

OBJECTIVES BY AGE GROUPS

Each age group should have certain objectives and expectations the Coach should attempt to achieve. At all times please keep in mind that you are working with young people who not only want to learn how to play the sport but also to have fun at the same time. See also, Waiters and Howe coaching books distributed to all coaches.

UNDER SIX SOCCER

By the end of the season the players should:

1. Be able to dribble the ball. (work on inside and outside foot work)
2. Be able to kick the ball using basic technique. (work on left and right foot work)
3. Talk on the field during the game and not just have the entire team yelling for the ball.
4. Have made new friends and have fun at practice and at games.

UNDER EIGHT SOCCER

By the end of the season the players should:

1. Be able to dribble the ball with left and right foot.
2. Be able to kick the ball using proper technique.
3. Be able to play one on one with a player. (Using Coerver Techniques)
4. Be able to make basic passes to teammates.
5. Become familiar with the basic rules of the game.
6. Have made new friends and have fun at practice and at games.

UNDER TEN SOCCER

By the end of the season the players should:

1. Be able to pass the ball in any direction to positive space and not a player.
2. Be able to work with another player in a give and go situation.
3. Be able to play any position on a 7 vs. 7 field.
4. Be able to change directions on the field. (Using Coerver Techniques)
5. Be able to stay spread on the field and maintain their positions.
6. Be able to communicate on the field during the game.
7. Have made new friends and have fun at practice and at games.
8. Understands offside situations.

UNDER TWELVE SOCCER

By the end of the season the players should:

1. Be able to move offensively into positive space to receive a pass.
2. Be able to play the ball in any direction on the field, including backwards to keep the ball.
3. Be able to head the ball as a passing technique.
4. Be able to defensively cover an over matched situation to slow down an attack.
5. Be able to use the left and right foot to play the game.
6. Be able to make a volley pass.
7. Be able to defensively play a player off of the ball.
8. Have made new friends and have fun at practice and at games.

PLAYER CONFIGURATIONS

Positioning the players on the field can be confusing at times. Where should you begin and what are the responsibilities? As a coach, it is best to teach good team shape and spacing of players rather than rigid positions. The following are guidelines.

The forwards are responsible for the offensive side of the field. Midfielders have to cover from the offensive side to the defensive side of the field. The defenders will cover the defensive side of the field. NOTE: Don't teach the players to stand in front of the net. As a defender, the player can also be considered the last line of the attacking offense. The more the players are involved in the game the happier they are.

Each configuration of the players has advantages and drawbacks. When discussing player layout it is traditional to begin from the defensive side. Therefore the 2-2-3 refers to 2 defensive players, 2 midfielders, and 3 forwards. The 2-2-3 is the basic configuration that most of the new coaches feel comfortable with.

Usually a coach may change because of the player's strengths, defensive reasons, or attacking strategies.

An example is the 1-4-2, which allows the coach to teach the players on the outside to assume defensive as well as offensive responsibilities. During an attack the two outside midfielders will move up into forward positions. However, when the opposing team is attacking, the outside midfielders must move into the defensive side of the field for coverage. These players will do the most running.

Coaches need to adjust the configuration to the strength of the players on their team. In doing this the players will learn some of the strategy involved in the game.

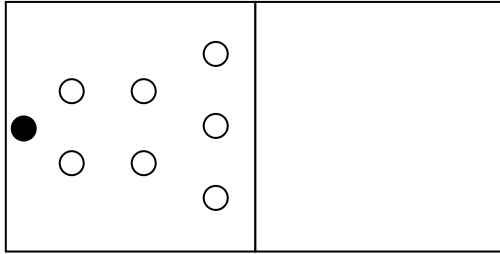
In a full-sided game (11 v11), different strategies can also be used, depending on the strengths and weaknesses of your team. With 4 defenders, often the middle defenders play 1 up and 1 back. The "up" player is a stopper, and defends the opponent's center forward. The "back" player is the sweeper, and normally does not specifically mark an opponent. The outside defenders (fullbacks) defend the opponent's wings.

See diagrams on following pages for details on player configuration.

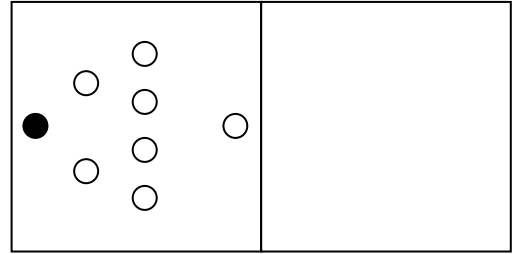
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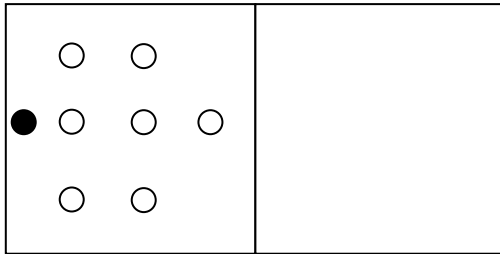
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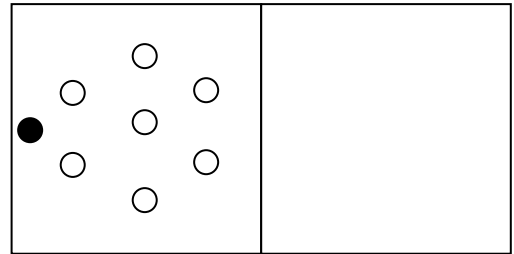
2-2-3



2-4-1

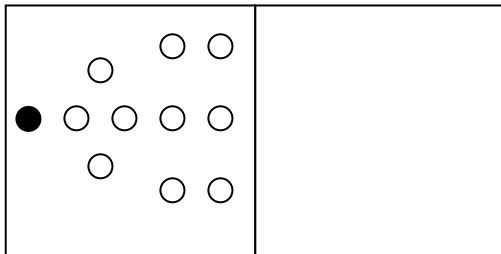


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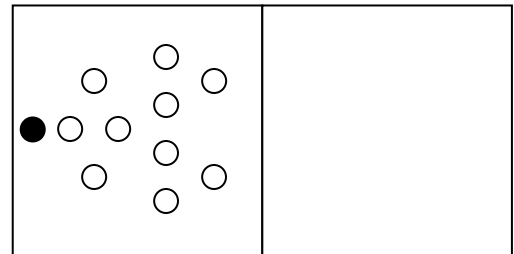


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11 v 11



4-3-3



4-4-2