



Winslow Township Youth
Soccer Association

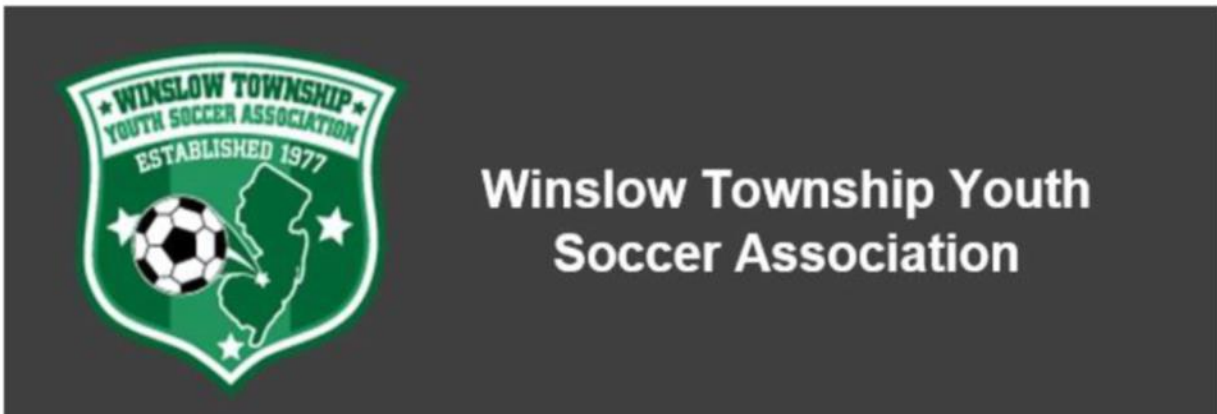
New Coach Orientation Guide



www.winslowsoccer.org

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Volunteer Welcome



Greetings all!

I would like to first of all thank you for volunteering your time and efforts into helping to continue to make the Winslow Township Youth Soccer Association one of the area's largest youth supporting programs. Second, I like to welcome you into a new season of soccer!

Volunteering your time as a coach, trainer, concession stand worker, referee, field painter, or simply as a loving parent is a daunting task that pays off in the end. We look forward to help and aid in making sure all are successful in what they are looking in navigating this upcoming season.

In order for us to get started and get the ball rolling, we must take care of a few key elements that allow us to operate within the township.

1. Each volunteer over the age of 18 must have a valid background check. (US Club, NJYS, IdentGO)
2. Each volunteer must complete the online SafeSport training.

We will supply the information to complete the tasks and will gladly answer any questions you may have. Again, thank you for your service and we will see you on the pitch!

Paul Bachowski
President

WTYSA Guidelines & Responsibilities for Recreational Coaches

Purpose of Document:

The following document is intended to provide guidelines and responsibilities for a WTYSA Recreational Coach's role within WTYSA. WTYSA Recreational Coaches are part of the general membership of WTSYA and as such, are obligated to support WTYSA through volunteerism, guidance of the players within their team, and providing positive representation on behalf of WTYSA during games, training, and other official capacities. WTYSA expects Recreational coaches to understand and adhere to these guidelines and fulfill their responsibilities in order to maintain their standing as coaches in the organization.

Section 1. Coaching Certifications and Designation Requirements

- a. Winslow Township Ordinance 83-2 requires that all Volunteer Sports Organizations coaches undergo criminal Background checks. WTYSA requires that all Travel coaches be in compliance with this ordinance.
- b. As of Fall 2010, Travel Coaches are also required to complete Concussion training. This standard is also set by SJSL and SJGSL. Information on this training is available on the NJYSA, SJSL, and SJGSL websites.

<https://www.cdc.gov/headsup/youthsports/training/index.html>

Section 2. General Conduct

- a. WTYSA Recreational coaches are expected to maintain conduct appropriate to their standing and position. The WTYSA By-Laws makes reference to conduct guidelines in the following areas: - Article IX – Section 6 – Heading H. - Article IX – Section 11

WTYSA Recreational coaches are also bound by the general conduct rules provided in their League Rules (ie. SJSL, SJGSL, etc.), as well as NJ Youth Soccer Laws and Guidelines. Additional Coaches Conduct information is available on the Winslow Township Soccer Website.

https://dt5602vnjxv0c.cloudfront.net/portals/152/docs/admin/us_youth_soccer_principles_of_conduct.pdf

- b. WTYSA Recreational coaches are to govern their conduct towards other WTYSA Coaches, Board Members, and the General Membership along the same rules as stated in section a. above.
- c. Coaches that are issued Yellow or Red cards during match play may be subject to additional action or penalties by the Executive Committee of WTYSA if it is deemed necessary by the Executive Committee.

Section 3. General Membership Meeting Participation

- a. Recreational Coaches are encouraged to attend, or otherwise be represented, at General Membership meetings for WTYSA as often as they can.
 - Recreational team representatives must attend 2 of the last 3 meetings in succession to have voting rights on any issues that require a vote.

