



SOUTH SHORE FUTBOL TRAINING

COACHING METHODOLOGY

CORE VALUES

- COMMUNITY
 - CLUB FIRST – WE ARE PROUD TO POSITIVELY REPRESENT OUR CLUB
 - GIVE BACK – COMMUNITY INVOLVEMENT INCREASES THE IMPACT OF BOTH THE PLAYER AND COACH'S EXPERIENCE
 - SELFLESS ATTITUDE – WE CARE FOR THOSE AROUND US
- CULTURE
 - RESPECT EACH OTHER
 - SAFETY IS ALWAYS THE TOP PRIORITY
 - CONFIDENCE – TAKE CHARGE AND MAKE AN IMPACT
 - HUMILITY – WE WIN AND LOSE WITH GRACE AND DIGNITY
 - RESPONSIBILITY – WE ARE ACCOUNTABLE FOR OUR ROLE IN ALL SITUATIONS
- PASSION
 - ENJOY THE GAME – PLAY, WATCH, TEACH AND LEARN
 - TAKE RISKS – WE ENCOURAGE CREATIVITY AND BRAVERY
 - COMPETE
 - DEDICATE – BE YOUR ABSOLUTE BEST
 - STRIVE FOR EXCELLENCE – WORK HARD WHEN NOBODY IS WATCHING
- INSPIRATION
 - LEAD THE WAY – DON'T STAND BY, HELP THE SITUATION
 - MENTOR
 - ROLE MODEL
 - IMPACT
- EDUCATION
 - ALWAYS, ALWAYS BE LEARNING

ROLE OF THE SSFT COACH

- TEACHER
- ROLE MODEL
- COLLEAGUE

GENERAL EXPECTATIONS

- Show up on time (10-15 minutes early to set up before players arrive).
- Be prepared (have a plan)
- Properly equipped (cones, soccer balls, pinnies, and pugg nets)
- SSFC attire (red warm-up jacket, navy blue training pants, grey training jersey)
- Build a rapport and relationship with your parent-coaches. Make sure that you communicate with them often to ensure you are both on the same page.
- Learn your players' names. Remember, you are a role model to them. They look up to you. Show an interest in their lives outside of soccer. Ask them how their day at school was, wish them a happy birthday, if they want to tell you about a dance competition make sure you listen...
- Bring the FUN to every session!!! They are there to learn, but to do so they must love what you are teaching. Create an environment that is conducive to that. They should leave practice excited for the next one.

GENERAL EXPECTATIONS - COMMUNICATION

- WITH US
 - RETURN PHONE CALLS IN A TIMELY FASHION
 - CHECK EMAILS DAILY
 - NEED COVERAGE? WE NEED AT LEAST 24 HOURS NOTICE!
 - SUBMIT TIMESHEETS ON TIME
- WITH YOUR PARENT COACHES
 - IF YOU CANNOT MAKE A SESSION, CALL YOUR PARENT COACH AND SEE IF THEY WANT TO MAKE-IT UP OR HAVE SOMEONE COVER
 - IF YOU ARE RUNNING LATE, CALL YOUR PARENT COACH AND LET THEM KNOW.
 - IF THERE ARE ANY ISSUES WITH THE PARENT COACH, A PARENT, OR A PLAYER...THE MORE WE KNOW ABOUT IT THE EASIER IT WILL BE FOR US TO HANDLE THE SITUATION.
 - STAY AWAY FROM CONVERSATIONS THAT PUT YOU IN A BAD SITUATION. LESS IS MORE WHEN IT COMES TO SPEAKING WITH PARENTS.

GENERAL EXPECTATIONS - APPEARANCE

- WE ARE SUPPLYING YOU WITH APPAREL, IT SHOULD BE WORN AT ALL TIMES WHEN YOU ARE OUT ON THE FIELD.
- PROPER FOOT WEAR INCLUDES CLEATS, TURFS OR SNEAKERS. NO SANDALS!
- SUNGLASSES SHOULD NOT BE WORN ON THE FIELD.
- YOU MUST WEAR A WATCH. NO CELL PHONES ON THE FIELD. LEAVE IT IN YOUR BAG OR MAKE SURE IT STAYS IN YOUR POCKET.
- KEEP YOUR SOCCER BALLS PUMPED.
- WASH YOUR PINNIES.

