

Coach Griff's Coaching Tips

Create a practice routine – Have a plan. Be efficient, don't waste time....you don't have to re-invent the wheel.....keep it simple! Use your own plans or someone else's. Here is an example – Ball Mastery - 1 v1 moves/ skills (10), 1v1 play (10), Technical Work (15), Small Sided Work (20), Play at the end (15)

Less can sometimes mean more – Keep it simple! You don't need 100 crazy, complex exercises to teach kids how to play the game of soccer. Figure out your core set of exercises (see Keep It Manual from last year) to teach the basic fundamentals, stick with them, and work them over and over again until your players understand them. Once it becomes clear that they understand.....now layer those exercises with new and maybe a bit more complexity to them.

Repetition is the key to learning – Players need repetitions. Whether its skill development or even game of situations/decision making, players must be put in in an environment that is repetitive over and over again where learning can take place.

Try to link your training to the game- There must be a link from practice to the game! Can we create exercises and an environment in training that mirrors the game? Exercises must replicate situations that occur in a game! 1v1, 2v1, possession games that mimic situations in a game etc. *#5-UP →*

Call on and use your resources – Myself, other coaches, club website, YouTube, coaching websites, in house coaching clinics. *Website →*

Other Important things to remember:

Praise Hustle and a good attitude.

Use a watch to keep track of time

No Laps.....Ever!

* Look the part! *→ Email as President - if Need Shirt - Reach out to Julie*

Teach proper technique & ball mastery skills! One of the greatest gifts you can give your players as a coach

* One ball per player

Avoid elimination games – kids sitting out – Try to avoid lines!

Use small sided game = lots more touches

Have an odd number of players? Don't keep them out....make him/her a neutral player



