

12U, 15U and 18U Coaches Package

FDSA 12U, 15U and 18U Coaches Plan

Thank you for volunteering to be a coach with the FDSA. Outlined below are a few tips and logistics that help you with your season. Remember, for these age groups, most of the parents are new to this just like you and their kids.

The following “plan” is just that; it is a plan to help you enjoy the soccer season.

The FUN part is very easy for the new coach. Have a smile and the kids will also have a smile! If you show up to the park with an open, happy mind you will soon find that the players on your team will make you laugh every week. It is an enjoyable experience that will help you grow as a person.

This year you will have a combination of game and practice sessions. During game sessions you will have 30 min warm up/Practice, and 60 minutes of play. On practice nights you will have 90 minutes of practice, which can be divided into some small game like activities, and followed up with a 20-30 minute scrimmage with your team. In this guide you will find some excellent and very fun activities that can help you to

Session Ideas

Session #1

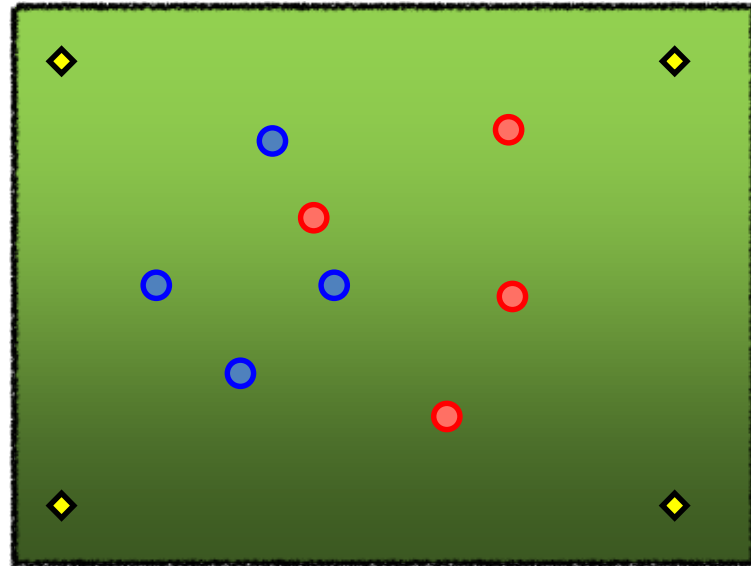
Crazy Warm Up

- 5 or 6 players start with a soccer ball
- Soccer Tag - The players with the ball can only untag themselves by hitting the leg or foot, but the ball must be kicked
- Next - 4 balls and the ball is picked up. The rule is now to tag someone the player with the ball must hit another without a ball below the knee. This time the player can protect his lower legs with hands and arms.
- Finally - conventional game of a tag, where player who is "It" can tag any player within the square -- except those holding the soccer ball.
- If player holds onto the ball too long, or runs out of area they become "it"

Coaching Points

- Encourage players to keep head up and be alert
- Encourage teamwork to help tag players or to help keep players from getting caught.

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



Raccoon Tails

Red Team: Start with a pinny, tucked into their shorts, like a tail. Try to avoid the blue players who will try to grab the tail. If they lose tail, they become a blue player.

Blue Team: Attempts to steal the tail from a red player. If successful they tuck tail in and become a red player.

Competition -- Coach will yell "stop" or blow whistle and check to see who has a tail before starting again.