GENERAL EXPECTATIONS – TIME MANAGEMENT

- PLEASE MAKE EVERY EFFORT TO BE AT EVERY SESSION 10-15 MINUTES EARLY TO SET UP.
- DO NOT LEAVE THE PREMISES UNTIL EVERY PLAYER HAS LEFT OR A PARENT/COACH STAYS BEHIND WITH THE KIDS. AVOID BEING ALONE WITH ONE PLAYER.
- GIVE YOURSELF PLENTY OF TIME FOR TRAVEL, TRAFFIC IS NOT AN EXCUSE. WE ALL KNOW LONG ISLAND TRAFFIC.
- MAKE EVERY EFFORT TO ATTEND ALL STAFF MEETINGS.

GENERAL EXPECTATIONS - DISCIPLINE

- ACCEPTABLE
 - TIME OUT WITH A FOLLOW-UP (EXPLAIN WHAT THEY DID WRONG)
 - A GROUP WARNING
 - A FIRM WARNING
 - PULL PLAYER ASIDE
 - TAKE AWAY A FUN GAME OR SCRIMMAGE
 - REMOVAL FROM PRACTICE
- UNACCEPTABLE
 - VERBAL ABUSE
 - PHYSICAL CONTACT
 - EXTENDED TIME-OUT
 - EMBARRASS OR HUMILIATE THEM

GENERAL EXPECTATIONS - INJURIES

- COMFORT THEM.
- COME DOWN TO THEIR LEVEL.
- ASK THEM IF THEY WANT A DRINK OR GET THEM ONE.
- TELL THEM TO TAKE A FEW DEEP BREATHS.
- TRY TO KEEP PARENTS OFF OF THE FIELD.
- NEVER MOVE THE PLAYER IF YOU THINK THE INJURY IS BAD AND MOVING THEM MAY MAKE IT WORSE
- DO NOT PERFORM ANY ADVANCED FIRST AID, CALL FOR HELP!
- DON'T FORGET THE OTHER 15 KIDS.

GENERAL EXPECTATIONS – ALL PRACTICES

- CONES SHOULD BE SET UP BEFORE PLAYERS ARRIVE
- HAVE A LESSON PLAN PLUS A BACKUP
- SOCCER BALLS NEED TO BE PUMPED.
- BE ACTIVE DURING YOUR SESSIONS. THE MORE YOU STAND STILL THE MORE THE PLAYERS WILL.
- PROBLEM SOLVING – ALTER ACTIVITIES TO WORK WITH THE NUMBERS THAT YOU HAVE
- ACTIVITIES SHOULD BE NO MORE THEN 15 MINUTES A PIECE
- IF YOU AREN'T GETTING WHAT YOU WANT OUT OF AN ACTIVITY WITHIN A REASONABLE TIME, MOVE ON.
- KNOW YOUR PLAYERS – NAMES, ABILITIES, PERSONALITIES.
- ADJUST YOUR PERSONALITY TO THE AGE GROUP YOU ARE WORKING WITH- POSITIVE!!!
- CREATIVITY AND COMMUNICATION
- BE AWARE OF YOUR SURROUNDINGS AND YOUR PLAYERS AT ALL TIMES. SAFETY BEFORE ALL ELSE.

PROGRAMS



SOUTH SHORE
FUTBOL TRAINING

CONTACT US
SOUTHSHOREFUTBOL@GMAIL.COM

**CAMPS
CLINICS
TEAM TRAINING
PRIVATE TRAINING
DEVELOPMENTAL TRAINING**

- Developmental Training
- Team Training
- Private Training
- Goalkeeper Training
- Camps/Clinics

DEVELOPMENTAL TRAINING

NORTH BABYLON
SOCCER CLUB



LINDENHURST
SOCCER CLUB



DEER PARK
SOCCER CLUB



LINDENHURST INTRAMURALS

- AGE GROUPS – (U5, U6, U7, U8/U9)
- 8 WEEK PROGRAM
- SUNDAYS – 8:45am to about 1:45pm
- U5'S – 50 MINUTE TRAINING SESSIONS
- U6'S – 60 MINUTE TRAINING SESSIONS
- U7'S – 25 MINUTE TRAINING SESSIONS FOLLOWED BY GAMES
- U8/U9'S – 30 MINUTE TRAINING SESSIONS FOLLOWED BY GAMES

