



Hampton Youth
Association
Curriculum
2014/2015



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Coaches,

Welcome to the Hampton Youth Soccer Association Curriculum for Fall 2014/Spring 2015. This booklet is designed to help you through your process as a volunteer coach for Hampton Youth Soccer Association. It is designed in such a way to help you plan & run both your sessions & your games.

Please remember to take care of your booklet & hand it back to myself at the end of the Spring 2015 season. Good luck with your seasons & remember to have fun when coaching these kids. You are entitled to enjoy the experience just as much as they are.

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What is Recreational Soccer?

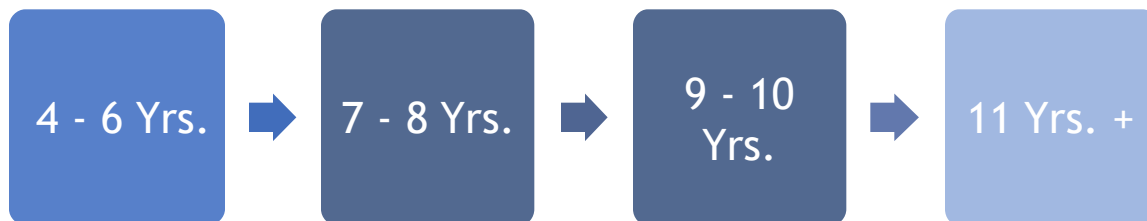
Recreational soccer is a soccer program primarily devoted to the enjoyment and development of soccer players without the emphasis on travel or high-level competition. The purpose of recreational soccer is to provide an opportunity for the participants to have fun, learn the sport and develop life skills including a lifelong love of the game.

Children benefit in many ways from participating in recreational soccer and the chances are good that the children you coach will have fun and a very positive experience. However, it is also important that you understand some of the characteristics of recreational play and recreational players.

Those characteristics are as follows:

1. Almost every player and parent will start out in recreational soccer.
2. Many players new to the sport are constantly being introduced into the mix.
3. Enthusiasm and dedication varies widely from the highly motivated to the socially involved.
4. Soccer, for the child who wants to play, is an outlet for energy and enthusiasm.
5. For others it is an imposed activity, something selected for the child by the parent.
6. Fit and unfit players play together.
7. Participation stretches from always there to when it is convenient.

The recreational program can be broke down into 4 specific age groupings:



4-6 Yrs.:

Each player within this group are being introduced into the world of soccer. Not only are they getting accustomed to using a soccer ball but are still learning their basic motor skills within their bodies i.e. running, jumping, skipping, landing etc.

As a coach you must create a fun filled environment that can teach all the basic skills involved when playing soccer.

Each activity that you will see within this curriculum will have the key coaching points that you need to address. It is imperative that correct technique is taught, the sooner a player can master a technique the easier it is to introduce them to skill based activities in coming years.

Session Breakdown:

- 1hr. total.
- 45 minute session
- 15 minute game (3v3 or 4v4, dependent on numbers).

The 45 minute session can be broken down into 3 15 minute activities:

1. Warm Up
2. Technique (without ball)
3. Technique (with ball).

7-8 Yrs.:

Most motor skills have been developed at this stage & are in the process of being mastered.

As a coach you are now developing a child's individual technique & seeing if you can find their limits. Players will start to learn new skills quicker than others, make sure you do not fall into the trap of over coaching the 'better players' whilst the slower learners are left behind. You should look to coach the whole group & set individual targets for the quicker learners if they are finding the activities to be too easy.

Sessions will start to become more challenging, with decision making becoming a huge factor in a players mind. Make sure you are letting the players make their own decisions, that way they can learn from their own mistakes.

You will add fast feet movements to your warm up's which will help develop your players fast twitch muscle fibers within their body which they will need to grow to help their performance within soccer.

Session Breakdown:

Midweek

- 1 hour session.
- 45 minute activity based.
- 15 minute game (5v5).