Section 4. Volunteerism and Field Maintenance

- a. It is our hope that Recreational Coaches will strive to volunteer for, and assist with, organizing volunteers for the events and operations of the WTYSA organization.
- b. WTYSA normally schedules 2 or more Field Maintenance dates prior to the start of every Fall and Spring season for field setup. We ask that Recreational coaches help with recruiting volunteers for work on these scheduled dates.
- c. Volunteer tasks for helping maintain fields may include:
 - Field Lining
 - Net Repairs / Upkeep
 - Relocation of Goals
 - General Cleanup

Section 5. Field Usage

- a. All WTYSA Recreational teams will be allowed to use field space at the discretion of the Executive Committee. The General Secretary will be responsible for creating the schedules and field assignments for all WTYSA Recreational Teams.
- b. WTYSA Recreational teams will only use field space at their SCHEDULED times as granted by the General Secretary. Recreational teams are NOT (under any circumstances) to attempt to utilize field space if they are not previously scheduled. IF a field space is listed as open in any published schedules, this does NOT mean it is available for anyone's usage. Additional field space MUST be requested from the General Secretary.

Section 6. Equipment

- a. WTYSA will provide Recreational team with Practice balls and Keeper jerseys for the immediate season (Fall or Spring) use. These are distributed by the Commissioner of your Division.
- b. WTYSA does not provide training equipment (cones, bibs, etc.) for Recreational teams. Any equipment stored in WTYSA buildings is to be accessed or used by approval of the Executive Committee. Removal or usage of equipment by teams without approval may be subject to action by the Executive Committee.
- c. WTYSA provides Corner Flags and Goals for Recreational League play. Corner Flags are to be placed on designated fields by the first team playing on a given match day. They are to be returned to the equipment shed by the last team to play on a designated field on a given match day.

Coach's Things to Know

Club Website

- Select **COACHES** to access useful coach curriculums for the various recreational divisions
- Select **REC PROGRAM** and **TRAVEL PROGRAM** to view information regarding our recreational and travel soccer programs
 - o Within the **REC PROGRAM** pull-down menu, select the **RECREATIONAL FAQ** icon that will provide more general information details to address questions typically asked by parents prior to the start of the season.
- All coaches are required to complete a background check. A Club Representative will distribute more information on this but it's initiated online and once completed, you will: (1) Receive a certificate, and (2) The township will issue you an ID badge that you need to have on you at all times when on the field with your players.
- Use the **FAN WEAR** icon to purchase club accessories like shirts, shorts, hoodies, etc

TeamSnap Website

- o Upon logging into your TeamSnap account to access your team information, utilize the:
 - **Roster** icon to see details regarding your team and to export the roster to a document for distribution to parents
 - **Messages** icon to send messages to parents in the form of chats, e-mails, alerts, or posts

Miscellaneous Information

- Teach your players to be respectful at all times to not only other players on the team but to the other team and referee
- Instill in your players good sportsmanship
- Use TeamSnap to keep your parents informed of any changes or updates to the game schedule or practice time
- Ensure parents know each player should have sufficient liquids (water, juice, etc) for each practice and game
- A player should only wear any part of the uniform attire during a game and not during practice
- After the last game on a field for the day, the coaches for the teams will return the field flags to the equipment shack
- **Create a weekly snack (optional) and concession stand schedule for each game week. This is where the parent brings at least one snack for each child and volunteers 30 minutes at the snack stand. To make it easy on yourself, the scheduled parent will do both the same week. This way, this completes their volunteer work for the season.**
 - o The optional snack schedule is only applicable for divisions Pre-Kindergarten (or Small Stars when the Pre-K and Kindergarten divisions are merged due to low enrollment numbers) through Upper Elementary
 - o Concession stand schedule is only applicable for divisions Lower Elementary through High School and the parent or family member of the parent only need to perform this volunteer duty only one time during the season.
- There is a new "mercy rule" whereby once the margin of goals reach 6 (ex. 7-1), the referee will notify the coaches the team in the lead is the winner and the **score at the time is the final score**. At this time the referee will notify each team is allowed to continue playing and scoring for the remainder of the game. Intent of this ruling is to not only prevent lopsided scoring results but to allow teams to continue playing and allow the respective coaches to focus on player skill development and not solely on scoring and still complete the time allotted for the game. The coach

of the winning team is expected to position the players on the team in a way to minimize the focus of scoring. Another way is to place your best offensive players on defense.

- Texting is the preferred practice for maintaining contact with parents during the week
- The club will send out an e-mail the evening prior to game day or the morning of game day if games are canceled due to bad weather
- Demand parents contact you no later than the day prior to game day if a player is unavailable
- Demand from parents as a measure of common courtesy they contact you prior to the scheduled practice time if a player is unavailable so you can better prepare your practice agenda

Practice and Game Times

All games are on Saturdays between the hours of 9am and 4pm with the younger players (PreK/Kindergarten) starting first and then transitioning to later times for the older players. Practice times are during the week either once or twice per week typically one hour (1) in duration and the practice days and times will depend on the availability of the volunteer coach which will not be determined until after registration. For Pre-K and Kindergarten players, we do offer an additional training session with trainers on Friday evenings 6:30pm-8pm. In addition for Pre-K and Kindergarten divisions, for the scheduled game on Saturday, the first 30 minutes is spent with a trainer and then they play a game for the last 30 minutes. Please check out our **Recreational FAQ** link on our website for more information about our club.

Lower Elementary Fact Sheet

This fact sheet is intended to serve as a guide to the coaches and referee of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer to the FIFA laws of the game, guide for referees, United States Soccer Federation.

