

LCYSA Fall 2024 Curriculum U10-14

General Coaching Tips:

When providing instruction:

- Attempt to have players facing away from sun and any significant distractions (other teams, elk/deer/dogs)
- Keep it short; under 60 seconds and hopefully closer to 30 seconds
- Try to get lower to their level, can kneel or squat down for younger age groups
- Ask open-ended questions: where was the space, when should you dribble vs pass, how can you create space, etc.
- Encourage and applaud effort. It has been shown to be much more motivating than congratulating on a good job our outcome. Encourage risk taking.

****Remember you may be the best thing that happens to them for the day/week: Greet them when they arrive. Have a team high-five to get started. Shout-outs at the end for great effort, plays, and good answers.**

Games:

- Encourage possession soccer with either dribbling or intentional passing. Encourage passing to their teammates on all dead balls and not just lumping it down field.
- Always encourage all field players to get into the attack and at least be at the half line when the ball is in the opposition's penalty area. Even look to get your keeper in front of your penalty area when the ball is in the opposition half.
- Please rotate players through positions if you have set positions. Rotations can be done over the course of the season or within a single game depending on your comfort doing that (or your team's personality)
- Attempt to give all players at least half a game. Do not punish kids who don't show up at practice as they are not responsible for their own transportation
- App subtime can track minutes and let you know when to sub for more equal playing time. \$1.99/mo subscription (should only need for 2 months, completely optional)

Technical work: Dribbling, shooting, passing/receiving, ball control, running with the ball, shielding, turning; Tactical work: Playing out of the back, possession, 1st defender providing pressure and attempting to delay attacker; consider a 2-3-1 formation for 7v7 and 4-3-2 or 3-2-3 for 9v9

- Practice throw-ins during 1v1s and 2v2s to learn technique and work on ball control (bouncing ball)
- Any variations of 1v1, 2v1, 2v2 which can be across end lines or to pop up or cone goals. Grids can be setup around 10X10 yards to 12X15 yards.
- 2 practices per week for up to 90 minutes

***Having trouble getting goalkeeper volunteers? Have drills during a session throughout the season devoted to goalkeepers. Can work on basic diving, shot stopping, and distribution to generate interest in the position.**

Coaching Resources:

- Mojo (app and YouTube Channel, can sort games by age group, # of players, and topic)
- MLS Go Playbook. <https://www.mlssoccer.com/mlsgo/playbook/>
- Coerver United You Tube Channel: Look at their playlists and try to use the ball mastery and "moves" videos for training ideas
- Coach Rory YouTube Channel (has specific 7v7 and 9v9 content; geared toward higher level teams)
- Coach KW - 7v7 & 9v9 soccer You Tube Channel
- Massachusetts, Tennessee, and Eastern Pennsylvania youth soccer season plans by age group ***This is the "easy button" if you want a full season plan laid out**

- US Soccer Grassroots 7v7 curriculum and/or United soccer coaches 7v7/9v9 Diploma (good for U9 through U13 teams. \$25 and 1-2 hours to complete.

Concepts to use in training:

Rondos (AKA keep away or monkey in the middle): setup as either a square or rectangle

- Work on passing and moving, team shape, body shape, decision making
- Start in 10X10 yard grid and adjust size from there to make it more or less challenging
- Progression of 3 or 4 vs 0 or coach to 3 or 4 vs 1 to 5 vs 2: coach can direct or apply pressure that leads to clockwise or counter clockwise passing until instructing or providing pressure that should cause the team to switch direction
- Starting with 3 will force triangles and learning to pass and move
- Encourage receiving with "backfoot" from the passer AKA across the body, so they can best see the passer and other teammates; when ball passed from left receive across on right foot and vice versa

Spacing and Passing:

Tag: everyone close by coach who is tagger (how easy is it for coach to tag everyone?) Try again spaced out. Can freeze a scrimmage and say if we switched to tag right now where would you want to be if the ball carrier was the tagger?

- Team Handball: up to three steps with the ball. Is it easier to progress downfield with more space between players or being right next to ball carrier?
- Small sided game where a team only wins when all 3 or 4 players on the team score (can use headbands or other way to indicate when each player has scored)
- Channels: Line up 2-3 vertical channels on the field. Can either restrict players to only remain in their channel or middle can move into all three and wings can move into middle but not opposite side channel.

Building out of the back:

- Start with your keeper, 2 center backs, and center mid and have pug or cone goals at the build out line or midfield line (at least 2 wide goals and maybe a central goal). See how quickly they can score (time them). Once that looks smooth add one opponent and see if they can score regularly, before adding a second opponent. If numbers allow, then add two wingers and play 6V3 to those same goals with the opponents having the opportunity to go to the big goal. This can be repeated throughout the season.

Funiño: small sided game with 2 wide goals (12 yards apart) at each end line with goal scoring zone being only 6 yards from the end line

- 3v3 or 4v4 (can rotate through sub(s) every 3-4 minutes)
- 25 yards X 30 yards (including scoring zones)
- Kick-ins or dribble-ins with 3 yard defensive buffer
- Training Progression: 1. 3v0 and everyone with a ball dribbling and scoring in either opposite goal. 2. 3v0 with teams starting on opposite sides all with a ball dribbling and scoring in goals on opposite end line (create distraction/pseudo pressure). 3. 3v0 with one ball and all players need to touch ball before scoring on opposite end. Can also be done with teams starting simultaneously on opposite ends. 4. 3v1 or 3vCoach. 5. 3v1+1: the +1 is from behind and only goes once attacking team crosses first 6 yard line. 6. 3V2 to 3V3

Questions? Contact below:
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