

Technical Responsibilities of the Club DOC

John Ellinger

Technical Director-SAC



USYOUTHSOCCER.ORG

DOC TECHNICAL JOB DESCRIPTION

- **Establishing and Maintaining a Club Curriculum**
- **The Youth Soccer Expert on the Club Staff**
- **Coaching Education Responsibility**
- **Placement of Coaches within the Club**
- **Competition Advisor-Leagues/Tournaments**
- **Placement of Players within the Club**
- **Facility Management**

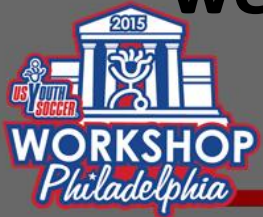


Training

- Philosophy
- Curriculum
- Club Training
- Team Training
- Individual Training
- Technical Training---outsource ?
- Goalkeeping Training

Age Group Technical Responsibility

- Head Coach of Age Group in charge of Technical Development for that age group
- Mandatory technical training on Monday or Tuesday evenings for U8-U12
- Mandatory technical warm-up for U13-U18
- Develop lesson plans, send to all coaches in age group with their responsibility for the week



Weekly Lesson Plan-Examples

- **U11 Technical Training Sessions - Fall 2014**
- **Technical Training 1 – 8/19**
- **Area 1 - 1v1 to goal**
- **Area 2 - Long Distance Shoot**
- **Area 3 - Combination Play (Progression 1v1, 2v1, 2v2 to goal)**
- **Area 4 - Control and Pass**
- **Area 5 - 1v1**
- **Technical Training 2 – 8/26**
- **Area 1 - Combination Play Overlaps to Goal**
- **Area 2 - Cut and Shoot from long distance**
- **Area 3 - Cross to Headers**
- **Area 4 - Offensive Moves (step over, scissors)**
- **Area 5 - 2v1 Combination Play (Overlaps)**
- **Technical Training 3 – 9/9**
- **Area 1 – Combination play Wall pass to go**
- **Area 2 – Control to shoot (Chest)**
- **Area 3 – Cross to volley**
- **Area 4 – Dribble thru the cones**
- **Area 5 - 3v2 Combination Play - Wall pass**

Dribbling and Running with The ball (RWTB)

Date : 24/Mar/2014
Time : 06h 00m

Duration : 1:30 hour
Age/Level : U8 - U10

Session Objective: To improve Dribbling and RWTB in different directions

Dribbling/RWTB Warm-up Circuit



Description :

1. Player Different Frequency Sequences through the Ladder
2. Player Recieves the ball From Coach and Performs a Dribble/RWTB through the zone
3. Players switch groups to alternate feet

Coaching Points :

1. Close Control - Below Knees
2. Body Posture
3. Head up for Awareness
4. Frequency Adjustment
5. Inside of the Big-Toe, Small toes and Sole Dribbling sections

Fakes, Moves and 1 vs 1



Description :

1. In a square approximately 10 yards we place cones in the centre to act as defenders
2. On the Coache's command, players will dribble right, left or straight
3. Different Feints are introduced by the coach

Coaching Points :

1. Dribble the ball below knees
2. Body posture
3. Awareness
4. Frequency adjustments
5. Exaggerate moves/feints with a change of direction and change of pace
6. Arms

Dribbling and RWTB game with Penetration



Description :

1. Players can score by dribbling through the gates with the intention of creating a shooting opportunity in the 1 vs 1 zone.
2. central gate = 2 points , wide gate = 1 point
3. Everyone Marking a Player

Coaching Points :

1. Dispersion
2. Creating space by dribbling, Moves and clever Movement in 1 vs 1 situations
3. Supporting
4. Switching the ball quickly and precisely
5. Exploring space with speed and intelligence

U-8 PLAYER DEVELOPMENT

Age Group Character Traits

- Players need to have fun. As soon as you lose sight of the fact that children play to have fun, you will lose sight of what coaching this age group is all about.
- Players need to feel accepted in the group and therefore will be happy. If they do not feel accepted, they feel rejected but without comprehension as to why. Keep them happy with your tone of voice and enthusiasm.
- Players need to be totally involved in activities and be part of the action. Being left out due to elimination activities can have a negative connotation over time and lead to feelings of rejection.
- Coaches should be developing the mind and body of Juniors players. Players at this age are easily influenced; make their time with you a positive experience and you will foster a life-long love for the game.
- Players should be free to enjoy the experience of playing the game. Avoid unrealistic, static exercises such as dribbling in and out of cones one by one.

