

Comox Valley United Soccer Club



Select Program U12+

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Select Program

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Training to compete stage

Athletes who are now proficient at performing basic and soccer – specific skills are working to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.

Fulfillment of each players potential depends on their own efforts, the support of teammates , and the unselfish guidance of the coach. They must be exposed to quality playing and training environments which extend their mental, physical tactical and technical capabilities to their limit.

Players must have a sound understanding of soccer principles and concepts, and they should show emotional stability when confronted with pressure situations.

Methodology

Coaching methods in soccer

To be effective with players a coach should be able to change to different coaching methods. Whilst we all have our own style, some do it quietly, some are more demonstrative, some are more vocal, as long as they do it in a positive manner and create positive results in their players all styles can be effective. Coaching style is based on personality, temperament, our philosophies on how the game should be played and on the ages and abilities of the players we are working with, there is no one universal style, every coach is different. Coaching Method is different, the methods you use to coach are important in getting the best out of your players and you should be able to base your coaching around three different methods which can be implemented in various degrees at different times

1. Questions And Answer Method

The coach seeks to stimulate the player into a response to a direct singular question for example, “Where should you pass that ball in that situation?” And the player needs to think for themselves and you know if they understood it or not.

2. Guided Discovery Method

The coach leads the player to make their own decision for example “Show me where you should go to help the player on the ball?” Again the player has to think for themselves and is more likely to remember and learn.

Soccer is a game of the moment and players not coaches need to decide at that moment what they should do on the field, we need to help them to make that decision for themselves

So we have a Command Method (autocratic / bossy) and a Co-Operative Method (democratic / guiding) but sometimes a good coaching approach may involve saying nothing, let them play / practise with no direction.

3. **Command Method**

The coach decides, the players listen and comply but do they really listen, do they learn or most importantly understand?

Using this method you don't know if they understood what they are doing or what they are doing it, they just did what you told them.

Were you right in what you told them?

For example you tell a player to move to a certain position on the field and they do it.

Do they know why they need to be there, maybe, but you will not know if they do. In a game situation will they know where to go?

Why CO-OPERATIVE?

1. It helps players become thinkers and make their own decisions.
2. Fosters relations between coach and player by sharing the decision making process.
3. Players enjoy it more.
4. As well as having skills, players develop the ability to change situations, exhibit discipline and maintain concentration.

OTHER COACHING METHODS

Self Check – The coach gives players key points to check when practicing alone. This is appropriate for technique development giving them challenges test or tasks, for example simply kicking a ball hard against a wall and working on first touch control, relaxing the controlling foot on contact with the ball, taking the pace out of the ball and thinking players who practise away from the coach.

STAGES OF LEARNING

1. COGNITIVE PHASE (planning)

The learner thinks about the task. The coach must observe: the player may be slow to learn, compared to the player who is a skillful one where movement is fluid, effortless requiring no deep thought, it's almost instinctive.

2. ASSOCIATE PHASE

The learner knows what to do but still needs practice to be consistent and effective.

3. AUTONOMOUS PHASE

The skill is learnt and becomes automatic, fluid and effortless.

The coach needs to use this three-phase model to recognize at what stage of development each player is at.

COMMUNICATION SKILLS

Help you gain a greater understanding of how players learn. Consider the communication aspect of your coaching.

1. **How Players Learn** – Coaching effectiveness should contribute to the players learning, learners, learn, coaches help this process.
2. **Find Out More About Your Players**- Who they are
– Age / Experience. Hey are they involved in soccer and your team?
3. **Do They Have Same Objectives As You**
 - A) Establish goals for each player
 - B) Offer feedback individually and collectively
 - C) Feedback to other significant people –Parents / Officials.
 - D) Measure commitment.
 - E) Review the goals with them
 - F) Amend them where appropriate e.g based on training and games.
 - G) Develop long term goals

Is Their Learning apart Of A Total Learning Environment?

- A) Learning from individual session.
- B) The whole club must be committed to learning and improving.
- C) The coach helps them to learn and improve performances.
- D) The coach needs to help players learn on their own.

Communication In Coaching

Organization of practises is a factor in communicating with the players in the most effective way.

Traditional Method (tried, tested and proven)

- A) Warm up
- B) Skill practise
- C) Scrimmage

Other Formats

1. Whole / Part / Whole Method

After warm up begin with game. When a need arises to highlight a skill / technique / tactical development concentrate then on small group work on the point you are covering before going back to the game.