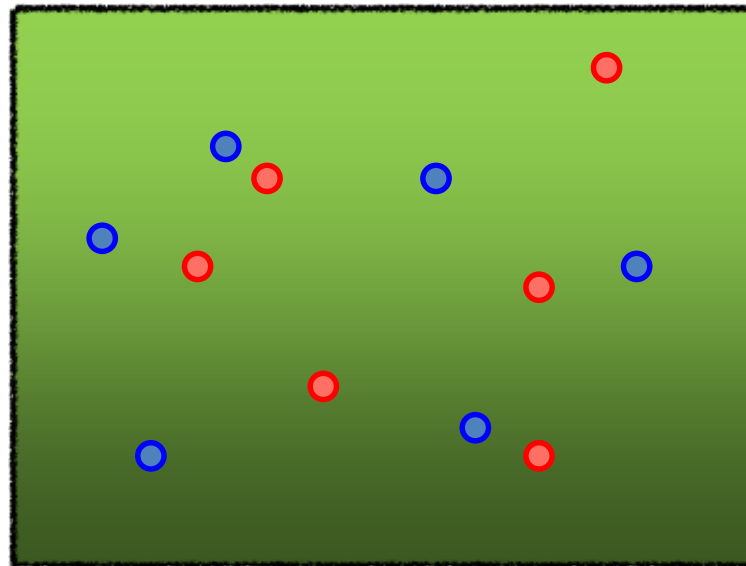
Variation

- All players have tails, players attempt to collect as many tails as possible
- 1 player starts as "it" as they steal tails they are joined by new "it" players.
- **Play this game with and without a soccer ball.**

Coaching Points

- **Stay low and balanced in order to react to opponents movement.**

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



Sharks

One player is designated as the shark. The rest of the players have the ball and are dribbling around in the square.

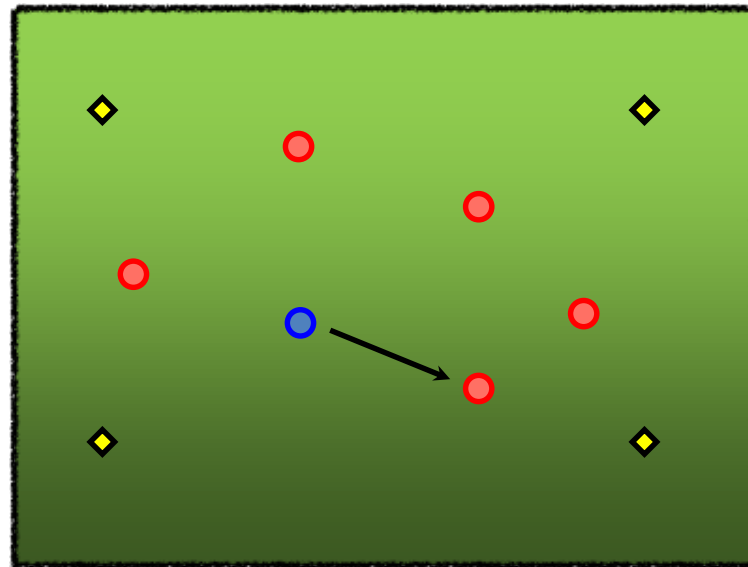
- One “Go” the shark enters the square and tries to win the ball from the other players.
- Once the player has lost the ball they become a shark also.

Progression

Coaching Points

- **Encourage proper body position when challenge for the ball**
- **As the number of sharks increase encourage cooperation between the sharks for win the ball from the opponents.**

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



Numbers Game

- Coach starts with the balls.
- Players are numbered 1 - 4
- Players start on belly, when coach calls number and plays ball in. Players get up and attempt to win the ball and score on net.

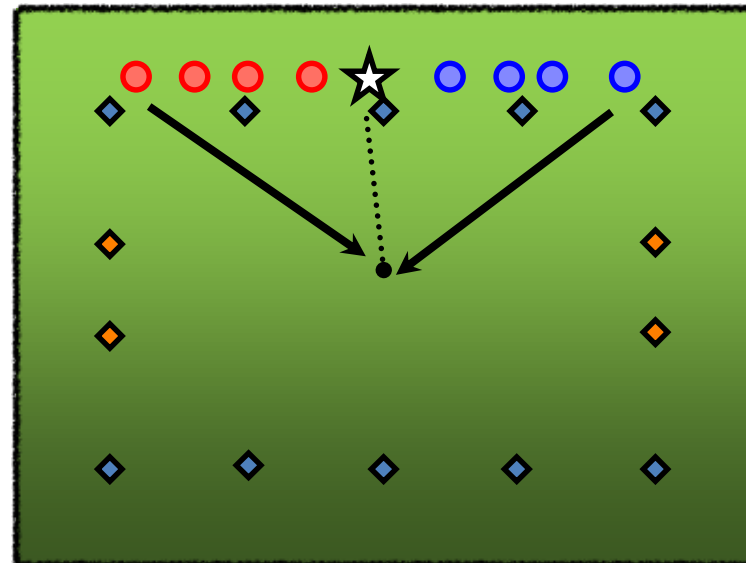
Progression

Call multiple numbers

Coaching Points

- **Encourage Attackers to take on opponents**
- **Defenders should run back and recover even when beaten.**
- **Defender should stay on feet, in good defensive position.**

- Equipment and Setup
- Mark out a 20 by 25 m grid
- Divide players into 2 teams, and assign each player a number
- Each team attacks a goal.