Lesson Plan Form

Name: _____ Date: _____

Topic: _____

Key Coaching Points

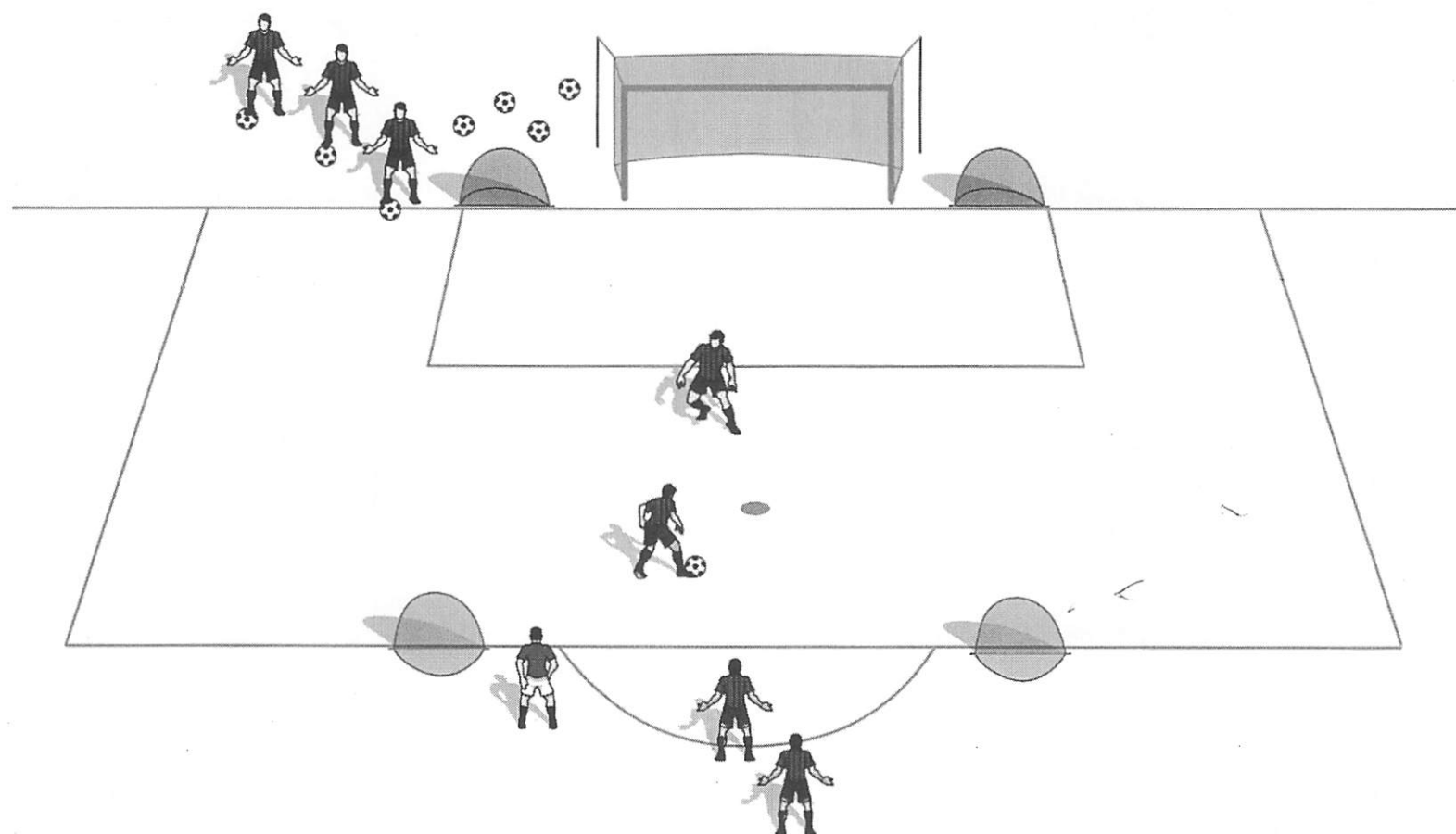
Technical warm-up

Small-sided activity

Expanded small-sided activity

Final game

Activity

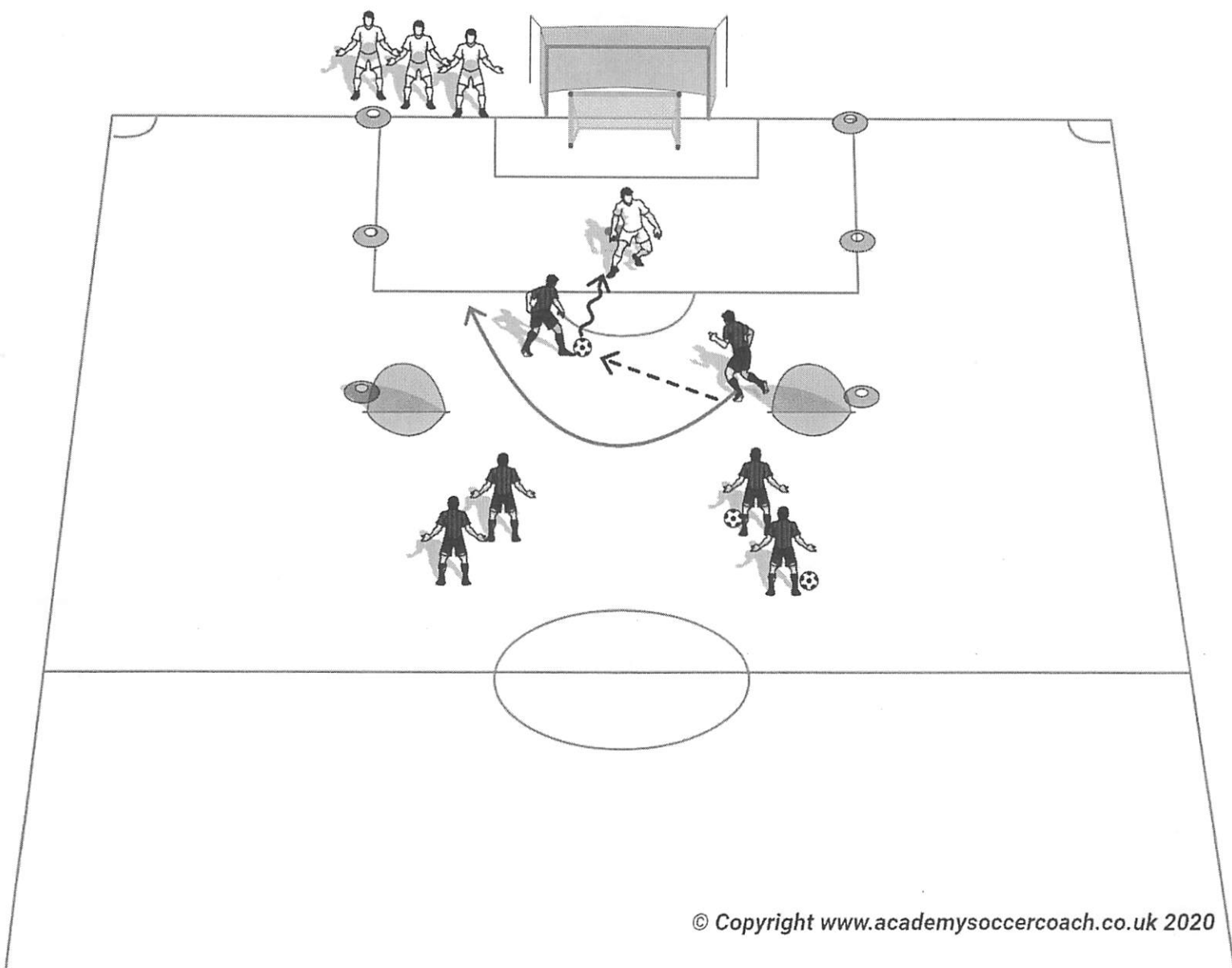


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"1 V 1 Attacking 2 Goals & Defending 2 Goals" - Play begins with the defending player passing the ball to the attacking player at the top of the box. Players play 1v1 attacking the two small sided goals on each end line. If the defender wins the ball, he/she should immediately attempt to attack the two goals at the top of the box. If a goal is scored or the ball goes out of bounds, the next pair of players should begin the exercise. This is a high tempo exercise and coaches should encourage the game to be played this way.

Focus: Attacking player should "run at the defender with speed". Use feints in a particular direction to force the defender to shift in a different direction. Be creative and look to SCORE on either goal! Encourage the defenders to get out to pressure the attacking player quickly but to decelerate as they get closer to the ball.

*This exercise is appropriate for players of any age. The better the level of player the more success they will have on the attack.



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"2 v 1 attacking to goal" - Play begins with one of the attacking team passing the ball to his/her teammate. As soon as the pass is made, an "overlapping run" should be made around the player with the ball. The receiving player should immediately attack, engaging the defender to "defend" the ball. The player with the ball now has two options to make: pass the ball to the overlapping player if the defender stays "on the ball" to defend it, or dribble to beat the defender if the defender was "pulled off" of the ball and went with the overlapping run. Have players stay on defense/attack for 3-5 minutes then adjust lines and rotate so players are having opportunities to both defend and attack. If the defender wins the ball, he/she attacks the two goals at the top of the grid.

Focus: Attacking player should dribble with speed at the defender immediately, engaging the defender on the ball. Overlapping player should sprint, showing a commitment to attack once he/she plays the ball.