2. Coaching Then Stepping Away

Example 1.

- A) Work for 20 minutes on an aspect of play.
- B) The players get better, the coach provides feedback to help.
- C) Both coach and player satisfied at the end.

Example 2.

- A) Work for 20 minutes on an aspect of play.
- B) The coach helps for 10 minutes then encourages the player to practise for 10 minutes with little help.
- C) Improvement at the end is not as much in example 1

One week later – the players in Example 1. Have forgotten more than players in example 2.

Reasons – In example 2 there was less feedback so players needed to pay more attention from feedback from the task itself that they are performing than the feedback from the coach. They had to work it out for themselves.

Player Centred Coaching

Stepping back

Here are some tried and trusted coaching tips:

- ✚ Feel relaxed about stepping back and not over coaching
- ✚ Provide feedback when you think it will really count and not on every occasion
- ✚ Question players and involve them in solving problems and setting directions.
- ✚ Pay particular attention to what players enjoy. Ask players for feedback.

What about skills and technique?

Developing skills with techniques the players can build on is important, but “coaching technique” doesn't need to take over the whole session or involve all the players at the one time. Use discrete and targeted interventions off to one side and with players who really need the specific attention,

Encouragement



Praise good behaviour & cooperation.



Encourage behaviours you want to see more of.

Composing . Design

- . Originate
- . Initial novel
- . Movements

Improvising. Invent

- . Show flair
- . Change

Varying

- . Revise
- . Embellish

Refining. . Control
 . Synchronize
 . Perform smoothly

Adapting .Adjust
 . Apply
 . Modify

Patterning . Perform
 . Demonstrate
 . Duplicate

Perceiving . Identify
 . Recognize
 . Discover

Finish

START

Unconscious Competance

What you can achieve on
auto pilot

Unconscious
Incompetance

"You don't know what you
don't know"

Conscious Competence

What you can do it's
focus and attention

Conscious Incompetence

Known areas you need to
work on



Determining a minimum performance level requires the assessment of performance in a constant, reliable way. The seven stage skill progression presented above is very appropriate for this kind of measurement it describes the qualitative characteristics of performance at each of the seven levels as the athlete progresses from the novice to the expert stage.