Session #2

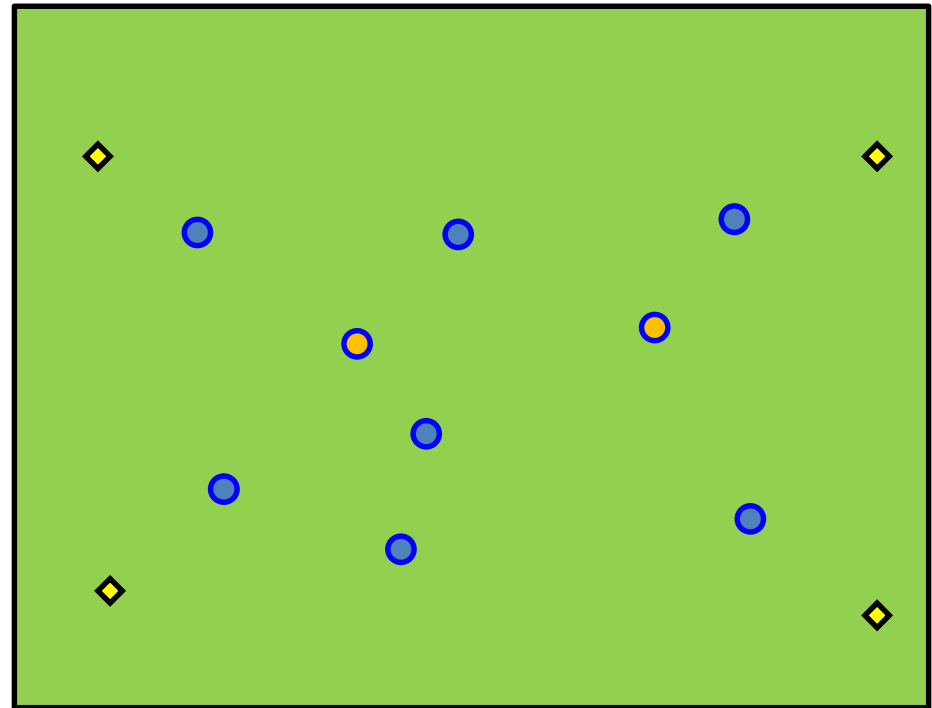
TAG!

Kids love tag games, and they are a great game to make practice fun and exciting. Ask your young player if they have a favorite tag game from school, or the park, and use that. Some suggestions might be.

Activity Description –

- **Freez Tag** – Players playing tag when the “it” player tags a player they are “frozen” in one spot until another player un-freezes them. Players can un-freeze a player by:
 - Running under their arms
 - Crawling under their legs
 - Or other ways (high five etc.)
- **Blob Tag** – Players playing tag when the “it” player tags a player they hold hands or link arms to begin a blob, the 2 players now try to tag other players and add to their blob.
 - Blobs can get as big as coaches want, but at young ages 3 or 4 players is big enough.
- **Tag** – 2 or 3 players are it and they can hold onto a bib when they tag a player they give that player a bib and the tag player becomes it.
- **Other Tag Games** – Anything fun for a tag game you can think of, team tag, capture the flag (use a ball to dribble maybe), tag with a soccer ball.

- Equipment and set up:
- Cones: 4+
- Bibs: 2-4 depending on number of “it” players
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.
- **Bring a big smile and lots of enthusiasm!**



Me and My Shadow

This is a fun game for players to play in a pair with their parents, or another player depending on the age group.

Basic:

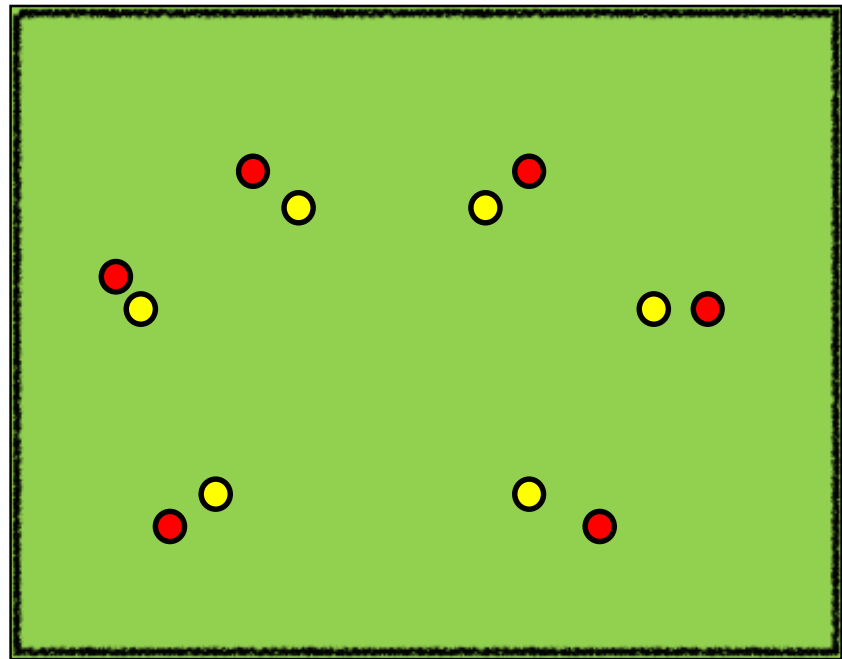
- Players play follow the leader with no soccer ball, trying to keep close to the leader. When coach says “stop” everyone stops and we see how far they are apart.
- Players all have soccer ball and follow the same as above.

Advanced:

- 1 Player with a ball 1 without player without ball follows player with ball trying to stay close.
 - Player without ball follows player with ball.

When players are chasing encourage them to change directions quickly, and change speeds to lose their shadow. Encourage them to use different styles of movement.

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.
- **Bring a big smile and lots of enthusiasm!**



Two Goal Game

- Coach plays ball into red.
- Red attacks one of the two nets and tries to dribble through
- Blue tries to defend both nets and if they win possession must get the ball to the coach.
- Teams return to their teams lines

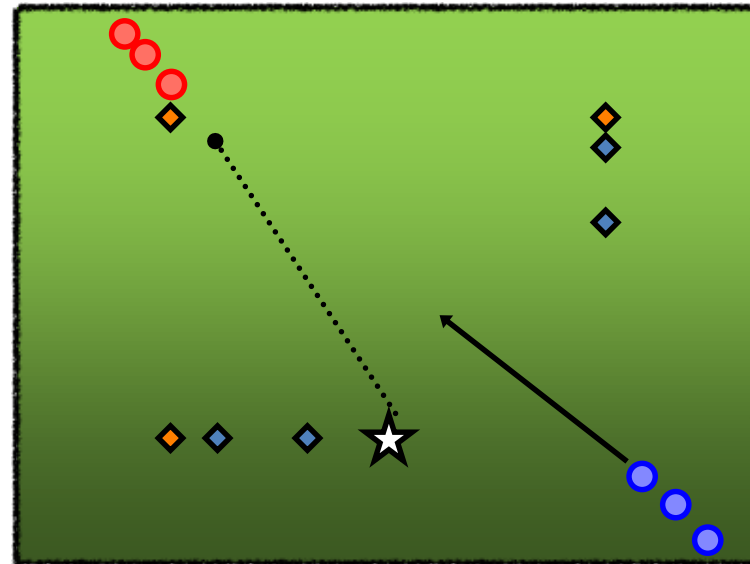
Progression

- Keep track of points that each team gets

Coaching Points

- **Good first touch and attack a net**
- **Change of pace to beat defender**
- **If defender blocks one net, change direction (and pace) and attack the other net.**
- **Keep ball close and under control**

- Equipment and Set Up:
- Players: 8-10
- Set up a square with 2 small nets (in yellow) facing the cone of the attacking team.

