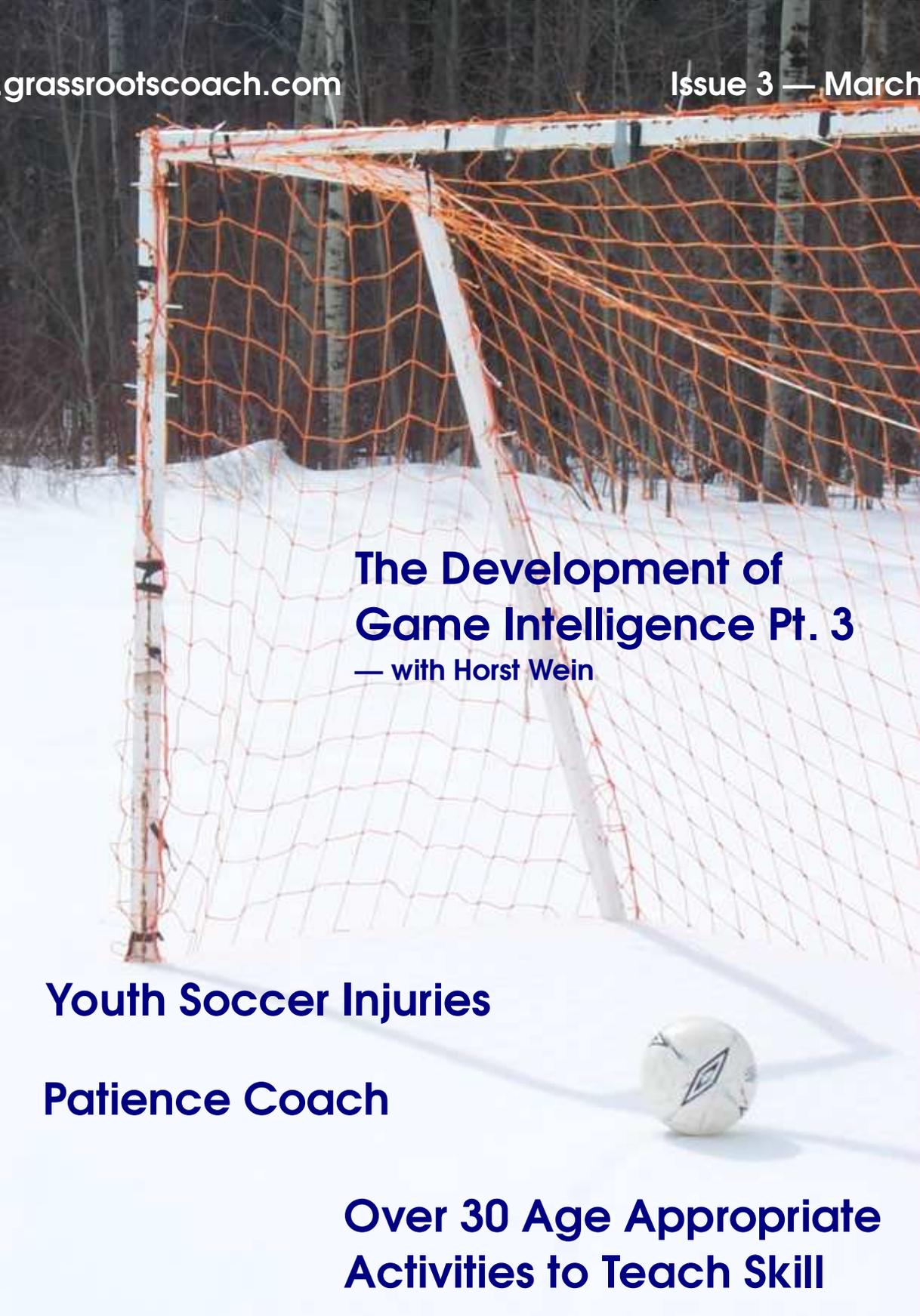


# Grassroots Coach

[www.grassrootscoach.com](http://www.grassrootscoach.com)

Issue 3 — March 2005



**The Development of  
Game Intelligence Pt. 3**  
— with Horst Wein

**Youth Soccer Injuries**

**Patience Coach**

**Over 30 Age Appropriate  
Activities to Teach Skill**

## Patience

Patience is as much or a part of playing or coaching the game as it is a part of life.

This time of year in our part of the world requires a great deal of patience as we anticipate the changing of the season and that first training session on real grass, breathing fresh air under the warmth of a strong sun.

As coaches we constantly remind our players to have patience — “don’t dive in, wait for the opening, hold the ball,” are all things that coaches around the world constantly implore their young charges to do.

Finally as coaches we too have to practice patience. Research says it takes 10,000 hours to develop an elite level athlete. Doing the math says then a 1000 hours a year or 3-4 hours a day will get us a world class soccer player if we start at age ten and hope for a “finished” product by age twenty.

So I ask — what’s the rush? Why do we push our kids to be superstars at fourteen, twelve or even ten by asking them to compete at a level that is not healthy or to perform tasks or activities that are not developmentally appropriate for their age or ability? Why do we insist on taking so much of the fun of the game so early?

The reality is with some patience and some planning a coach can develop players and people who will make soccer a lifetime passion not just as a player but as a fan, a parent and perhaps even someday as a coach. Far more of our players will fill these roles than that of the level player.

So preach and practice patience.

Bill Ault — Editor / Publisher



*“A handful of patience is worth  
a bushel of brains.”*  
**Dutch Proverb**

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## Fun Games to Teach Skill — Spider Tag

**Spider Tag** - A simple tag game that makes for a great dribbling warm-up and helps to develop communication skills.

**Level:** Beginner, Intermediate (Ages 6-12)

**Number of Players:** Team, Adjust space to fit.

**Cones:** 4

**Balls:** One for each player.

**Playing Area:** 20 X 20m or larger for older players.

**Background:** Spider plays without ball and tries to tag other players who are dribbling with a ball.

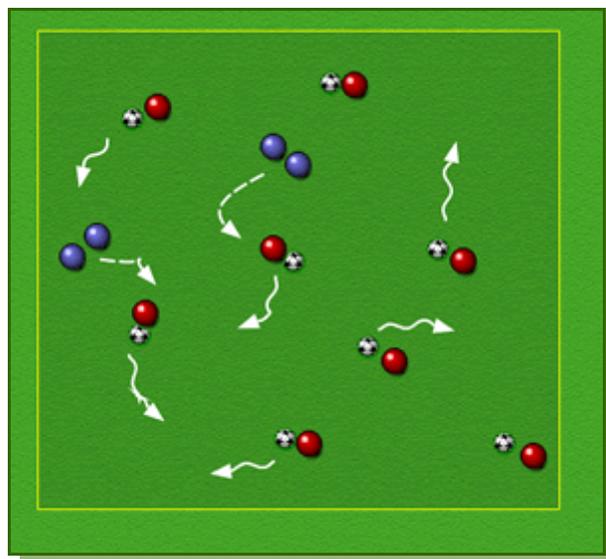
**Set-up:** Once tagged players put ball out of grid and then hold hands with "spider" and they work to catch other players. If you want you can allow spider to split once it reaches a certain size, e.g. six players split into two spiders of three or three spiders of two.

