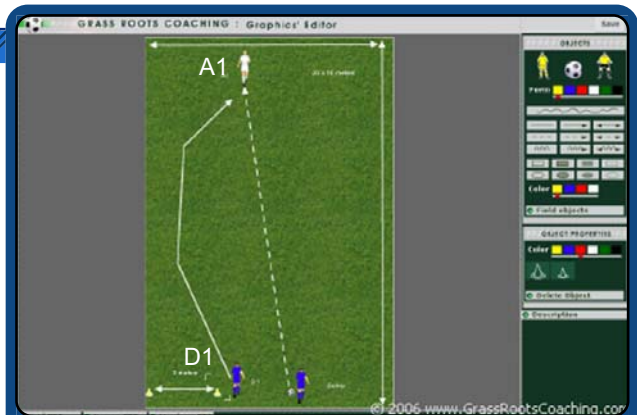
Defending - forcing play down the line # 2
 1. Angle of run - cut the line off and stop A1 dribbling or passing towards the coned goal.
 2. Be balanced and under control as the defender gets closer to A1

Organisation

- Area 30 x 10 meters.
- Server with a supply of balls
- Attacker and defender
- Coned goal of three meters wide in one corner of the grid



Defending - forcing play down the line # 4
 1. Keep body between player and goal, be sideways on. Show attacker across the grid and away from the coned goal.



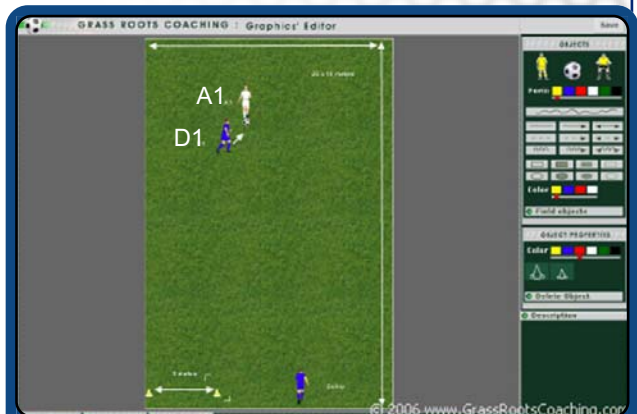
Defending - forcing play down the line # 1
 1. Speed of approach - make the ground up quickly as the ball travels

Description

Server passes the ball to A1. A1 must try and dribble the ball between the two cones at the opposite end of the grid. D1 must try and prevent A1 from doing this by forcing A1 down the line and away from the goal.

Purpose

To improve one on one defending and forcing the attacker down the line and away from the goal.



Defending - forcing play down the line # 3
 1. Sideways body position to force A1 inside and away from the goal as ball travels needs taking out
 2. Keep low, watch the ball and be patient.
 3. Feint to tackle, do not dive in.

Key Factors

- Speed of approach - make the ground up quickly as the ball travels.
- Angle of run - cut the line off and stop A1 dribbling or passing towards the coned goal.
- Be balanced and under control as the defender gets closer to A1
- Sideways body position to force A1 inside and away from the goal
- Keep low, watch the ball and be patient.
- Feint to tackle, do not dive in.
- Keep body between player and goal, be sideways, show across the grid and away from the coned goal

PRE SEASON PROGRAMME

1 Age of the players:

Children grow at different rates and in a group of 10 year-olds some players might be significantly taller or heavier than others. Inevitably such differences will have a great influence on a child's ability to develop football techniques and skills. For example, the co-ordination difficulties that puberty causes in boys aged between 10 - 14, with legs and arms growing out of kilter with the rest of their bodies and the difficulties associated with growth spurts can cause some players to appear clumsy, uncoordinated and awkward.



There can be as much as a four year difference in physical maturity in young people of the same age. Football tends to highlight these differences because of the emphasis on the way football is structured by age and age group reliability for team competitions, for example, Under-10s, Under-12s

It is important that as coaches, we organise our groups when coaching, to take into account the ability and size differences amongst players of similar age. For some technical, less physical practices you might consider grouping by ability, for example, dribbling and ball control skills and techniques. For other more physical training activities such as running and physical fitness games, defending and 1 v 1 and 2 v 2 the groups should be determined by the size and physical fitness of the players

2 Strength in young players

As young players will have not reached adolescence and have immature bodies, with weaker muscles and bones, it is important that they should not be subjected to intensive strength training. A sensible amount of training using the players own body weight, such as sit ups and press ups can have a beneficial effect on the blood supply and development of muscles. But in these young players, weight training should never be used as it can do a lot more harm than good, as in growing children, the growth areas at the end of long bones (such as those in the upper and lower leg) and around joints can be damaged by excessive stress and strain, and growth can be impaired.



"I coach children for a living and it's difficult to constantly come up with new ideas. Grassrootscoaching has been a real bonus. I can search by age and skill category and find loads of different, innovative drills and watch them in superb animation. I am also taking my UEFA "B" Coaching license and the Coaches Chalkboard has really helped me plan and understand the coaching assignments"

Richard Hutchins - York

PRE SEASON PROGRAMME

3 Flexibility in young players

Believe it or not, after the age of ten, children begin to lose flexibility. Therefore it is important that the players develop good habits with regards to their warm-up and cool-down habits and attitudes as stretching and mobility exercises can help maintain this flexibility.

Before undertaking stretching exercises to develop or maintain flexibility, it is important for the muscles to be warm and general body movements are useful to prepare for stretching. Flexibility in players is defined as the range of movement around a joint (eg the hips); mobility is concerned with a player's general ability to co-ordinate forward, backward and sideways body movements, which are crucial for soccer players.

For example, wind milling arm circle movements are mobility rather than flexibility exercises, whereas upper leg stretches, such as hamstring stretches should promote better flexibility around the hip joint. Increases in flexibility around the hips should improve a player's general mobility in that part of the body, allowing them to twist and turn more effectively.

BE REALISTIC ABOUT PLAYERS WORKLOADS

Related coaching practices can be highly anaerobic, players will need stops in play to be coached and to recover. Use this time cleverly, not only to let the players rest and rehydrate, but to make coaching points, both to the group and to individuals.