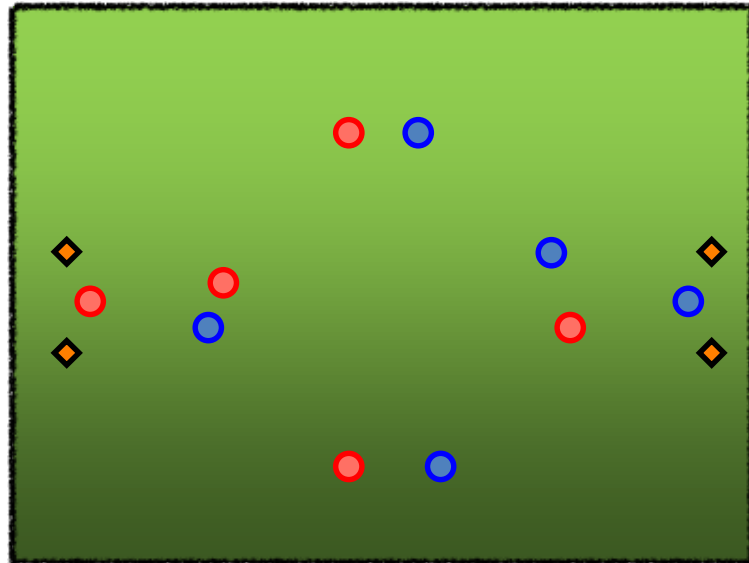


4v4 + GK

- **Equipment and set up:**
- **Mark out 30x35 space for the game.**
- **Activity:** Just let the players play. Try to keep numbers around 3v3 or 4v4 so that players have a chance for attacking success.

Key Points

- Encourage lots of shooting
- Encourage players to dribble and be creative with the ball.



Session #3

2 Gates

- Starts by players pass the ball to the other line and then following pass.

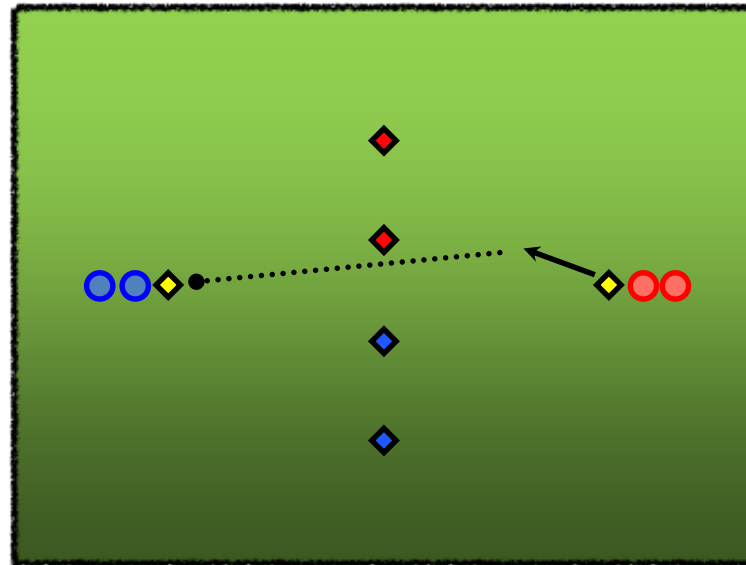
Progressions

- Must pass and then run through the gate to other line
- Dribble the ball to the gate and then pass the ball
- Dribble and can change direction and go to other gate
- Dribble to gate, pass the ball and then defend.

Coaching Points

- **Get your first touch out of your feet**
- **Be ready to receive the pass**
- **Take your first touch in the direction you want to go.**
- **Take your first touch away from your defender**
- **Focus on making a good pass**

- 2 lines of players 20-30m apart.
- 2 gates (3m) halfway between lines of players approximately 5m apart.



Handball

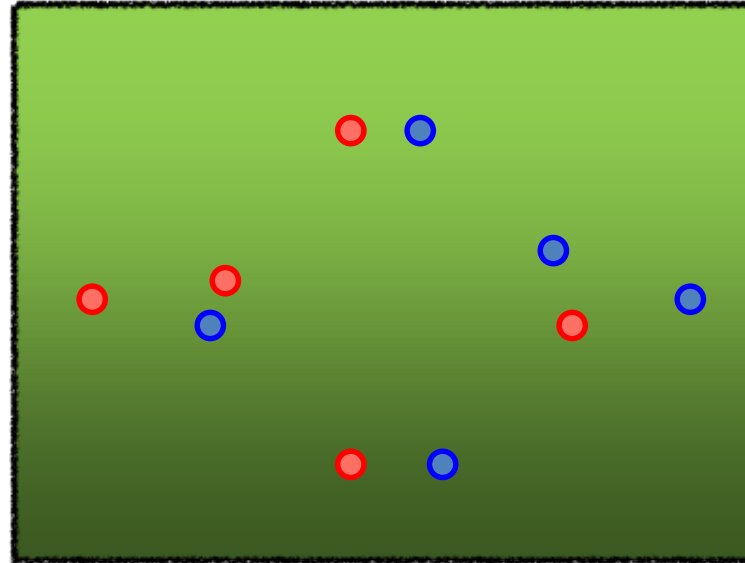
Players play handball by throwing and catching the ball to move it around the grid. Players have a limited amount of steps with the ball in their hands, and have to throw and catch.