- Ball:** FIFA approved Size 3
- Number of players:** Max on the field of play is 5, one of whom may be goalkeeper
Min on the field of play is 3, one of whom may be goalkeeper
Any team that fails to have the minimum on the field must forfeit
- Substitution:** By either or both teams before the start of any quarter
By either or both teams before the match is restarted from a stoppage caused by a ball out of play
If play is stopped to attend to an injured player, then that player must be substituted for. The opposing team is entitled to make a reciprocal substitution.
- Equipment:** Compulsory equipment includes matching team jerseys, shorts, socks, shin guards, and sneakers or soccer cleats.
Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, ring, necklaces, bracelets, watches, non prescription glasses, sunglasses, helmets or hats with bills.
Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.
- Coaching** Coaches may convey tactical instruction to there teams
If the teams are located on opposite sides of the field, coaches are restricted to an area of 10 yards on either side of the half way line.
If the teams are on the same side of the field, coaches are restricted to their own half of the field.
Each team may locate one parent or assistant coach on the opposite of the field for the purpose of assisting in the direction of play
- Duration:** 4 twelve minute quarters
Two minute breaks between quarters 1 and 2 and 3 and 4
Five minute halftime between quarters 2 and 3
- Start of play:** Choice of ends and the kick off shall be determined by a coin toss
Between quarters 1 and 2 the kick off shall be taken by the player of the team opposite to that of the player who started the game
After half time, ends shall be changed and the kick off shall be taken by a player of the same team as that of the player who started the game
Between quarters 3 and 4 the kick off shall be taken by a player of the team opposite to that of the player who started quarter 3.

Offside:	There shall be no offside.
Fouls:	All fouls must be explained to the offending player
Mercy Rule:	<p>If the score is starting to get out of hand early on, the referee shall alert the coach in the lead to implement steps to slow down goal scoring</p> <ul style="list-style-type: none">• Placing offensive-minded players on defense• Reducing the number of players on offense• Placing your best player in the net as the goalie• Playing with the non-dominant foot <p>Once the score reaches a point where the goal differential is 6 goals, the score at the time becomes the final score for the game. The two teams continue to play allowing players to focus on soccer skills</p>
Heading:	Intentional heading of the ball during a game will now be considered a “dangerous play” and it will result in an indirect kick being awarded to the opponent from the point of the infraction.
Misconduct:	Players and coaches may be cautioned/dismissed Coaches are responsible for the actions of their spectators
Free kicks:	All free kicks shall be indirect Players of the team opposing that of the player taking the free kick shall not approach within 6 yards of the ball until it is in play.
Penalty kicks:	No penalty kicks are to be awarded
Throw ins:	If on the first attempt, the ball is improperly thrown in, the throw in shall be retaken. The referee shall explain the proper method before allowing the player to attempt the throw in again. If on the second attempt, the ball is improperly thrown in, the throw in shall be awarded to the opposing team.
Misc	There shall be no limit on the amount of steps that a goalkeeper may take after he has gained possession of the ball. The FIFA “pass-back” rule (Intentionally passing the ball to the goalkeeper, by a member of the goalkeepers side, with the foot) does not apply.

Upper Elementary Fact Sheet

This fact sheet is intended to serve as a guide to the coaches and referee of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer to the FIFA laws of the game, guide for referees, United States Soccer Federation.

Ball:	FIFA approved Size 4
Number of players:	Max on the field of play is 7, one of whom may be goalkeeper Min on the field of play is 5, one of whom may be goalkeeper Any team that fails to have the minimum on the field must forfeit
Substitution:	By either or both teams before the start of any half By either or both teams before the match is restarted from a stoppage caused by a ball out of play If play is stopped to attend to an injured player, then that player must be substituted. The opposing team is entitled to make a reciprocal substitution.
Equipment:	Compulsory equipment includes matching team jerseys, shorts, socks, shin guards, and sneakers or soccer cleats. Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, ring, necklaces, bracelets, watches, non prescription glasses, sunglasses, helmets or hats with bills. Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.
Coaching	Coaches may convey tactical instruction to their teams If the teams are located on opposite sides of the field, coaches are restricted to an area of 10 yards on either side of the half way line. If the teams are on the same side of the field, coaches are restricted to their own half of the field.
Duration:	2 Twenty-Five minute halves Five minute halftime
Start of play:	Choice of ends and the kick off shall be determined by a coin toss After half time, ends shall be changed and the kick off shall be taken by the opposing team.
Mercy Rule:	If the score is starting to get out of hand early on, the referee shall alert the coach in the lead to implement steps to slow down goal scoring <ul style="list-style-type: none">• Placing offensive-minded players on defense• Reducing the number of players on offense• Placing your best player in the net as the goalie• Playing with the non-dominant foot <p>Once the score reaches a point where the goal differential is 6 goals, the score at the time becomes the final score for the game. The two teams continue to play allowing players to focus on soccer skills</p>

Heading: Intentional heading of the ball during a game will now be considered a “dangerous play” and it will result in an indirect kick being awarded to the opponent from the point of the infraction.

Misconduct: Players and coaches may be cautioned/dismissed
Coaches are responsible for the actions of their spectators

Middle School Fact Sheet

This fact sheet is intended to serve as a guide to the coaches and referee of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer to the FIFA laws of the game, guide for referees, United States Soccer Federation.