4 Young Players and exercise

As children start to play football their need for energy grows. To meet this need, oxygen supply to the blood and blood supply to the muscles must improve. Children breathe more quickly but less deeply than adults and extract oxygen less effectively. Because of this, young children (6-12 years) must work harder than adolescents or adults to provide the oxygen their muscles require when playing football. Therefore as responsible coaches you must consider this when planning or implementing any training routines and provide plenty of rest and recovery periods.

5 Physical Training

Aerobic energy is the term used when oxygen is the main energy source for the body. Players rely on oxygen as a major source of energy since it enables them to maintain constant activity. Before adolescence, children get a higher proportion of their energy from their aerobic energy system than adults.

Moderate continuous exercise (e.g. small-sided games) can improve young players' aerobic energy systems and enable them to sustain longer periods of activity before fatigue sets in. However, this improvement is governed by each child's physiological maturity and only after puberty will children become more efficient in their use of aerobic energy.



"I have recently started coaching a ladies team. I have also just qualified as a Level 2 coach. The animated drills and coaching information have helped me greatly with some new ideas to coach the ladies. Coaches chalkboard helped me a great deal when planning sessions for the Level 2 coaching award"

Alex Campbell - Chichester Ladies

PRE SEASON PROGRAMME

As a guide, coaching sessions should last between 45 and 60 minutes for children below the age of twelve, and approximately 90 minutes with older children (12-15 years). Within sessions, periods of long physical activity (e.g. small-sided games) should last no longer than 25-35 minutes and should still allow sufficient time for drinks and recovery periods.

Below the age of 12, players should play and practice for no more than three football sessions per week (e.g. two practice sessions and one game), with the emphasis on personal development, not team success.

To improve flexibility through stretching, coaches should ensure players:

- Have a good warm-up routine including mobility exercises before starting a stretching routine
- Pay specific attention to stretch the muscles which are involved in football, hamstrings (back of thighs), calf muscles (below the back of the knee), quadriceps (main thigh kicking muscles) and abductor (inside of thigh)
- Use static stretches not bouncy stretching (i.e. eases into each stretch to a point of mild tension and then holds for 15 seconds). Pain is a sign of overstretching
- Stretching should be always be kept within the control of the player.
- Under no circumstances should external force on the player, such as the coach other player or parent, be applied.

Static stretching is a vital factor in improved flexibility in young players. This form of stretching involves a slow sustained movement in which a muscle is lengthened and then held in position for 15-20 seconds. Each stretch should be repeated 2-3 times, and stretching should form part of a regular warm-up and cool-down routine.

Players might use the same stretches for their warm-up and cool-down but should hold stretches for longer in the cool-down, as long as there is no damage as a result of the game.

Coaches should remember that:

- Children do not have the physical ability to tolerate exercise as well as adults and do not understand their limitations
- Children need to breathe more often than adults and as a result they lose more water through their breath
- Children are more susceptible to both hot and cold environments
- Children get a higher proportion of energy from the aerobic system but their system is less efficient at extracting energy than adults
- Up to the ages of 10-12, boys and girls do not differ significantly in aerobic efficiency after puberty, boys generally have a higher aerobic capacity than girls
- Young children (6-10 years) work better at low intensity continuous exercise (up to 30-40 minutes duration) and this should be taken into consideration when considering pre season training programmes.
- Take into account the weather conditions. The hotter it is the more breaks players need and the more fluids they need to consume. Try and find a shaded area for the rest and recovery periods.

MAKE

TRAINING REALISTIC

Ensure that practices are realistic and reflect the conditions that players are likely to encounter in games. Make sure defenders defend properly and take positions on the pitch that are realistic and in relation to where the ball is.

"As a parent who has recently given up playing football to coach my sons, I was looking for all the help I could get. I certainly found it with grassrootscoaching.com. Invaluable. Cheap at half the price. Well done"

Dave Baker - Pagham U11 Coach

PRE SEASON PROGRAMME

6 Aerobic fitness

Aerobic fitness determines the level at which a player can use oxygen to perform an activity. Basically the better aerobic fitness a player has, the longer they can continue to run around the pitch. Aerobic training will increase the level at which this fatigue takes place, and will make the heart and lungs more efficient for exercise.



7 Anaerobic

Anaerobic fitness determines the level at which a player can work at a high intensity. This usually means short bursts of activity, like sprinting. You are working at a level where your body cannot provide enough oxygen and your muscles need to get energy from glycogen. You can only work for a short time at this level before you get too fatigued and go into something called "oxygen debt". One effect of oxygen debt is the build up of lactic acid, which is felt when your legs for example, feel a burning sensation at the end of an intense long sprint. This lactic acid needs to be removed from muscles as quickly as possible and anaerobic training helps make your muscles more efficient at coping with lactic acid and better at removing waste products from muscles.

8 Soccer fitness

Soccer players need a combination of aerobic and anaerobic fitness due to the nature of the game and the fact that there is continuous movement with lots of short bursts of more intense activity. Some positions require higher levels of anaerobic fitness than others, some require more aerobic fitness. A midfielder or wingback, would have to run longer and at a more level pace and would therefore need a higher level of aerobic fitness, than say a striker who requires short, sharp, bursts of repeated running and requires more speed and anaerobic fitness.



It is therefore very important that the pre season training programmes contains elements of aerobic, anaerobic and soccer fitness. Much of this can be achieved through soccer drills, conditioned games and fun competitions. By using soccer drills and sessions a coach can improve aerobic fitness by conditioning the players to work for a longer period, but at a lower pace and intensity. For the same drill, the anaerobic fitness levels can be improved by shortening the length of time the players work and increasing the pace and intensity.

In addition, a coach needs to apply a fair degree of common sense and have an understanding of their player's fitness levels and requirements. For example, is it reasonable to expect a goalkeeper to have the same aerobic fitness levels and therefore be able to run as well as say a central midfield or wide midfield player, so should they do the same amount of aerobic work?

