

Ashwaubenon Youth Soccer Association Coach's Training

Goals for each age level

U6 and U8 – 4 v. 4

Technical

- Dribble, both feet
 - Head up
- Pass, good form
 - Push pass
 - Body is square to target
 - Non-kicking foot is alongside the ball
 - Kicking leg swings, follow through
- Shoot, good form
 - Strike, use laces
 - Avoid “winding up”
- Throw-Ins – U8
 - Can do it right consistently

Tactical

- Understands to move to ball, does not stand still
- Understands to get back to defend
- Might begin to understand to space apart from teammates, not bunch-up and play position, left or right, defender or forward
- Goal and Corner kicks
 - Basics. Formation, general rules and idea

U10 – 7 v. 7, same as above, plus

Technical

- Dribble, both feet inside and outside of foot
- Pass, both feet
 - While moving
- Shoot, while moving
- Throw-Ins
 - Knows where to be on field to support teammate with ball
 - Teammate knows where to throw ball
 - To teammate's feet

Along sideline

Playing goalie

- Understands where to stand
- Angles of attack and defending these
 - Best not on the goal line, within the goal box
- Understands cannot pick ball up outside penalty box
- Understands that ball can be punted or thrown

Penalty kicks

- Push pass
- Stike
- Teammates, where to stand, and after kick, everyone can move for rebound

Tactical

- Understands position, Forward, Midfielder, Defender
 - Understands formation 2 – 2 – 2, or 3 – 2 – 1
 - Understands how far to move up field or to the back
- Understands spacing and being open for pass
 - Give and go
- Understands how to support teammate who is shooting
 - Being near goal
 - Back door
 - Rebound

Possession when starting game or after goal scored.

- Forward should pass it backwards to the midfielder. Allows time for midfielder to control ball, look at options to move the ball upfield, dribble, move, pass up to forward, or perhaps back to defender as a drop.
- Avoid forward just kicking the ball to the other team to begin play.

Understands Offsides

Understands Goal and Corner kicks

- Understands positioning
- Looks for open teammate
- Goal kicks, should usually be to the side, not in front of net

U12 – 9 v. 9, same as above, plus

Technical

Dribble, can move quickly up field

Pass, while moving, and can receive ball while moving

Shoot, more precision, hits target

Throw-Ins, can drag foot

Defending, uses body as wall. No ninja kicks to stop ball.

Tactical

Understands that on offense, dribbling and passing up the sideline works well,
and then crossing to center when in position to score

Passing in triangles, goes around the defender

Understands that on defense, you want team to challenge ball in center of field
to force the other team to the side

Goalie starts acting as mini-coach. Can use voice to direct where he or she wants
his teammates to be, to pick up

U15 – 11 v. 11, same as above, plus

Technical

Dribble, can stop ball, change direction

Pass, when stopped, or while moving, makes precise, on the ground, medium fast
passes to teammates

Can receive these passes while stopped or moving

Knows how to use a touch to control the ball

Control, Look, Pass!

One touch passes

Shoot

Strong shots, uses full body motion to strike, with follow through

Shooting outside the penalty box

Throw – Ins, moves quickly to the ball when out of bounds

Does not let defense have time to cover

Uses line as help

Tactical

Plays the drop on offense

On defense, team concentrates to middle of field, and when it wins ball, spreads
out on offense.

Covers the other team's Give and Go, and the backdoors

On defense, defender seeks to cover the other team's player who is likely in a spot to get the pass. Cover the passer.