NORTH BABYLON INTRAMURALS

- AGE GROUPS – (U5, U6, U7/8, BUMBLEBEES)
- 8 WEEK PROGRAM
- MONDAYS : 5PM – 6PM (GU7/8)
- TUESDAYS : 5PM – 6PM (U6 COED)
- THURSDAYS : 5PM – 6PM (U5 COED)
- FRIDAYS : 5PM – 6PM (BU7/8)
- SATURDAYS : 10AM – 2PM (TRAINING & GAMES)
- SUNDAYS : 10AM – 11AM (BUMBLEBEES)

DEER PARK INTRAMURALS

- AGE GROUPS – (U5, U6, U7/8, CELTICS)
- 8 WEEK PROGRAM
- MONDAYS : 5PM – 6PM (GU7/8)
- THURSDAYS : 5PM – 6PM (U5/6 COED)
- FRIDAYS : 5PM – 6PM (BU7/8)
- SATURDAYS : 10AM – 2PM (TRAINING & GAMES)
- SUNDAYS : 10AM – 11AM (CELTICS)


SOUTH SHORE F.C. SUPPLEMENTAL TRAINING

- AGE GROUPS (U5, U6, U7, U8/U9)
- 8 WEEK PROGRAM
- 60 MINUTE SESSIONS
- U5'S – WEDNESDAYS & THURSDAYS (5-6PM)
- U6'S – WEDNESDAYS & THURSDAYS (6-7PM)
- U7'S – WEDNESDAYS & THURSDAYS (5-6PM)
- U8/U9'S WEDNESDAYS & THURSDAYS (6-7PM)

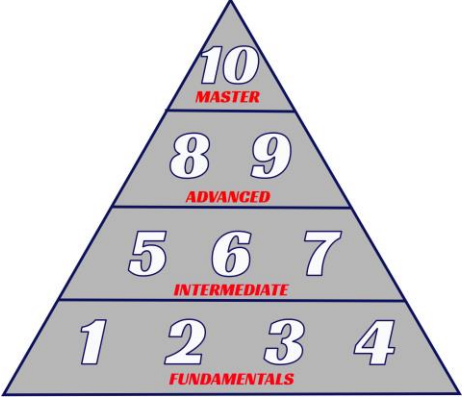
GENERAL EXPECTATIONS - DEVELOPMENTAL TRAINING

- CURRICULUM-BASED – WE SPEND A GREAT DEAL OF TIME PUTTING TOGETHER SESSION PLANS FOR ALL OF THE INTRAMURAL AGE GROUPS. PLEASE TAKE THE TIME TO READ THEM AND FOLLOW THEM.
- FOR MANY OF THESE PLAYERS, THIS IS THEIR FIRST IMPRESSION OF THE SPORT. YOU HAVE THE ABILITY TO IMPACT THAT IN A POSITIVE WAY. DON'T LOSE SIGHT OF THAT.
- CONSISTENCY – IT IS IMPORTANT THAT THESE YOUNG PLAYERS DEVELOP A RELATIONSHIP WITH THEIR COACHES AND BECOME COMFORTABLE SHOWING UP FOR TRAINING. IF YOU MAKE A COMMITMENT TO THE PROGRAM, PLEASE FOLLOW THROUGH WITH IT.

SKILLS PYRAMID



DEVELOPMENTAL BALL MASTERY SKILLS PYRAMID



Fundamentals

Intermediate

Advanced & Master

1. Laces Dribble - With the toes pointing down towards the ground push the ball forward with the laces, knee bent over the ball on contact. After each touch step through with the opposite foot. One touch per step.

2. Foundations (Shuffles) - using the inside of both feet push the ball from one foot to the other. In place at first then moving forward and backwards when comfortable.

3. Toe Taps Forward - Using the toe end of the sole, tap the top of the ball - alternate left and right feet. In place at first, with a slow rhythm then hopping and picking up speed. Once comfortable, attempt to move forwards.

4. Toe Taps Backward - Same technique as toe taps forward but moving backward now.

5. Drag Back Turn (Pull Back) - Dribble forward, stop the momentum of the ball by reaching forward with one foot placing the sole of the foot on top of the ball, then drag or roll the ball back down the side of the body away from the defender and accelerate into a dribble.

6. Step-On Turn (Hook Turn) - Dribble forward, place the sole of one foot on the ball to stop momentum, and step beyond the ball with both feet leaving the ball, turning to face the ball and dribble back. Repeat several times using both feet.

7. Ball Rolls & Brushes - Using the inside, outside and sole of the foot, roll the ball side to side, backwards and forwards, keeping in contact with the ball at all times. Progress to dribbling the soccer ball with just the sole of your foot by brushing the ball across your standing leg or plant foot.