Ball:	FIFA approved Size 4
Number of players:	Max on the field of play is 9, one of whom may be goalkeeper Min on the field of play is 6, one of whom may be goalkeeper Any team that fails to have the minimum on the field must forfeit
Substitution:	By either or both teams before the start of any half By either or both teams before the match is restarted from a stoppage caused by a ball out of play If play is stopped to attend to an injured player, then that player must be substituted. The opposing team is entitled to make a reciprocal substitution.
Equipment:	Compulsory equipment includes matching team jerseys, shorts, socks, shin guards, and sneakers or soccer cleats. Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, ring, necklaces, bracelets, watches, non prescription glasses, sunglasses, helmets or hats with bills. Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.
Coaching	Coaches may convey tactical instruction to their teams If the teams are located on opposite sides of the field, coaches are restricted to an area of 10 yards on either side of the half way line. If the teams are on the same side of the field, coaches are restricted to their own half of the field.
Duration:	2 thirty minute halves Five minute halftime
Start of play:	Choice of ends and the kick off shall be determined by a coin toss After half time, ends shall be changed and the kick off shall be taken by the opposing team.
Mercy Rule:	If the score is starting to get out of hand early on, the referee shall alert the coach in the lead to implement steps to slow down goal scoring <ul style="list-style-type: none">• Placing offensive-minded players on defense• Reducing the number of players on offense• Placing your best player in the net as the goalie• Playing with the non-dominant foot <p>Once the score reaches a point where the goal differential is 6 goals, the score at the time becomes the final score for the game. The two teams continue to play allowing players to focus on soccer skills</p>
Misconduct:	Players and coaches may be cautioned/dismissed Coaches are responsible for the actions of their spectators

High School Fact Sheet

This fact sheet is intended to serve as a guide to the referee and coaches of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer first to the WTYSA U16 Modified rules then to the FIFA laws of the game, guide for referees, United States Soccer Federation.

Ball:	FIFA approved Size 5
Number of players:	Max on the field of play is 11, one of whom may be goalkeeper Min on the field of play is 7, one of whom may be goalkeeper Any team that fails to have the minimum on the field must forfeit
Substitution:	By either or both teams before the start of any half By either or both teams before the match is restarted from a stoppage caused by a ball out of play If play is stopped to attend to an injured player, then that player must be substituted. The opposing team is entitled to make a reciprocal substitution.
Equipment:	Compulsory equipment includes matching team jerseys, shorts, socks, shin guards, and sneakers or soccer cleats. Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, ring, necklaces, bracelets, watches, non prescription glasses, sunglasses, helmets or hats with bills. Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.
Coaching:	Coaches may convey tactical instruction to their teams If the teams are located on opposite sides of the field, coaches are restricted to an area of 10 yards on either side of the half way line. If the teams are on the same side of the field, coaches are restricted to their own half of the field.
Assistant Referee:	If assistant referees are not available each team may supply mutually acceptable assistant referees whose responsibility is to assist the referee in determining when a ball is out of play.
Duration:	2 thirty minute halves Five minute halftime
Start of play:	Choice of ends and the kick off shall be determined by a coin toss After half time, ends shall be changed and the kick off shall be taken by the opposing team.
Mercy Rule:	If the score is starting to get out of hand early on, the referee shall alert the coach in the lead to implement steps to slow down goal scoring <ul style="list-style-type: none">• Placing offensive-minded players on defense• Reducing the number of players on offense• Placing your best player in the net as the goalie• Playing with the non-dominant foot <p>Once the score reaches a point where the goal differential is 6 goals, the score at the time becomes the final score for the game. The two teams continue to play allowing players to focus on soccer skills</p>

Misconduct:

Players and coaches may be cautioned/dismissed
Coaches are responsible for the actions of their spectators

Winslow Township Youth Soccer



Pre-K/Kindergarten Coaching Curriculum (4 &5 Years Old)



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Age Characteristics

Developmental Goals	Developmental Needs	Key Qualities
Learn the fundamentals of the game in gamelike situations	Activity based games that emphasize exploration and experimentation	Reads and analyzes situations regarding the structure of soccer attacking/defending /transition;
Understand the purpose and structure of the game, direction of play, and basic rules.	Ball experiences in game-like situations	Takes initiative creates opportunities instead of reacting
	Exploring physical abilities.	Wants to score
		Is involved and engaged throughout every game/training session

Based on US Soccer 4v4 Presentation



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Player Behavior	Coach Behavior
Short attention span	Exercises are short and to the point, reminders are necessary
Live in the moment	Talk about what happens, not what happened
Focus is on self	Accept their behavior and praise when they share
Small, incidental things are important	Appreciate the things they take seriously, even if you don't

Based on US Soccer 4v4 Presentation



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Parent Meeting Guide

- Introduction
 - Tell the parents about yourself/why you are coaching
- Goals for the season
 - We are all here to make sure that our children have a fun and safe time
 - Players are just starting their playing journey, it is important to build their confidence.
- Practices
 - Make sure your child wears athletic/comfortable clothes, bring water, wears cleats and shin guards
 - We will have practice once a week
 - If you can not make practice please let me know so I can plan
 - During practice, we will be conducting fun games. The purpose of these games is to get our young players comfortable with a ball
- Saturday Training
 - The club has trainers that will run our Saturday Morning training
 - The structure is 30 min of games and then a 30 min scrimmage
 - If you can't make the training please let me know
 - Once again please make sure to bring water, cleats and shin guards



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Practice Structure

Activity 1 -15 min

Activity 2-15 min

Activity 3-15 min

Scrimmage- 15 min

Practice goals for Pre-K/K-

- Make sure that the players are having fun
- Every activity/game each player should have a ball at their feet

For Activity 1-3 please select 3 games from the list below.