Weekend

- 10 minute warm up.
- 5 minute fast feet.
- 45 minute game (5v5).

The midweek session can be broken down:

1. Warm up.
2. Fast Feet.
3. Technique (with ball).
4. Skill based activity.
5. Scrimmage.

9-10 yrs.:

The separation between players becomes more pronounced. With such a mixed ability within a group, you as a coach must find a balance to help improve both individual & team development. Players are now starting to become more spatially aware, this can now create a more dynamic session leading to specific outcomes & goals.

Sessions now start to have progressions with a specific topic in mind. Be sure to focus on 1 particular topic & not to mix and match from 1 to the other. 9-10 year olds like to focus on 1 topic & will lose interest if too much information is provided.

Make sure all coaching points are quick, precise & to the point. **KEEP IT SHORT, KEEP IT SIMPLE!!!**

Session Breakdown:

Midweek

- 1 hour session.
- 10 minute warm up
- 5 minute fast feet.
- 15 minute unopposed (Technique).
- 10 minute opposed (Skill).
- 10 minute game related exercise.
- 10 minute scrimmage (6v6).

Weekend

- 10 minute warm up.
- 5 minute fast feet.

- 45 minute game (6v6).

11 yrs. +:

Players have now started to become extremely competitive, each activity or games is seen as a personal challenge against the rest of the team. Each player is starting to understand positions & roles within a team. They will start to recognize a position they like & which they feel most comfortable in playing.

Your job as a coach is to help the players understand each role related within the game of soccer. By focusing on 1 topic per session your players will gradually start to develop a good understanding of the game.

Session Breakdown:

Midweek

- 1 hour session.
- 10 minute warm up.
- 5 minute fast feet.
- 15 minute unopposed (technique).
- 10 minute opposed (skill).
- 10 minute game related exercise.
- 10 minute scrimmage (8v8).

Weekend

- 10 minute warm up.
- 5 minute fast feet.
- 45 minute game (8v8).

Activity Breakdown:

Warm Up:

The warm up should involve a soccer ball at all times. The players need to arrive at practice & have multiple touches on the ball before you move into your session. Coaches should always start a session & a game with a warm up. The warm up should last 10-15 minutes & should look at building the heart rate of a player to the level he/she will be working with throughout the practice.

It is extremely important that you coach correct technique. Each player should be dribbling the soccer ball using the inside & outside of their feet, they should be on their toes & head should be up to improve spatial awareness. To accelerate away players should be using their laces & tapping the soccer ball ahead of them. **THE PLAYER SHOULD NOT BE USING THEIR TOES AT ANY POINT!!!**

A warm-up helps you prepare both mentally and physically for exercise and reduces the chance of injury. During a warm up, any injury or illness you have can often be recognized, and further injury prevented. Other benefits of a proper warm up include:

- Increased movement of blood through your tissues, making the muscles more pliable.
- Increased delivery of oxygen and nutrients to your muscles. This prevents you from getting out of breath early or too easily.
- Prepares your muscles for stretching.
- Prepares your heart for an increase in activity, preventing a rapid increase in blood pressure.
- Prepares you mentally for the upcoming exercise.
- Primes your nerve-to-muscle pathways to be ready for exercise.
- Improved coordination and reaction times.

When delivering your warm up always remember to keep it dynamic & in relation to soccer. Ordering the team to jog around the field before practice is not good enough!!!

The warm up's provided in this curriculum should give you a good insight into how to start your sessions on a regular basis.

To finish your Warm Up it is suggested you perform some fast feet movements (Ages 7+). These fast feet exercises can also be labelled as SAQ's (Speed, agility & quickness). It is extremely important that all players perform these type of exercises in order build up their fast twitch muscle fibers within their body. This will encourage fast paced acceleration throughout a game of soccer. A number of fast feet exercises will be found within this booklet.