8. Inside Cut - Dribble forward, stop forward momentum of the ball by reaching forward with the inside of the foot and cutting or chopping the ball back down the inside of the body (away from the defender) in one movement and accelerate into a dribble.


9. Outside Cut - Dribble forward, stop forward momentum of the ball by reaching forward with the outside of one foot and cutting the ball back to the outside of the body in one movement and accelerate into a dribble.

10. Cruyff - Dribble forward, step beyond the ball with your plant foot, then stop forward momentum of the ball by reaching forward with the inside of the foot, and dragging or chopping the ball behind your plant foot, then turn away from the defender and accelerate into a dribble.


- 1. LACES DRIBBLE
- 2. SHUFFLES
- 3. TOE TAPS FORWARD
- 4. TOE TAPS BACKWARDS
- 5. DRAG BACK TURN
- 6. STEP-ON TURN
- 7. BALL ROLLS & BRUSHES
- 8. INSIDE CUT
- 9. OUTSIDE CUT
- 10. CRUYFF

DEVELOPMENTAL CURRICULUM

SOUTH SHORE FOOTBALL TRAINING **SPRING 2019 - WEEK FIVE** SOUTH SHORE FOOTBALL TRAINING

	GOAL	Improve the techniques of dribbling and passing		AGE GROUP
	PLAYER ACTIONS	Pass or dribble forward		U6
	KEY QUALITIES	Take initiative, be pro-active		4v4
	MOMENT	Attacking	DURATION	60 minutes

1st PLAY PHASE | Intentional Free Play | Up to 3v3 Games **Play multiple 2-3 minute games**




Organization: On your (20Wx30L) game field, set up two (15Wx20L) fields with a small goal at each end. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Variations: Adjust the games so the stronger players may have less teammates. (2v3 game)

Coaching Points: No coaching points during this phase. Let the kids play and enjoy the game. Make sure they know the rules and that you have set up a safe environment for them to play within.

PRACTICE | Activity 1 | Super Mario Brothers **10 Minutes - 4 intervals - 2 min. play - 30 seconds rest**



Organization: Randomly place 8-10 cones across the middle third of the field. These cones represent mushrooms. All of the players start at one end of the field with a soccer ball. On the coach's signal the players try to dribble to the other side without hitting any of the mushrooms. If all of the Mario Bros make it through, place more cones (mushrooms) down and the players try again. Repeat and have the players try to play quicker.


Variations: If a player kicks a mushroom, they must complete 5 toe taps or dribble around the mushroom twice before re-joining the game. Eventually, make it a race across the field and award a point to each winner. First player to 2 points wins.

Coaching Points: Dribble with your head up, keep the ball close and controlled and look to attack the open spaces.

Guided Questions: What surfaces of the foot can we use to dribble the ball? What is the difference between dribbling and driving? When should we dribble and when should we drive?

Answers: Laces, Outside (little toe), Inside (big toe), Bottom (sole), Heel and Toe. We drive (run with the ball) with our laces and take bigger touches on the ball. We dribble with different surfaces and take smaller touches. Dribble when there is a small amount of space, drive when there is lots of space.

PRACTICE | Activity 2 | Wreck It Ralph **10 Minutes - 4 intervals - 2 min. play - 30 seconds rest**



Organization: Select 2-3 players to be Fix It Felix's. Felix's (or Felicia's) will place their soccer balls (as well as the coach's soccer balls) on top of the scattered cones to build towers. The rest of the players are Wreck It Ralphs. They must dribble their soccer balls around the grid and try to knock the soccer balls off of the cones by passing or dribbling into them. The Felix's will try to fix all of the Towers that Ralph has wrecked.


Variations: Start with the coach as the Fix it Felix. Select players that are working hard to become your next Fix It Felix. Make sure you are selecting an even amount of boys and girls and rotating every round.

Coaching Points: Dribbling - Head Up, keep the ball close and controlled. Passing - Inside of the Foot, point your toe out and lock your ankle (make a fist with your foot). **NO TOE BALLS!** Non-kicking foot should be next to the ball and pointed towards your target.

Guided Questions: What part of the foot should we use to play an accurate pass? How can I make sure my passes hit the target?

Answers: Inside of the foot. Take a look at the target before I play my pass and follow through towards my target after the pass.