### The Game Ends:

- Everyone has been tagged.
- After a specified number of shark attacks.

**Variation:** Instead of tagging player with their hand spiders must tag players by touching their ball with their foot.

**Look for:** Spiders to struggle until they realize they must communicate with each other and pick a "target" to pursue.



# Learn the rules of **SOCCER**



**KNOW YOUR RULES**

KnowYourRules was founded around a very simple idea. If everyone understood the rules to the games they love to play, there would be benefits for everyone involved.

- You could play better, because you would know exactly what you could or could not do
- You would enjoy watching the games more, because you'd know exactly why the officials made the calls they did

Sports Leagues and Organizations would benefit by having better trained officials and volunteers  
Seriously, everybody benefits from

KnowYourRules! While pretty much everyone would agree you should know the rules "Laws" of soccer, the key to learning is it must be quick, effective, fun and be memorable.

KnowYourRules scores on all these factors. This interactive PC CD-Rom game provides value for all.

- Interactive
- Fun Characters
- Complete 3-D Graphics
- Multi-View Explanations
- Super Sound & Voice-Overs
- Quiz Challenges

KnowYourRules Soccer – Get Yours Today!!!

## **Minimum System Requirements:**

Windows 98, 2000 or ME  
356 Mb of RAM  
650 Mb Hard Drive Space



**KnowYourRules, LLC.**  
7723 Tylers Place Boulevard  
Suite 181  
West Chester, Ohio, 45069  
(513) 779-7992  
[www.knowyourrules.com](http://www.knowyourrules.com)

**Canadian Distributor**  
**BMP Sport Internaitonal**  
15 Evanshen Cr.  
Kanata, ON K2K 2Z6  
(613) 271-2690  
[www.bmpsport.com](http://www.bmpsport.com)



# Winning Mood Programs Holland 2005

## Holland Individual Player Training Program 2005

This program is for serious select soccer players who want to train and play in Europe for two/ three weeks.

The program combines individual training with a License I Winning Mood staff coach and specialized coaches of professional youth division clubs, with training and playing in the Dutch club environment.

Players will train each day with a Winning Mood coach, train 2 or 3 times a week with their "host" club in the evening, and play with their team during the weekend.

All players will receive an individual assessment for themselves and their coaches at home.

The program also includes visits to professional matches and sightseeing days. Parents and coaches are more than welcome. Winning Mood USA can make all arrangements needed.

Dates: July 19-August 16, 2005.

(End date can vary)

Price US \$ 2350.00 (flight not included)

Price includes: tickets for the games, housing, all meals at the accommodation and all transportation and all training sessions.



[www.winningmood.com](http://www.winningmood.com)

## Coach Seminar — Analyzing the Game March 30 - April 4, 2005.

For the sixth consecutive year Winning Mood will organize a coaches seminar that focuses on analyzing the game. Analyzing the game is the main focus of the Dutch coaching course. Analyzing or reading the game, is the first thing a coach need to master. "If you can read the game you know what to train," is what we say in Holland.

Each day participants will visit professional games and training sessions including the World Cup qualifying game Holland-Armenia. Before all games Ton de Hoop, director of Winning Mood, will run a theory session and after the game all participants will be active in evaluating the game. During one session the coach of one of a professional team will join the group to give his opinion of the game his team just played.

This seminar will have a maximum 8 participants to be sure that all participants will be given full attention. For information about and information on how to sign up for the seminar please look at our web site at:  
<http://www.winningmood.com/indexseminar.html>

**"An eye opener and a must for every coach."**



*Participants of the 2004 Coaches Seminar.*

**Winning Mood:** Since 1986 Winning Mood has organized programs for clubs and coaches in the USA and Europe. Programs center on the total development of the player, coach and the club. All **Winning Mood** programs are under the guidance of top instructor and educator Ton de Hoop.

# U7 / U8 — Session: Scoring

## Training youth players:

Each training session consists of:

1. Warming-up
2. Nucleus
3. Application.

### 1. Warming-up: (15 minutes)

The warm-up has three primary goals: to warm-up the body, to set the right training atmosphere and to prepare for the training that's planned. For the training of younger players we focus on setting the right atmosphere.

### 2. Nucleus (25-30 minutes)

This is the part of the training that will focus on repeating subjects that have been practised before and to introduce a new subject.

### 3. Application: (15-20 minutes)

The coach can organize the scrimmage so that the subject he has taught in the nucleus is emphasized in the scrimmage.

## 1. Warm-Up

### A. DRIBBLING in Square :

DRIBBLING IN A SQUARE:

Half of the players a ball. ( all players move through the square)  
Field size 35 by 35.

On a signal from the coach:

1. players without ball open their legs and other players pass their balls through the legs of these players
2. players without ball open their legs, other players pass their ball through one player's legs, control the ball and passes it to that player.
3. players without ball open their legs, other players pass the ball through three players legs and passes it to the first player.
4. players without ball open their legs, other players pass the ball through all other player's legs. Than they pick up the ball and say yes. Who's the winner.
5. players without ball open their legs, other players pass their ball through one player's legs, run around that player and passes it back. This player keeps doing it till he has passed the ball 10x through the legs. Who's the winner.

Switch ball possession on a regular basis.

## 2. Nucleus

SCORING:

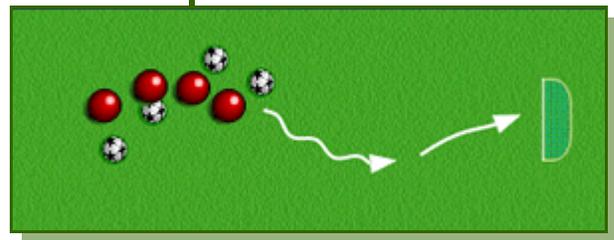
4-6 players are using one goal. Goals regular size with nets.  
Players 20-30 yards away from the goal.

Attention:

If we want to practice scoring it's important that we bring the players in the right position towards the goal. This should be game related including where the passes are coming from. To many times we see a coach standing next to the goal passing to a incoming player: **"not game related, players never get a ball from the end line but always, dribble in, get the ball from the side or get a ball when they stand with their back to the goal"**. A ball from the end line towards a incoming player is a very difficult ball to touch and last but not least it hardly happens in the game.