- Make 10 consecutive passes in order to score a point.
- If you drop the ball the other team gets possession.

Coaching Points

- **Proper hand position – make a “W” behind the ball when catching it**
- **Body behind the ball to best catch it**
- **Move ball quickly, and move after you pass**

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



2v2 In Grid with outside players

-2 players from each team play against each other in the middle. Their are players on the outside who can be used for passing.

-The team with the ball attempts to maintain possession, if they successfully complete 5 passes they get a point.

-The players on the outside have 2 touch.

-Player play for 2 minutes and then switch.

Progression

-If inside player completes a combination pass with the outside player, the outside player enters the grid and inside player goes out.

Coaching Points

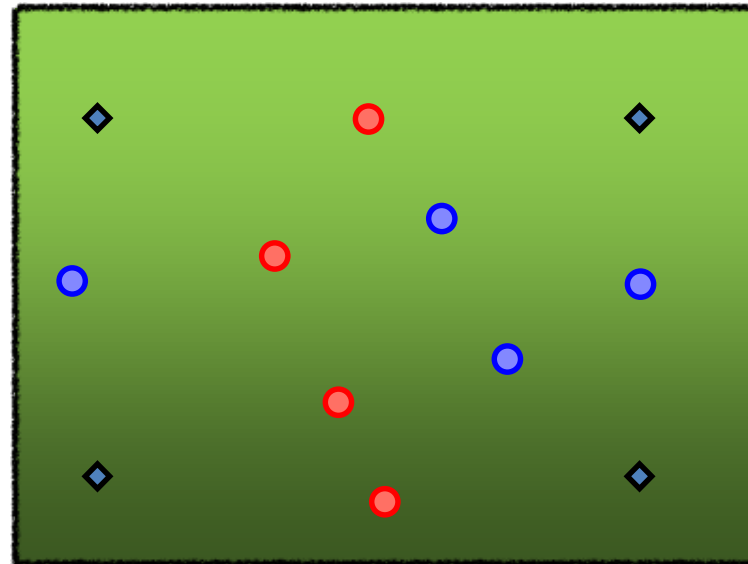
-Focus on making good pass

-Play at angles

-Burst of speed after pass

-Good open body positions.

- **Set Up:** A 20x 20 square, with 2 teams. Each team is split into 2, and line up opposite each other, while the other team lines up on the opposite sides of the square. 2 players from each team will start in the middle of the square.



Hit the Cone

4 Cones along end line players try to knock over for a point.

Progression

-Add 3 touch rule to encourage lots of passing.

-Add Goals and GK

Coaching Points

-Encourage 1v1 Opportunities.

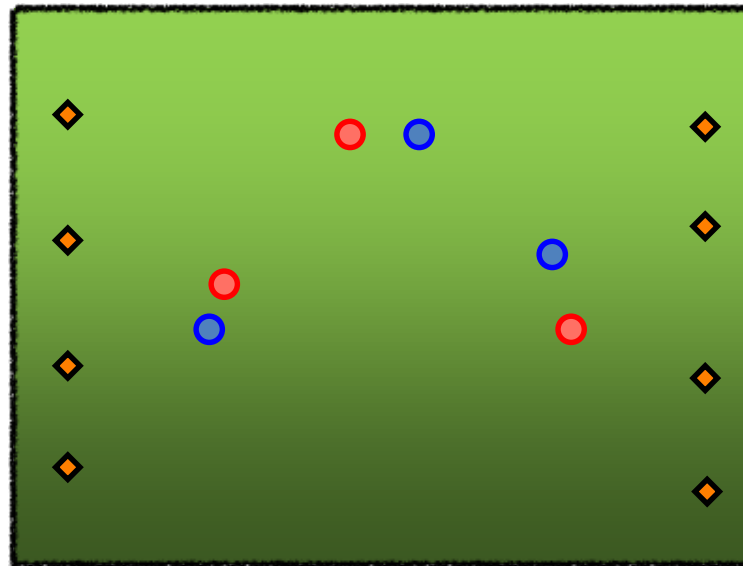
-Encourage change of pace on and off the ball.