Unopposed (Focusing on Technique):

Each session should have 1 theme. You will work on that theme for the whole session on that particular day or evening. We want a child to leave a session with the thought of knowing they have learnt something. If we over burden them with information a child will switch off & will not take any of your coaching points on board. Keep it simple, 1 topic per session. The child will then be able to relay everything you have taught them at the end of practice.

The first part of the session topic should begin within an 'Unopposed' activity which will focus on the technique aspect of the game. For example if you were coaching dribbling this part of the session would be a stress free environment where a player can work on their individual technique to master the art of dribbling the soccer ball. It gives you a chance as a coach to spot the players that are successful with the topic & the ones that may be struggling. You should not move onto the next activity until all players are comfortable with the technique you are coaching them.

Opposed (Focusing on Skill):

Once all players are comfortable with the technique you have been coaching you should move into an 'Opposed' activity. It now focuses on how well the player can use the technique in an environment where they will be pressured. Soccer is a physical sport, this part of the session leans toward the more physical aspect of the game where producing the technique is more demanding when opposition is forced into the equation.

The success rate when moving into this part of the session will not be 100% unlike the unopposed activity. As a coach you want to see players perform the technique often with little mistakes rather than frequently with more mistakes.

Throughout this booklet you will find coaching points to talk about in any given activity. It is your job to provide the team with the coaching points. Help break down the technique & provide the right information to the players for when they should be using it when in a challenging situation.

Game Related Exercise:

This is the final piece of the jigsaw to completing your topic of the day. You want to see if the player can now use the technique in a scrimmage or game like environment. The reason why soccer is the most popular sport in the world is because no one can predict what will happen in a game like environment. There are so many different components that contribute to the sport that it is impossible to see where the next play is heading next.

As a coach you need to see if your player can perform the technique at the appropriate times within a game situation. This is your chance to stop the activity when needed and explain the situation & what the player should be doing at that given time.

Do not stop the play every time you see the technique been performed at the wrong time or if it is been performed incorrectly. The player should be allowed to make mistakes, they may figure it out in their own way. As a coach you should encourage this behavior.

Scrimmage:

Always make time for a scrimmage at your practice. This is a highlight of the day for all players. Consider it a reward for the all the hard work they have put in for you during the session.

Promote a stress free environment & let them play! If you see someone perform a technique you have just worked on be sure to praise the individual so they themselves can hear & his/ her teammates can also hear. This will boost the morale of the player in question & will encourage other players to try & complete the technique within the scrimmage.

Cool Down:

Always end practice with a cool down. This is a chance to stretch all the muscles that you have been working with. Make sure you incorporate a Q&A whilst the players are stretching. Ask them questions regarding the session they have just had & make sure you force the answers from them. They should be able to relay every coaching point you have made throughout the session. It will now be fresh in their minds once more & they can then take the coaching point's home with them.

On a final note make sure the player leaves with homework. The homework should be simple & effective e.g. touch the soccer ball 300 times before our next session. We need to create a culture within the sport. We want players to be going home & still thinking about soccer. Setting little homework assignments at the end of practice will result in players practicing at home as well as at the fields. This will enhance the player's development which will then lead to team development.

Top Tips:

1. Arrive 15 minutes before your session starts. This will give you chance to set up the session you have planned.
2. Be organized! Make sure you have a plan & you know the progressions for the topic you are coaching.
3. Ask questions.....Don't give answers to your own questions let the child provide the answer themselves.
4. Don't over coach. Be precise when organizing your team to perform the activity. Give quick, precise coaching points. The more you talk the less they will listen. Short & sweet is the best policy.
5. Be loud & vibrant, the players will react to you better that way. Keep your coaching points short & precise to gage maximum attention.
6. Wear clothing that will emphasize you're a coach. You are a role model to the players; dress & act like a coach. Not only will they look up to you but they will respect every single thing you tell them.
7. Be enthusiastic. Encourage the players at any given opportunity & make sure you are always lively.
8. Let the players create their own decisions. Players should be allowed to make mistakes & make their own choices. Do not over coach.....LET THEM PLAY!
9. Never stop learning. We can all learn from each other, don't be afraid to ask for advice. I still do on a regular basis.
10. **HAVE FUN!!!**

TOUCH TECHNIQUES

Toe Taps - player tap the top of the ball repeatedly with the left and right foot.



