



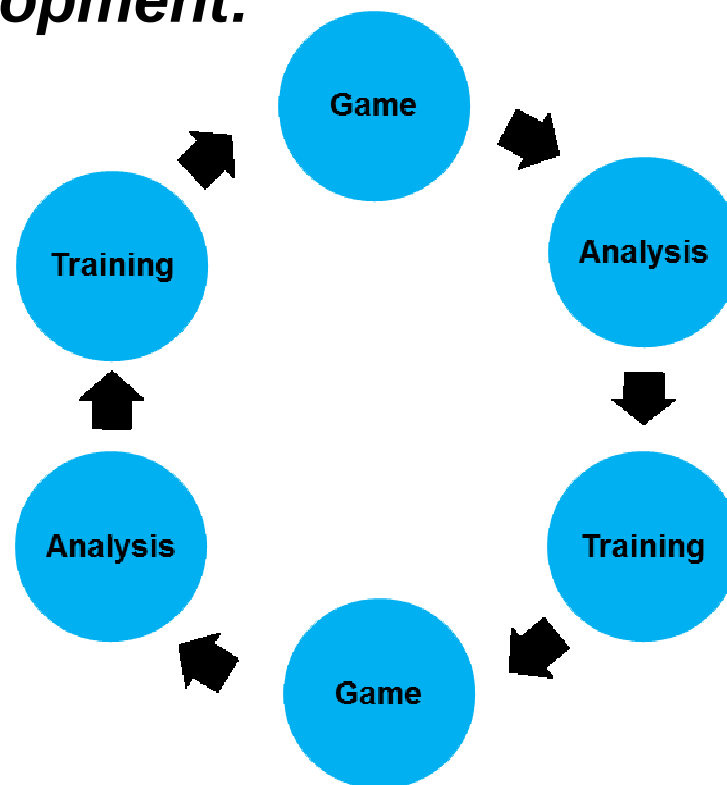
The Training Environment

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Cycle of Development

The creation of a quality training environment to foster quality player development is determined by a Cycle of Events and Processes. In our sport we call this the ***Cycle of Development:***





Cycle of Development

Game (match)

- Evaluate performance of the players
- Identify problems

Analysis

- Review problems
- Determine priorities

Training

- Develop/create the training session
- Correct problems



Cycle of Development

U8 Considerations

Technique
Dribbling
Passing/receiving
Shooting
Basic positioning
4v4
Formation 3-1

U12 Considerations

Tech/Tac speed
Attacking indiv/groups
Defending indiv/groups
Positioning
Shape
8v8
Formation 3-3-1



Principles of Coaching

Organization

progression

equipment

time

field space

players

Observation

watch your team

in games

in training sessions

watch your opponents

Demonstration...

paint the picture

Information...

feedback to players



Principles of the Game

Principles of Attack

penetration
support
width/length
mobility
improvisation

Principles of Defense

pressure
cover
balance
compactness
counter-attack



Training Session Design Considerations

Demands of the Game

The moving ball
Body and ball control
Decision making
Opposition
Stresses of the game
Repetition

Elements of the Game

Ball
Teammates
Field of Play
Direction of play
Objectives...goals/targets
Opponents
Decision making



Training Session Design Considerations

Playing Area

Size

Shape

Number of players

Topic/theme

Direction

Natural markings

Components of the Game

Technical

Tactical

Physical

Psychological



Training Session Design Considerations

Economical Training

Activities that Incorporate multiple components!

Activities that are competitive!

Activities that are like the GAME!



Training Variables

Goals

Number of goals
Size of goals
Shape of goals

Balls

Number of balls
Placement of balls
Service of balls

Field

Size of field
Shape of field
Divisions of field

Players

Number of players
Neutral players
Numbers up/down
Age/ability of players



Training Variables

Rules

Restrictions
Incentives
Offsides
Point system

Miscellaneous

Outdoors vs indoors
Field surface
Equipment
Time/duration



Lesson Plan Organization

Organization...simple to complex

1. Warm-up Activity

Technical repetition...technical speed

No pressure or light pressure from opponents

Pressure from ball and imposed demands

2. Small Sided Game Activity

Introduce pressure from opponent(s)

Non-directional or directional



Lesson Plan Organization

Organization...simple to complex

3. Expanded Small Sided Game Activity

Increase number of players

Directional...looks like the game

4. Scrimmage (game)

Play soccer

The game with the rules (offsides, etc.)



Lesson Plan Activities

“Make sure activities are realistic to the game!”

Name each activity

Free dribble

4v4 to 4 goals

Etc.

Describe each activity

Objectives

Rules

Restrictions and/or incentives

Point system



Lesson Plan Activities

“Make sure activities are realistic to the game!”

Diagram each activity

Shape of field

Dimensions of field

Number & formation of players

(X's, O's and N's for neutral players)

Include movement symbols

straight line = pass

dotted line = run

scribbled line = dribble

Use area of the field applicable to the topic

Goal area for goalkeeping

Attacking 3rd for finishing

Etc.



Lesson Plan Content

Does it look like soccer?

Does the activity/practice bring out the elements of the game?

Will the players understand where the practice fits into the game?

Are the objectives for the players realistic?

Are instructions clear and concise?