-Communication

-Positive attacking play

-Encourage dribbling into space

- Equipment and Set Up
- Line 4 cones up along each end line with a ball on top of each cone. Players attack 4 cones and try to gain a point by passing a ball to knock a ball off the cone.



Session #4

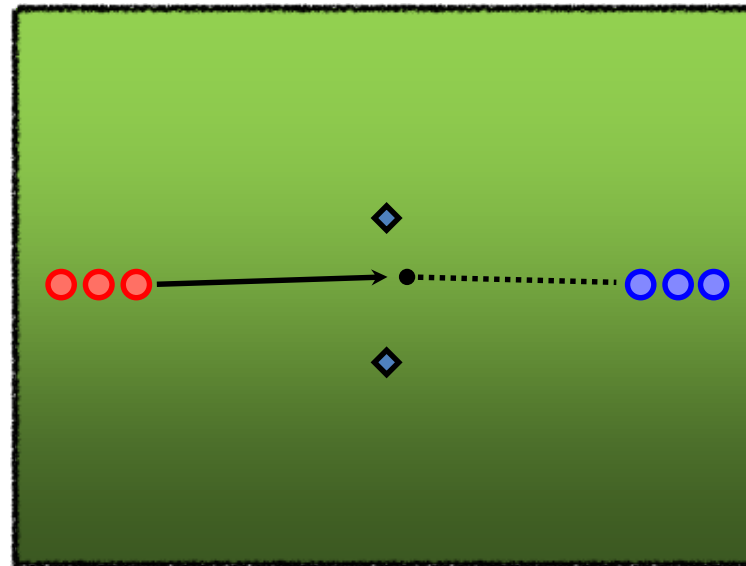
Shooting Range

- Teams line up across from each other.
- The Red team takes a couple touches then strikes the ball on net. That player then runs into the net and the Blue team takes a shot on them.

Coaching Points

- **Proper hand position**
- **Body in front of the ball**
- **Cutting down the angle.**

- Equipment and Set Up:
- 2 lines of players 30m apart with a 8m net in the middle.



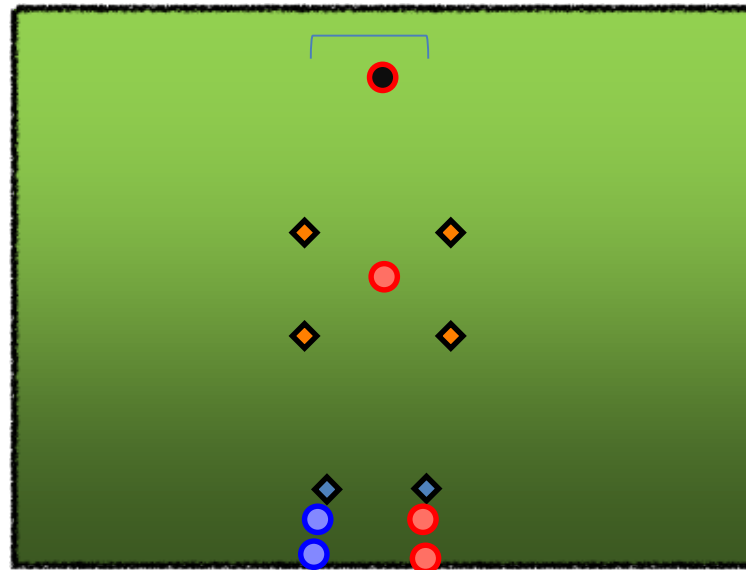
Center Man

- Divide players in 2 teams, with 1 goalkeeper. Have each team line up behind 1 of the blue cones.
- Have 1 team volunteer to defend first. The defender enters the center square.
- Blue team starts and tries to dribble through the square past the red defender, and shoot to finish on goal.
- If red defender wins the ball, then the blue player becomes the defender.

Coaching Points

- **Defender must work hard to win ball back**
- **Good body position, stay low, legs shoulder width apart for balance.**
- **Try to force the attacker to one side of grid to win ball.**
- **Defender has to defend one attacker and then right away find a good position to defend against next attacker.**

- Equipment and Set Up:
- 10x10 grid (red) plus 2 cones (blue) set up 10m back from the grid, with a goal another 15m back from the grid
- Two teams of players each divided in half stand facing the square in between attackers and goal.