1. player dribbles towards the goal and try to score. (after kicking pick up your ball and go back in line)
2. player dribbles in, at the cone pass forward and try to score.
3. player dribbles in, at the cone there is a player, pass the ball to that player, this player passes the ball wide and first player tries to score.
4. same as 1,2 and 3 and than from different angles.
5. coach has all balls, players stand next to him, coach passes ball forwards, player runs after the ball controls it and tries to score
6. same as 5 but now scoring at once without controlling.

Game: 2 groups of 4-6 players: use one of the exercises above, which group



## 3. Application:

Field of 25 by 15 with 2 goals, regular size. 2 VS 2

Game rules:

Try to score as soon as you see a opportunity. Switch teams every 3-5 minutes and keep track of scores.

- ◆ For every win: 3 points, tie: 2 points, loss: 1 point and every goal scored a point extra.

## A Positive Inner Voice



### Meet the Author

**Sandra Walker, M.A.**

BMP Sport International  
[www.bmpsport.com](http://www.bmpsport.com)

Sandra Walker, M.A., is a mental training consultant who specializes in developing young emerging athletes, giving them the tools to be mentally prepared for competition in sport and life.

We are our own worst enemy. I am my toughest critic. Everywhere in life we encounter these sayings and ones similar in context. For a young emerging athlete this attitude can be a great hindrance in his development.

As an athlete is stepping into a new and greater level of competition his internal discussions with himself can sometimes help and sometimes it can create a block to development. Your athlete needs to have a positive inner voice to help in his athletic growth. And for some athletes positive self talk will be a learned skill, that will need to be encouraged, modeled by influential adults, and practiced, practiced, practiced.

We all talk to ourselves; it is normal and very common. Athletes use this self talk to get prepared for competition, to refocus during competition, and to rise to the level of expected performance. It is very important that this self talk be constructive and positive.

During the different stages of competition the self talk has a different purpose. Pre performance the athlete uses his self talk to prepare for the upcoming competition. Here it is extremely important that this talk be uplifting, positive, and motivating. I encourage athletes to develop the use of cue words. These words, or short phrases, have a motivating meaning to the athlete. They are practiced and used during practice to encourage the athlete. The use of cue words during the pre game routine will help get the athlete into the right mind set.

As the competition progresses, so does the athlete's inner talk. If the competition is

going as planned and the athlete is enjoying success the self talk must stay positive, but must also keep the athlete focused on the moment. She needs to remain focused on the performance and not let her thoughts wander to the post game celebration. As she enjoys more and more success it is also very important that she remain positive in her self talk and not allow herself to become over confident.

However, if the performance is not going as planned she may have a challenge keeping her self talk positive. This is the time to really work on staying positive and motivating. The cue words often come into play here, helping motivate and remind the athlete of their ability to perform well. Negative self talk is easy to fall into, but it will be defeating, creating an atmosphere of self doubt. During the competition she needs to stay focused on the upcoming moment, not on the one that just passed. She cannot change the past and now is not the time to learn from a previous mistake, even if previous means five seconds ago. There will be plenty of time for reflecting after the game.

At the end of the game the athlete should use his self talk to learn and reflect. Here is another opportunity where it is easy for an athlete to fall into negative self talk. A performance is rarely perfect, so any mistakes, missed opportunities, or just plain bad performances can be learned from. But chastising himself, or beating himself up with his self talk is not going to help him learn. Constructive self talk is what is needed here. I like athletes to think that a mistake is only a learning opportunity. An athlete who truly wants to learn will reflect on his mistakes and use them to create new and more positive options for his next performance.

Presented by  
Grassroots Coach Magazine

[www.grassrootscoach.com](http://www.grassrootscoach.com)

April 29, 30 and May 1st, 2005  
BellSensplex, Kanata

# Dutch Soccer Course

## - The Complete Picture

This three day course includes both classroom and on field participation. Coaches who attend all sessions will receive a certificate of completion from the CIOS Nederland.

### Session 1: Friday, April 29th—7:00 to 9:00 pm

The phase structure model of Kurt Dietrich and the consequences of this model for our training sessions. (Based on age and talent of the players).

### Session 2: Saturday, April 30th—9:00 am to Noon

Theory and Technique in Youth Soccer. Passing and Scoring and the "Winning Nine Steps."

### Session 3: Saturday, April 30th—1:00 pm to 4:00 pm

Theory and Tactics of 4 vs. 4—the smallest "real" game. Method of coaching in scrimmages.

### Session 4: Sunday, May 1st—9:00 am to Noon

Practical Session using the "Winning Nine Steps."

### Session 5: Sunday, May 1st—1:00 pm to 4:00 pm

Practical Session—a complete session by Ton de Hoop and presentation of certificates. Course evaluation.

This is Part 1 of 4 of the KNVB's course on "Total Insight in the Training and Coaching of Youth Players U7-U14."



Featuring:

**Ton de Hoop**

- ◆ Professor at CIOS (Central Institute for Educating Sports Coaches) where he trains Holland's top professional soccer coach candidates.
- ◆ Staff Instructor for the KNVB (Royal Dutch Football Federation) for A Level Course.
- ◆ Founder of Winning Mood Camps

Course to be held  
at the BellSensplex  
in Kanata, Ontario.

For further information: [info@grassrootscoach.com](mailto:info@grassrootscoach.com)

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Grassroots Coach Magazine

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CANADA  
K0E 1C0



Phone: (613) 652-2444  
Fax: (613) 652-2510  
Email: [info@grassrootscoach.com](mailto:info@grassrootscoach.com)

Early Bird Registration—  
Register by March 15th  
and register at the club  
discount price of \$95  
and receive the  
Grassroots Coach CD  
including the first four  
editions plus a special  
bonus the fifth edition in  
advance.

## Registration Form

Sign up for:

The Complete Package

Price

\$105.00

Note:  
Grassroots  
Coach  
Premium  
Subscribers  
save a further  
\$10 off.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Method of Payment

Visa

Check—payable to  
Grassroots Coach

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

## 2005 Summer Residential Programs

### Two Great Weeks Of International Camp

In 2002 we kicked off this unique Canadian soccer experience with guests from the "Land Down Under."



Over 70 players, coaches and parents from **Coerver Australia** helped to make the first **Canadian Coerver Coaching Residential Program** a tremendous success.



This year our special guests will be making the voyage from Europe as the **Linfield Football Club** from Northern Ireland will be joining us from July 24th-30th. The 12 and 13 year old boys joining us are a part of the Linfield's

highly successful **Football Development Centre**.

We will also be adding a second week of residential camp this year with a one week **Girls Only** camp. The staff for the camp have been specially selected based on their experience and knowledge of the women's game and the program has been designed with the girls' game specifically in mind. The girls program will run from July 17th to 23rd. Both programs based at the beautiful campus of Grenville Christian College in Brockville, Ontario.



