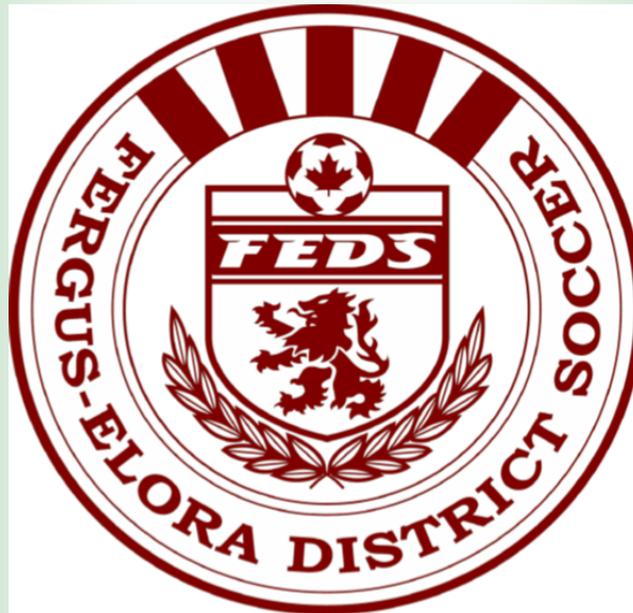


L - LONG

T - TERM

P - PLAYER

D - DEVELOPMENT



HOUSE LEAGUES

COACHES

BOOKLET

CONTENTS

1. WELCOME TO FEDS.

2. HOW TO CREATE CONFIDENT AND CREATIVE PLAYERS.

3. COACHING TIPS.

4. WARM UP EXAMPLE.

5. EXERCISE EXAMPLES.

6. PARENT / PLAYER / COACH AGREEMENT.

(this can be printed off and given to parents)

7. FAQ'S.

8. FIRST AID.

1. WELCOME TO FEDS

The first thing that needs to be acknowledged is that this program could not function without the volunteer coaches, who step up to enable our vision to succeed....THANK YOU.

****WE ALWAYS NEED MORE COACHES. PLEASE CONSIDER VOLUNTEERING****

Another vital component is the support, encouragement and positivity that we rely on from parents. This will allow the program to address the desired balance between winning vs fun and development.

Players will be expected to have the following equipment each week:

Uniform provided by FEDS

Appropriate footwear (Soccer cleats)

Shin Guards

A water bottle

CONTACT:

If you would like to volunteer as a coach please let us know.

Also for any inquiries, concerns, or suggestions.

Dave Smith (Technical Director)

fedssoccercoach@gmail.com

Mike Burt (House League Coordinator)

birdy004@gmail.com

2. HOW TO CREATE CONFIDENT AND CREATIVE PLAYERS:

- Encourage players and parents to create a safe, enjoyable and positive playing environment. The emphasis should never be on a whether a team is winning or losing. We want to maintain a focus on the following principles:
 1. Are the players having fun.
 2. Are the players working hard and respecting the game.
 3. Are the players working as part of a team.
- Encourage players to control the ball into space, away from the defender. This will give them more time to look for a passing option and also give them a better opportunity to protect the ball.
- Encourage players to try and keep possession of the ball, by looking up quickly and playing the EASY pass. We should praise the effort to play a pass, regardless of the outcome. The players technique will improve, but only if it is encouraged and reinforced. A misplaced pass is always better than an aimless kick up the field. Praise the initiative, not the result!
- Explain to players that the ball doesn't always have to be passed forwards. A team can't score every time they gain possession of the ball. Smart teams keep possession of the ball until they can manipulate the defense and create dangerous passing opportunities. Passing the ball backwards causes the defending team to move up the field. This will usually result in spaces appearing in the midfield area and behind the defense.
- Encourage players to take on a defender whenever they recognize that they are in a 1 v 1 situation. Once again, positive results may not come straight away. Through praise, encouragement and coaching, the players will gain confidence and the outcomes will improve.
- Explain to players that they generally aim for the thing they look at just before they kick the ball. Initially it is instinctual for them to look at the goalie when they shoot. This will result 9 times out of 10 in the ball hitting the goalie. Encourage players to ignore the goalie and instead pick a spot in the goal (bottom corners are preferable).
- Teach players what it means to **WIN!**

Work hard - **I**nspire your team mates - **N**ever give in

3. COACHING TIPS:

LEARNING STYLES:

It is important that we are aware of these learning styles when we coach our players. Always try to demonstrate what you want the players to do and also get them to practice, so you know that they understand what you are coaching.

This can also be an effective method of explaining an activity to the players. Use diagrams, or simplified demonstrations to ensure that the players understand the activity. This will allow you to initiate the activities more quickly.