Insidess - players tap the ball in between their feet using the inside of the foot.



Outsides - players tap the ball using the outside of their feet.



Inside outside - players tap the ball using the inside of the right foot then outside of right foot. (Repeat using other foot).



Side Rolls - turn side on and roll the ball across your body with the sole of your foot.



Pull Backs - put the sole of your foot on the ball. Pull the ball backwards and turn your 180 degrees to face the opposite direction.



Pull Push Laces - pull the ball back with the sole of your foot then push forward with laces. Repeat using other foot.



Pull Push instep - pull the ball back with the sole of your foot then push to the side with inside of foot. Repeat using other foot.



Pull Push outside - pull the ball back with the sole of your foot then push to the outside with outside of foot. Repeat using other foot.



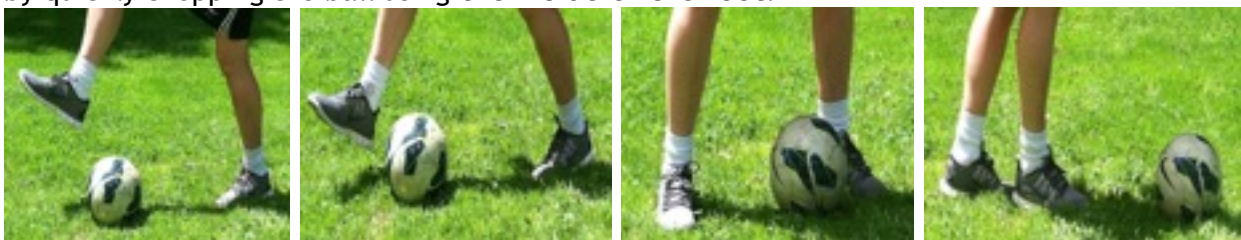
Vee - push ball forward and slightly to the outside right with inside of right, pull back and across your body with sole of right foot, then push ball forward and slightly to the outside left with inside of left, and pull back and across your body with sole of left

foot.



Skills

Inside Chops - Cut the ball back in the opposite direction you were travelling with one touch by quickly chopping the ball using the inside of the foot.



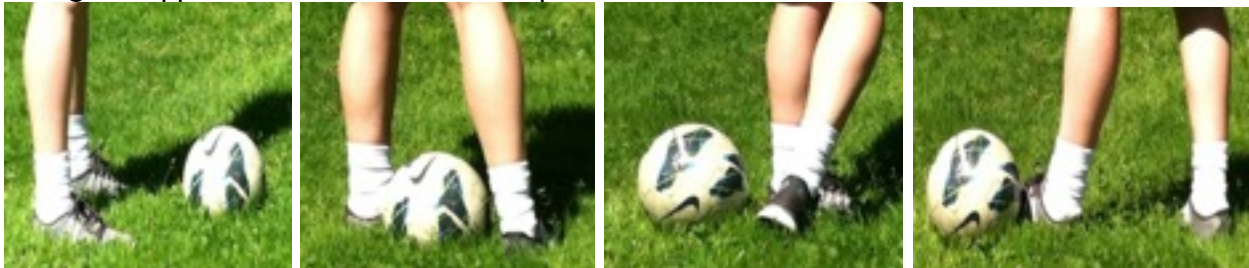
Outside Chops - Cut the ball back in the opposite direction you were travelling with one touch by quickly chopping the ball using the outside of the foot.



Fake Sole Stop - Fake to stop the ball with the sole of your right foot (so the defender slows down or stops) then quickly accelerate away using the laces of your right foot. Repeat with other foot.



Fake Kick & Turn (Cryuff) - pretend to kick the ball with your right foot but make an "L" shape with your feet to push the ball back with the inside of your foot. You should now be facing the opposite direction started. Repeat with other foot.