Body Part Tag

- All players have a ball and dribble around a 20x20 grid.
- Coach calls out a body part and players must stop the ball with that body part (ex. Knee, Back)
- Once the ball is stopped a coach will call out a warm up exercise for players to do before for ex (Jumping Jacks, Squads)

Red Light- Green Light

- All players dribble soccer balls in grid.
- When coach yells out
 - **Green light**- Dribble Fast
 - **Yellow Light**- Slow Down
 - **Red Light**- Stop
 - **Blue Light**-Toe Taps
 - **Black Light**- Favorite Dance Move



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Shark and Minnows

- All players have a soccer ball, with one player starting as a shark.
- Sharks have to stay in their deep water channel while minnows try to dribble across.
- The minnows try to dribble across the channel without getting their ball taken by the shark
- If a shark kicks the minnows ball, minnow becomes a shark.

Freeze Tag

- Set up a 20x20 Grid
- Every Player has a ball
- Select one or 2 players to be it
- If a player gets tagged, are frozen
- In order to get back in player must be tagged back in

Minefield

- Using the same grid, place cones throughout (mines)
- Players dribble through the grid trying to avoid the cones
- If they hit the cones, players must do some consequence

o Jumping Jacks

o Toe Touches

Everybody's it:

- Players attempt to dribble through the grid and knock each other out of the box
- If players are knocked out, they have 10 toe touches before they return
- Instruct players to dribble with different parts of their feet

Clean your room:

- Three channels 20 x 10, middle channel is the hallway and only coaches are allowed in.
- Players have to try and kick the ball into the other team's room.
- Clean room = less balls; Dirty room = most



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Egg Hunt:

- Make a circle with discs large enough to fit all of your players balls into.
- To start the game, you'll simply throw out all the eggs into your playing area, as fast as you can, and then your players will quickly chase them down and dribble them back to the basket.
- Repeat activity as necessary

Switch

- Set up a 20x20 grid
- Every Player has a soccer ball
- When you yell "Switch", the players leave their ball where it lies, and then scramble to find a new ball
- Everybody finds a new ball and nobody is knocked out. Play this for a few switches then move on.

Hit the coach:

- All players dribble soccer balls in grid.
- Players must try and kick the ball at the coach, below the knee

Monster:

- Set up a 20x20 grid
- Every Player except the monster has a ball
- The coach or a selected player is the monster
- The monster's job is to kick away the players balls
- Players can do 10 toes taps before re-entering the game

Base Tag:

- Players dribble throughout the grid a 20x20 grid.
- Three players are it and must tag the players dribbling by kicking their ball.
- Players may enter a base to stay safe, only one player per base.

If players are tagged, they owe 10 toe taps.

Cone Maze:

- Set up a 20x20 grid with cones placed throughout,
- Each child dribbles their ball around the grid.
- Goal is to dribble through the cones without hitting any.



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Numbers Game:

- Players are divided into two fields and then assigned a number.
- Coach calls a number and players must try and get the ball into the goal.
- Can do any combination of numbers.

Follow up the leader

- Ask who wants to be the "leader"
- All others line up behind the leader & follow him dribbling while he dribbles around the field at a moderate speed for about 1 minute (or, if you wish, allow the leader to speed up)
- Only go forward (no pullbacks), but the leader can circle around & cross thru the line following her
- Emphasize control of the ball over speed Then ask for another volunteer leader & let him lead them for another minute; then a third

Soccer Bees

- 1st, tell the players that they are "Soccer Bees" and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their "bee hive".
- 2nd, after a few minutes, have the parents go inside the square. Tell the "bees" that their hive is being invaded by giants and they should "sting" them with their soccer ball. The parents should walk around and have fun while the players try to kick a ball into them.

Treasure Hunt

- Use cones to make a square within which the treasures will be found (about 20 steps wide)
- Player various items that the players can pick up such as cones, or pennies in the square that you created.
- Whichever player has the most items wins.
- Make sure that every player uses a ball

Dribble through Goals

- Set up 5 to 7 gates in the playing area
- On the coaches command, players are to dribble through the gates
- Every time a player dribbles through a gate they get a point
- Play for 30 to 45 seconds, whoever has the most points wins



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Worked Cited

http://assets.ngin.com/attachments/document/0017/9578/BSCGoalsForCoachingU5_U6-1.pdf

<https://www.wadsworthsoccer.com/Default.aspx?tabid=37630>

<https://static.ussdcc.com/users/148963/130264/3-us-soccer-d-license-4v4.pdf>

Winslow Township Youth Soccer



Lower Elementary Coaching Curriculum (6 & 7 Years Old)