Age Group Coaching Characteristics and Philosophy

Winning is not the reason young players participate in soccer. We must understand that soccer provides the following opportunities for players:

- Experimentation to try new things.
- Have fun playing with friends and achieving goals.
- Learn new skills.
- Make friends and develop social skills.
- Gain acceptance from friends and family.
- Meet challenges and experience competition.
- Physical and cognitive development.
- Define expectations and behavior habits.

Therefore we must focus on the player and individual development rather than a desire to win. Development of sportsmanship and respect for coaches, teammates, opponents, officials and parents is the goal.

Coaches should possess the following qualities:

Personality

- Must be fun and enthusiastic.
- Ability to relate to young players and keep players' interest levels high.
- Possess the patience to organize multiple individuals.

Technical Components

- Understand all technical components of dribbling, passing and receiving, shooting, tackling and heading.
- Ability to demonstrate skills.
- Teach through age appropriate 'guided discovery'.
- Ability to adapt training session quickly.

U-8 Player Development



Tactical Components

- Understand rules of the game
- Ability to organize multiple small sided games with concepts of 3v3/4v4/5v5
- Ability to teach concept of triangle and diamond shape in small sided games
- Understand the principles of attacking and defending and how to implement with young players

Age Group Coaching Goals

- Groups should have two training sessions per week.
- Training sessions should be 60 minutes in duration.
- Players may participate in external leagues.
- Positions should not be stressed at this age, players should experience all positions.
- Parents should be educated on the the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

Technical

- Players should be comfortable with the ball.
- Ability to maintain sole possession through dribbling at varying speeds with multiple surfaces of each foot.
- Ability to change direction using feints and tricks to solve the problem of pressure.
- Ability to look for other teammates and find them with passes.
- Ability to juggle the ball with or without bounces between touches.

Tactical

- Ability to recognize simple team shapes such as triangles and diamonds.
- Ability to identify opponents and take the ball away without kicking the ball for power.
- Ability to understand simple components of attacking a goal and defending a goal.

Physical

- Players should understand that they will improve their physical abilities by participating in training activities involving the ball.

Psychological

- Players should feel like they will be given every opportunity to reach their soccer potential regardless of what ability group they find themselves in.
- Players should feel comfortable that they will be able to progress as a soccer player at a controlled.





Player's Job Descriptions

DEFENDERS *IN POSSESSION*

- We Must Be Composed & Reliable
- Safety 1st. (Play or Clear)
- Be in Position
- Options for Team Mates --Be Available
- First Look is Forward
- FB's Overlap & Be Positive To Produce
- Tempo 1 & 2 Touch, Quick Passing
- Organize Early, Expect a Turnover
- Score from Set Plays



DEFENDERS *OUT OF POSSESSION*

- Early Positions
- Attack The Ball First !!!
- Expect Mistakes
- 1 v 1 Battles Must Be Won
- Stay on Feet – Never Get Beat
- Stop Crosses / Block Shots / Fill the Goal
- Shape / Balance as a Unit (Tight or Cover)
- When to Press, When to Drop
- Show Outside
- Communication, Organization & Discipline
- Pressing (Angle - Speed - Distance)
- Resilience From Set Plays



U14 Premier 2014-2015 Seasonal Plan

- **Overview** - This seasonal plan is meant to be used as a guide to assist in the growth and development of the '00/'01 SAC BU14 Premier team. The guide is divided by seasonal activities. In addition to the activities listed, players and parents will be instructed throughout the year on good nutritional habits, additional training opportunities, positive reinforcement techniques and good sportsmanship.



U14Premier 2014-2015

Seasonal Plan

- **Level of Play** – Competitive soccer is competitive because the players are developed and play against players of equal or higher skill. You get better by playing against better competition, raising the standards and work ethic to meet the competition. Playing against teams we can dominate easily is ego driven and doesn't lead to long-term development or opportunities. Studies have shown that ego driven development (measurement against peers, vs. goal driven development (improvement of individual goals) result in players dropping out when the going gets tough. The goal driven player perseveres and continues working hard to get better. Our focus will be to set goals, work hard to meet the goals and compete at the highest level we can. To that end, we do require dedication to the sport and to the team.