Fake Take - Fake to kick the ball with the outside of your left foot (so the defender moves to this side) then quickly take the ball with the outside of your right foot. Repeat with other foot.



Scissors - circle your left foot around the ball as close as possible (so the defender moves this side) then quickly take the ball with the outside of your right foot. Repeat with other foot.



Flick behind standing foot - have the ball on your right side with your right foot. Step your left foot slightly in front of the ball. Use the inside of your right foot to push the ball behind your left foot so the ball ends up on your left side.

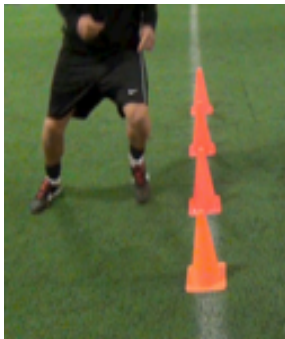
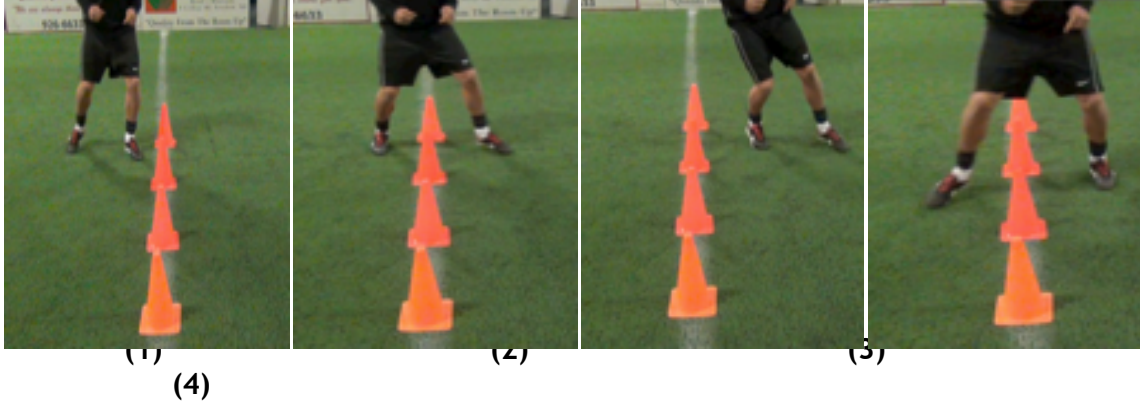


Step Over - pretend to kick the ball with your right foot (so the defender goes this way) but circle around the outside of the ball. Then quickly take the ball away with the outside of your right foot. Repeat with other foot.



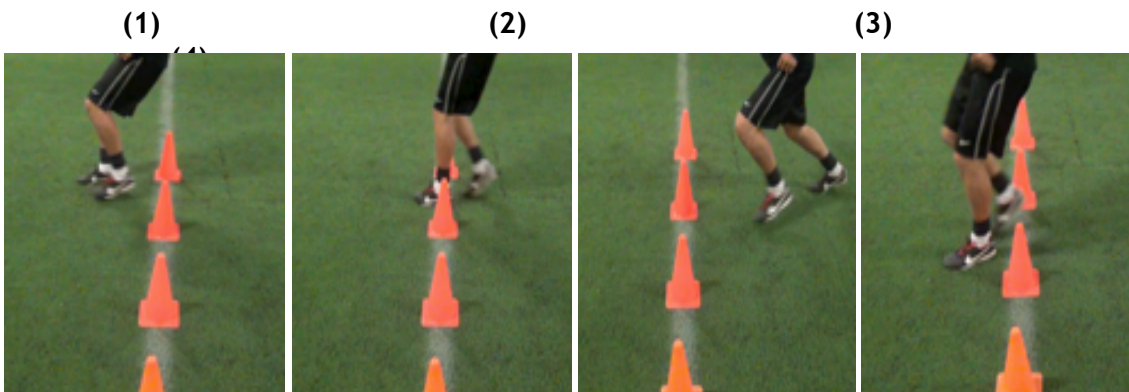
Fast Feet Techniques

Side to Side:



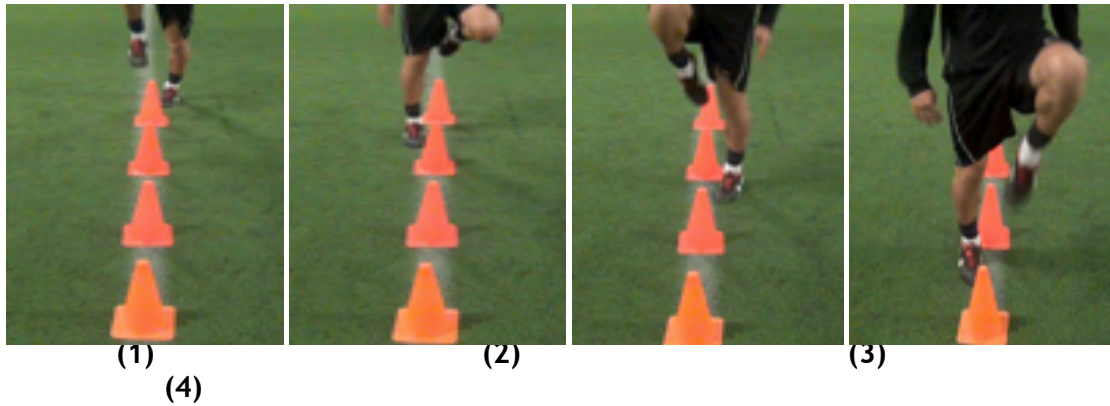
- 1) Player enters fast feet cones head on.
- 2) They then side shuffle through the first gate making sure they are making fast steps.
- 3) Make sure the player moves right through the gate until they have by passed.
- 4) The player will repeat the process through the next gate.
- 5) Again make sure they bypass the gate. **MOVEMENT SHOULD BE VERY FAST! ALWAYS BE ON TOES!**

Forward, Backward:



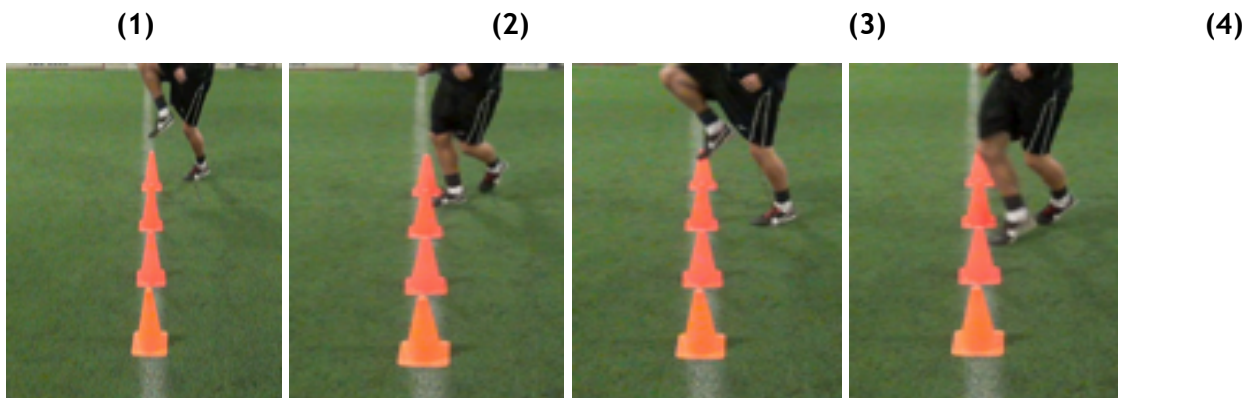
- 1) Player will approach the fast feet cones side on. They will then proceed to move backward through the first gate.
 - 2) Player must completely by pass gate before moving forward through the next one.
 - 3) Player must push and accelerate through the next gate.
 - 4) Again player must bypass through the gate. **MOVEMENT SHOULD BE VERY FAST! ALWAYS ON TOES!**
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High Knees:



- 1) Player approaches fast feet cones head on. When they approach they will bring their knees up to their chest.
 - 2) Player will put 1 foot down in between each cone.
 - 3) Player will alternate feet through each gate.
 - 4) It is very important that the player's knees remain high & that the arms are continually pumping side to side to generate fast feet. **MOVEMENT SHOULD BE VERY FAST! ALWAYS ON TOES!**
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High Knees (Side):





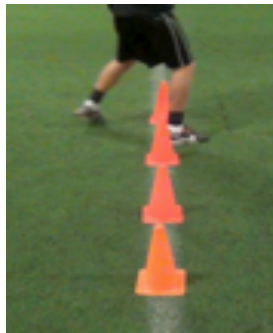
(5)

- 1) Player approaches the fast feet cones side on. From the side they will raise their knee toward their chest to move it over the cone.
- 2) They will then step in the gate making sure they land on their toes.
- 3) The player will then push the knee up toward the chest once more.
- 4) The player will use their body to help move them from cone to cone. They must extend their arms to remain balanced throughout.
- 5) Repeat process until player has cleared all cones. **MOVEMENT SHOULD BE VERY FAST!**
ALWAYS ON TOES!

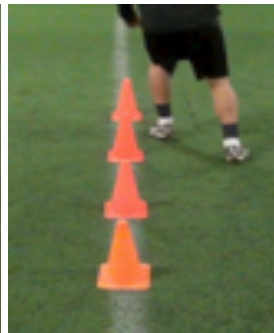
Backward Shuffle:



(1)



(2)



(3)



(4)

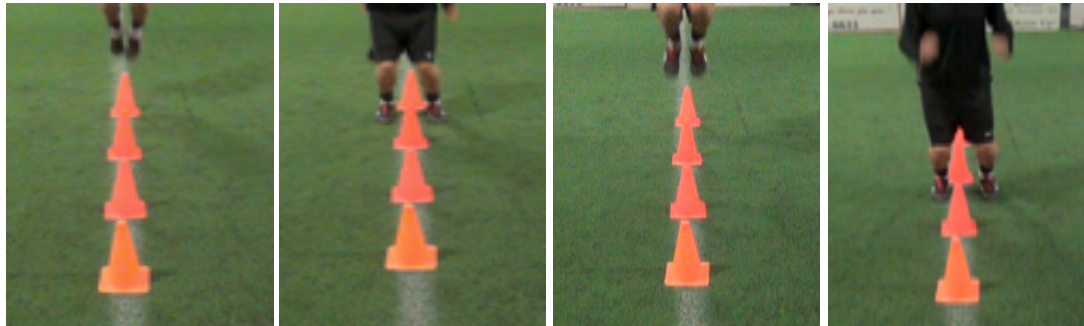


(5)

- 1) Player will approach the fast feet cones backward.
- 2) Once at the first cone the player will backward shuffle through the gate always looking over their shoulder.

- 3) They must completely bypass the cone before moving through the next gate.
 - 4) They will change the angle of the body to shuffle from right to left. They simply change their front & back feet around.
 - 5) Again player must bypass the cone. **MOVEMENT SHOULD BE FAST! ALWAYS ON TOES!**
GLANCING OVER SHOULDER REGULARLY!
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High Knee Jump:



- (1) Player approaches the fast feet cones head on. Upon arrival of the first cone the player must put feet together in order to jump over the first cone.
- (2) Player must also land with both feet in first gate.
- (3) Player will then jump up with both feet again to pass the next cone.
- (4) Player will then land with both feet once more. Make sure players are landing & pushing off with their toes. This will encourage more bounce creating more height on the jump.
MOVEMENT SHOULD BE FAST! ALWAYS ON TOES!