Winslow Township Youth Soccer

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Age Characteristics

Developmental Goals	Developmental Needs	Key Qualities
Learn the basic understanding of attacking, defending, and transition by playing together	Activities focused on the goals of attacking and defending and how to accomplish them	Applies (basic) knowledge of the cues
	Ball experiences in game-like situations with attention for the player qualities	Understands where and when to move themselves and the ball;
	Experiences of attacking and defending together (reading & decision making)	Confronts situations
		Demonstrates bravery

Based on US Soccer 4v4 Presentation



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Player Behavior	Coach Behavior
Short attention span	Exercises are short and to the point, reminders are necessary
Live in the moment	Talk about what happens, not what happened
Focus is on self	Accept their behavior and praise when they share
Small, incidental things are important	Appreciate the things they take seriously, even if you don't

Based on US Soccer 4v4 Presentation



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Parent Meeting Guide

- Introduction
 - Tell the parents about yourself/why you are coaching

- Goals for the season
 - We are all here to make sure that our children have a fun and safe time
 - Players are just starting their playing journey, it is important to build their confidence.
 - Concepts to teach the players
 - During the season here are some of the concepts that I will teach your child
 - **Ball Mastery:** This is one of the most important areas in developing a soccer player, we want to make sure that players are confident with the ball at their feet.
 - **Building Out of the Back:** Instead of long punt or throws this season I am going to encourage the players to look for a teammate. This will ensure that we keep possession of the soccer ball. During the first half of the season please be mindful that the players are just learning this concept and mistakes will happen. As a coach I am focused on the long-term development of the players.
 - **Fundamentals:** At this age it is important that the players learn the fundamentals of the game, as this will serve as a base for the players in the future. Some of the fundamentals are dribbling, passing and striking a soccer ball.

- Practices
 - Make sure your child wears athletic/comfortable clothes, brings water, wears cleats and shin guards
 - We will have practice twice a week
 - Professional trainers will run one practice
 - I will run the other practice
 - If you can not make practice please let me know so I can plan accordingly



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- During practice, we will be conducting fun games. The purpose of these games is to get our young players comfortable with a ball.
- Players are encouraged to practice at home

- Saturday Games
 - All games will be Saturday Mornings
 - All games will be played at Peter Volpa Park
 - Please try to arrive 15 min before our games to ensure a proper warm-up
 - Please make sure that your child brings water and wears their uniform, black shorts, black socks and cleats.
 - Gently used cleats are available in the snack stand for the players.
 - If you can't make the games please let me know
 - Please make sure to treat our young officials with respect, as they are still learning the game themselves
 - Parents are encouraged to cheer on all players, however please avoid from giving players instructions, as it will lead to confusion



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Practice Structure

Ball Mastery: 15 min

Activity 1 -15 min

Activity 2-15 min

Scrimmage- 15 min

Recommended Length for Practice: 1 hour

Ball Mastery:

Fast Feet Foot Skills- Do every move for 10-15 seconds. You may not get to all of the moves in the 15 min, that is ok, try to get as many moves within the 15 min time frame.

Toe taps

<https://www.youtube.com/watch?v=81eUb3saX5Y>

Box Touches

Place the ball in between you feet, with your legs shoulder width apart Slightly bend your knees
Knock the ball in between you feet as quickly as you can, using the instep

Drag and Push

Ball Starts in front of you, drag the ball back using the sole of your foot Then push the ball forward at a slight angle using your laces Stop the ball with the sole of your other foot and quickly pull the ball back Push it forward again at slight angle and continue process

Inside and Outside

Start with the ball slightly in front of you. Use the inside of the foot and then use the outside of the same foot. Do the right foot for 15 seconds and then left for 15 seconds.



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Triangles

Start with the ball slightly in front of you. Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart. Pass the ball across to your left foot using the instep of your right. Pass the ball forward at an angle with your left foot. Stop it with the sole of your right foot and continue the process. Do the same exercise but now start with your left foot.

Double Taps

This is a combination of fast Feet and Toe Taps. Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top. So knock the ball from one foot to the other using the insteps. Then follow that by touching the top of the ball with two toe taps. Continue the exercise.

Moves to be opponent-

Scissors-

<https://www.youtube.com/watch?v=5vENehfAMTc>

Matthews

<https://www.youtube.com/watch?v=LwCZH1eYr9A>

Pull a Vee-

<https://www.youtube.com/watch?v=uCz9FZu-GCw>

L- <https://www.youtube.com/watch?v=6bHFqyJfzVI>

Rivelino- <https://www.youtube.com/watch?v=0U5c1qEo2RA>



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Turns

Inside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Outside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Cruyff Turn- <https://www.youtube.com/watch?v=wamVchCUGfE>

For Activity 1 &2 please select 2 activities from the list below.

Dribbling Activities

- **Dribbling Gates**

- Setup: Each player will have a ball, set up 5 to 7 gates in a 20x20 grid.
- Instructions: Players must practice dribbling through the gates now using moves above such as scissors and pull backs . Additionally, we will add a defender to the grid.

- **Freeze Tag.**

- Set up: Mark off a square field using cones that are about 10 x 10 yards. Give one or two players a penny, they are "it". On the whistle the players that are "it" will try to tag the other players.
- Instructions: Give the players a ball and have them dribble within the designated field while trying to keep the ball away from the "it" players. If players get tagged then they must open their legs wide and can only be un-frozen when another player kicks the ball between their legs.



