

SMSC REC SOCCER 2018-19 COACH GUIDE



IMPORTANT QUESTIONS WHEN YOU'RE GETTING READY TO COACH A PRACTICE:

HOW DO I ORGANIZE TRAINING A PLAN ?

What is important for the athletes to learn ?

How do I structure the practice ?

How much play should there be in training ?

Training Template

For players at the **FUNdamentals** stage (U-6/U-8 girls; U-6/U-10 boys), training sessions should be 60-75 minutes long and comprised of:

15 MINUTES / 20%	General Movement
15 MINUTES / 20%	Coordination Soccer
15 MINUTES / 20%	Technique
30 MINUTES / 40%	Small-Sided Games

Training Template

For players at the **Learning to Train** stage (U-8/U-11/U-12-14 girls; U-10/U-12/ U-14 boys), training sessions should be 75-90 minutes long and comprised of:

10 MINUTES / 10%	General Movement
10 MINUTES / 10%	Coordination
30 MINUTES / 40%	Soccer Technique
30 MINUTES / 40%	Small-Sided Games

**UNDERSTAND THE AGE YOU COACH
AND MAKE IT FUN !!!!!**

**NOBODY EVER QUILTS SOMETHING
THEY ARE ENJOYING !!!!!**



PRACTICE SESSION PLAN - WRITE IT DOWN !

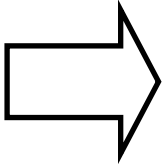
PRACTICE OBJECTIVE:

? What are we trying to get done this week.

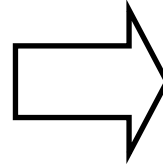
Priority: Are my players technically improving ?

Priority 2: Can they relate technique to solving real game problems ?

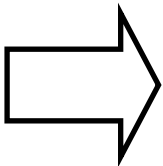
GENERAL MOVEMENT



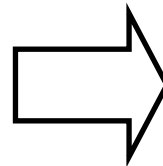
COORDINATION



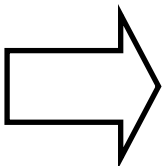
SOCCER TECHNIQUE



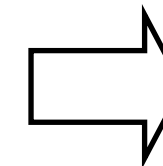
SOCCER TECHNIQUE ... PROGRESSION



SMALL SIDED GAME



SMALL SIDED GAME ... PROGRESSION / CHANGE OF GAME



PRACTICE SESSION PLAN

PRACTICE OBJECTIVE:

GENERAL MOVEMENT

COORDINATION

SOCCER TECHNIQUE

**SOCCER TECHNIQUE ...
PROGRESSION**

SMALL SIDED GAME

**SMALL SIDED GAME ...
PROGRESSION /
CHANGE OF GAME**