"I have a team of 10 coaches who coach children aged from 8 - 16. Grassrootscoaching has helped us all become better coaches. It also represents great value for money. Keep up the good work"

Dick Chawner - Maidstone Utd Development Manager

PRE SEASON TRAINING IDEAS

As a grassroots coach you will have limited access to your players, maybe twice a week for 1 to 1.5 hours. Therefore you must take into account their age, strength levels, development, existing fitness levels and be realistic about what you can achieve with regards to improving the fitness of your players. With the outlined programme below, younger players can work for shorter periods, run less time and distance and have more frequent and longer rest periods. Before players can start to develop their match sharpness and strength, they need to have a decent basic level of fitness. This can be done in a fun, innovative and enjoyable way, with a mixture of football fitness drills, games and competitions and fun running games. For the first couple of sessions be realistic about how hard the players work, provide plenty of rest periods; make sure there are plenty of fluids available. As the players fitness levels improve, you can increase the pace and intensity and reduce the rest periods.

Always start with a warm up, progress through the pre season training programme and finish with a cool down. With the football drills, you can start to introduce some technical coaching, such as accurate passing - technique, movement to create and find space - which is good for fitness and concentration levels.



The pre season programme outlined had been designed using Grassrootscoaching.com Coaching Chalkboard © The Coaching Chalkboard allows a coach to select the type of pitch or training area, animate the players movement, add equipment, goals, cones etc. By using connecting lines and arrows and the text editor a coach can design and build their own portfolio of soccer coaching drills, training sessions, set plays and tactical information. In addition, we have taken some graphics from our 4D animated drills to visually explain how the drills and sessions progress. If you would like to see more animated drills and coaching sessions, go to www.grassrootscoaching.com and take the FREE tour.

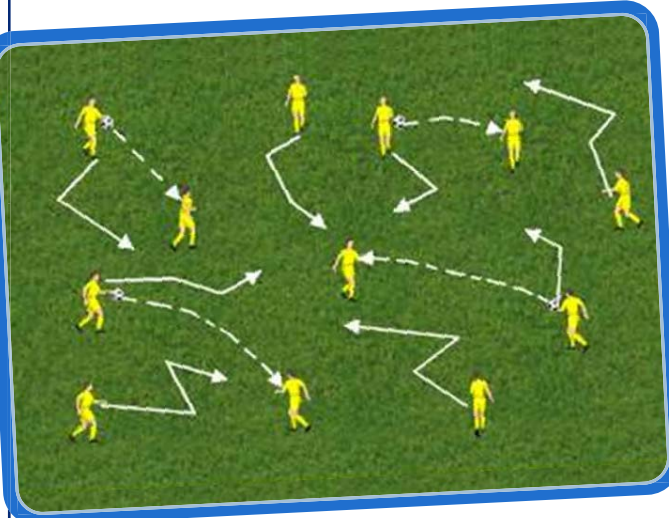
Pre season programme # 1

1 Throw and catch warm up #1

Warm up 10 - 15 minutes.

DESCRIPTION

Players are encouraged to be constantly jogging and moving around the area. The ball should be thrown, in various styles from player to player.



BODY LANGUAGE

Be very aware of your own body language. 80% of communication is non - verbal and players will very quickly pick up on negativity, disinterest or disapproval from your body language and this will be reflected in their own performance.

PURPOSE

A nice fun warm up designed to get the legs going , blood flowing and to get the players to concentrate and focus on the upcoming session.

ORGANISATION

Area to suit age and number of players. Ensure the area is big enough for players to run around easily without bumping into each other. There should be one ball to three players.

2 Throw and catch warm up #2

DESCRIPTION

Progress from the players just throwing the ball to each other to the players throwing the ball and moving quickly for the return. Once a player has completed a give and go, they throw the ball in the air for the next player to catch and then play another give and go. Players are encouraged to be constantly jogging and moving around the area.

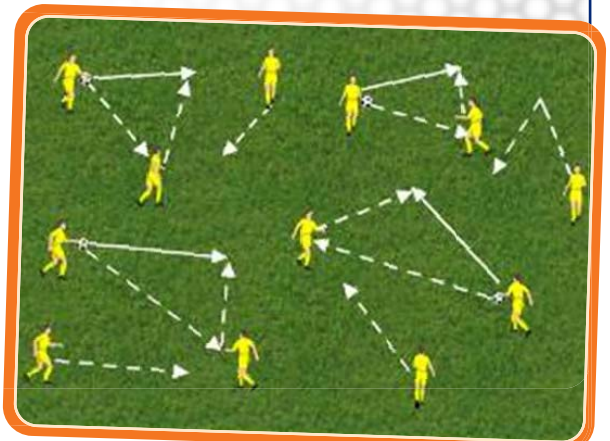
PURPOSE

A progression to increase the speed of movement and thought

ORGANISATION

Area to suit age and number of players. Ensure it is big enough for players to run around easily without bumping into each other. There should be one ball to three players.

- Plenty of main muscle group stretching, calves, hamstrings, abductors and quads
- Drink and rest 3 minutes



Pre season programme # 1

1 Power running with the ball

Duration: 25 - 35 minutes

SET UP

- Use cones to mark out area
- 20 meters from start to first gate
- 15 - 20 meters to first cone
- 20 - 25 meters to last cone
- Supply of balls

PURPOSE

Improves aerobic fitness and the technique of running with the ball.



COACHING TIPS

- Encourage quick running, head up, with the ball
- For increased fitness, condition the drill so the same player has to go twice or three times
- For younger players shorten the distance, but repeat two or three times
- This is a speed, endurance and power drill, so ensure that the quality of the running and turning is good.
- After drill; Drink and 5 minute rest and stretch.