Lesson Plan Delivery

Player Considerations

Need time for uninterrupted play

- need to concentrate
- need to hear the game
- need to establish a rhythm of play
- need to have a chance to solve problems on their own
- need to be exposed to same, quality training activities often...***repetition***



Lesson Plan Delivery

Coach Considerations...

use the *Coach's Toolkit*

- Allow the conditions of the game to coach the theme
- Coach at natural stoppages
- Coach in the flow of the game
- Coach individual players as game continues
- Coach using the freeze method...freeze, correct, rehearse, restart



Things to Avoid

- Excessive coaching...over-coaching
- Incorrect or inappropriate activities
- Activities that are unrealistic
- Training sessions that don't flow and are frustrating



Final thoughts

- Find ways to make the training environment competitive
- Repeat the same game-like activities often...***repetition***
- Give rest periods for rest and water (appropriate work to rest ratio)
- Demand technical precision
- Hold players accountable for their decisions on the field
- Keep the session flowing
- Make it FUN...It is a game after all!



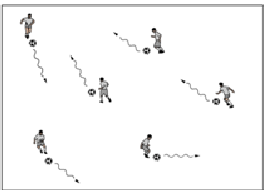
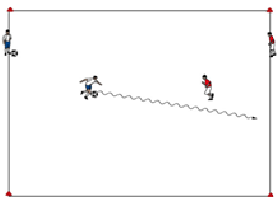
Sample lesson plan

U8 Field Session Lesson Plan

NAME: CED U12 Demo Session

DATE: December 4, 2010

OBJECTIVE: Dribbling and Striking the Ball

Technical Warm up	Organization	Coaching Points
	Free Dribble: Everyone with a ball, use inside and outside of the foot. Have players dribble at different speeds, change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; players carry the ball towards someone and try a move. Coaches can walk around and put pressure on players as they are performing dribbling tasks. (10 minutes)	- Keep the ball close using the inside and outside of the foot - After you perform a move, escape the pressure with a burst of speed
Small Sided Activity	Organization	Coaching Points
	1 vs. 1 to End-lines: In a space that is wider than long (15 x 20 yds) each player defends one end-line and attacks the other. Players score by dribbling the ball in control over the opposing player's end-line. Note: Coaches should make multiple 1v1 fields and have 1 or 2 players on deck at each field. (10 minutes)	- Go at the defender at pace, performing a move a couple steps in front of them - Change your pace once beyond a defender, speed dribbling towards the end-line - When under pressure, keep the ball on the furthest foot with body in between yourself and defender
Exp. Small Sided Activity	Organization	Coaching Points
	4 Corner Shooting: On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position 2 or 3 players of the same team behind the cones at the corners at the end of the field. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, players enter the field to play. The game becomes a 2v2 activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines and the coach kicks the next ball in for the next 4 players. (10 minutes)	1st look towards the goals for a quick opportunity for a shot - Strike the ball with your laces, getting your toe down, locking the ankle, body over the ball, looking at the ball when contact is made - Reinforce 1v1 attacking points made earlier in the session
Free Scrimmage	Organization	Coaching Points
4v4 with Dual Fields	In a 20yd x 25yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. (15 minutes)	All of the above
Cool Down		



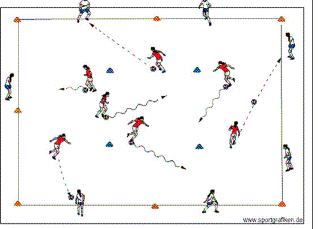
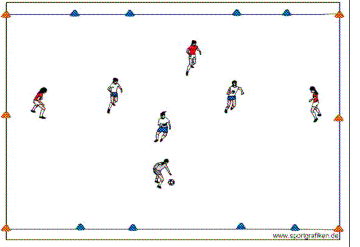
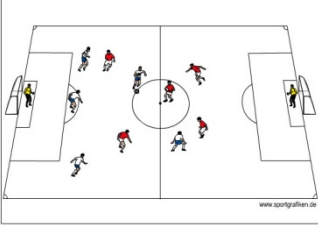
Sample lesson plan

U12 Field Session Lesson Plan

NAME: CED U12 Demo Session

DATE: December 4, 2010

OBJECTIVE: Improve possession

Technical Warm up	Organization	Coaching Points
	<u>Dutch Square:</u> Half of the players on the perimeter of the square with a ball, the other players inside the square, without a ball. Inside players will check to an outside player, call for a pass, receive a ball, dribble and pass to another outside player.	• Tech of passing and receiving • Pace of the pass • First Touch – Directional • Clear Communication (demand the ball)
Small Sided Activity	Organization	Coaching Points
	<u>4v4 +1 to Four Goals:</u> Teams attack 2 Goals and Defend 2 Goals. Neutral player helps the team in possession of the ball. Neutral players provide additional passing and scoring opportunities. Use Goalies in activity. Can use Hands to intercept and feet to possess.	• Shape of attackers • Timing of movement off the ball • Proper supporting angles and distances • Appropriate 1st touch - forward when possible - Directional
Exp. Small Sided Activity	Organization	Coaching Points
	<u>5v5 or 6v6 Match:</u> (includes GKs) 5v5: Diamond, 3-1, 2-2 6v6: 3-2, 2-3, 2-1-2	• Proper Attacking Shape • Appropriate Speed of Play • Possess to Penetrate • Transition to the Attack •
Free Scrimmage	Organization	Coaching Points
	<u>7v7 or 8v8 Match</u>	All of the above
Cool Down	Organization	
	Players will get in small groups and juggle the ball	



Credits

- ***United States Soccer Federation, National C License Curriculum Manual, 2003***
- ***Goodman, Tom, M.Ed., Soccer Coaching Made Easy...A Coach's Guide to Player Development, Reedswain Publishing, 2005***



Thank you for your attention!