### Both Weeks of Camp Feature:

- Fully Qualified and Accredited Coerver Coaching Staff
- Daily Classroom Sessions on Mental Training, Nutrition and other topics of interest to future elite athletes.
- Goalkeeper Specialty Programs
- Camp All-Star Games and Skills Contests
- On-site Certified Athletic Therapist (CAT)
- Daily Speed, Agility and Quickness Sessions
- Evening Activities to Enhance the Overall Camping Experience

For more information on Coerver Coaching or to register for our summer residential programs please visit us online at [www.bmposport.com](http://www.bmposport.com) or call toll free 877.313.9333

# Coerver Coaching Session of the Month

## 1. Warm-Up Ball Mastery Work

Setup: a 20 X 20 area. Each player with a ball, standing a couple of yards apart. Form two or three lines as required.

On coach's signal players move steadily up field tapping the ball from foot to foot.

Use a variety of movements and foot parts to move the ball, toe taps, ground juggles, sole of the foot, inside and outside of foot — many variations.

Duration — 10 minutes



## 2. Warm-Up Part II Moves

Two 2-yard wide goals, 12 yards apart.

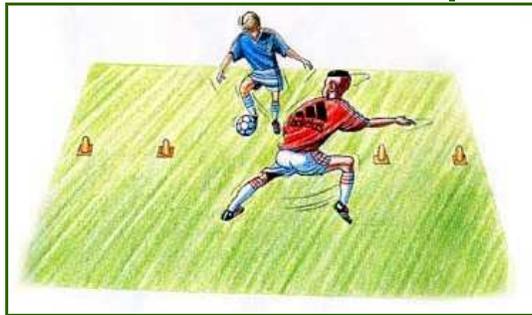
Two players, one with a ball, face each other across an imaginary line between the two goals.

The attacker with the ball tries to get to either end cone before the defender touches the corresponding inside cone.

The defender cannot cross the line or touch the ball.

Players switch roles after three attempts.

Duration — 10 minutes



## 3. Technique Work Passing

Setup: 40 X 40 area or larger depending on age and ability of players. Two teams of 4 to 6 players. Four 3 yard wide goals inside each corner of the area.

Teams play against each other to score.

Teams score by passing ball through goals to a receiving player. Goals can be scored in either direction through the goals. Award bonus points if team is able to dribble through a goal. Goals cannot be scored by the same team consecutively in the same goal.

Duration: 10 — 15 minutes.



## 4. Technique Work — Group Play

Setup: Two circles, one 30 to 40 yards in diameter and one 5 yards in diameter. Six attackers and three defenders. One receiving player in the small circle.

The teams compete 6 v 3 the large circle. The objective for the attackers is to complete a pass to the player in the small circle. Change attacking and defending teams after five minutes.

Several variations: Play one touch, set number of passes before playing to center, keep score.

Duration: 15 — 20 minutes



## 5. Scrimmage

Players play a normal game on two goals with goalkeepers bonus point for making five passes in sequence.

Duration: 15 — 20 minutes

## The Development of Game Intelligence in Soccer — Part 3:



*“There is no greater power on the field than the players' intelligence.”*

*Horst Wein*

### How does a soccer player's intelligence manifest itself on the field?

An intelligent player:

- . generally chooses the best option in less time
- . not only looks for the best solution to the problem he is confronted with on the pitch by quickly prioritizing all the various alternatives, but also calculates the risk factors involved. He rarely loses focus until he has resolved the situation.

- . knows in any moment of the match how to give the adequate speed to the ball and to the rhythm of his team .

- . is never rushed and feels secure and confident when performing a particular move anywhere on the pitch. He controls with his eyes all the space around him, in front, behind and to either side, taking full advantage of both very limited space and wide-open spaces! He always appears to have time. He knows that rushing and doing things too quickly tends to produce errors.

- . always tries to achieve a balance between taking risks and safety. Too much risk could mean losing the ball or even the match, while playing

without any risk rarely helps to turn the match to your favor. He is brave enough to take risks!

- . stands out because he can adapt to the ever-changing situations in the game, to the referee, to his teammates, to his opponents and to the pitch and weather conditions.

- . knows that things do not always come off. This is why his performance level rarely dips after making a mistake or two or three in a row.

- . knows when and where to pass the ball or when it is better to keep possession.

- . has good optical - motor assessment or spatial awareness. Assesses correctly the distances between him and his teammates and the opposition or to the lines of the pitch and the location of the goals, acquired through many years of practice with simplified games which also sharpened his decision making capacities.

- . keeps it simple. Only a master, an outstanding player, can play simply.

- . knows what he is going to do with the ball before he even receives and controls it.



### Meet the Author

Horst Wein is one of the world's foremost mentor of soccer coaches and trainers. He has coached the coaches in over 50 countries on four continents and has written 31 sports-related textbooks, including five on soccer.

His most recent is called "Developing Game Intelligence in Soccer" and is published by Reedswain Books.

*(Continued on page 13)*



. uses his creativity to the benefit of his team and teammates.

. knows how to play soccer, especially without the ball, constantly making himself available for his teammates to which he offers possible solutions to many situations that arise on the pitch.

. is a player who contributes all his qualities for the good of his team. A soccer player who doesn't use his intelligence to serve his teammates around him will never succeed in the game because he will then tend to perceive only a portion of the whole game, seeing plays completely isolated and not in context with the whole. This type of player doesn't see everything that is taking place on the pitch.

. frequently asks questions and quickly learns from his mistakes. He is good at memorizing a great variety of plays and reproducing them.

. only does what is within his capabilities.

. knows how to pace himself throughout a game. His experience allows him to make appropriate decisions such as when to run or when it is a waste of energy.

. is not affected by stress, knowing that a high level of stress tends to narrow his focus and perception capacity and also influences his decision making negatively. This explains why sometimes key players do not make positive contributions in decisive matches. The pressure nullifies their usually intelligent play.