FINISH SESSION WITH A FARTLEK

RUNNING SESSION TO IMPROVE AEROBIC FITNESS

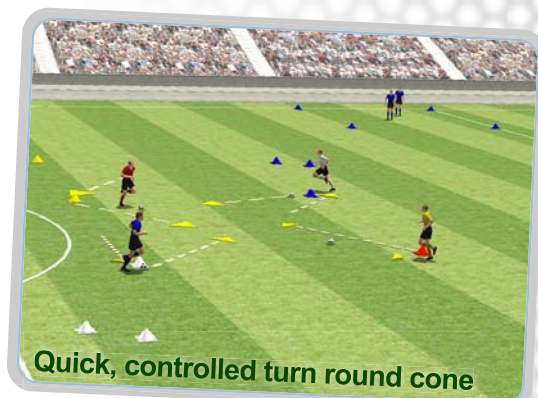
Fartlek running to improve aerobic fitness - 17 minutes - 2 minutes jogging, 2 minutes 3/4 pace running, 1 minute fast walk, 3 minutes 1/2 pace running, 1 minute slow jogging, 1 minute fast walking, 2 minutes 3/4 pace running, 1 minute slow jogging, 3 minutes 1/2 pace running, 1 minute fast walking

Cool down - 10 minutes drink and stretch main muscle groups.



STRUCTURE

- Team game. Four teams. Player has to run as quickly as possible, through gates.
- They must show composure, awareness and dribbling skills to avoid other players. Players must show acceleration to quickly do a U turn, back through traffic, run through gates and back to group.
- Either individual races or team competition.



PROGRESS SESSION TO A CONDITIONED GAME OF 20 - 30 MINUTES

Condition in the first half is that every player in the attacking team must be over the halfway line for the goal to count. If one of the defending team is left in the attacking half of the pitch, goal is counted double - this encourages the players to work hard and attack and defend as a team. Break halfway for drinks. Drink and 5 minute rest and stretch at end of game



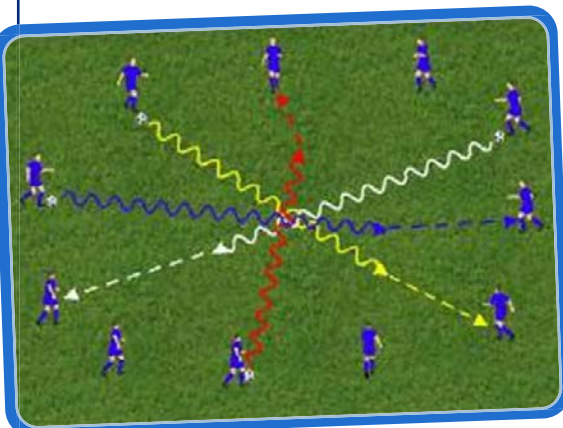
Pre season programme # 2

1 Clock coaching run and pass

Warm up 10 - 15 minutes.

DESCRIPTION

Players form a clock shape. Size is determined by the number of players, but for this warm up it needs to be at least 25 meters in diameter. Players run with the ball across the clock and when 5 meters away, pass the ball to a team mate on the outside of the clock. They then follow the ball and take the place of the team mate. Team mate, then runs with the ball across the clock. Repeat



PURPOSE

To warm the players up and improve the running of the ball and head up technique. To progress encourage the players to run in one direction and pass in another. Gradually increase the tempo and pace of the drill. Other progressions can include; 1. Changing direction when running with the ball: 2. Doing a turn with the ball: 3 Reverse pass with inside and outside of foot.

ORGANISATION

Clock size at least 25 meters across. Approximately 1 ball between 3 players. Players must keep the shape of the clock at all times

2 Clock coaching run and take over

DESCRIPTION

Players form a clock shape. Size is determined by the number of players, but for this warm up it needs to be at least 25 meters in diameter. Players run with the ball across the clock, when they are 5 meters away, team mate runs towards them and they do a take. Team mate, then runs with the ball across the clock. Repeat

PURPOSE

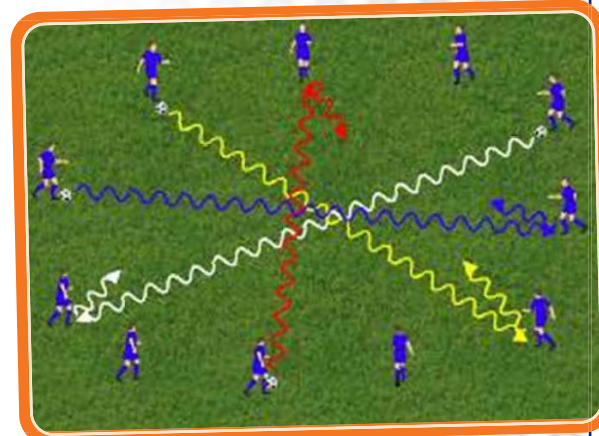
To warm the players up and improve the running of the ball head up technique and players taking the ball off each other. To progress encourage the player running with the ball to stop the ball with the sole of their foot, prior to the "take".

ORGANISATION

Clock size at least 25 meters across. Approximately 1 ball between 3 players. Players must keep the shape of the clock at all times.

KEY FACTORS:

- Good communication.
- Use the laces and keep toes pointed down, when running with the ball
- Players not to crash into each other.
- Run quickly with the ball and keep the head up
- Plenty of main muscle group stretching, calf muscles, hamstrings, abductors and quadriceps.
- Drink and rest 3 minutes



"Have really enjoying being a member of this site and have learnt a lot already, this includes using the drills in my own sessions"

Mark Jenkins - Marauder Soccer Camp - Clearwater Florida

Pre season programme # 2

2 Work as a pair to pressure the ball

Duration: 25 - 35 minutes

SET UP

- Area marked out with cones
- Plentiful supply of balls
- Bibs

PURPOSE

Fitness exercise to pressure and close the ball down in pairs. Develops quick sharp movement while under pressure and improves aerobic fitness levels.



STRUCTURE

Players form a clock shape. 2 defenders in the middle who stay there for a period of time. Objective is for the players on the outside of the clock to pass the ball between themselves and keep possession. Defenders must stay in the middle for a set period of time. Defenders must be encouraged to work hard to pressure the ball. Coach to return the ball quickly when a ball goes out of the clock area to ensure defenders work hard and develop fitness.