COACHING STYLES:

COMMAND: Coach makes all of the decisions. The players role is to follow the decisions without questions. This can be effective for younger players, or players who have little understanding of the game.

“When you have the ball, I want you to look up quickly and play a pass to a wide player”.

QUESTION AND ANSWER: Coach asks direct questions to the players. This gives the coach the opportunity to gauge if the players understand the topic of the activity. It also gives the players an opportunity to get more involved with their development and gain in confidence.

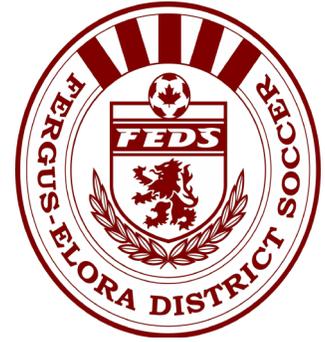
“Where can you move, to create a good wide passing option for the ball carrier?”

GUIDED DISCOVERY: Coach will engage with the player, or the team and try to encourage them to solve problems on their own. The questions will be less direct and more vague.

“Show me how you can work together as a team, to stretch the defence?”

4.

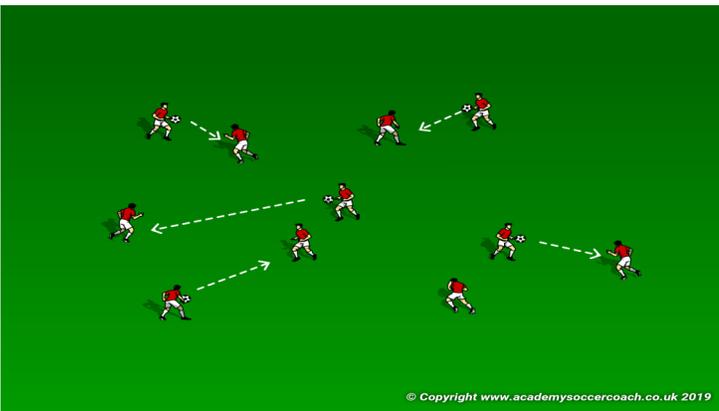
3 STAGE WARM UP



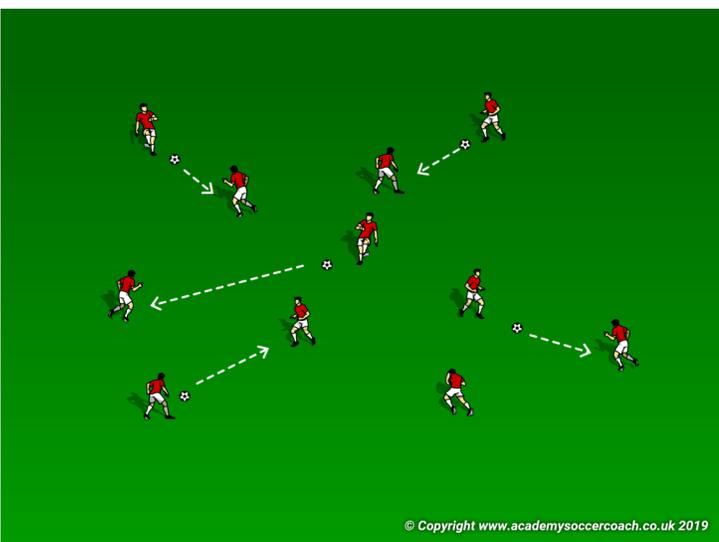
This warm up is divided into 3 sections. Each section focuses on a different component, so the players are fully prepared for the session or game ahead. **Physical prep, Mental prep, Technical prep.**



- Place balls around the area (half or less as number of players).
- Players jog around the area. Ask them not to just run in a circle. They should change direction regularly and sometimes shuffle sideways in either direction.
- Players approach various balls and touch them with whichever part of their body the coach has chosen (elbow, head, knee, chest etc.)
- These movements provide dynamic stretches for the major muscle groups. Dynamic stretches are always preferable when preparing for physical activity.