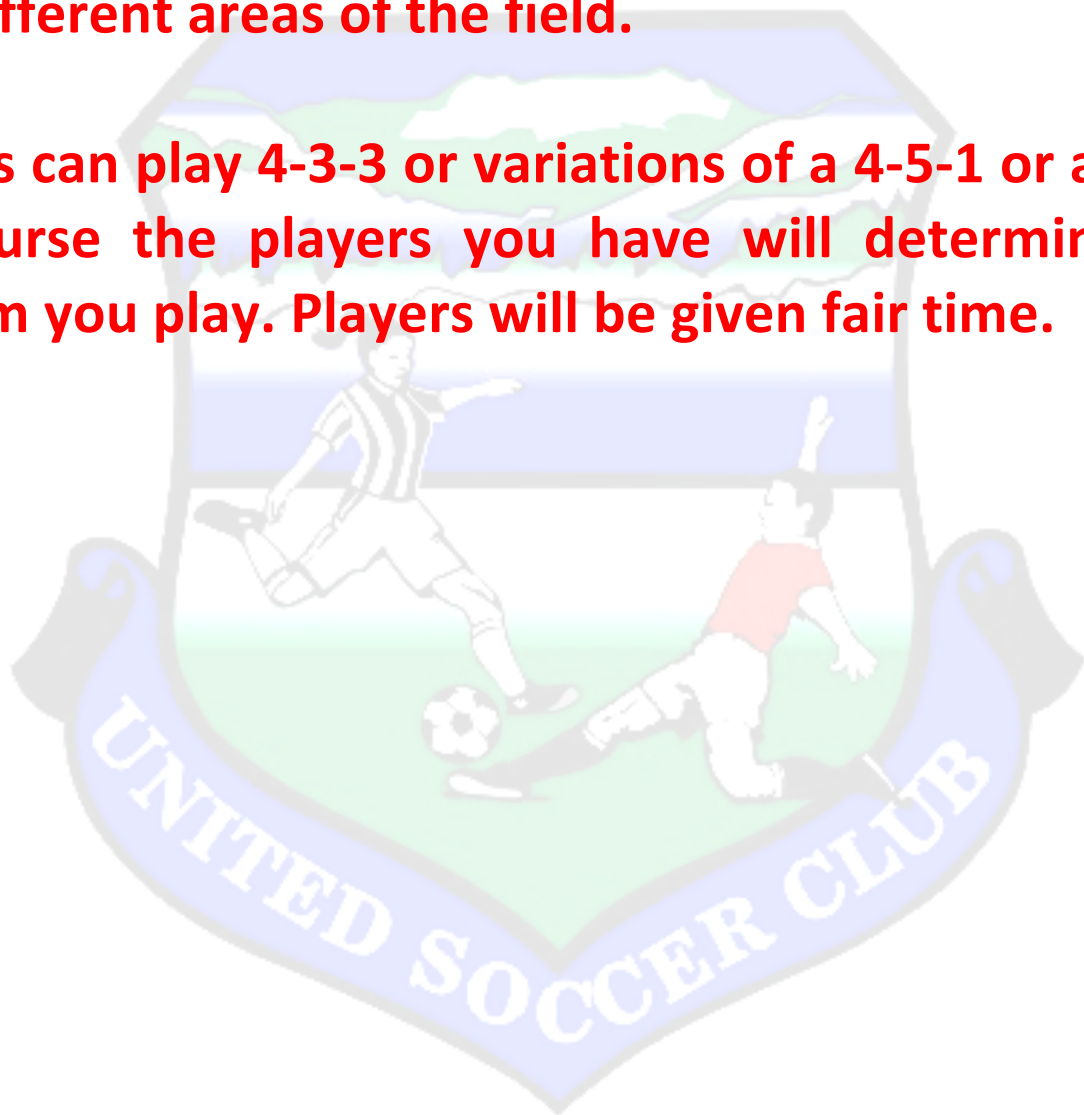
Training to compete

- Player DNA To develop well rounded creative , confident highly skilled intelligent players
- To help build good technical and tactical habits.
- To have players naturally progress through the Comox United Soccer Club pyramid for player development.
- To provide structured coaching for each player.
- To teach life skills
- To provide a platform for players to reach their highest level of development.
- To expose players to different competitions to further their playing experience and provide future opportunities.

Training to compete Playing Format

We will play attractive soccer and teach young players how to play out of the back and build the play through the different areas of the field.

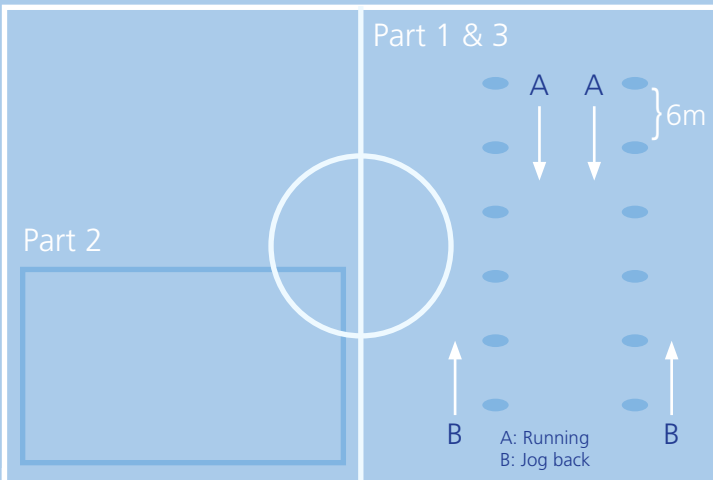
Teams can play 4-3-3 or variations of a 4-5-1 or a 4-4-2 of course the players you have will determine the system you play. Players will be given fair time.



The 11+

A complete warm-up program





! FIELD SET-UP

The course is made up of 6 pairs of parallel cones, approx. 5-6m apart.

Two players start at the same time from the first pair of cones, jog along the inside of the cones and do the various exercises on the way. After the last cone they run back along the outside. On the way back, speed can be increased progressively as players warm up.

