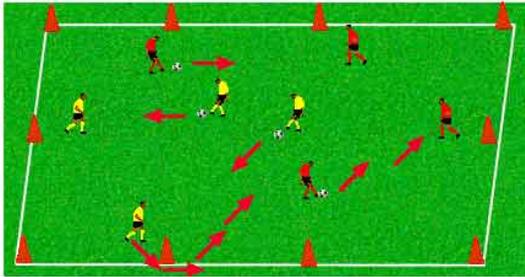
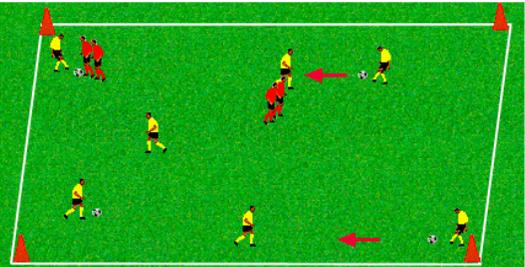
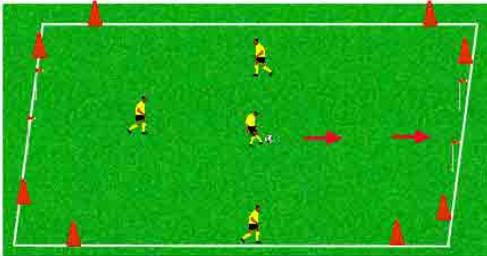


Topic: “Training Thoughts”

Age Group: U9/10

Presenter: Vince Ganzberg

Site: Indiana Youth Soccer 2nd Annual Coaching Symposium

Activity	Diagram	Coaching Points
<p>Warm-up</p> <ul style="list-style-type: none"> • Passing in Pairs <ul style="list-style-type: none"> ○ Free ○ Directed <p>Players get in pairs and pass and move within a designated area. Make it more directed and tell them after they pass to run around a cone that is on the outside.</p>		<ul style="list-style-type: none"> • Technique of passing ball • Eye Contact • Passing to correct foot • Passing to feet or space • Pace of pass when passing to feet or space.
<p>1st Activity</p> <p>Partner Tag</p> <p>Players pair up and share a ball. Two pairs do not have a ball and hold a vest, bib, towel, etc between them. They are “it”. They try and tag any body that has a ball. Pairs that have a ball can only pass to each other. If someone that has a ball gets tagged them they along with their partner become “it” and the “it” players now take their ball and try to prevent from being tagged.</p>		<ul style="list-style-type: none"> • Techniques of passing • When to run to support/space • Angle of support
<p>2nd Activity</p> <p>Possession to Target(s)</p> <p>Players line up into two teams. Coach calls out a number, shape, or groups color. Whichever teams gets the ball first becomes the attacking team. On all four sides of the playing area are players, assistant coaches, parents who hold up an arm. Whichever side that has a person on the outside with an arm up the attacking team tries to get the ball to that target. Could replace targets with goals.</p>		<ul style="list-style-type: none"> • Technique of passing ball short and long • Vision to pass • Concept of width
<p>3rd Activity</p> <p>4v4 to 3 goals</p> <p>Two teams of four. Each team plays to 3 goals. Goals can be scored on the side goals by dribbling through the gates.</p>		<ul style="list-style-type: none"> • Application of technique under pressure • When to support, when to run to space • Vision to pass <p>Concept of width</p>

Match Condition 6v6 to goals Play Silently Play		Playing silently allows you to watch their thoughts, vision, and decisions
Cool Down	Something fun!!	

The purpose of this training session was to plant seeds in the minds of these young players what their thinking should be in regards to passing, receiving, and moving off the ball. Too many players because coaches at these young ages will often tell the players where to run, when to pass the ball, and where to pass the ball that our players have a tough time when they are on the field during a match. Players at these ages can be taught simple ideas and thoughts in regards to passing and moving without the ball.

The approach of using guided discovery questions was implemented during this presentation. As coaches of young players it is important that we use more of a questioning approach as opposed to always informing players what they are supposed to do. As a coach it requires you to really know and understand what you want to get out of the training session and the players the opportunity to learn not only by doing, but by answering specific “guided” questions that you ask.

In the first activity, after they pass the ball they have to go run around a cone before getting the ball back from their partner. Some of the questions that can be asked during this activity (not drill) are:

- If a player without the ball is running toward you, where you should pass the ball? Answer: To their feet. As the coach, you may have to give them the choice of saying either “feet or space”.
- If a player without the ball is running away from you, where you should pass the ball? Answer: To space. As the coach, you may have to give them the choice of saying either “feet or space”
- How do I know my partner (teammate) is ready to receive a pass? Answer: Because they are looking at you. (Eye contact)

Even in the warm-up, you have asked them good questions, without you necessarily having to show or tell them. Ask them! You will be surprised at what they can tell you.

In the second activity, the point of this game is to teach them when to they can run to support and when to run to space. When players are participating in this game, you will find many moments as a coach to ask them the following questions:

- If a player with the ball has pressure, where do you run support or space? Answer: support
- If a player with a ball doesn’t have pressure, where to you run support or space? Answer: space

You are planting a seed in their mind of where they run during a match. As a player, you can only run to either support or space. The amount of pressure that is on the ball determines where you run when you are close to the ball.

The entire training session then is continuing to ask them these questions, not demanding anything, but asking them constantly what are their thoughts?