*"As soccer is largely a cognitive game it is advisable to focus learning on constructing a significant knowledge database, achieved by a balanced interaction between player, coach and situations in context"*  
Eduardo de la Torre (1998)

**NOTE:**

Exercises and Simplified Games for unlocking and developing the Soccer Game Intelligence on the field of play have been published in the following books, videos and DVD by Horst Wein:

-*"Entwicklung der Spielintelligenz im Fussball"* mit Mini Fussball Spielen, 2 videos VHS o DVD, 2004 Institut für Jugendfussball (Germany),

-*"Developing Game Intelligence in Soccer"*, published by Reedswain, Inc. (USA), July 2004

-*"Small Sided Games For Developing Game Intelligence"*, DVD, published by Reedswain, Inc. (USA),



## "Developing Game Intelligence in Soccer" Wein Way Sports International

Will be hosting a 2 day Coaching Seminar  
presented by:  
Professor Horst Wein

### Dates

April 29th (7pm - 10:00pm)

April 30th (9am - 4:00pm)

May 1st (9am - 2:00pm)

### Venue

Cawthra Community Center  
1399 Cawthra Road (south of QEW)

### Cost

\$115.00

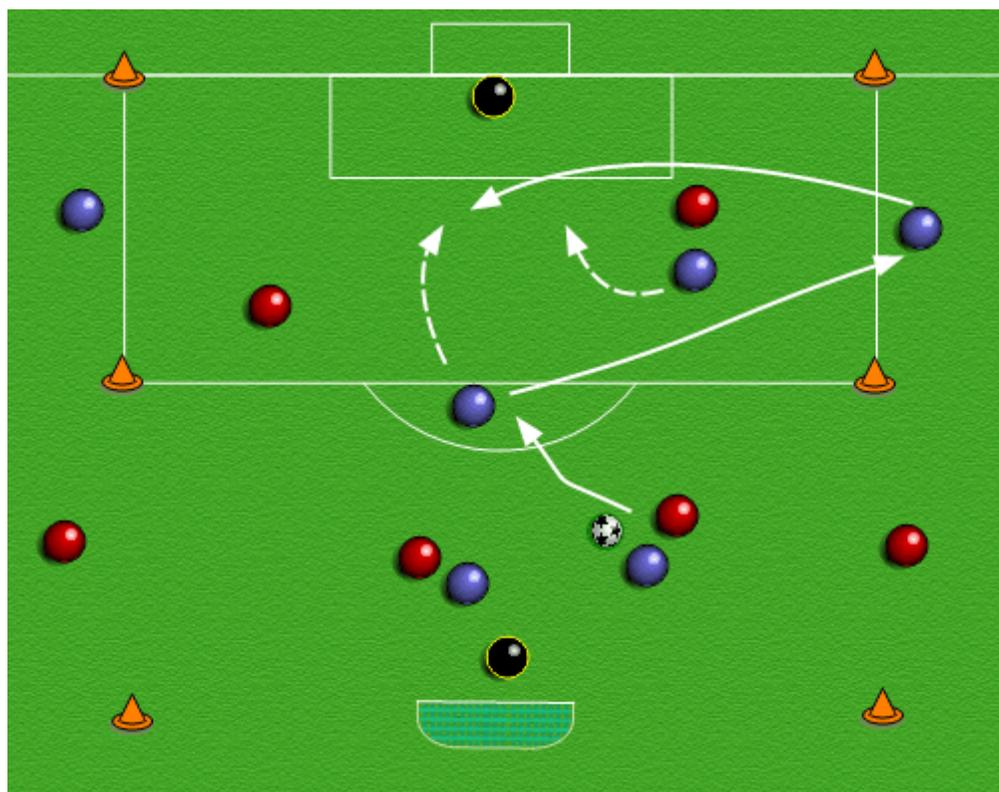
### Topics

- ◆ The necessity of working with a Soccer Development Model for developing game intelligence in Soccer from the grass root level
- ◆ Simplified games for teams formed by 3 players
- ◆ Simplified games for teams formed by 4 players
- ◆ Coaching Counter-Attacking
- ◆ Mastering the through pass
- ◆ Attacking under pressure and many others

### To Register contact:

Wein Way Sports International  
2861 Sherwood Heights Drive #20  
Oakville, ON L6J 7K1 Canada  
No. 905-829-8649  
Fax. 905-829-3889  
[www.weinwaysports.com](http://www.weinwaysports.com)

# Small Sided Game of the Month



## 4 vs. 4 with Support

Game Set-Up	Objects of the Game	
<p><b>Basic Rules and Set-Up:</b></p> <p>Each team attacks and defends two full size goals.</p> <p>Used to work on encouraging players to use wing players to set up attacking play in front of goal.</p>	<p><b>Your Team in Possession:</b></p> <ul style="list-style-type: none"> <li>◆ Control the ball well.</li> <li>◆ Play quickly, look to pass directly to player in a wide position</li> <li>◆ Make runs to support the cross of the wide player.</li> </ul>	<p><b>Other Team in Possession:</b></p> <ul style="list-style-type: none"> <li>◆ Keep the ball in sight and in front of you.</li> <li>◆ Prevent scoring without giving away free kicks.</li> <li>◆ See the field, be aware of more than just your direct opponent.</li> </ul>

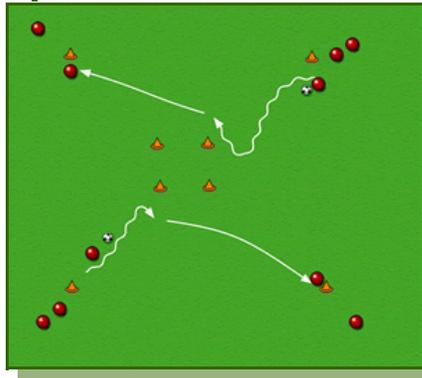
# U10 — Session: Feints—Fake Pass

## 1. Warm-Up

### Passing Tag

Setup a 20 X 20 grid with a smaller 5 X 5 grid in the center — players start at corners dribble to inside cone, fake pass and then pass in opposite direction to first person in next line. Start with two balls and then go to four — one for each line. Use step-over move or a pull back move to fake pass.

Duration: 10 minutes



## Key Points:

### Feint — Fake Pass

- ◆ Feint with your whole body, using your arms to help.
- ◆ Feint a pass clearly in one direction.
- ◆ Look in the direction you are feinting.
- ◆ After your defender commits, accelerate away in the other direction.
- ◆ "Change direction — Change speed."

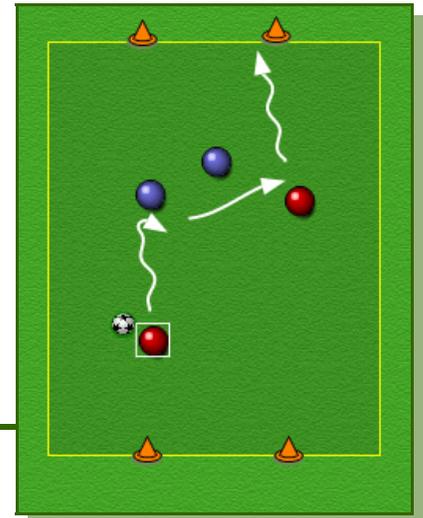
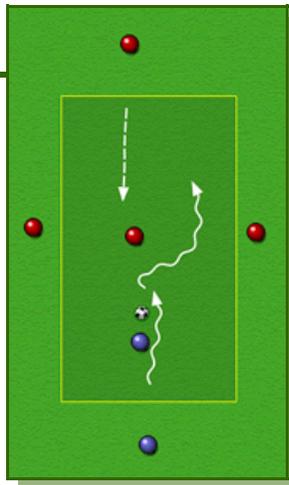
## 2. Technique Work

Groups of 6 to 8. 15 X 20 grid. Players work 1v1 in grid but use the support players on sides through a wall pass or a fake pass to get by the defender.