PRACTICE | Activity 3 | Pacman **10 Minutes - 4 intervals - 2 min. play - 30 seconds rest**



Organization: Same field set-up as previous two activities. Select 2-3 players to start with a soccer ball, all other players without a soccer ball are the ghosts. Ghosts dribble their soccer ball and try to hit the Pacmen with a pass below the knee. Pacmen must try to pick up as many cones as they can. If a ghost hits them below the knee they must drop all of their cones, get a ball and become a ghost. The coach can re-distribute the cones around the playing area.

Variations: 1. Coaches start off as the ghost 2. Pacmen who get hit by a ghost only lose their cones but continue playing 3. All Pacmen and Ghosts have to dribble a ball while playing. Ghosts hold a pinnie to differentiate. When a Pacman gets hit they grab a pinnie from the coach and become a ghost.


Coaching Points: Dribbling - Head Up, keep the ball close and controlled. Passing - Inside of the Foot, point your toe out and lock your ankle (make a fist with your foot). **NO TOE BALLS!** Non-kicking foot should be next to the ball and pointed towards your target. Strike the top half of the ball.

Guided Questions: When I'm a ghost, how can I make sure my passes hit the Pacmen below the knee? What will happen if I strike the bottom half of the ball?

Answers: Strike (punch) the middle of the soccer ball. The ball will be lifted into the air.

SOUTH SHORE FOOTBALL TRAINING **SPRING 2019 - WEEK SIX** SOUTH SHORE FOOTBALL TRAINING

2nd PLAY PHASE : The Game - 3v3/4v4	24 Minutes - 2 intervals - 10 min. play - 2 min. rest
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Organization: On your designated game fields, set up 2 evenly matched teams designated by pinnies. Play a 3v3 or 4v4 game (should not exceed 4v4). Play for 24 minutes - 2 intervals of 10 minutes with a 4 minute rest between intervals. Match game rules apply, however, if a ball rolls out of play the coach should roll another ball onto the field and continue play. No goalkeepers allowed.

Key Words: Turn, Win the ball, Finish (or score)

Coaching Points: Highlight all of the coaching points from earlier in the session.

Guided Questions: When should I dribble or pass? Who should determine whether to dribble pass or shoot? What are good indicators of a successful practice?

Answers: We dribble when we have space, we pass when we do not. Let the players make the decisions. Coaches should only provide guided assistance as needed. Players are engaged, enjoy practice and positive reinforcement was provided. *Make sure you are giving them time to play and not constantly stop-freezing the play at this age to make your coaching points. Points should be made at natural stoppages (when the ball goes out/water breaks/after a goal) or within the flow of the game. The kids want to have fun and play. Keep them engaged and let them do just that.

Training Session Self - Reflection Questions

1. How did you do in achieving the goal of the training session?
2. What did you do well?
3. What could you do better?

Training Session - Coaches Evaluation

	1 - POOR	2 - BELOW AVERAGE	3 - AVERAGE	4 - ABOVE AVERAGE	5 - EXCEPTIONAL
1. Was the trainer punctual and began the session on time?	1	2	3	4	5
2. Was the trainer organized and properly equipped?	1	2	3	4	5
3. Was the trainer clear, concise, and educational with their coaching points?	1	2	3	4	5
4. Was the trainer engaging and succeed in making the session enjoyable for all players?	1	2	3	4	5
5. In your opinion, what did the trainer do well? (Comment below)					
6. In your opinion, what could the trainer have done better? (Comment below)					