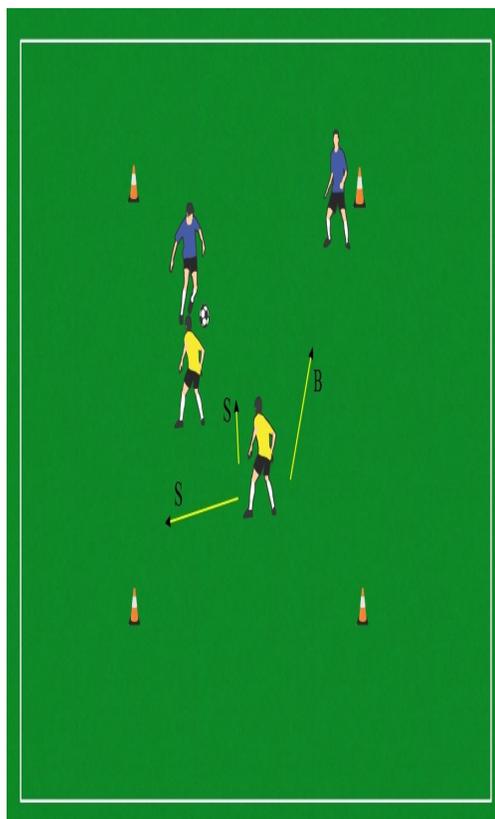
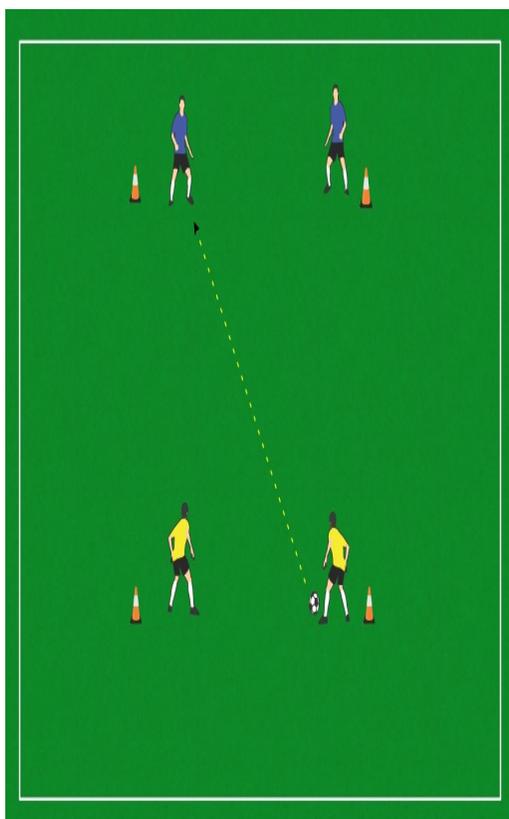


- Servers hold the ball in their hands.
- Free players approach a server. The server throws the ball to the free player and calls out a number. Free players return the ball with the part of their body the corresponds to the number (1. Left foot 2. Right foot 3. Knee and volley 4. Chest and volley).
- This activity engages the players brain and helps them begin to focus on the session ahead.



- The balls are now placed on the ground and servers dribble them around the area.
- Free players approach a sever and ask for a pass.
- Servers pass the ball to the free player and then go and search for a pass themselves.
- Ask players to use whichever foot the ball is passed to (not just their good foot).
- Ask players to turn as they receive the ball and attack any space behind them. They should scan the area around them for space, before the ask for a pass. This works on the players technique.

	Age:	Component:	Task:	Function:	Zone:	Time:	
	U10+	Defending— skill	Defense	2v2 defending (pressure, cover)	All	15 mins	



Organization:

- Set up a 10 x 10m area.
- 2 defenders at one end and 2 attackers at the opposite end.
- Attackers and defenders switch roles after 3 attempts.
- Attackers must try to dribble the ball across the defenders starting line.

Equipment:

- Cones
- Pinnies
- Balls

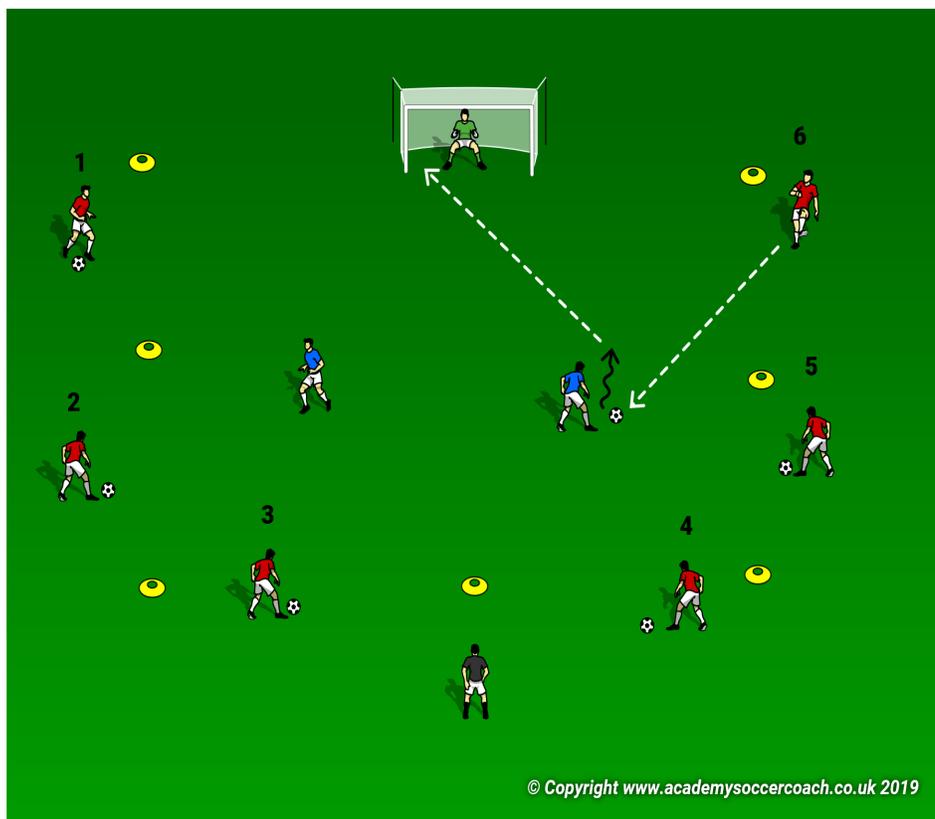
Objective:	Use pressure, cover, balance and control to stop a 2v2 attack..
Teaching Points:	<ul style="list-style-type: none"> • Defenders need to engage the ball carrier as soon as possible. • While applying pressure to the ball carrier, defenders must exercise control and restraint. They should not try to win the ball, unless the attacker loses possession of the ball, or plays a misplaced pass. • The covering defender has 2 tasks: <ul style="list-style-type: none"> - Cover the areas behind the pressuring defender, in case they get beaten by the attacker. - Track the 2nd attacker, engage with them quickly and apply pressure when they receive a pass.
Conditions:	<ul style="list-style-type: none"> • Defenders start with the ball. Play begins with a defender playing a pass to either attacker. Play begins as soon as the ball leaves the defenders foot. • Attackers must keep the ball within the boundaries of the cones area. • Attackers must have possession of the ball and must dribble (not kick) it over the defensive line. • Let each red player have a few turns at attack and then let blue attack.
Variations:	<ul style="list-style-type: none"> • Adjust the size of the area for the size of the players and their success rate. • The activity should provide the defenders the opportunity to succeed more than they fail.

SHOOTING WITH NUMBERS



EMPHASIS:

- 1st Touch
- Shooting
- Coordination
- Awareness
- FUN!



- Set up 15 x 15m area with a goal at one end. 2 Players become shooters and stand inside the area. The rest of the players stand outside the area with a ball each. The outside players are numbered by the coach. Choose a player to be goalie (or the coach can be goalie if players aren't confident enough).
- The coach calls out a number and the first shooter turns to receive a pass from the corresponding player. They should then try to control the ball, turn and shoot in just 3 touches.
- Once the shot has been taken, the coach calls out another number and the second shooter turns to receive a pass from that player. Continue until all of the outside players have passed their ball.
- Let the same shooters try again and then rotate the positions.

COACH - Encourage players to turn as they control the ball, so they can shoot quicker.

COACH - Aim shots low, into the corners of the goal. Shooters should strike the ball with their laces.

COACH - Encourage players to attempt shots with both feet (praise the attempt, not just the result).

PROGRESSION: A defender can be added inside the area to increase the difficulty.

Gates



EMPHASIS:

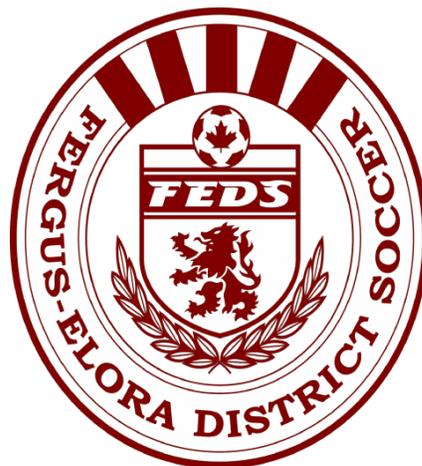
- Dribbling
- Passing
- 1st Touch
- Decision Making
- Agility

- Set up gates (approx. 1m wide) as shown around the area. Every player starts with a ball.
- Ask players to dribble through as many gates as possible in a 1 minute period. Try again and see if they can beat their score.
- Players get into pairs, with one ball between them. The player with the ball is the attacker and tries to dribble through as many gates as possible, the other player acts as a defender and tries to block the gates and win the ball off the attacker. If the defender wins the ball, they give it back to the attacker and play continues. Play for 1 minute and switch roles.
- In their pairs, players now act as a team and try to see how many gates they can pass the ball through to each other in 1 minute. Let them attempt twice and try to improve on their score.