Feint the pass clearly with your whole body and use your arms and your eyes (look towards your target) to reinforce the move.

Award 1 point for getting by using a wall pass or 2 points for getting by using a fake pass.

Duration: 10-15 minutes



## 4. Game to Build Skill

2 v 2 without goalkeepers on wide goals on 20 x 25m field.

Score by dribbling through the cone goals. Encourage players to use the fake pass move pointing out moments and locations when it is appropriate.

Variation: Limit touches — change number of players.

Duration: 10 — 15 minutes

## 3. Technique Work

Working in threes, players play 2v1 possession in a 10 x 10 grid. When defender wins ball switch places.

Duration: 10 minutes.

## 5. Scrimmage

Two even sides with or without goalkeepers. Bonus point for executing a good fake pass.

# Grassroots Coach

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- ◆ An online discussion and support area accessible by members of your coaching staff only.

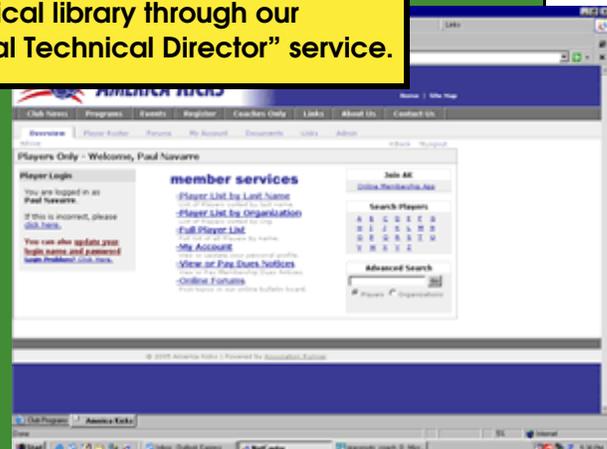
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# U12 — Session: Diving Headers

## 1. Warm-Up

Working in groups of three players practice heading the ball. Player one serves the ball to player two who heads to player three — player three catches ball and starts sequence over by serving to one.

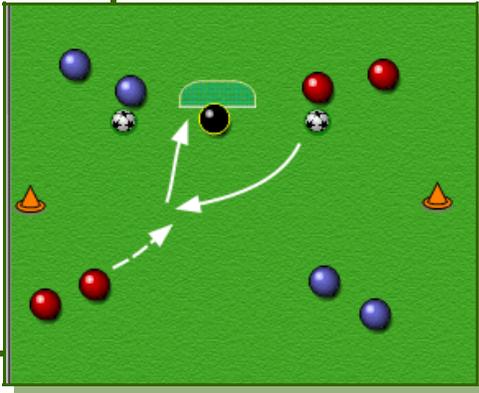
Variation: No catching.

Duration: 10 minutes

## 2. Technique Work

Throw the ball in from the side of goal for players to practice diving headers. Head from 5 to 8 m out with a goalkeeper on line. Make it a competition.

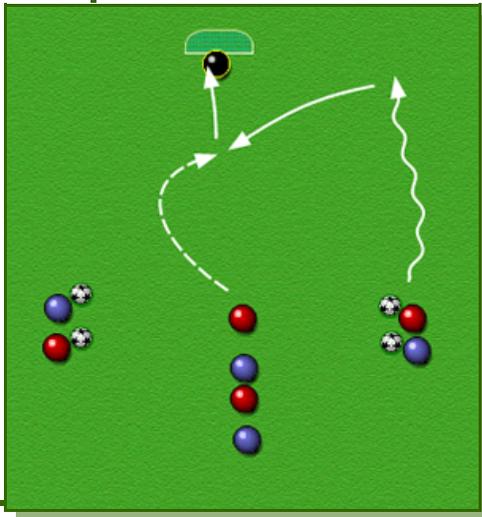
Duration: 10 minutes.



## 3. Technique Work

Players are split into two teams. Working in pairs, one player hits crosses and team-mate runs in and tries to head goals. Hit crosses alternately from left and right sides. Change roles. Players should make a "V" run to allow for correct timing to meet the ball on the move.

Duration 10—15 minutes.



## 5. Scrimmage

Two even sides with or without goalkeepers. Bonus point for scoring goal with header from cross.

## Key Points:

### Diving Headers

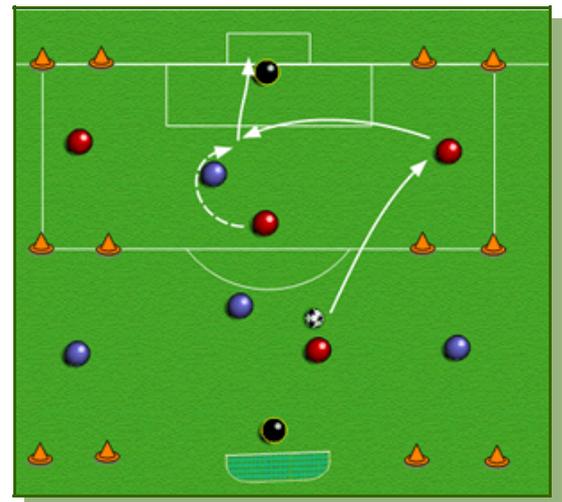
- ◆ Get into a good starting position so you can attack the ball with speed.
- ◆ Eyes open, watch the ball until contact.
- ◆ Push off the ground with power — land using your arms and hands to cushion the fall.
- ◆ Keep your head steady.

## 4. Game to Build Skill

Two zones on sides of field are serving zones. Players in this area are allowed to serve ball without defensive pressure. Goals must be scored from cross. Allow limited defensive pressure in middle of field — only one player may defend.

Variation: Allow all players to defend. Limit touches of wing players. Allow two only or allow defenders to pressure if more than set number of touches are taken.

Duration: 10 — 15 minutes



# U14 — Session: 2 v 1 Overlap

## 1. Warm-Up

Two groups (Green and Yellow) passing and moving in penalty area. One ball per group green passes to green, yellow to yellow. Add touch limitation — two touch and then one maximum. Next stage green passes to yellow and then yellow to green — keep both balls in play.

Make a competitive game — yellow vs green, first team to complete 20 passes wins (not consecutive) designate a counter on each team.