U19, 11 v. 11 same as above, plus

Technical

Can use head to score

Shooting on net, away from goalie

Tactical

Uses voice to communicate

Goalie directs defenders on corner kicks

Build out of the back

Videos showing concepts above

Technical

Passing, Push pass

<https://www.youtube.com/watch?v=y8w-hee2xPM>

Shooting on net, away from goalie

<https://www.youtube.com/watch?v=D2vq7nRUGy0>

Shooting on net, using a partner with pass, take a touch, shoot

<https://www.youtube.com/watch?v=T6i8ptNYnkQ>

Throw-Ins

Basic

<https://www.youtube.com/watch?v=Umku3eCWg9Y>

Moving

https://www.youtube.com/watch?v=_sTkHb0LC4U

Tactical

Passing example

<https://www.youtube.com/watch?v=YH0eY4gn9v8>

Shooting outside of the penalty box

Make a move on defender, get space, shoot quickly after space is made

<https://www.youtube.com/watch?v=f1QG88CoDkc>

Build out of the back

<https://youtu.be/FCGpRUkOh90>

and

<https://youtu.be/cZOhNgSsbLg>

Positions

Basic, 7v7

<https://www.youtube.com/watch?v=tUQKV7YnK0s>

Complex, 11v11

<https://www.youtube.com/watch?v=HgSJdoO5CeI>

Offsides

<https://www.youtube.com/watch?v=kPv7Hm2Z9OY>

Practices

Goals:

To build individual technical skills

To build team tactical skills

How to achieve goals:

Use activities that you would see in a game.

For instance, for passing, have them pair with a partner and pass to each other, and place a cone between them. The cone is the defender. Teaches the players how to move their body and pass the ball around the cone. Teaches them to adjust their position and take a touch on the ball.

Avoid one long line with only one or two players doing the activity and balance are watching.

Make many lines. Have players do activity and switch line

Start with easy activity, master technique, then add complexity

The basic technique must be mastered.

E.g., push pass with partner, only standing. Then, add cone between. Then, have player move to ball while the ball is coming to them, receive the pass, control it, pass it. Then, remove cone between and use a real defender.

Switch activities to keep interest

Work on these with one or two activities. Each activity can be five to ten minutes.

Passing

Dribbling

Shooting

Throw-Ins

Games:

Goals:

To encourage players to work hard

To note what technical skills players need to improve

To note tactical skills team needs to improve

To be positive model, to provide guidance but not criticism

Critique comes at practice. Okay to say this is right, this is wrong, using guiding and teaching voice

Get players to remember what you did at practice. Remind them of the lessons from practice.

Do not try to teach new concepts to players at a game. Teach at practice.

Do's and Don'ts

Do:

Warm up!!

Avoid injury

Dynamic stretches.

High knees, butt kicks, light jogging sideline to sideline, dribbling within own half, jumping jacks, squats, running forward and then stopping and running backward, then stop and running forward.

Set expectations of players

Each player is a different level. Respect for all.

When coaches are talking, players are not talking.

Set expectations of parents

Development is the success, not the wins.

Let the coach do the coaching at games. Avoid giving directions.

If they want to coach, ask them to sign up to be a coach. Talk to the Board.

Ways to teach a skill

Repetition

During that practice. Balance with stopping before boredom.

Do the same activity or similar activity each week until skill is mastered.

Avoid working on a skill one week, not the next and instead introducing new skills, then the next week going back to the original skill, etc. Players need consistency.

Demonstrate it

Correct way to do it

Incorrect way to do it

Corrections

Talk to individual player, repetition as needed

Freeze technique. Tell and show them why activity is incorrect. Avoid talking too much.

Practice

Write your goals before practice

What skills do you want to work on?

What activities will you use to master those skills?

What concepts do you want to discuss?

E.g., goal kick

Ask players questions

Keeps them involved

Helps determine their knowledge

Keep activities game like.

Reinforce the jobs each position has. Why spacing apart is important. Forwards are forward.

Scrimmage

Briefly remind players of skills learned.

Stop play with whistle if things are very wrong, otherwise, let players play and make mistakes. Make a note of mistakes, and then after some scrimmaging, take a break, discuss mistakes, what could be better, and continue scrimmage.

Games

Everyone plays

Use a spreadsheet that has list of player names with columns for quarters played and position

Not about winning. About playing as a team, working hard, and getting better as a team

Rate success not on wins

Rate success on play well done

Great touch on the ball and then a great shot. Did not score, but great form

Great looking when dribbling, finding open teammate, great pass

Great positioning, spread out and being open to receive pass

Good attitude

High fives, smiles, positive words coming off field

Use voice to encourage, remind of basic concepts that players need reminding

Respect referees, discuss only if needed

Evaluate physical condition of player. Safety.