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- **Nascar Dribbling**

- Set up: Create a large circle with cones.
- Instructions: Players find and stand next to a cone. On whistle, the players race around the track and try to be the first one back to their cone.
- Progression -
 - tell players they can go in any direction. This will force them to keep their heads up.
 - Tell the players to do toe taps at each cone they pass
 - Direct the players to "reverse" halfway around and return to their starting cone.

- **Island Dribbling Challenge**

- Instructions: Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The players that get to an island, get a point.

- **Shadow**

- Instructions- Players will partner up and decide who will be the "shadow" first. On command, players will start moving about the playing area attempting to lose their shadow by running, changing directions, etc. After the round, players will rest, stretch and switch roles.

- **Switch**

- Set-up: a large enough playing area for all players to dribble comfortably inside
- Instructions: each player has a ball and is dribbling inside the area, when coach yells "switch" players must abandon their ball and find a new one & continue dribbling
- Progression: find a new ball and do 5 toe taps, dribble but perform 2 pull-backs to change direction, dribble left foot only



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- **Empty the Bucket**

- Set up a 20x20 square, divide the players into 4 groups, each group will stand at a corner of the square. Place all the soccer balls in the middle of the square.
- On the coaches command one person for each of the 4 groups will go and get a soccer ball from the middle of the grid. Once the person returns the next player in line will go. The team that has the most balls at the end will win.

Passing Activities

- **Pac- Man**

- Instructions: two or three players are "it" to start, and have balls if you are "it", try to dribble and hit others with passes below the knees players who are not "it" may run and jump to avoid being hit if you are hit with a pass, you become "it" too, coach will give you a ball

- **Clean your room**

- Set up- Create a grid on your half of the field, and place a line of cones directly down the center of the grid, splitting it into two smaller grids.
- Instructions- Place a group of children on each half of the grid, and give each group soccer balls (to be determined based on numbers).
- The children DO NOT want the soccer balls on their side of the grid, so they will continue to pass them to the opposite side.
- When the coach says freeze, the team with the least balls on their side of the grid wins.

- **Can you hit my ball**

- Every ball will have a ball, each player will attempt to hit another player's ball, by passing the ball. Every time a player hits someone's ball, they will receive a point, whoever has the most points at the end will win.

- **Grid Passing**

- Set up a 10x10 Grid, have the players stand at each of the four corners of the square. You will only need one ball
 - Players can pass the ball right, than move right after they pass (follow their pass)
 - Pass left move left after they pass (follow their pass)
 - As players get more proficient you can add a second ball.



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- **Gate Passing**
 - Set up 5 to 7 gates around the field, each player needs a partner, on the coaches command. players will pass the ball through as many gates as possible in 30 seconds. After passing the ball through one gate, then players go through another. Whichever team has the most at the end of the 30 seconds is the winner
- **Soccer Dodgeball**
 - Set up a 20x20 grid, 3-4 players will need a soccer ball depending on the number of players.
 - Instructions: The 3-4 players with the ball will attempt to hit the players with a ball in the feet. Once a player has been hit with the ball, they also get a ball and become it. Whoever is the last player standing is the winner.

Shooting Drills

- **Shoot then become the Goalie**
 - Setup: use a large goal and place the shooting line as far out as you see fit (a bit past the 18)
 - Instructions: each player in line has a ball, once the first person shoots, they become goalie (encourage them to run quickly to get to goal)

NOTE: 1 round goalie can use hands, one round "anything but hands"

- **Rapid breakaway shooting**
 - Set-up: 2 lines of players facing the large goal, approximately between the 6 & 18, empathize the 6 yard line with cones
 - Instructions: each player has a ball, first person in line is to dribble with (speed but under control) to the net, once they hit the 6 yard line they will have a shot. Leave your ball in the net and run back to coach. Immediately after the first two players shoot, the next two go. Point to the team who dribbles and scores 1st each time
- **Shoot and Become the Defender**
 - Place the players in one line on top of the 18yard box. Every player will need a ball. On the coaches command the first player in line dribbles up and takes a shot. As soon as the first player takes a shot, he becomes the defender and starts to defend the next player in line.
 - As soon as the players take a shot, they immediately become the defender and defend the next person in line.



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- **Power and Finesse**

- Set the players into two lines about 18yards away from the goal. (you can adjust the distance based on the skill of your players). The coach will have all the balls next to the goalpost. Place a keeper in the net
- The coach will roll a ball out to the person in the first line, they will take a shot about 15yards away from goal (the power shot). Then the coach will then roll a ball about 4yards away from the goal (the finesse shot). For each shot a player makes their line will receive a point. After the finesse shot, the ball will return to the end of the line. Then the player from the next line will go. Whichever line has the first to 10 wins

For more coaching activities or drills, please visit coaching.winslowsoccer.org

Game Day Coaching Tips

- **Pre-game:** Try to have players on the field 20 minutes before the game begins. Below is a sample format for a pre game warm-up
 - Ball-Mastery: Start with the ball mastery that is listed in the practice section of this curriculum
 - Shooting: Select a shooting drill that is listed in the practice section of this curriculum.
- **During the game:**
 - Make sure to always stay positive. When a player does something correctly, praise them!
 - Avoid overcoaching as players will zone you out, as well as we want our players to make their own decisions
 - When correcting a player try using phrases such as "Let's see if", "Let's try to"
 - Make sure that all players receive 50% playing time, as players only get better through playing
- **Halftime Speech**
 - During the halftime speech, use guided questions Such as What are some things that we did well; What are some things that we need to improve on? This will engage the players and allow them to give input on the game
 - Give players only one task to improve on, such as spreading out, passing, dribbling, teamwork etc.