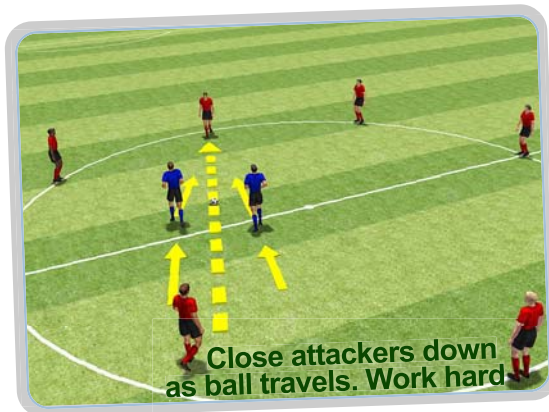
COACHING TIPS

- For quick sharp anaerobic fitness movement - make the clock smaller keep the pair in for a shorter period
- For stamina work - make the clock bigger and make timings longer
- Encourage the players to hunt the ball as a pair
- Pressure attackers as ball travels
- To develop passing skills, condition to two touch on the outside



PROGRESS SESSION TO A CONDITIONED GAME OF 20 -30 MINUTES

Condition in the first half is that there is a supply of balls near the coach. When the ball goes out of play, the coach can decide if a throw in or goal kick be taken, or they can pass the ball anywhere onto the pitch and the players then have to react and play. This condition ensures the players work harder in the game with fewer natural rest periods. Break halfway for drinks. Drink and 5 minute rest and stretch at end of game.



Cool down - 10 minutes drink and stretch main muscle groups.

"Many candidates on our coaching courses have found the Coaches Chalkboard invaluable for planning their practical coaching assignments"

Alan Walker - Head Coach Kent County FA

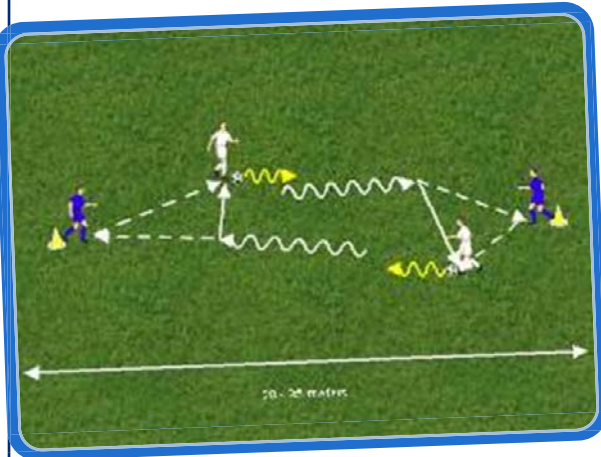
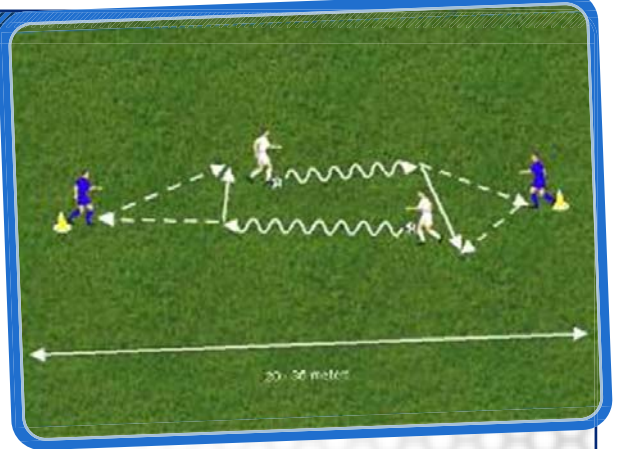
Pre season programme # 3

1 Pre season Drills

Warm up 15 minutes:

DESCRIPTION

Two players on cones 30 - 35 meters apart. Two players with footballs in the middle. Players in the middle run with the ball to players at the end. When they are 5 -10 meters or so away, they pass the ball and make an angle to receive the return pass. They turn, run with the ball and repeat at other end. Players stay in the middle for 1 minute, change, two minutes, change and then three minutes, change.



PURPOSE

To warm the players up, improve aerobic fitness and the techniques of running and turning with the ball.

ORGANISATION

Two cones. 4 x players. Two footballs.
 - Plenty of main muscle group stretching, calves, hamstrings, abductors and quads
 - Drink and rest 3 minutes

2 Pressurised man on man defending

Duration: 25 - 30 minutes

SET UP

- Pitch area 40 x 20 meters
- Target area 10 x 10 meters Play 3 v 3 on the pitch and target players in the target area.
- Rotate teams after set period, so that one group of 3 v3 + 2 targets are working, the other group is resting.
- Supply of balls dotted around the pitch and near target players, who act as servers when the ball goes out of play
- Cones
- Bibs

PURPOSE

A drill to develop pressurised man on man defensive skills where the defenders have to work very hard to defend. Improves general football fitness, sprinting, closing down and working hard as well as passing and movement skills. Vary the time the teams spend in the middle, depending on the fitness levels. This is hard work.

"Have really enjoying being a member of this site and have learnt a lot already, this includes using the drills in my own sessions"

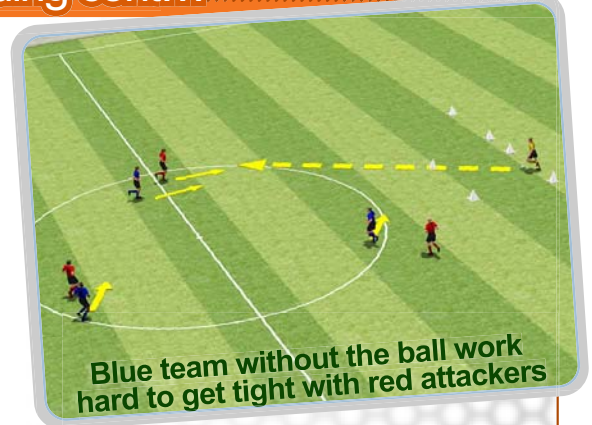
Mark Jenkins - Marauder Soccer Camp - Clearwater Florida

Pre season programme # 3

2 Pressurised man on man defending cont...

STRUCTURE

Play 3 v 3 in middle area. The defensive team play man on man defensive marking. Objective of the attacking team is for the team in possession to pass the ball into the target player as quickly as possible. Once they have achieved this, they keep possession, look to make space get the ball off the target player and pass into the opposite target player. Team in possession keep trying to get the ball from one target player to the other target player. Objective of the game is for the defensive team to work very hard, play man on man and stay tight with attackers, stay with runners and attempt to win possession back. If possession is won by defensive team, teams immediately swap roles.