Duration: 8 — 10 minutes

## Key Points: Overlaps

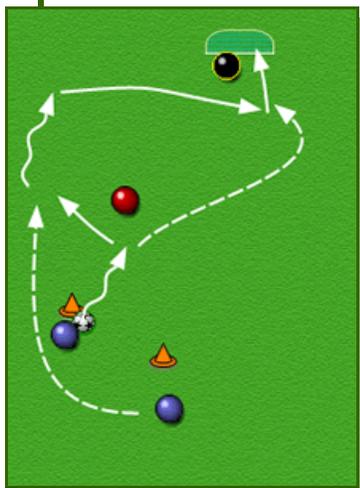
- ◆ Perform overlap when teammate with ball is attacking a defender.
- ◆ This often creates space to side that you can use to attack.
- ◆ Start run early and move very quickly — call for the ball.
- ◆ Player with ball must take ball themselves if defender decides to follow overlap.
- ◆ Usually done on wide areas of the field.

## 2. Technique Work

Two short lines, practice overlap against a passive defender, cross ball in front of goal and finish. Change roles.

Variation: Allow defender to be more active and allow attackers to decide if overlap is on.

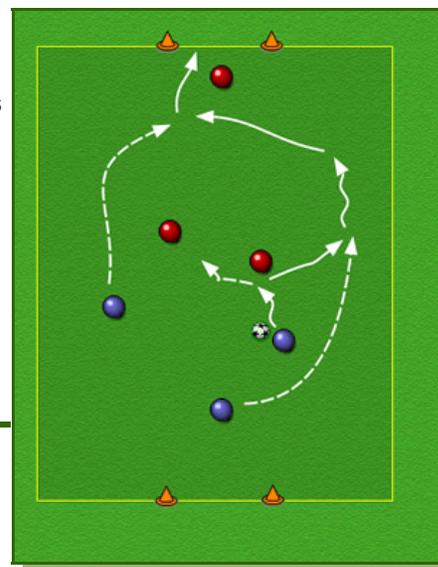
Duration: 10 — 15 minutes.



## 4. Technique Work

Play 3 v 3 — team that is defending must always drop a player into goal. This will limit counter-attacks but encourage overlaps and creative play due to a numbers up situation in the center of the field.

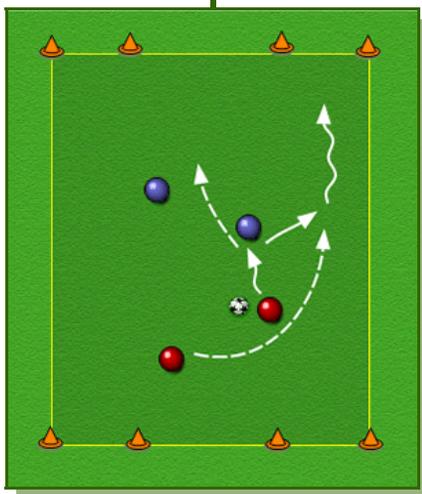
Duration 10—15 minutes.



## 3. Technique Work

Play 2 v 2 with four 5m goals. Score by rolling ball into goal from maximum of 5m. Award extra points for goals preceded by successful overlaps or when attacker makes correct decision to take defender on themselves.

Duration: 10 — 15 minutes



## 5. Scrimmage

Play 5 v 5. Practice creating and using overlap situations, in various parts of the field. Make sure attackers see times when to attack themselves after overlap has created space.

Duration: 15 — 20 minutes.



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## Youth Soccer Injuries — Part 1: Minor Injuries

Youth soccer has become quite the American success story. In just over a quarter of a century the sport has risen from virtual obscurity to become a major component of most municipalities' recreational programs.

According to American Sports Data Inc., soccer was the only team sport to have increased participation for the decade ending in 2000. As with all sports there are inherent risks involved in playing soccer and injuries do occur. Most injuries involve the lower extremity especially the ankle and lower leg but serious even life threatening injuries though rare, do happen.

Parents and coaches need to be prepared to handle these emergencies. With good planning, adequate equipment, and a basic knowledge of first aid any soccer coach or parent can learn to care for an injured athlete. It is highly recommended that all coaches and team managers be trained in basic first aid including CPR and parents should also consider under going this training.

### Basic Treatment: Preparation and Planning

Being able to provide care for an injury requires having knowledge of basic first aid, access to adequate first aid supplies and equipment at all practices and games, and having a basic emergency plan of action outlined in advance.

A well stocked first aid kit (can be

obtained at most medical supply houses or sporting goods stores) is a good start but several additional items should be included: a pair of crutches, plastic bags for ice, chemical cold packs if regular ice is not available, a SAM splint (definition below), an arm sling, additional elastic wraps, and a pair of 7 ¼ inch bandage scissors. Each parent does not need to carry all this equipment but one person should be responsible for being certain that it is available.

An emergency plan of action should outline individual responsibilities in the event of an accident or injury. It should include planning for minor and major injuries including who would provide first aid, who would call 911 if needed, who would meet and direct the paramedics, and who would contact parents if they were not present.

The National Athletic Trainers Association ([www.nata.org](http://www.nata.org)) is an excellent resource for help in developing a plan. Many parks have emergency plans posted at their venues and most major tournaments have medical care available on site but at practices and regular games the availability of on site medical care is variable and the care of an injured player usually falls on the team' s coaches and parents

### Minor Injuries -- Treatment

Most injuries encountered will be sprains, strains, contusions, abrasions, or blisters. The RICE principle is used to treat sprains (ligament injuries), strains (muscles

*“Being able to provide care for an injury requires having knowledge of basic first aid, access to adequate first aid supplies and equipment at all practices and games, and having a basic emergency plan of action outlined in advance.”*

injuries), and contusions (bruises).

RICE stands for:

**R - Rest** - The injured part should be placed in a position of comfort. If a fracture is suspected a SAM splint can be used to immobilize the site. It is an aluminum splint that can be molded to fit the body part and trimmed with scissors if needed. Elastic bandages hold the splint in place. Crutches should be used if an ankle, knee, or leg is too painful for weight bearing; a sling for a painful wrist, elbow or shoulder.

**I - Ice** - This is used to control pain and swelling. Chemical cold packs are available and are useful if regular ice is not available but they do not stay cold for long. Ice should not be left in place for more than 20 minutes at a time but it can be repeated often, usually 20 minutes on then 20 minutes off. Always check the skin frequently for signs of frost bite with prolonged use of ice.

**C - Compression** - Elastic wraps are used to provide circumferential pressure about the injured part. This aids in reducing swelling. They should not be applied too tightly, only about one half the tension should be pulled from the wrap.

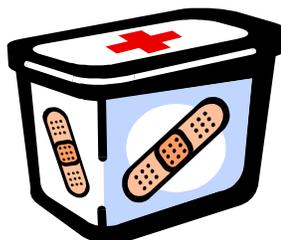
**E - Elevation** - Swelling can be further reduced by elevating the injured part higher than the heart.