1,2,3 RUNNING EXERCISES

PART 1 RUNNING





1 STRAIGHT AHEAD

Jog straight to the last cone. Make sure you keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knee buckle inwards. Run slightly more quickly on the way back. **2 sets.**



2 HIP OUT

Jog to the first cone, stop and lift your knee forwards. Rotate your knee to the side and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets.**



3 HIP IN

Jog to the first cone, stop and lift your knee to the side. Rotate your knee forwards and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets.**

4,5,6 RUNNING EXERCISES

PART 1 RUNNING



**4**

CIRCLING PARTNER

Jog to the first cone. Shuffle sideways towards your partner, shuffle an entire circle around one other (without changing the direction you are looking in) and then shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets.**

**5**

SHOULDER CONTACT

Jog to the first cone. Shuffle sideways towards your partner. In the middle, jump sideways towards each other to make shoulder-to-shoulder contact. Land on both feet with your hips and knees bent. Shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets.**

**6**

QUICK FORWARDS & BACKWARDS

Run quickly to the second cone then run backwards quickly to the first cone, keeping your hips and knees slightly bent. Repeat, running two cones forwards and one cone backwards until you reach the other side of the pitch. **2 sets.**

7 THE BENCH

PART 2 STRENGTH · PLYOMETRICS · BALANCE





7.1 STATIC

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders.

Exercise: Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles and hold the position for 20-30 sec. **3 sets.**

Important: Do not sway or arch your back. Do not move your buttocks upwards.



7.2 ALTERNATE LEGS

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. **3 sets.**

Important: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis stable and do not let it tilt to the side.



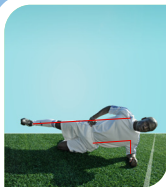
7.3 ONE LEG LIFT AND HOLD

Starting position: Lie on your front, support upper body with forearms. Elbows directly under your shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line. Pull in stomach and gluteal muscles. Lift one leg about 10-15cm off the ground and hold the position for 20-30 sec. Repeat with other leg. **3 sets. Important:** Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis is stable and do not let it tilt to the side.

8 SIDEWAYS BENCH

PART 2 STRENGTH · PLYOMETRICS · BALANCE





8.1 STATIC

Starting position: Lie on your side with the knee of lowermost leg bent to 90 degrees, support yourself on forearm and lowermost leg. Elbow of supporting arm directly under shoulder.

Exercise: Lift pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20-30 sec.

Repeat on other side. **3 sets. Important:** Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders, pelvis or leg forwards or backwards.



8.2 RAISE & LOWER HIP

Starting position: Lie on your side with both legs straight, support yourself on forearm. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lower hips to the ground and raise them back up again. Continue for 20-30 sec. Repeat on other side. **3 sets.**

Important: Do not tilt shoulders or pelvis forwards or backwards. Do not rest head on your shoulder.



8.3 WITH LEG LIFT

Starting position: Lie on your side with both legs straight, support yourself on forearm and lower leg. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lift uppermost leg up and slowly lower it down again. Continue for 20-30 sec. Repeat on other side. **3 sets.**

Important: Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders or pelvis forwards or backwards.

9 HAMSTRINGS

PART 2 STRENGTH · PLYOMETRICS · BALANCE





9.1 BEGINNER

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **3-5** repetitions.

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



9.2 INTERMEDIATE

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **7-10** repetitions.

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



9.3 ADVANCED

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. Min. **12-15** repetitions.

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

10 SINGLE-LEG STANCE

PART 2 STRENGTH · PLYOMETRICS · BALANCE





10.1 HOLD THE BALL

Starting position: Stand on one leg, knee and hip slightly bend and hold the ball in both hands. **Exercise:** Hold balance and keep body weight on the ball of your foot. Hold for 30 sec., and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your other knee. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



10.2 THROWING BALL WITH PARTNER

Starting position: Stand on one leg, face a partner at a distance of 2-3m. **Exercise:** Keep balance while you throw the ball to one another. Hold in your stomach and keep weight on the ball of your foot. Continue for 30 sec. and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



10.3 TEST YOUR PARTNER

Starting position: Stand on one leg, at arm's length from your partner. **Exercise:** Keep balance while you and your partner in turn try to push the other off balance in different directions. Continue for 30 sec. and repeat on the other leg. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.

11 SQUATS

PART 2 STRENGTH · PLYOMETRICS · BALANCE





11.1 WITH TOE RAISE

Starting position: Stand with feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Then straighten upper body, hips and knees, and stand up on your toes. Then slowly lower down again, and straighten up slightly more quickly. Repeat for 30 sec. **2 sets.**

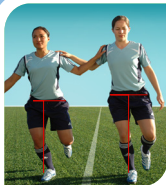
Important: Do not let your knee buckle inwards. Lean upper body forward with a straight back.