COACHING TIPS

- Defenders play man on man with attackers
- Defenders to close the ball down whenever the ball is passed to their players
- Work hard to get tight - try and get the players head down - attempt to stop the ball being passed into target player
- Concentrate and stay with runners
- Keep low and be patient when closing down
- Good communication between defenders
- Mark tightly

PROGRESSION

- To make this game a real fitness work out for the defending team, have 3 or 4 rotating teams of 3 players and goalkeepers as the target players.
- Goalkeepers can use their hands to catch the ball.
- Ensure there is a supply of ball around the pitch and near the goalkeepers target area.
- Each defending team stays on the pitch for a given period - 2 or 3 minutes.
- Every time the ball goes out, it is returned quickly so the pressure is always on the defenders.
- Rotate attacking and defending team regularly
- Drill can be also be focussed on the attacking team. Coaching factors are quality of passing and movement, creating space and running off the ball.



PROGRESS SESSION TO A CONDITIONED GAME OF 20 -30 MINUTES

Conditioned game 20 - 30 minutes: Condition in the first half is that one team has two extra players, but are restricted to a maximum of two touches. Change around in the second half. This will encourage one team to pass and move with the restriction on the touches and the other team to work hard to defend. Break halfway for drinks. Drink and 5 minute rest and stretch at end of game.

Cool down - 10 minutes drink and stretch main muscle groups.

FUN AND DEVELOPMENT

A coach has a responsibility to put the health and safety and the development of their players in front of any personal aims or goals they may wish to attain. Unfortunately this is not always the case and many coaches focus on winning, wanting the best players, are jealous of other teams and coaches, even within their own club and the development of their own ego. But if a coach has an open mind and is willing to put the players first they can actually achieve a greater enjoyment, both for themselves and their players. There are some very simple methods of achieving this:



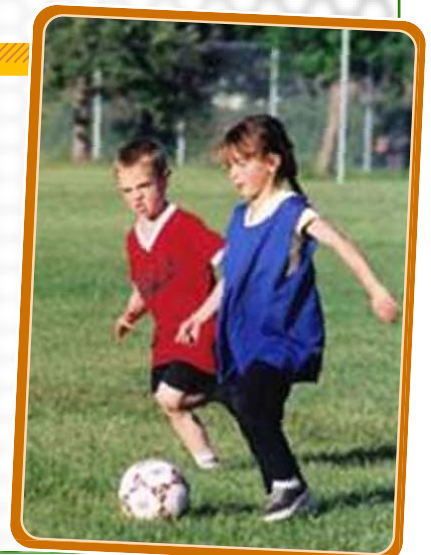
1 Attitude and organisation:



Ensure that everyone is involved, the young players, the coaches and the parents. Coaches can talk more to each other and learn new ideas, attitudes and advice. The children should be encouraged to work together, not just for themselves. Encourage different age groups to train together at times. Rotate players positions in training, so they can understand and learn different skills and have an appreciation of the requirements of other players in different positions. Encourage parents to play an active role. They can put the equipment out, be in charge of the water, field the balls, collect equipment after, listen to the debrief. All these simple things enable everyone to participate, appreciate and learn from each other. It forms a stronger WE.

2 Put fun, development and enjoyment before any thoughts of success or winning

- Ensure everyone plays. No favouritism towards the better players. All players should feel like they are an equal member of the team.
- All the age groups train at the same time and everyone helps each other. That way if one age group has too many players and another too few, the numbers can be equalled up. If one team has a lot of equipment, they can share with another team.
- Rotate the coaching. It is important that there is a degree of continuity with the players knowing who is their main coach. But sometimes a new and different voice and new ideas can bring new and fresh enthusiasm, for both the coach and the players.



"As an ex-player, I think the Grassrootscoaching.com is an excellent resource for coaching at any level. The 4D animated drills are fully interactive and great for quickly relaying the concept to the players. The chalkboard makes building up a new drill extremely easy and coaches can quickly get their new drill across. Throughout my career, I have seen many different video's, books and DVD's which help coaching but the GrassrootsCoaching.com is a world first and in my opinion takes coaching soccer into a different league"

Trevor Steven - Ex England World Cup player, Eyerton and Rangers says

FUN AND DEVELOPMENT

3 Training

- Ensure you are organised and prepared. Have the right equipment. Plan your session, have coaching themes and make sure the session is varied and progresses.
- Don't over coach, let the game be the teacher. Encourage the players, but avoid telling them what to do with a constant stream of instructions and technical jargon.
- Use natural breaks and rest periods to coach and talk to players. Use demonstrations and let the players copy what they see.



- Make training fun, age appropriate and play lots of games and fun drills. Ensure the players have lots of touches of the ball and focus on one or two key factors. For example the focus might be on dribbling, so encourage the players to concentrate on using the big and little toe to manipulate the ball and dribble with their head up.
- Explain to players what you are trying to achieve in the session. Ask for their input, for example dribbling as a key theme, ask the players what they think are the important factors in dribbling, get them to demonstrate these factors.
- Have a debrief at the end of training. Ask the players what they have learnt, why these things are important. Did they enjoy it? What was best or worst thing about the session?
- Rotate the players positions. This ensures they have to have a greater awareness and understanding of different skills and techniques and promotes intelligent play. They also develop as more all round players, rather than just a centre half for example. This also has another benefit of players finding they have skills that are actually more suited to a different position than the one they currently play in.
- Ensure that everyone involved, the parents, the players and the coaches, focus on encouragement and being positive. No negative shouting or criticism.
- Progress training, use fun drills for the warm ups and to improve techniques. Use conditioned games and drills, i.e 6 V 4 keep ball to give players more time to improve their passing, movement and control. This also promotes success as the players are more likely to keep the ball and want to move to receive it if they are successful. Always finish with a game. Players love playing and the game itself is a very big teacher.
- Don't over train the players. Tired players make mistakes and this can promote a feeling of failure. It is also dangerous for young players to over train as this can cause overuse injuries.
- Encourage the players to attempt new and different skills. Take away the fear of failing.
- Use humour. Have a laugh and a craic with the players