INTRAMURAL SESSIONS



INTRAMURAL SESSIONS – U6



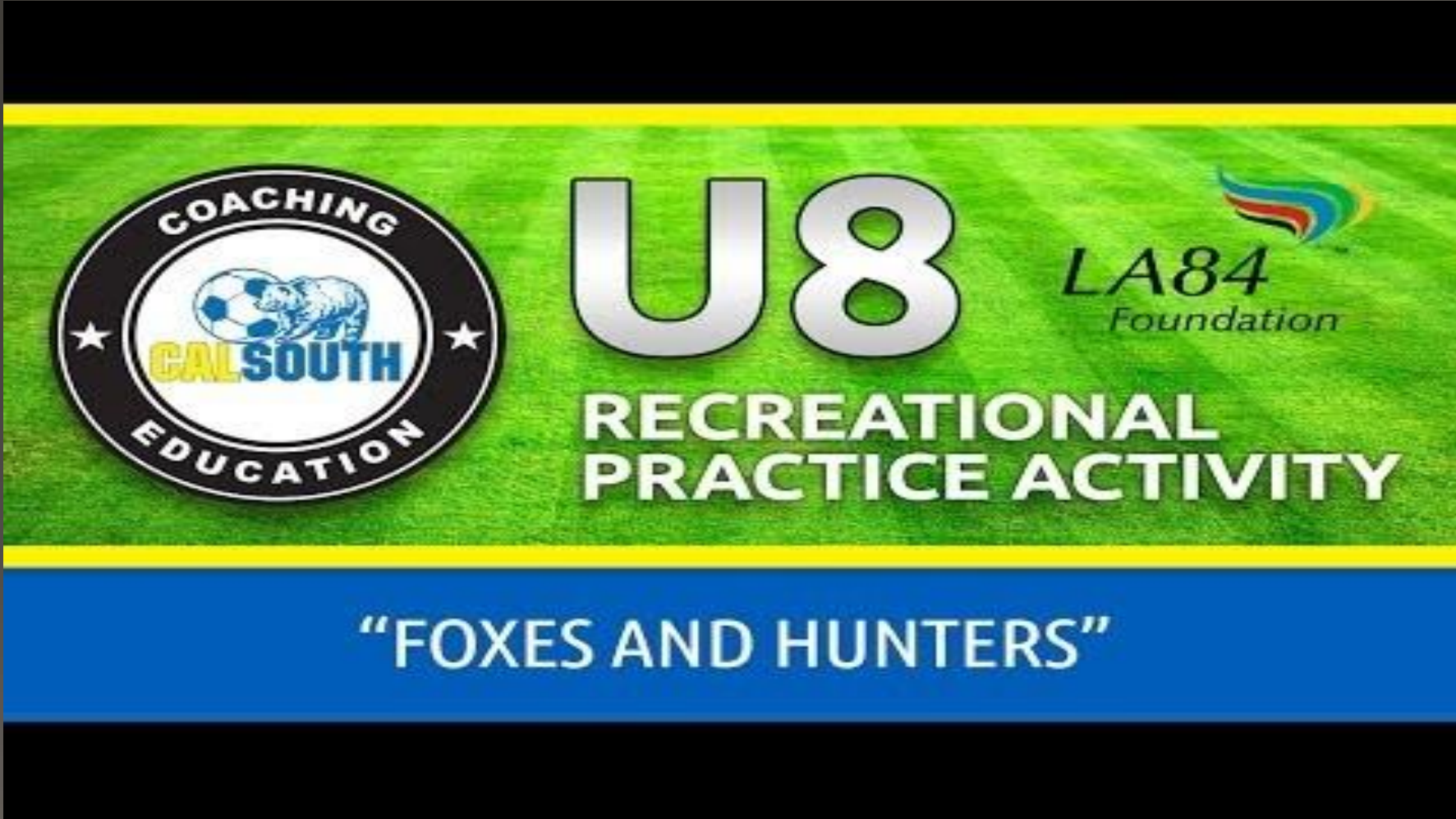
U6



**RECREATIONAL
PRACTICE ACTIVITY**

"CRAB SOCCER"

INTRAMURAL SESSIONS – U8



The graphic features a green grass background with a yellow border at the top and bottom. On the left is a circular logo for "CAL SOUTH COACHING EDUCATION" with a soccer ball and a fox. In the center, the text "U8 RECREATIONAL PRACTICE ACTIVITY" is displayed in large, bold, white letters. On the right is the "LA84 Foundation" logo, which includes a stylized flame icon and the text "LA84 Foundation".