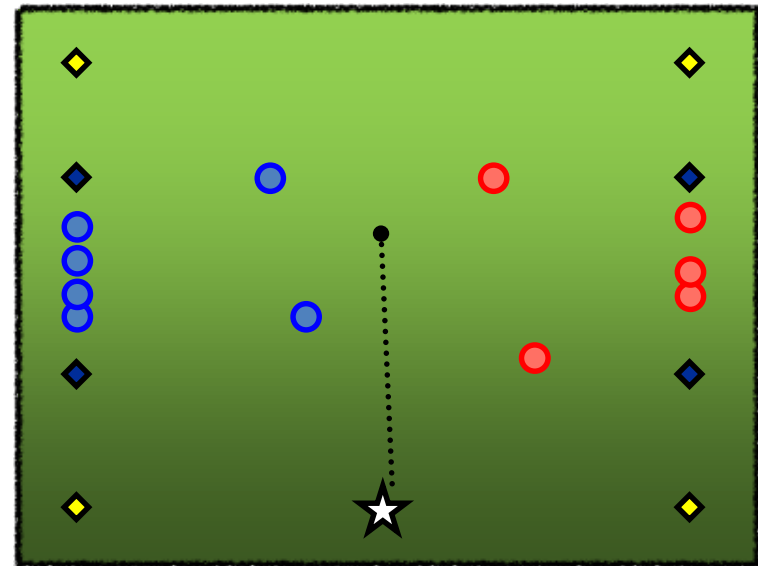
Noah's Lark

- Equipment and Set Up
- A field that is 20 by 25 m with a net at either end.
- Divide players into 2 teams

- 6v6, with partners assigned on each team: each partner given a number from 1 to 3.
- Coach shouts number 1-3 and rolls ball into play
- The two pairs with that number come out of the goal to compete against each other.
- Remaining players must stay on goal lie and defend goal without using hands. Goals can only be scored below knee height.
- When ball goes out of play coach can serve another ball in to another pair
- Ball can be played back to "goalkeepers", no more than two touches
- Do not let goalkeepers move off the goal line, penalty shot if they do.

Coaching Points

- **When Defending one play need to challenge for the ball, other provide cover by marking the dangerous space.**
- **Encourage dribbling, passing and shooting for attackers**

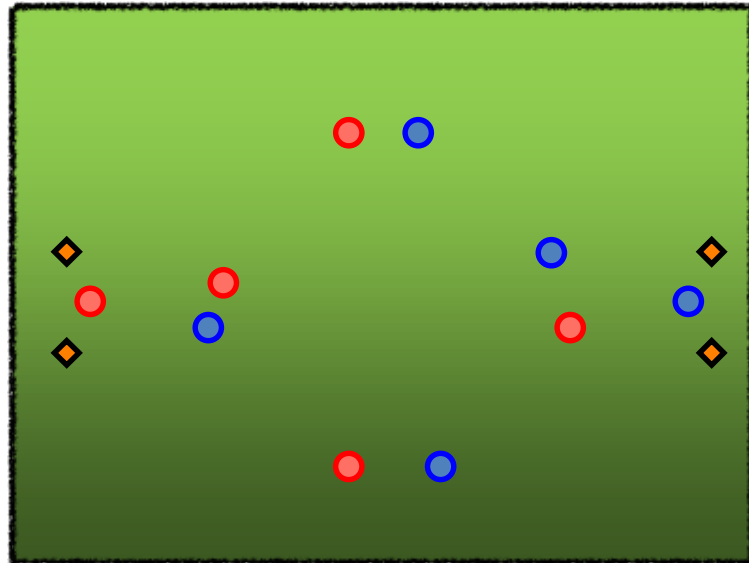


4v4 + GK

- **Equipment and set up:**
- **Mark out 30x35 space for the game.**
- **Activity:** Just let the players play. Try to keep numbers around 3v3 or 4v4 so that players have a chance for attacking success.

Key Points

- Encourage lots of shooting
- Encourage players to dribble and be creative with the ball.



Other Resources

- www.soccerexpert.com
- www.footy4kids.co.uk
- www.bettersoccercoaching.com