4 Matches

- Be prepared.
- Use the warm up to focus the players and set the mood of fun and excitement.
- Make the opposition feel welcome.
- Respect the officials and show no dissent or questioning decisions. How can you expect players to respect officials if the coach doesn't?
- Make sure everyone plays and gets equal time on the pitch.
- Be confident enough to rotate players positions in matches.
- Only positive encouragement from the touchline, both parents and coaches.
- Debrief players at the end of the game. Use the warm down for this. Take time to boost their confidence. Be positive and encouraging, both as a team and individuals.
- Focus on the positives not the negatives

"Good coaches use the basic criteria of street football for their vision of grass roots development; they realise that these elements produce a natural process which gives the most efficient training for young players"

Rinus Michels

THE FOUR PRINCIPLES OF COACHING

As coaches we probably don't realise the impact we can have on a number of key areas that can materially effect the development of our players, both as people and footballers. It's only when a coach begins to think about WHY we coach and what we want to achieve that we begin to realise and understand the simple ways in which coaching sessions and drills can assist young peoples development. To help this process, we have divided these key areas into the following four key cornerstones:

SOCIAL CORNER

Aged 6 -11

Fun and enjoyment of playing and training.
Support and help from parents, family and schools.
Inclusion in a team and participation.
Form relationships and friendships.
Safe, organised, secure environment.
Simple rules, boundaries and ethics

Aged 11- 16

Taking responsibility for performance, position and behaviour.

Fair play and sportsmanship.
Development of Values and beliefs.

Appropriate behaviours in training and for matches

Aged 16 +

Developing emotional stability, both for winning and losing.

Being socially responsible. Encouraging team mates, accepting criticism

Recognising cultural and social differences.

Dealing with conflict.

Greater appreciation of others.

TECHNICAL CORNER

Aged 6 -11

Have a simple grasp of basic techniques and skills.

Need to have lots of touches of the ball

Individual skills and technique practices

Develop through group practice and small sided games

Need visual demonstrations. Paint pictures

Learn though playing lots of fun games - let the game be the teacher

Players will have no real fixed position and will rotate positions

Play other sports and learn different skills

Aged 11 - 16

Improving individual techniques and skills.

Have a better skill execution

Understanding their role in the team. Become to have a more fixed position

Understand and can develop attacking and defending principles.

Can work as individuals, units and groups.

Can begin to work off the ball - understand about creating space and movement for self and others

Aged 16+

Much more technically proficient

Improved decision making abilities

Can solve complex problems

Understand and can develop attacking and defending strategies and tactics

Can think one and two steps ahead of the ball

PSYCHOLOGY CORNER

Ages 5 -11

Learning new skills - dribbling, passing.

Enthusiasm - love playing and running around.

Imagination - use different skills and see pictures.

Exploration - can kick the ball so many different ways.

Avoiding anxiety and boredom - not repetitive

Progressive introduction to mental skills - think about moving into space

Progressive group activities - small side game

Ages 11 - 16

Begin to realise their own value and have greater self belief

Start to consider others in their play and show greater awareness

Will begin to accept and enjoy responsibility

Goal setting - can be challenged to accept challenges

Have a greater confidence in their own and other abilities

Will develop coping strategies, for good and bad performances

Aged 16 +

Are developing strong lifestyle skills.

Developing a stable temperament.

Have a greater understanding of situations.

Improvement in communication - both verbal and non verbal.

PHYSICAL CORNER

Aged 6 - 11

Agility: Flexibility: Balance: Fitness: Co-ordination: Speed

Twisting and turning: Collisions / tackling: Heading: Catching.

Passing: Kicking: Running: Jumping.

Throwing: Mixed physical requirements

Ages 11 - 16

Adolescent growth spurts - be careful of overuse injuries

Aerobic improvement and development.

Changing shape - developing muscles

Different rates of physical maturity

Athleticism changes

Ages 16+

Develop physically with muscle mass gains

Strength improves

Power increases.

Can recover quicker from matches and training

Can work harder and for longer

THE FOUR PRINCIPLES OF COACHING

Using the drill outlined below and thinking about the age group you coach, consider how many of the different key factors outlined in the four corners of coaching, you could coach and why and how they would be beneficial to your players. Would there be times when the drill / session could contain elements of all four of the corners of coaching, or could you concentrate on developing and coaching a number of the key factors of one or two particular corners?

There aren't any right or wrong answers, it is just a different way of looking at your coaching style and what you and the players want to achieve in your training sessions and specifically why you want to achieve it.

NAME

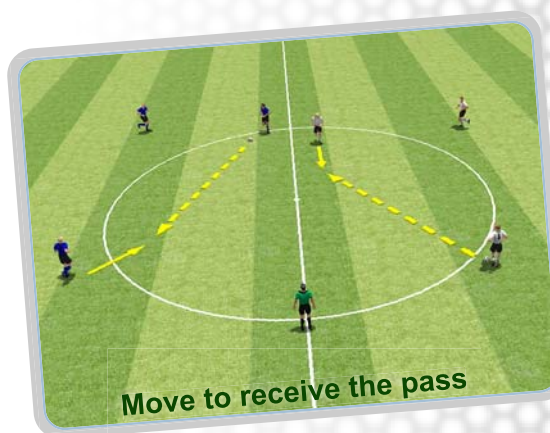
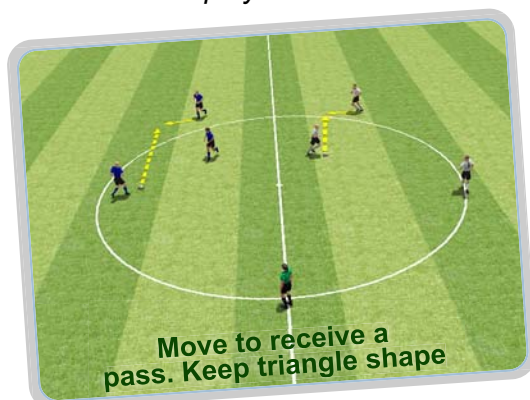
Pass, move and switch play in triangles

SET UP

- Area marked out with cones
- Supply of balls
- Bibs

PURPOSE

To develop play and movement in triangles and when to switch play.