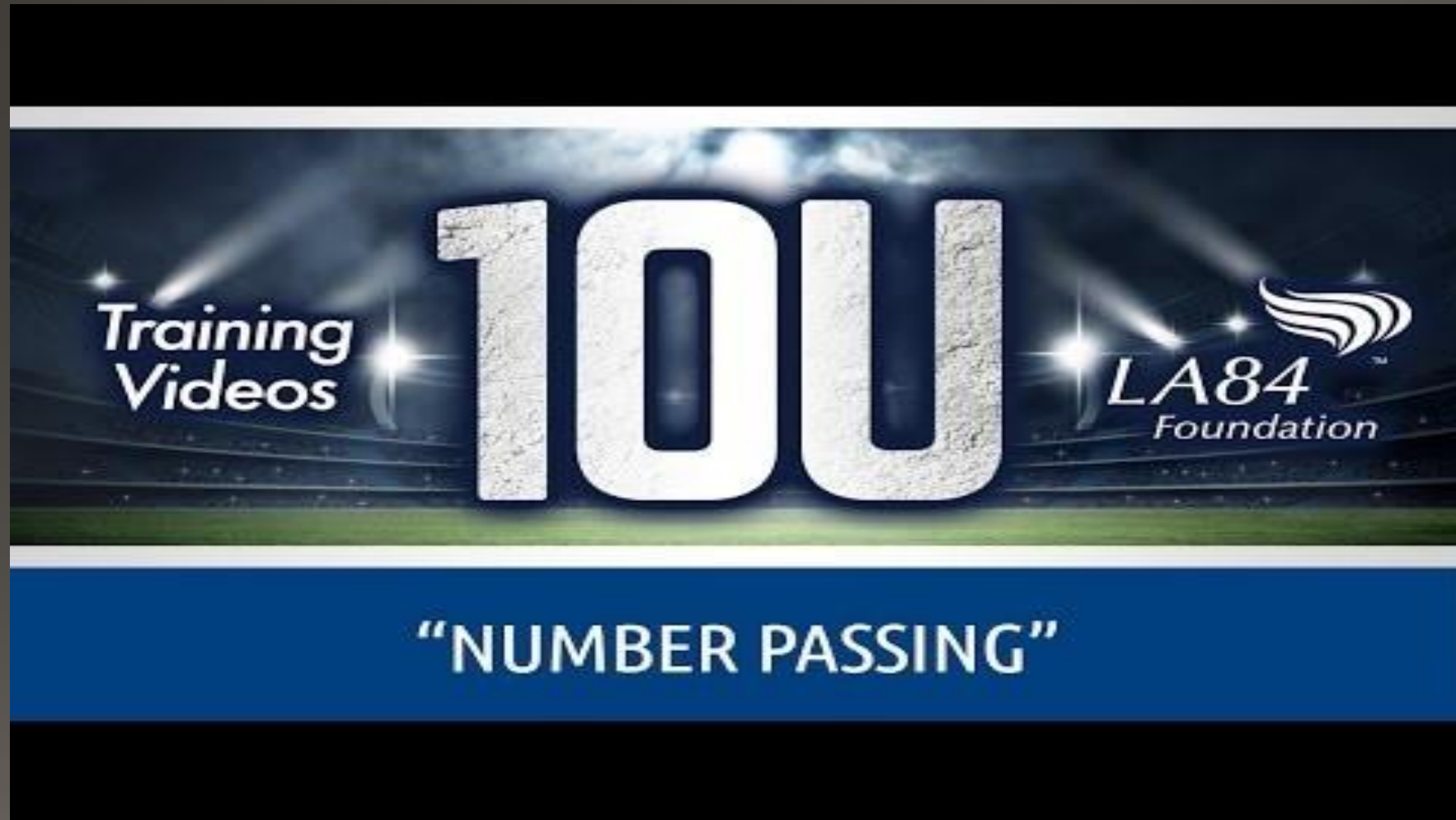
COACHING
EDUCATION
CAL SOUTH

U8
RECREATIONAL
PRACTICE ACTIVITY

LA84
Foundation

"FOXES AND HUNTERS"

INTRAMURAL SESSIONS – U₁₀



GENERAL EXPECTATIONS – TEAM TRAINING

- Understand your team's limitations.
- Focus on skill development (ball mastery, change of direction moves, feints and fakes, running with the ball, striking a ball, passing and receiving a ball)
- Concentrate less on tactics, and more on teaching your players the principles of play
- No lines, laps or lectures. If you have to use activities with "lines" make sure the groups are divided so that the lines are minimal and the players are actively involved.
- Try to use the PLAY, PRACTICE, PLAY format for U9 – U12 teams.
- Younger players should be encouraged to dribble. We want to develop players that excel in 1v1 situations.
- Make the most of the minutes! High intensity and high repetitions.

COACHING POINTS

- MANAGING THE MOMENT
 - STOP-FREEZE
 - NATURAL STOPPAGE
 - IN THE FLOW – CONTINUOUS ACTIVITY
 - INDIVIDUAL REFERENCE

COACHING STYLE

- DIRECT (MODELING/COACH CENTERED)
- GUIDED DISCOVERY (PROBLEM SOLVING/PLAYER CENTERED)

COACHING POINTS

- I HEAR, and I forget....
- I SEE, and I remember....
- I DO, and I understand....

