

Welcome to the D.C.U.S.A monthly news letter.

As a coach in our recreational division you will be receiving news, practice drills, methods of coaching as well as upcoming events. We hope you will find this information useful and can apply it to become a better coach. Fall season is upon us and practices are underway. As we begin to develop our youth let's take a moment and reflect on what our role as a coach is.

Coaches take on many roles when leading a team. However, youth coaches need to understand their roles are within the overall player development process. Inexperienced coaches often identify with coaches of older aged teams where the priority and objectives for that age group may be different, given the environment and demands. Coaches who understand the player development process and the differences that exist between age and ability characteristics are more likely to positively influence and affect the development of a player.

The role of the youth coach, based upon principles of player development is:

A. Serve a facilitator.

1. Set up the conditions and environment for learning.
2. Players need to have fun and receive positive feedback.
3. The coach must enthusiastic.
4. Practice should be conducted in the spirit of enjoyment and learning.
5. Activities need to be geared toward achieving success.

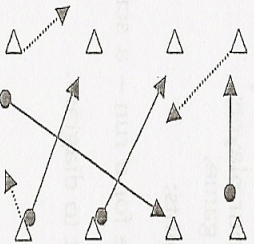
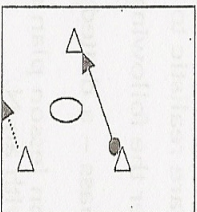
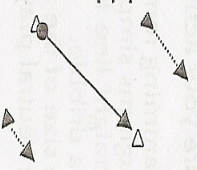
B. As a positive role model

1. Demonstrate respect for team members, opponents, referees, parents, spectators and opposing coaches .
2. Demonstrate a responsibility to the game itself.

C. Understanding who they are coaching.

1. Recognize that children/players are not defined by chronological age only. They mature and develop at their own pace. There are also growth differences between genders.
2. Treat each person as an individual.
3. Recognize that their needs are different and they participate for different reasons. (at any level)

Topic: How and When to Dribble, Pass and Receive

Warm-up	Organization	Key Coaching Points
	<ul style="list-style-type: none"> <li>▪ Ball between two – players moving and passing.</li> <li>▪ 3 v 1 possession game.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Accuracy of pass.</li> <li>▪ Speed of pass.</li> <li>▪ Pass to feet.</li> <li>▪ Pass to space.</li> </ul>
<p style="text-align: center;">Small Sided Activity</p> 	<ul style="list-style-type: none"> <li>▪ 5 passes equal a goal – defender winning ball and reaching touch line scores goal.</li> <li>▪ Defender changes to attacking team after scoring goal.</li> <li>▪ 4 v 2 (2+2+2) possession game.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Accuracy of pass.</li> <li>▪ Weight of pass.</li> <li>▪ Disguise of pass.</li> <li>▪ Timing of release.</li> <li>▪ Correct supporting positions.</li> <li>▪ Body position - open to field.</li> </ul>
<p style="text-align: center;">Expanded Small Sided Activity</p> <p style="text-align: center;">4 v 4</p> 	<ul style="list-style-type: none"> <li>▪ 4 v 4 (6 goal game).</li> <li>▪ Each team defends three (3) goals and attacks three (3) goals.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Accuracy and quality of through pass.</li> <li>▪ Speed of play to make through pass for goal.</li> <li>▪ Disguise of pass to prevent telegraphing pass.</li> <li>▪ Use of different surfaces of foot for passing.</li> <li>▪ Supporting positions of player in advance of ball so penetration is achieved.</li> <li>▪ Find the correct option.</li> <li>▪ Keep 'spread out'.</li> </ul>
<p style="text-align: center;">Match Game Condition</p> <div style="border: 1px solid black; padding: 10px; text-align: center; width: fit-content; margin: auto;"> <p>6 v 6 (includes GKs)</p> </div>	<ul style="list-style-type: none"> <li>▪ 6 v 6 game (includes GK).</li> <li>▪ No restrictions on players.</li> <li>▪ Field is 45x20 to encourage deep pass.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Correct shape of team.</li> <li>▪ Look for deep pass first.</li> <li>▪ Selection of pass – to feet or to space.</li> <li>▪ Keep possession – speed of play.</li> </ul>
<p style="text-align: center;">Cool Down</p>	<ul style="list-style-type: none"> <li>▪ Players jog and stretch at end of practice.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>

Thank you! If I can be of any assistance to you please contact me at 859-0268 or email [1soccerdad@triad.rr.com](mailto:1soccerdad@triad.rr.com)

Scott Semonco, DCUSA Rep.

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