COACH - Attackers should be encouraged to switch directions and attack a different gate, depending on the position of the defender.

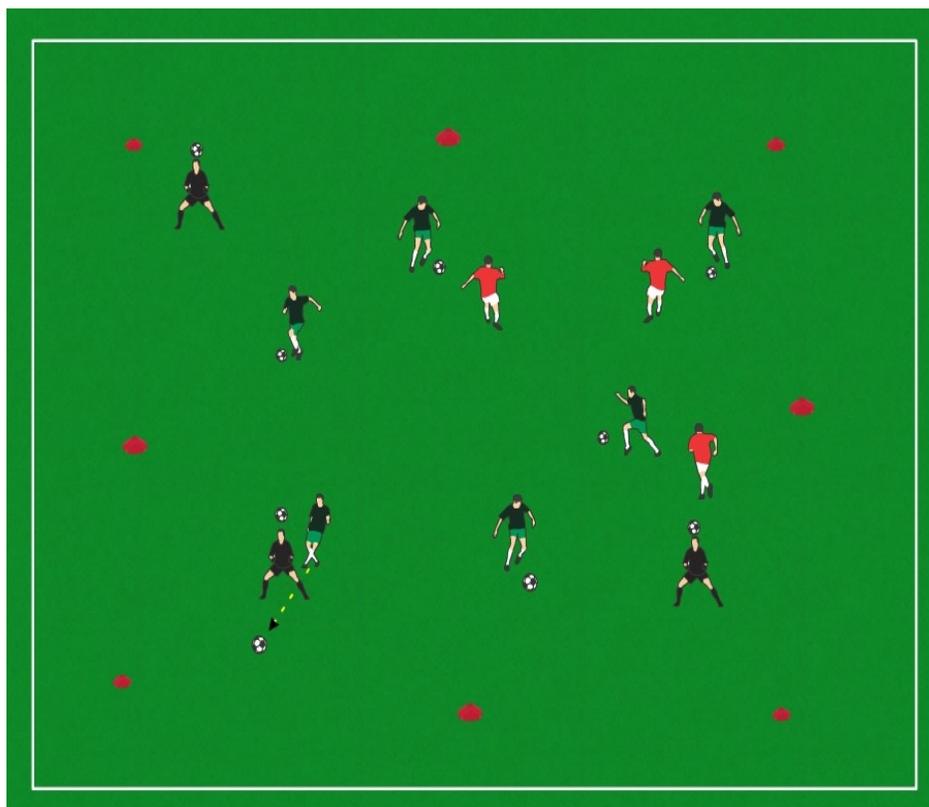
COACH - Communication, a first touch into space and accurate passing will improve the players performance when passing through the gates to each other.

STUCK IN THE MUD



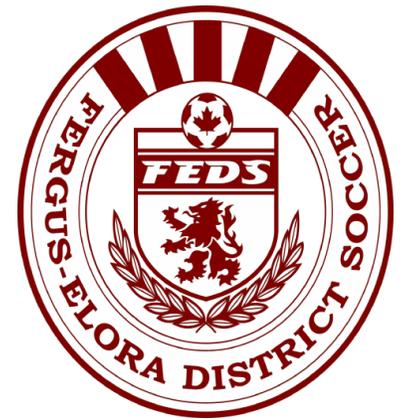
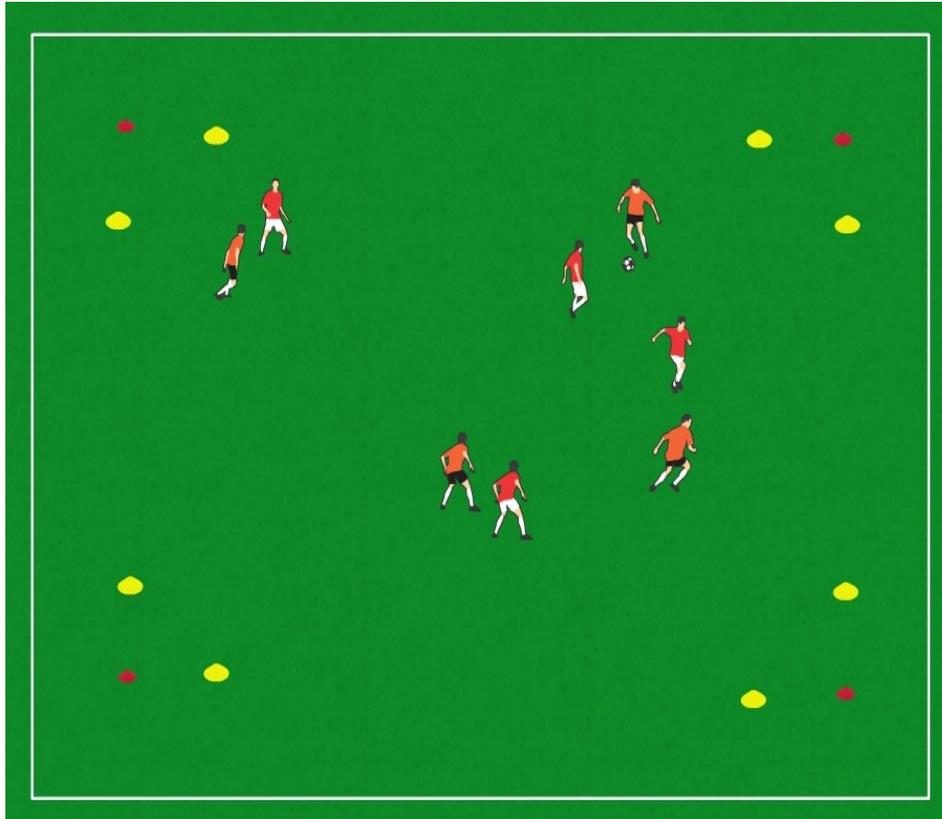
EMPHASIS:

- Dribbling
- Protecting the ball
- Agility
- Teamwork
- FUN!



- Set up a 20x20m area choose 3 people to be the catchers (Denote them with coloured pinnies). Everyone else is given a ball.
- On the coachers command, the catchers enter the area and attempt to render every player “Stuck In The Mud”. A player becomes stuck in the mud if their ball leaves the area. This can be done by a catcher kicking their ball out, or by the player losing control of their ball and dribbling it out of the area themselves.
- When a player is stuck in the mud, they must stand still with their legs open and hold their ball above their head. They can be freed if another player dribbles a ball through their open legs.
- Play for 1 minute and see how many people the catchers have stuck in the mud at the end of the minute.
- Choose 3 more catchers and repeat the game. The team of catchers with the most players stuck in the mud after a minute are the winners.
- Teach players how to protect their ball when they are pressured by a catcher.
- Players must have their heads up whilst in possession of the ball. This will allow them to see where the catchers are and also to see who needs to be freed.

SMALL SIDED GAME WITH 4 GOALS

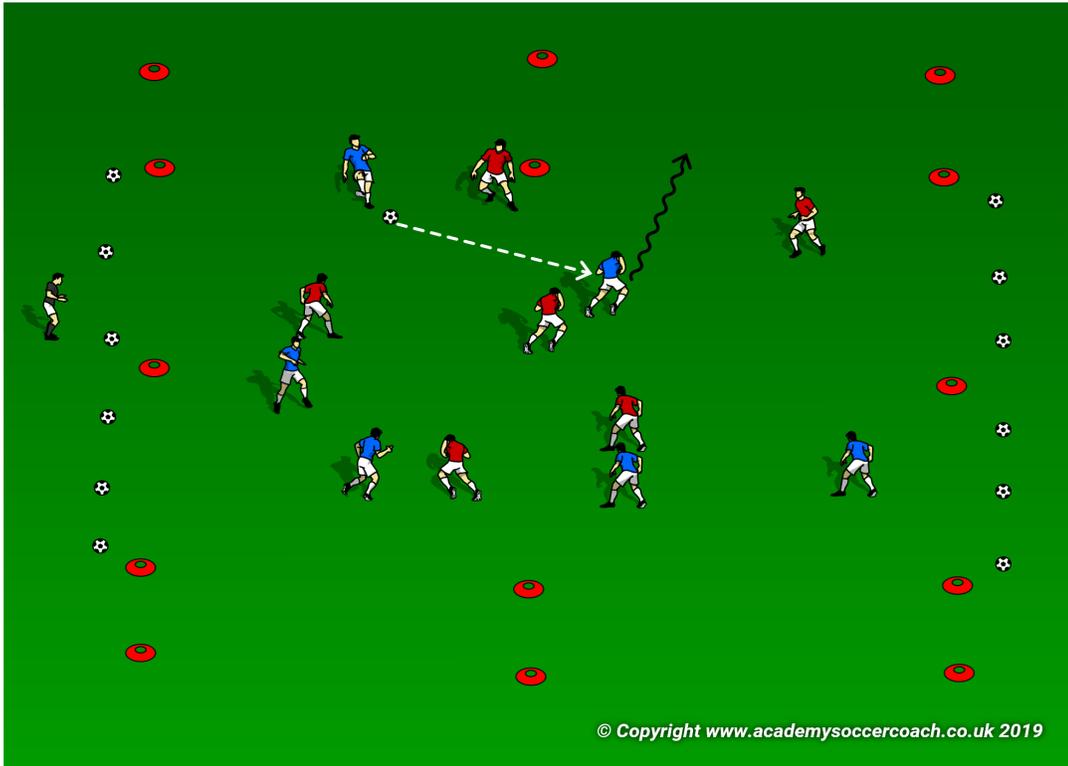


EMPHASIS:

- Dribbling
- Passing
- Creating space
- Team work
- FUN!