U14 Premier Boys

Summer

- Summer activities are viewed as pre-season for fall. These activities are optional, but highly encouraged. The fall pre-season events will take place during the summer months of June and July. Available summer events include team training, scrimmages and camps. Players are encouraged to attend a camp together as a team; SAC Training Academy with Aki Lake dedicated to our team.
- July 7-11 or July 28-01



U14 Premier Boys

Summer

Training

- Players will have the opportunity to train at least once per week throughout the summer. Training will focus primarily on enhancing individual technical skills, balance, agility, speed and endurance. As the summer progresses we will begin integrating more tactical sessions in preparation for scrimmages and the fall season.



U14 Premier Boys

Matches

- During the summer, we will setup scrimmages against teams in area. Some of these scrimmages may include teams such from the SAC BU15s, SAC Pre-Academy, Academy as well as outside clubs. The scrimmages are meant to provide a gauge of where we are as team at that movement and will be leveraged to measure progress in the future. The scrimmages will also allow the team jell and gain a mutual understanding within.



U14 Premier Boys

Camps

- Several camps are recommended to parents including SAC Academy Coerver and Dutch Soccer. Information about these and other camps may be found on the SAC website. We may receive discounts and we do encourage players to attend some of the same camps...

Kits

- We will be ordering new kits for this year; including uniforms, training jersey, warm ups and bags. Manager will request sizing information.



U14 Premier Boys

Fall

- Fall in-season activities are required; the fall season spans the August through November timeframe. Activities include events such as practice, matches, tournaments, etc.

Practice

- In-season practices will be held 3-4 times per week and may alternate sites between Covenant Park and Dickenson Park or another grass site. Practice sessions will be used to begin introducing tactics along with individual technical skills. The focus will be approximately 75% technical and 25% tactical. Practice sessions will typically run for approximately 1.5 hours.



U14 Premier Boys

Matches

- Fall in-season match play will include periodic scrimmages, tournaments and National Capital Soccer League (NCSL) league play. We will sign up for at least 3 tournaments for the fall. We will also participate in the ASL. NCSL league play will typically consist of one match per weekend. During league matches, the players will be challenged to utilize both technical and tactical lessons provided during practice and training.

Tournaments

- 8/09 - 8/10: Annandale, in VA
- 8/22 - 8/24: August Cup, MD Soccer Plex
- 8/29 - 9/1: OBGCC Capital Cup, Olney MD
- 10/11 - 10/12: YMS or EDP in PA
- 11/14 – 11/16 SAC
- 11/21 - 11/23: ASL Bethesda Thanksgiving Tournament, Montgomery County



U14 Premier Boys

Winter

- Winter activities are optional, but highly encouraged. The main focus of these events is to allow players to stay active and engaged, we will use the time to work on enhancing individual skills and technique in preparation for the fall season. Events include training, matches and camps.

Training

- Players may have the opportunity to train once per week throughout the winter; provided space is available. Training will focus primarily on enhancing individual technical skills, balance, agility, speed and endurance. The training site will most likely be an area elementary or high school; Covenant Park may be another site.



U14 Premier Boys

Matches

- Players will be provided opportunity to participate in futsal and outdoor winter league. Futsal provide players the opportunity to play on a fast dry surface without any pressure to score. They will be asked to be creative and tryout new positions. At least one of the two indoor sessions will be played in an older age group. The main focus will be player development with an emphasis on creativity and speed of play.

Tournaments

- 12/06 – 12/07: Tottenham America's Cup at SAC
- 01/30 – 02/01: ASL Triangle Friendly in NC
- 02/27 – 03/01 ASL Spring Showcase at SAC



U14 Premier Boys

Spring

- The spring season spans mid March through the beginning of June. In-season activities include technical training, practice, matches, tournaments, etc.

Practice

- In-season practices will be held 3-4 times per week and may alternate sites between Covenant Park and Dickenson Park or another grass location. Practice sessions will be used to begin introducing some tactical skills along with individual technical skills. The focus will be approximately 75% Technical and 25% tactical. Practice sessions will typically run for approximately 1.5 hours.



