



COACHING EDUCATION MONTHLY

A monthly newsletter for Coaching Education Directors of towns and clubs in Massachusetts...please forward to the coaches within your organization.

Welcome to the April 2004 issue of *Coaching Education Monthly*. This publication is the second monthly newsletter initiated by the Development Staff of Mass Youth Soccer. Each month, we send out, via email, notes on; “what’s kickin” in coaching development in Massachusetts, editorials on coaching books and videos, some quotes from famous coaches, and a sample training session for you to try with your team and/or another soccer related article. If you would like to make comments or are interested in submitting articles of your own for publication, please contact Andy Nelson at anelson@mayouthsoccer.org or 978-870-7527.

We hope you enjoy the April 2004 edition of *Coaching Education Monthly*....

INSIDE THIS EDITION...

-Upcoming Events!

-Quotes from the English Premier League (EPL)

- A Sample U10 Training Session

- How many a side should we be playing?

-What's Kickin? – Curriculum and Coach Development Opportunities

-Book/Video Review: *ZONAL DEFENDING* by JACK DETCHON

UPCOMING EVENTS

- <http://www.mayouthsoccer.org/calendar.html>
 - <http://www.mayouthsoccer.org/courseschedule.html>
 - <http://www.mayouthsoccer.org/othercoachevents.html>
-

QUOTES FROM THE ENGLISH PREMIER LEAGUE (EPL)

Spurs goalkeeper Kasey Keller after his international team-mate Brian McBride scored the winner against him for Fulham.

Brian is my room-mate with the American team. We were supposed to go out to dinner the other night but the snow hit us, so we called it off. I guess I could have poisoned him if we had made dinner!

Spurs boss David Pleat encourages close relations between his players.

Our central defenders, Doherty and Anthony Gardner, were fantastic and I told them that when they go to bed tonight they should think of each other.

Pleat shares his expert knowledge with the world following his side's 2-1 defeat of Liverpool.

If we'd not scored that second goal the score might have been different.

Sir Alex Ferguson after Roy Keane was sent off for the 11th time in his Manchester United career for treading on Porto goalkeeper Vitor Baia.

There was no malice in the incident; it is not Roy's style to do anything like that.

Newcastle's Craig Bellamy on being sidelined with a long-term knee injury. It obviously didn't affect his confidence.

They were talking about players who could not lace my boots coming in to take my place.

Gunners boss, Arsene Wenger, gives his verdict on new signing Jose Antonio Reyes.

We didn't think he would play on Sunday because he was suspended - that makes me think he has all the qualities to join Arsenal!

COACHING TIPS:

A Sample U10 Training Session

*By Mario Prata,
Mass Youth Soccer Development Coach*

When working with U-10 players, it's important to keep the players occupied and play a number of fun games.

- 1) **Gates**---Set up 10 or more 2 yard goals (gates) using cones within the appropriate sized playing area. Have your players work in pairs with one ball per pair. Each pair of players try to score as many goals as possible by passing the ball through the gates to each other, while not going through the same gate twice in a row. See how many goals the pairs can score in 40 seconds.
- 2) **Top Scorer game**---Place full sized goals or smaller portable goals 20 yards apart.

Between the goals are four or five players; you, the coach, are midway between the goals off to one side. Tell the players that each one is on his or her own – that the objective is to score goals for themselves. Roll, bounce or loft a ball into the area between the goals. Each player tries to get to it first and to shoot into either goal. If another player gets to it first, they try to win the ball so that they can shoot. As soon as the ball is in or past the net, serve in another ball. The first player to score 10 goals is the top scorer. If you have extra players, have your assistant play the same game to two other goals.

3) **Five versus one**---In a grid 15 x 15 yards, the five “attackers” try to keep the ball away from one defender. If the defender intercepts or the ball goes

out of bounds, the last player to touch the ball becomes the defender. If the game is too easy for the attackers, make the space smaller, add a defender, or take off one of the attackers.

4) **Two versus two to small goals**---Pairs of players on a field 20 x15 yards; the

Objective is to beat the opponents (dribbling or with a combination play) and score.

5) **6V6 GAME**

HOW MANY A SIDE SHOULD WE BE PLAYING?