- 20m x 20m area. 2 cones placed in each corner that act as goals. Split group into 2 teams and give 1 team pinnies. Increase area if need be.
- Small sided game where goals are scored by dribbling through a set of cones. Players must have control of the ball as they pass through the cones for it to count.
- When a team has possession of the ball they can attack any goal. They must use depth and width to create space and work as a team to support each other.
- Once a goal is scored the opposing team gets the ball. They can't score on the goal that was just scored on.
- Encourage attackers to change directions and attack a different goal if the one they have chosen is too crowded. Players can also pretend to attack one goal and then pass to a team mate who is in a better position to score on a different goal.
- Players need to use spatial awareness to be alert to any potential defensive weaknesses in any direction.
- Encourage players to keep on scanning their surrounding area to stay aware of areas of space around them. The players first touch should be directed into these areas.

	Age:	Component:	Task:	Function:	Zone:	Time:	
	10+	Analytical skill	Attack	Attacking Space (dribbling)	3/4	15 mins	



<p>Organization:</p> <ul style="list-style-type: none"> • 15m x 20m area with a 5m end zone at each end. • 6v6 in central area. • Balls around area.
<p>Equipment:</p> <ul style="list-style-type: none"> • Balls • Cones • 6 red pinnies • 6 Blue pinnies

Objective:	Look for opportunities to advance by making penetrating dribbles into any space. Dribble into an end zone
Teaching Points:	<ul style="list-style-type: none"> • Can an attacking player penetrate a line with their first touch? • Can an attacker recognise when they are in a 1v1 situation? Can they take the defender on? • Can the attacking team disperse to create space for penetrating runs. • Does the attacker still have control of the ball, as they dribble through lines of defense?
Conditions:	<ul style="list-style-type: none"> • To score a point, the ball must be dribbled into and stopped within the attacking teams end zone. This demonstrates that the player has the ball under control. • If the ball leaves the area, play is restarted from a kick in by the opposing team. • If a player manages to stop the ball in the end zone. The direction of play is switched and the player passes the ball back into the central area and play continues. • When the ball transitions to the defending team, they attack the opposite end from that which they were defending.
Variations:	<ul style="list-style-type: none"> • Make each attacking player touch the ball at least 3 times before they can release it. This will encourage them to protect it while scanning for passing options. • Attacking players can only pass the ball once they have dribble passed a defender.

6.



PLAYER/PARENT/COACH AGREEMENT



CLUBS PHILOSOPHY:

- Create a fun and safe environment.
- Teach the players the fundamentals of soccer.
- Encourage players to be creative and expressive in the way they approach the game.
- Put the focus on fun and development as apposed to winning at all costs
- Always show respect to players. Listen to there insights and opinions.

PLAYERS COMMITMENT:

- Turn up to practices with a positive attitude, ready to work and learn.
- Be dressed and ready to go in cleats and shin guards for the start time of each game/practice.
- Respect the game officials and listen to the coach when they speak and also show respect for my team.
- Work as hard as I can at games/practices and do my part to make it a fun environment.

PARENTS COMMITMENT:

- Respect the officials at every game. They are doing their best and many are also learning.
- Be positive in any comments you make around the players. They are listening!
- Respect the coach and the choices they make, even if you don't always agree.
- Don't shout at, or coach you child to aggressively during games. It generally just confuses them.
- Encourage your child to be on time and let them know how much you enjoy watching them.

**Please let the coach know about any of your child's relevant medical conditions
and the subsequent emergency treatment.**

7.

FAQ'S

PLAYING TIME?

The house league program is considered a recreational league. This means that all players should get equal playing time. Obviously on occasions, a player may ask to come off and will subsequently receive less playing time than other players. This is fine, as it is their choice.

WHO PLAYS IN GOAL?

Most teams have a rotation system, where every player takes their turn in goal. Some teams however have a couple of players who like to play in goal more often and that is fine also. There is no hard and fast rule. The main consideration is that all players are listened to and feel that they are being treated fairly.

TEAM DISPUTES?

