



# Ashwaubenon Youth Soccer Association

Coach's Training Guide

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# Coaching Goals by Age Level

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## U6 & U8 (4 v. 4)

### Technical Goals:

- **Dribbling**
  - Use both feet
  - Keep head up
- **Passing (Push Pass)**
  - Good form: body square to target
  - Non-kicking foot alongside the ball
  - Kicking leg swings through
- **Shooting**
  - Strike with laces
  - Avoid winding up
- **Throw-Ins (U8)**
  - Perform consistently and correctly

### Tactical Goals:

- Move toward the ball; avoid standing still
- Get back on defense
- Begin understanding:
  - Spacing from teammates
  - Simple positional play (left/right, forward/defender)
- Goal and Corner Kicks
  - Learn basic formations, rules, and purpose

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## U10 (7 v. 7)

### Technical Goals:

- Enhanced dribbling (inside/outside of both feet)
- Pass and shoot while moving
- Improve accuracy of throw-ins
- Understand positioning to support teammate play

### Goalie Basics:

- Positioning and angle awareness
- Knows not to pick up ball outside penalty box
- Can punt or throw ball to teammates

### Penalty Kicks:

- Proper push pass or strike
- Teammate positioning
- Everyone moves after the kick

### Tactical Goals:

- Understand positions: Forward, Midfielder, Defender
- Understand simple formations (2-2-2, 3-2-1)
- Develop awareness of:
  - Spacing and support
  - Give-and-go strategy
  - Rebounds and "back door" plays
- Understand offsides
- Learn positioning on goal and corner kicks
- Possession play on kick-off:
  - Pass backward to midfielder to set up play
  - Avoid simply kicking ball to opponents

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## **U12 (9 v. 9)**

### **Technical Goals:**

- Dribble with speed and control
- Pass and receive on the move
- Increased shot precision and targeting
- Throw-ins with awareness of foot placement
- Defend using body positioning (no wild kicks)

### **Tactical Goals:**

- Attack via sideline, cross to center to score
- Pass in triangles to move around defenders
- Defend centrally, force opponents wide
- Goalkeeper begins acting as field leader, directing teammates

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## **U15 (11 v. 11)**

### **Technical Goals:**

- Stop, change direction, and control dribble
- Make precise, on-the-ground passes
- One-touch passes
- Strong, controlled shooting (even outside the box)
- Quick, strategic throw-ins

### **Tactical Goals:**

- Use drop passes on offense
- Defensively, compress field to middle and expand when attacking
- Understand and cover give-and-go and backdoor plays
- Cover likely pass recipients, not just the player with the ball

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## **U19 (11 v. 11)**

### **Technical Goals:**

- Use headers to score
- Aim shots away from goalie

### **Tactical Goals:**

- Use voice to communicate across the field
- Goalkeeper takes charge on corner kicks
- Build play from the back line with purpose

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# Training Practices

## Primary Goals:

- Develop individual technical skills
- Develop team tactical understanding

## How to Achieve:

- Use game-like activities and progressions
- Keep players active and engaged (no long lines!)
- Start simple, master form, then add difficulty
- Rotate activities to maintain interest
- Keep practices dynamic, fun, and instructional

## Core Skills to Practice:

- Passing
- Dribbling
- Shooting
- Throw-Ins

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## Games and Coaching Approach

### Game Goals:

- Motivate players to work hard
- Identify technical and tactical improvements
- Provide positive reinforcement
- Focus on effort and execution—not just winning

### Game-Time Coaching:

- Avoid introducing new concepts during games
- Reinforce practice lessons
- Use guiding voice for reminders, not criticisms

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## Coaching Do's and Don'ts

### Do:

- Warm up properly (dynamic stretches)
- Set clear expectations for players and parents
- Use repetition and demonstrations
- Ask questions to check understanding
- Make activities game-like
- Track playing time to ensure fairness
- Focus on development and positive behavior

### Don't:

- Be unprepared
- Allow long lines in practice
- Use unrealistic drills (e.g., standing in circles)
- Be negative during games
- Focus only on winning
- Restrict players to rigid positioning



- Let players “stand guard” in one spot
- Ignore hydration and player safety

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## Activities & Drills

### Dribbling:

- Sideline to sideline with head up
- Sharks & Minnows
- Controlled traffic drills
- Dribbling on perimeter (less ideal)

### Passing:

- Push pass with correct form
- Triangle drills with increasing complexity
- Moving passes while advancing toward goal

### Shooting:

- Shooting from a moving ball
- Partner passing into shot
- Coaches assist from wings for cross-shots

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## Video Resources

### Technical:

- [Push Pass](#)
- [Shooting Form](#)
- [Pass, Touch, Shoot](#)
- [Throw-Ins \(Basic\)](#)
- [Throw-Ins \(Moving\)](#)

### Advanced Technical:

- [How To Do A Scissor](#)
- [How To Do A Step Over](#)
- [How to Do A Cruyff Turn](#)

### Tactical:

- [Triangle Passing](#)
- [Shooting Outside the Box](#)
- [Build from the Back \(1\)](#)
- [Build from the Back \(2\)](#)
- [7v7 Positions](#)
- [11v11 Positions](#)
- [Offsides Explained](#)

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## **Final Thoughts**

Thank you for your time and dedication as a coach. I hope this guide supports your efforts and makes coaching more enjoyable and rewarding.

Coaching is about growth—seeing your players improve, understand the game, and work together as a team is the ultimate success. Celebrate the teamwork, development, and joy that comes with the game.

Please share this guide with future coaches and continue building a strong, supportive community for our players.

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