11.2 WALKING LUNGES

Starting position: Stand with feet hip-wide apart, hands on your hips. **Exercise:** Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. 10 lunges on each leg. **2 sets.**

Important: Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal.



11.3 ONE-LEG SQUATS

Starting position: Stand on one leg, loosely hold on to your partner. **Exercise:** Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend slowly then straighten slightly more quickly. Repeat on the other leg. 10 squats on each leg. **2 sets.**

Important: Do not let your knee buckle inwards. Keep upper body facing forward and pelvis horizontal.

12 JUMPING

PART 2 STRENGTH · PLYOMETRICS · BALANCE





12.1 VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Hold this position for 1 sec. then jump as high as you can, and straighten whole body. Land softly on the balls of your feet. Repeat for 30 sec. **2 sets. Important:** Jump off both feet. Land gently on the balls of both feet with your knees bent.



12.2 LATERAL JUMPS

Starting position: Stand on one leg. Bend hips, knee and ankle slightly and lean upper body forwards. **Exercise:** Jump from your supporting leg approximately 1m to the side onto the other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump on the other leg. Repeat for 30 sec. **2 sets. Important:** Do not let your knee buckle inwards. Keep upper body stable and facing forward and pelvis horizontal.



12.3 BOX JUMPS

Starting position: Stand with feet hip-width apart, imagine a cross you are standing in the middle of. **Exercise:** Jump with both legs forwards and backwards, from side to side, and diagonally across the cross. Keep upper body slightly leaned forwards. Jump as quickly and explosively as possible. Repeat for 30 sec. **2 sets. Important:** Land softly on the balls of both feet. Bend hips, knees and ankles on landing. Do not let your knee buckle inwards.

13,14,15 RUNNING EXERCISES

PART 3 RUNNING





13 ACROSS THE PITCH

Run approx 40m across the pitch at 75-80% of maximum pace and then jog the rest of the way. Keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knees buckle inwards. Jog easily back. **2 sets.**



14 BOUNDING

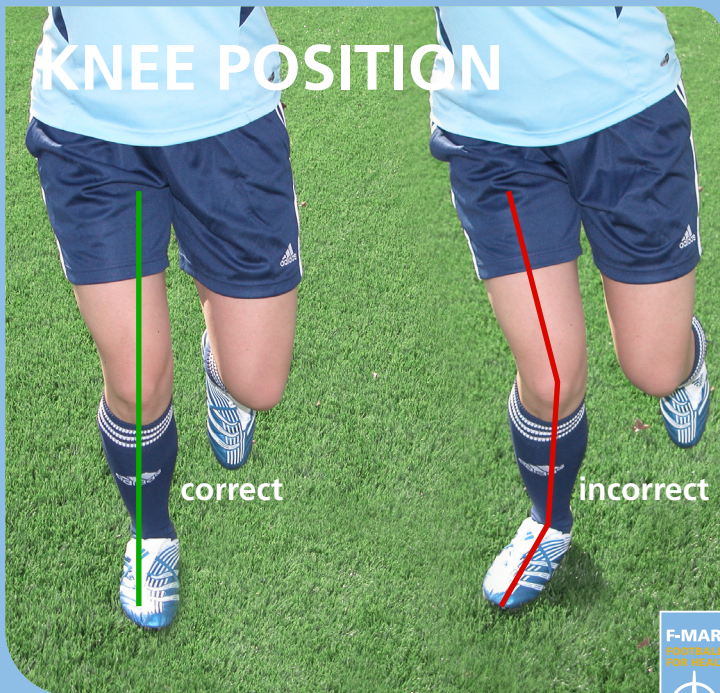
Take a few warm-up steps then take 6-8 high bounding steps with a high knee lift and then jog the rest of the way. Lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Keep your upper body straight. Land on the ball of the foot with the knee bent and spring. Do not let your knee buckle inwards. Jog back easily to recover. **2 sets.**



15 PLANT & CUT

Jog 4-5 steps straight ahead. Then plant on the right leg and cut to change direction to the left and accelerate again. Sprint 5-7 steps (80-90% of maximum pace) before you decelerate and plant on the left foot and cut to change direction to the right. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back. **2 sets.**

KNEE POSITION





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The 11+

A complete warm-up program