Abrasions commonly result from contact with ground and most frequently occur at the knee and elbow. These should be gently cleaned with mild soap and water being certain to remove any foreign material from the wound. The wound then is covered with an antibiotic ointment and a non-adherent dressing. It is best to keep the wound moist and not allow a scab to form. The wound will heal

from the inside out and there will not be continual reinjury by having a scab knocked off over and over. The wound should be watched closely for signs of infection such as increased pain, redness, and skin warmth.

Blisters are best treated with prevention. Blisters can be almost eliminated by breaking in new shoes gradually, wearing shoes that fit properly, and wearing clean and dry socks. If a blister is small (less than the diameter of a nickel) and non-painful it can be padded, not drained, and watched closely. If the blister is large, painful, and in a spot where there is a lot of pressure it should be opened, cleaned, padded, and watched closely for signs of infection. It is important to note that universal precaution to prevent the spread of blood borne pathogens require that any open wound be immediately covered to prevent the possibility of transmitting disease through contact with another individual's blood.

Most of the injuries that occur can be handled with basic first aid but parents and coaches should never hesitate to activate the emergency plan if a severe injury is suspected. It is not possible in the limited scope of this article to discuss every possible scenario that might be encountered with youth soccer but the basic concepts of care have been explained and that should help parents and coaches be prepared to deal with the unexpected.



### Meet the Author

#### J. Marc Davis, P.T., ATC

Marc Davis has been employed by the University of North Carolina's Division of Sports Medicine as a Physical Therapist and Athletic Trainer since 1975. He was named outstanding Physical Therapist of the year in 1998 by the North Carolina Physical Therapy Association. His 15 years old daughter is an active soccer player involved in both youth travel soccer and high school junior varsity soccer.

# Goalkeepers — Back Passes

Unfortunately most developmental coaches do not have the luxury of setting aside an entire training session just for goalkeepers.

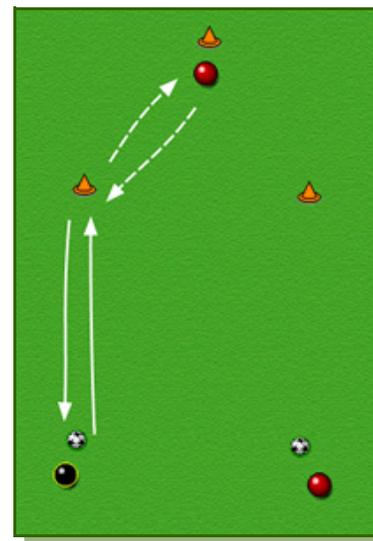
What coaches can do though is dedicate 20 — 30 minutes to goalkeeper training prior to or immediately following a regular training session. Coaches can also make one team exercise on a regular basis focus on the needs of the goalkeepers.

Even better have your assistant coach take responsibility for taking the goalkeepers aside and working with them for a part of each session.

Two goalkeepers practice with a coach. GK1 stands at a cone, with two more cones ahead to the right and left, each about 5 m away. The coach and GK2 stand about 10 m to the right and left side as well. GK1 moves to cone on right receives a pass and then passes it back directly with right foot. GK1 returns to starting point and repeats on left side using left foot.

Focus on using both feet.

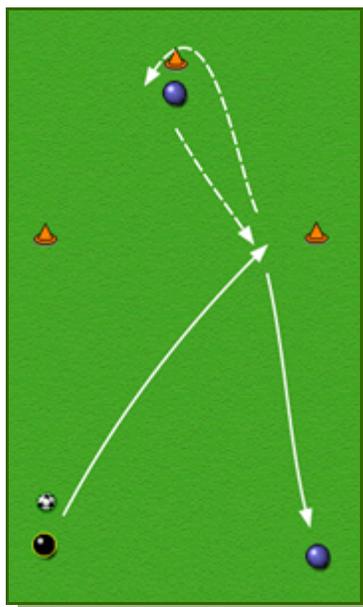
Variation: One ball GK plays ball to opposite server with diagonal pass before returning to start cone.



Two goalkeepers practice with a coach. GK1 stands at a cone, with two cones set up 5 m ahead on the left and right.

Coach and GK2 stand further 10 to 15 m away. Coach starts with ball. Coach serves ball towards forwards cone opposite from him. GK1 runs forward to intercept ball before it reaches cone and passes it directly to GK2. GK1 returns to starting cone then GK2 serves ball to opposite cone so again GK1 can intercept and this time play directly to coach.

Variation: GK1 runs back around starting cone before intercepting pass.



## Key Points: Back Passes

- ◆ Communicate with your defenders — call for the pass back or tell them no.
- ◆ Call at the right time.
- ◆ Be confident.
- ◆ Avoid risks — choose the simplest and safest solution.
- ◆ Make the right decision.
- ◆ Show for passes to the side of the goal.
- ◆ On poor passes get behind the ball first and then move forward.
- ◆ Make an accurate pass to your teammate on the ground if possible.
- ◆ Avoid square passes if possible.

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## Contacts:

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Issaquah, WA 98027, USA

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contactus@insta-bench.com

### Canada — BMP Sport

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877.313.9333

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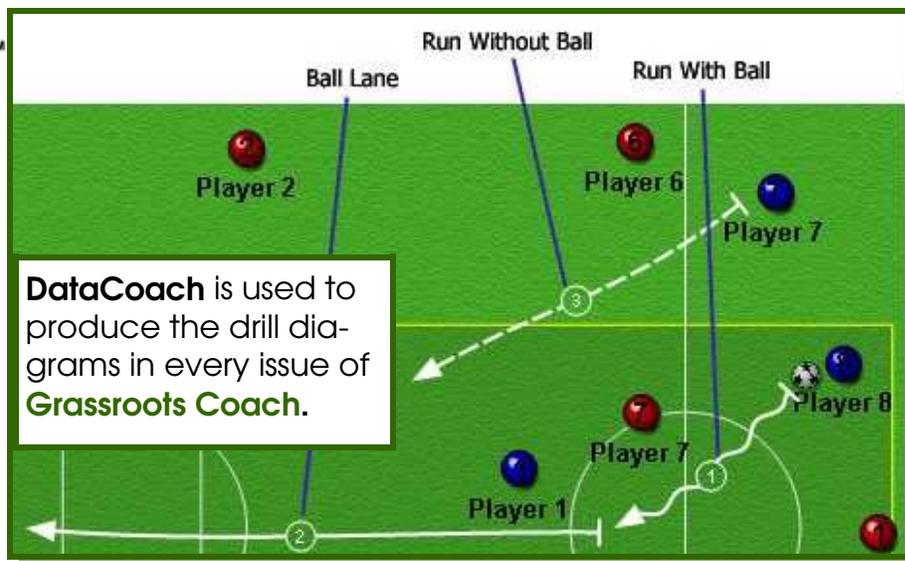


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