Heat.

Injury.

Don'ts

Practice

Be unprepared. Your time is limited

Use one line for an activity. Too little touches on ball, too much standing around.

Use activities that are not game like

E.g., standing in big circle and passing with one ball. Instead, use triangles, and each has a ball.

Players warm-up by kicking penalty kicks

Does not happen often, long line, and usually kicking incorrectly

Instead, make two lines at midfield. Dribble to penalty box, and while ball is still moving and body is moving, shoot. Encourages cardio work, is gamelike, and avoids long lines

Games

Be negative

Focus on winning

Be disrespectful to anyone

Have unequal playing time

Playing too long. Give rest. Fluids.

Positioning

Tell a forward they can never help on defense

Tell a defender they can never cross the midfield

Tell a right position they can never cross to the left

Soccer is a fluid game! Positions can overlap! If the situation presents itself, and a defender can dribble all the way down the field and shoot, do it! The midfielder should temporarily play defender and cover that spot.

Then, go back to the positions you had.

Allow a player to be stuck on a spot.

Right or left defenders usually start at the corner of the penalty box.

Then, they do not move away from that spot. They literally stand there and watch the other team dribble by them. The corner is only a starting point. Teach that they need to move to the ball. Teach the zone concept.

Cover your zone. Defend your zone. Move within your zone, and overlap into the next zone if needed.

Activities:

Dribbling from sideline to sideline. Keep head up.

Sharks and Minnows, dribbling

Monster (coach is the shark, but stays shark and no one else is shark), dribbling

Dribbling from sideline to sideline, but half the team starts on one sideline, the other team starts on the other sideline. Makes players keep head up, adjust to traffic, use both feet.

Dribbling on perimeter

Use both feet

Good for warm up, but can be boring and is flawed.

Focus is on the line, so head is down

Not game like.

Passing

Master the push pass. Start with two partners standing apart five yards. Form is critical!

Do not move on until the players have a decent idea of good form.

Progressively more difficult

Stand ten yards apart.

Cone in middle as defender

Move to the ball as it comes to them. Control, look, pass.

Triangles

Push pass using triangles. Mark corners with cones.

Clockwise. Use right foot to pass.

Counterclockwise, use left foot to pass.

Add complexity. Move to the ball.

Add complexity. Remove cones. Stay in triangle (players can move, not a rigid triangle).

Add complexity. Put a defender in the middle of the triangle to steal ball. Rotate these four. Very game like, great cardio (sprinting), forces players to control the ball, look at options, make quicker decisions, and make quick pass.

Moving passes

Two lines at midfield. Balls at one line. Both players move to net, passing as they move. Shot, and other player takes position of backdoor for rebounding or shooting.

Shooting

See Moving passes above

Coach in goal, three lines at midfield, each has ball. One line at a time. Switch lines.

Two coaches on wings with balls. Two lines at midfield, left center, right center. Left coach pass to middle of field while left center is moving forward. Control, strike.

Same on other side. Strike can be either push pass or strike.

Keep activity gamelike.

Do not allow player to dribble, then allow the ball to stop, and player moves backward and then kicks. Not gamelike! Must learn how to dribble and without stopping strike the ball.

Enjoy coaching

Thank you for reading this and improving your coaching. I have enjoyed drafting this based on my years of experience and coaching instruction I have taken. I hope you find this useful.

For me, coaching is rewarding. It is awesome to see players understand and do what you taught. I love to see great positioning, spacing, and quick effective passes that allow a teammate to take a good shot on goal. Playing as a team to move the ball past the defenders is thrilling. The simple give and go well done. The control, look, and pass by the player that allows the player to advance the ball upfield effectively. It is what is beautiful about the game.

Enjoy seeing each player develop at their own pace and improve. The win is knowing that everyone gets better as a player, and that the team gets better playing together as a team. No ball hogs, just simple teamwork.

Please pass this along to future coaches. Share your knowledge and help all teams improve play. Thanks.

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