PRINCIPLES OF PLAY

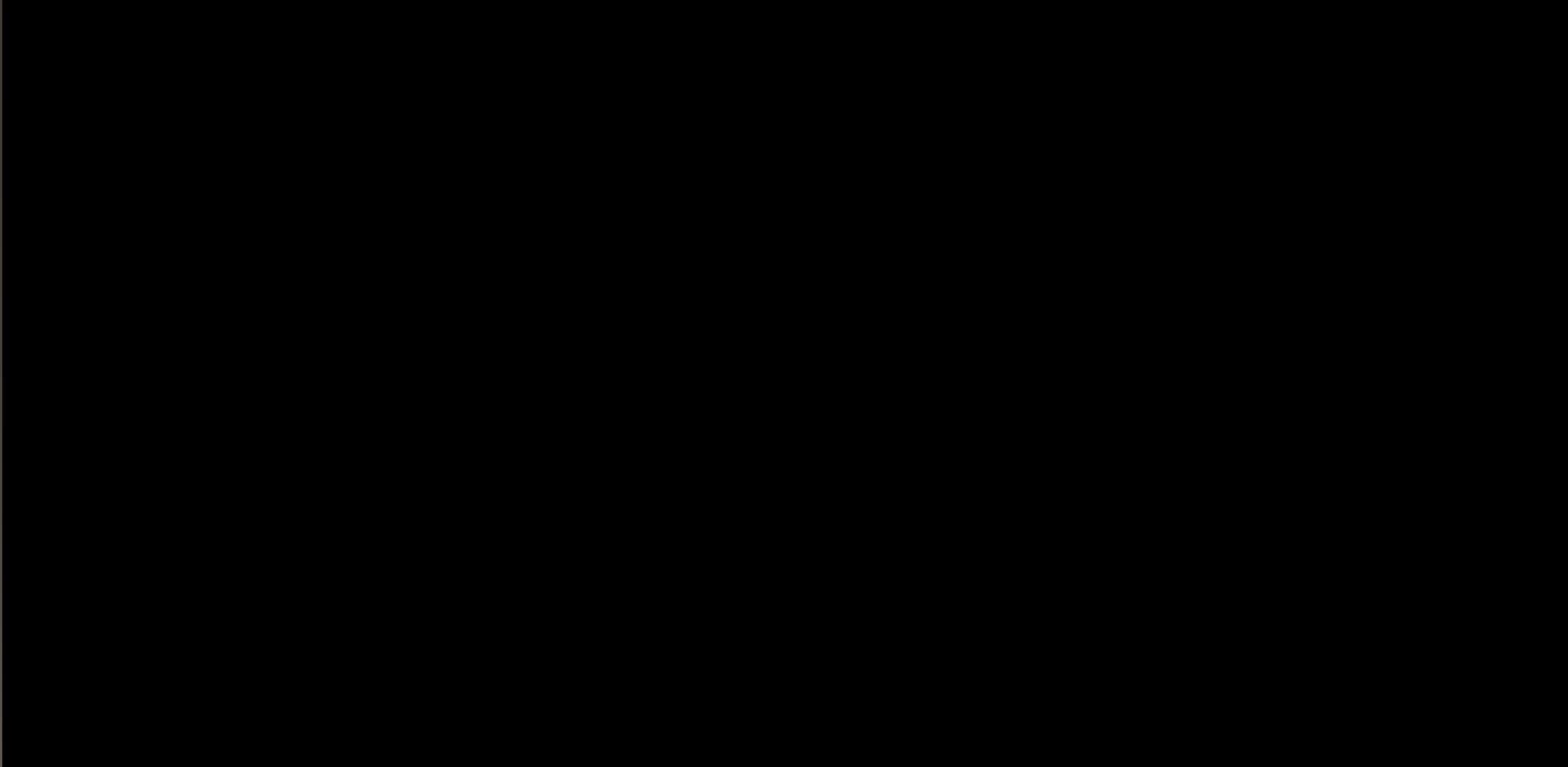
ATTACKING PRINCIPLES

- Penetration
- Support/Depth
- Mobility
- Width
- Creativity/Improvisation

DEFENDING PRINCIPLES

- Pressure
- Cover
- Balance
- Delay
- Control and Restraint
- Compactness

PLAY, PRACTICE, PLAY



COERVER METHOD

- BALL MASTERY
 - CHANGE OF DIRECTION MOVES
- RECEIVING AND PASSING
- 1V1 ATTACK AND DEFENSE
 - FEINTS AND FAKES
- SPEED
 - STOPS AND STARTS
- FINISHING
- GROUP PLAY

SKILL DEVELOPMENT – COERVER METHOD



RONDO'S