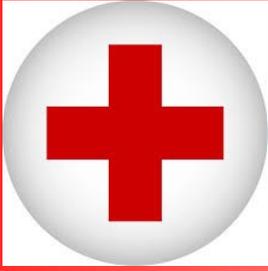
We all have different opinions and sometimes this can cause disputes between a player and coach, or a parent and coach. Most of these disputes are due to miss understandings and can be easily resolved. If you feel that you have tried to resolve the issue reasonably and are being treated unfairly by a parent or player, then please let us know. We are very aware that you are giving up your time to support our program and we want you to enjoy the experience as much as possible.

WHAT DO I DO IF I AM SHORT PLAYERS?

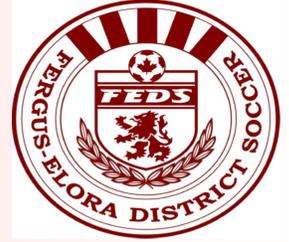
It is inevitable that at some point during the year, you will struggle to get all of the players at a game, due to vacations. Don't panic, you are able to start a game with players short. The minimum number of players required by a team is 7. I know that this isn't the best solution, but at least the game can go ahead. Some coaches also agree to loan other team players, so the game is more even. This should be encouraged!!

PRACTICE SESSIONS?

Some coaches and players like to hold an extra practice session during the week, in between games. The decision as to whether you hold an extra practice session is ultimately yours. It all depends on the players and your own personal availability. If you do hold practice session, they don't need to be mandatory for all players. Remember that we are developing the players that show the inclination and desire. Some players just want to play the games and at this level this is fine. If you need any help, just ask!



CONCUSSIONS



SIGNS

- **DAZED, VACANT LOOK**

- **PROBLEMS WITH BALANCE**

- **CONFUSED, NOT AWARE OF EVENTS**

- **MOTIONLESS ON GROUND**

- **CLUTCHING HEAD**

- **SEIZURES**

- **MORE IRRITABLE OR EMOTIONAL THAN**



SYMPTOMS

- **DIZZINESS**

- **CONFUSION**

- **HEADACHES**

- **VISUAL PROBLEMS**

- **FATIGUE**

- **NAUSEA, VOMITTING**

- **DROWSINESS**

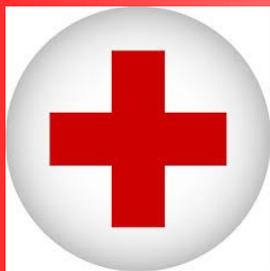
Anyone with a suspected concussion **must** leave the field of play **immediately!**

Once safely removed from play, they **must not** return to activity that day.

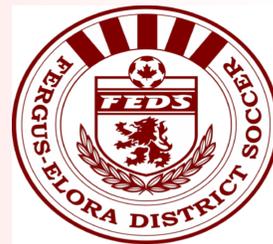
In all cases of suspected concussion it is recommended that the player is referred to a medical, or healthcare professional for diagnosis and advice. Even if the immediate symptoms resolve.

Watch this Brain 101 "What is Concussion" video and share it with your players!!

<https://www.youtube.com/watch?v=5hlm3FRFYU>



FRACTURES



DON'T MOVE:

D

Do not try to move the player, if you suspect a fracture. All sprains, tears or strains should be treated as fractures, until it is confirmed otherwise.

REASSURE:

R

Keep the player calm and make them as comfortable as possible. Keep them warm on cold days, or provide shade on summer days. Try to minimise spectators, give the player space. Ice can be applied to closed fractures only.

IMMOBILIZE:

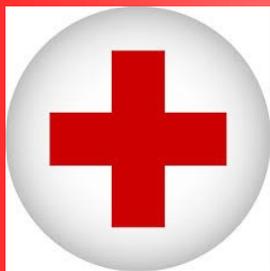
I

Try to immobilize the joints either side of the injury. Joints can be supported and cushions to provide extra comfort.

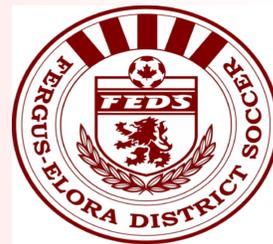
PROFFESIONAL CARE:

P

Professional medical attention will be required. Ask someone to call an ambulance, while you reassure the player. If the player can walk, they may be able to travel in a car, but ensure that the injury is immobilized and supported.



SOFT TISSUE INJURIES



R

REST: A soft tissue injury requires rest from physical activity to help the skin, muscles and tendons repair properly.



I

ICE: Ice should be applied to the affected area for the first 48-72 hours. It should be applied for 20 minute periods. Don't let ice touch skin directly!!



C

COMPRESSION: Applying compression to an affected with bandages, will prevent any further swelling, or bleeding. A compressed bandage will also provide support to the injured area.



E

ELEVATION: Elevating a injury above the level of the heart while resting, will result in less swelling to effected area.



R

REFERRAL: Refer to an appropriate medical professional for proper guidance and management.