Slowly our state, along with many other states across the country, is trying to adapt to the recommendations of US Youth Soccer Association for the number of players that should play in a game at each age group. Around the world countries are going to smaller sided games for the younger age groups so that players get more touches on the ball, and the game becomes more enjoyable. Just as baseball has adapted for the really young players with T-ball, soccer has adapted. Please ask your town to get in line with the National (International) guidelines set forth below, and lobby your league to do the same. At the very least, utilize these numbers as guidelines for scrimmages during practices, and only go to bigger numbers in practice scrimmages (to get the feel of it for a short period of time) if your league requires you to play games in bigger numbers.

The recommendations of the US Youth Soccer Association are:

- U6 - 3v3 with no goalkeepers
- U8 - 4v4 with no goalkeepers
- U-10 - 6v6 including the goalkeeper (that's 5 field players per team)
- U-12 - 8v8 including the goalkeeper
- U-13+- 11v11 including the goalkeeper

For a complete set of the modified rules and addendums for the U6, U8, U10 and U12 age groups please visit www.usyouthsoccer.org.

An outline of the benefits of short sided games is on our web site in the coaching section under downloads...

<http://www.mayouthsoccer.org/CoachDownloads/1>

WHAT'S KICKIN'?

An exciting upcoming coaching education opportunity is going to be the weekend of May 21-23. Mass Youth Soccer will open its ODP mini camp to all coaches to come along and watch how the elite players of Massachusetts are trained. The Region I ODP Coaching Staff will be working with the States boys and girls teams in all the age groups from U-13 to U-17. Training sessions, sports psychology & nutrition, team building, and a college talk will be some of the topics covered in this intense weekend. Coaches can spend the whole weekend including meals and housing for \$150, or \$100 as a non-residential participant. Please contact Tara Pierce if you are interested at: tpierce@mayouthsoccer.org or call her at 800-852-8111 x 225.

Mass Youth Soccer will be holding their first ever **Regional Progressive Curriculum Development Workshops** during the early part of May. Coaching Education Directors, coaches, and anyone else who has interest will be invited to take part in this workshop, developing age-specific curriculums for the players in Massachusetts. The goal of the program is that you (with guidance from Mass Youth Soccer) will put forward curriculum material which is age appropriate for development. Then Mass Youth Soccer will aggregate this information, write it, and print it up for each Coaching Education Director to present to the coaches within their town when the fall season comes around. Each coach throughout the state should, at that point, be more prepared to work with his or her team through the fall season, and have their own written guide to help them make the experience for the children well thought-out and consistent.

We have already secured sites for the Worcester Area, and South of Boston. We are still looking for towns to hold these workshops in the following areas: Springfield/Western Mass, North Boston, and Central/West Boston. If your organization has interest in holding one of these Workshops, please contact Tara Pierce at: tpierce@mayouthsoccer.org or call her at 800-852-8111 x 225.

BOOK/VIDEO REVIEW: ZONAL DEFENDING by JACK DETCHON

*Reviewed by Ray Cabral
Mass Youth Soccer Developmental Coaching Staff*

The Video and Manual for "ZONAL DEFENDING" are both extremely user friendly.

It does not matter if you are a first time coach or a seasoned veteran the presentation of the topic starts with "Man Marking" and a "Sweeper System" and takes you into "Zonal Defending". The pluses and minuses of both systems are outlined and presented with great graphics and live footage of top matches. The main point made by Jack Detchon is that your players should know how to operate in both systems. The video and manual cover the progression of 1v1 defending, 2v2 defending with pressure and cover, and lastly, brings in the third defender for pressure, cover and balance. The rolls and responsibilities for each defender is described in detail and shown visually from match footage. The video ends with the organization of the flat back three and flat back four. This video and manual are a must for all coaches working with players U-12 and up. This presents "Zonal Defending" in a very simplistic manner which will help your players organize themselves better defensively.

This video and many more videos, books and DVD's can be found through **Reedswain, Inc.** at <https://www.reedswain.com>.
Phone: 800.331.5191 | Fax: 610.495.6632

Another great video and book company for soccer coaching is **Soccer Learning Systems** at <https://www.soccervideos.com>.
The materials can be purchase through **Soccer Learning Systems** by calling 1-800-762-2376 or www.soccervideos.com and ask for a catalogue.

**Copyright 2004: Massachusetts Youth Soccer Association
Published by Mass Youth Soccer**