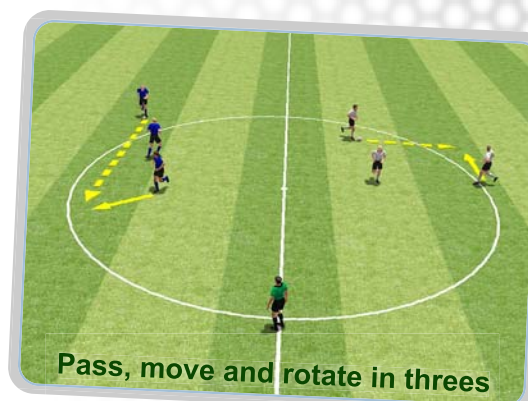
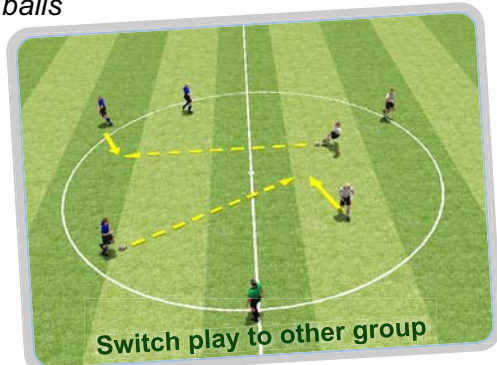


STRUCTURE

Two teams of 3 players, one ball per team. Teams are restricted to their grid and must pass and move within their grid area. After 3 or more passes, the teams must swap balls by passing across the grid to the opposite team.

COACHING TIPS

- Good passing and movement
- Head up to see other team
- Encourage the players to keep a triangle shape with their movement
- Keep passing simple
- Good communication
- Encourage rotational movement
- Timing and accuracy of passing
- Timing of the pass to switch play and swap balls



If you have enjoyed this free E coaching magazine and feel you would like to learn more and become a better coach, please feel free to take the free tour at www.grassrootscoaching.com. Please don't forget to tell your coaching friends where they can download their free E coaching magazine.

What can GrassRootsCoaching.com do for you?

Are you serious about coaching and do you want to improve? Do you want to inspire and stimulate your players? Do you want to make your training sessions more enjoyable and exciting? Are you a coach who is willing to learn and do you have an open mind? Then experience a revolutionary and invaluable soccer coaching programme that utilises unique, ground breaking technology and provides hundreds of realistic computer game quality, interactive 3-D animated training drills and sessions.

Grassrootscoaching.com has been developed and designed to provide an online, one stop shop for soccer coaches of all levels, from new coaches who are just starting coaching, enthusiastic parents, club coaches, teachers, to coaches who are experienced and qualified.



Our very experienced UEFA "A" Licensed coach has worked closely with the software designers of the FA Premier League and BBC's on – line virtual replay technology, to design 100's of interactive 3 – D animated coaching drills that form the core of the Football Coaching Level 1 and 2 and UEFA "B" Football License curriculum, as well as hundreds of other innovative, fun coaching drills and training sessions for players of all ages.



3D Soccer Coaching Drills that help you Coach



The most effective way of demonstrating a skill or technique to a player, is to provide a practical, visual demonstration. 87% of all information is taken in by the eye. The principle of "One demonstration is worth a thousand words" is the basis for the Grassrootscoaching.com coaching drill viewer.

Grassrootscoaching.com have designed an innovative, animated coaching drill viewer (copyright) which enables the coach to visualize, interact with and fully understand the football training drills. The easy to use controls on the animated drill viewer © enables the user to interact with the football coaching drills. You can pause the animated training drills briefly to see and understand the key coaching factors on screen. A coach can watch the training drill from any number of angles, zoom in and out, slow the speed down and watch on a continuous loop. You can even choose to be one of the players and see the football training drill through their eyes.

The amazing, interactive Grassrootscoaching.com coaching drill viewer © ensures that every one of your training sessions will be a fun, dynamic and enjoyable learning experience for both you and the players.





Animated Football Coaching Drills Programme

Hundreds of innovative and progressive animated 3-D football training drills provide football coaching sessions that will be searchable by required football skill categories and age.

The football training programme has been designed specifically for coaching three main age groups of players.

5 - 8 year olds: 9 - 12 year Olds: 13 to adult

The football coaching programme provides relevant, useful and practical football coaching drills and sessions and is categorized by skill:

- **Passing**
- **Shooting**
- **Dribbling and Running with the ball**
- **Ball control and turning**
- **Defending**
- **Goalkeeping**
- **Fitness**
- **Tactics**



All the football coaching drills and sessions cover the full range of training skills and techniques that form the core of the Football Association Coaching Level 1, Level 2 and UEFA "B" Football License practical coaching curriculum as well as hundreds of other innovative, fun training drills and football coaching sessions.

All the football drills and sessions can easily be printed enabling you to build your own portfolio of illustrative football training drills and sessions.

Soccer Tactics and the Coaches Chalkboard

Soccer is a team game that requires a real understanding by players and coaches of what tactics are, how they are implemented and why they are used. Do all your players know what you mean when you explain what you want them to do as a team and individually in a 4 - 4 - 2 formation or the role of a holding midfield player. Tactics and formations aren't always that easy to explain to players. Yet they play a vital role in soccer coaching and the performance of the team.

Most coaches have used a chalkboard, magnetic board or whiteboard to visually explain individual or team tactics to their players. By drawing X's and O's, linking them with lines you can demonstrate formations, set plays and tactics to the players.

Coaches Chalkboard takes this principle and dramatically improves it. Coaches Chalkboard allows you to select the type of pitch or training area, animate the players movement, add equipment, goals, cones etc. By animating the players, using connecting lines and arrows and the text editor, your team will be able to visually see and fully understand exactly what you want them to, be it as team or as an individual.

Coaches Chalkboard enables you to design and build your own portfolio of soccer coaching drills, training sessions, set plays and tactical information. You can save and add to this collection of unique and personalized soccer coaching information on line and also print them out to take to training and the match.