U14 Premier Boys

Matches

- Spring in-season match play will include periodic scrimmages, tournaments and league play. We plan on applying to play in the Region 1 league during the spring season.

Tournaments

- 03/07 – 03/08: Annandale Premier Cup in VA
- 5/22 - 5/25: SAC Memorial Day Tournament, Howard/Baltimore County
- State Cup and potentially one additional tournament



U14 Age Group Report-Example

Premier

- 7 players moved; 6 to Pre Academy and one to Celtic, which made this more of a rebuilding year, made for a good challenge due to our very positive year putting us into a the highest level of play for all tournaments and league play. One of our starting players was informed by his HS coach that we was not allowed to participate for the fall, which left us lacking in the center back position. This player is still having problems attending and our other main center back was dual carded with the Pre-Academy. He must now be removed from the roster, since the Pre-Academy is playing State Cup. To resolve this issue, we are going to move one of the players currently on the United Blue.



U14 Age Group Report-Example

Premier

- **Tournaments:** Finalist in one tournament; we have three remaining to close out the year (SAC Columbus Day, Bethesda ASL, SAC Tottenham).
- **FALL:** Held onto D1 spot. Season started slowly with the new players finding their spot on the field and an understanding of what is expected of them. The season picked up in the end. We finished in a three way tie for 5th; however, the goals against places us in 7th. Given the challenges, not a bad a result.
- **Winter:** Playing futsal (2 leagues), playing outdoor winter league, training at least once per week
- **Spring:** Applied for Region 1 in the spring waiting for a response
- **Ranked** 8th in the State and 51 in the region with 8203 points.



U14 Age Group Report-Example

United Blue

- 4 Players moved to Pre-Academy; 1 moved to Premier; some others left the club making this a rebuild as well. Two players returned to the team from the previous year. Now sharing a GK with Pre-Academy, but just recently identified a new keeper. Also, had a potentially new center back playing last week.
- Tournaments: Champion in one tournament and semi-finalist in two.
- Fall: Took 1st place for NCSL D3. A great result, which pushed us back into D2 for the spring.
- Winter: Playing futsal and possibly winter league and may have some indoor training
- Spring: NCSL D2
- Ranked 20th in the State and 228 in the region with 1091 points



United White

- Picked up a few new players this year and moved one to Premier
- Tournaments: Champion in two tournaments; finalist in two
- Fall: Took 1st place for NCSL D8. A good result; however, there was not enough of a challenge (GF=32). **Strongly recommend requesting that they get pushed up to a much higher division for the spring.
- Winter: indoor; other activities TBD
- Spring: NCSL D?
- Ranked 24th in the State and 252 in the region with 967 points



United Gold

- Some player movement from last year in both directions
- Tournaments: Played in two, but did not place
- Fall: BBSL top division, which included Celtic, Lutherville, and Pro Futball FC (some top area teams). Held onto top division spot finishing in 8th out of 11. This is a good result given the competition in the division. The higher level teams were playing two leagues to qualify for State Cup. They will most likely not play BBSL in the spring.
- Winter: TBD
- Spring: BBSL top division
- Ranked 40th in the State with 333 points



United Black

- Newly formed team; primarily from select players. I watched them play and found that they do have a field player and a GK that stand out. The GK played with the Premier team in a scrimmage last weekend, which resulted in a 4-1 win. May look into having these two player be made more available to higher teams.
- Tournaments: Finalist in one
- Fall: BBSL second division finished 4th out of 15 teams. This is very good result for a newly formed team made up of a good number of select players.
- Winter: Nothing planned
- Spring: BBSL second division
- Ranked 58th in the State with 215 points



Coaching Education

- **Appropriate License for age level**
- **Host site for State Level coaching courses**
- **Coaching Manuals on website**
- **Lesson Plans on website**
- **Age Specific Training for Club Coaches**
- **Mental Conditioning**
- **Other coaching resources available**



Competitive Games

- **Friendlies**
- **Leagues**
- **Tournaments**



Developing the Club Culture

- Club Event Calendar
- Style of Play
- College ID Camps

Facility Management

- Technical Development Priorities
- Shared Space for Technical Development