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Lower Elementary Fact Sheet

This fact sheet is intended to serve as a guide to the coaches and referee of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer to the FIFA laws of the game, guide for referees, United States Soccer Federation.

Ball: FIFA approved Size 3

Number of players: Max on the field of play is **5**, one of whom may be the goalkeeper. Min on the field of play is 3, one of whom may be the goalkeeper.

Substitution: By either or both teams before the start of any quarter by either or both teams before the match is restarted from a stoppage caused by a ball out of play. If play is stopped to attend to an injured player, then that player must be substituted for. The opposing team is entitled to make a reciprocal substitution.

Equipment: Compulsory equipment includes matching team jerseys, shorts, stockings, shin guards, and sneakers or soccer cleats. Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, ring, necklaces, bracelets, watches, non-prescription glasses, sunglasses, helmets or hats with bills. Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.

Coaching Coaches may convey tactical instruction to their teams. Coaches are restricted to their own half of the field from mid-field to the top of the penalty area (or 18yd line)

Duration: 4 twelve minute quarters

Two minute breaks between quarters 1 and 2 and 3 and 4 Five minute halftime between quarters 2 and 3

Start of play: The away team shall call the coin. The winner of the coin toss shall have a choice of which goal they want to defend or the ball. If the winner of the coin toss elects to have a ball first the other team will select a side to defend. If the winner selects which side to defend, the winner will receive the ball first. Between quarters teams shall alternate kickoffs. After half time,



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ends shall be changed and the kick off shall be taken by the team that won the original coin toss.

Offside: There shall be no offside.

Fouls: All fouls must be explained to the offending player

Mercy Rule: Coaches are responsible for ensuring that games remain competitive by organizing the team to evenly match the opposition. If a team wins by 7

goals or more they will forfeit the match and a 2-0 win will be awarded to the opposition.

Heading: Intentional heading of the ball during a game will now be considered a "dangerous play" and it will result in an indirect kick being awarded to the opponent from the point of the infraction.

Misconduct: Players and coaches may be cautioned / dismissed

Coaches are responsible for the actions of their spectators. Any spectator issues are to be brought to the attention of the coach or coaches. Only coaches shall address the parents. The game shall be postponed until any issues are resolved. Coaches can be cautioned for the actions of their respective spectators. Spectators can be requested to leave the field of play as well.

Free kicks: All free kicks shall be indirect. Players of the team opposing that of the player taking the free kick shall keep a minimum distance of 6 yards from the ball until it is in play.

Penalty kicks: No penalty kicks are to be awarded

Throw-ins: If on the first attempt, the ball is improperly thrown in, the throw in shall be retaken. The referee shall explain the proper method before allowing the player to attempt the throw in again. If on the second attempt, the ball is improperly thrown in, the throw in shall be awarded to the opposing team.

Misc There shall be no limit on the amount of steps that a goalkeeper may take after he has gained possession of the ball. The FIFA "pass-back" rule (Intentionally passing the ball to the goalkeeper, by a member of the goalkeepers side, with the foot) does not apply.



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Worked Cited

<https://static.ussdcc.com/users/148963/130264/3-us-soccer-d-license-4v4.pdf>

https://usy345.americaneagle.com/assets/948/15/Footskills_Homework1.pdf

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Upper Elementary Coaching Curriculum (8-11)



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"Playing the Winslow Way"

Club Mission Statement: The purpose of this association shall be exclusively to promote, foster, and perpetuate the game of soccer on a local and national youth level and to support and develop these amateur athletes for competition in accordance with high standards of good sportsmanship and fair play.

Philosophy: Here at Winslow Township Youth Soccer, our goal is to develop the youth in our community through soccer. We believe that all youth should receive age appropriate training in a safe environment that fosters teamwork, perseverance, and respect. Our objective is to develop players that are technically sound with exceptional decision making abilities. Our club will be known for players that express creativity, understand the game of soccer and play with passion every time they step on the field.

Vision Statement: To provide a quality soccer program across all age groups and playing levels to the youth of Winslow Township and the surrounding communities.

Style of Play

Building out of the back: Instead of long punts and kicks, players are encouraged to find a teammate. In soccer, the ball is the most valuable object on the field. Building out of the back allows for players to keep the ball. Now the ball does not have to leave the 18yard box, so on goalkeeper saves and goal kicks, players are encouraged to throw or kick the ball short to a teammate standing in the 18-yard box.

During the first week, there is a high probability that your team will concede goals playing with that strategy, but that is ok. As coaches, we are more focused on the long- term development of our players. Once players understand how to play out of the back, teams will be able to string together 5 or 6 passes and put the ball in the opposing team's goal.

Ball Mastery: We believe that it is essential for our players to be confident and calm when facing a 1v1 situation. During the game, players will encounter many 1v1 opportunities. For players to excel in those situations, the players need to have mastered the ball.

Possession: As stated above, the most important object on the field is the ball. When we have the ball, we control the game. Teams are encouraged to play the ball side to side until there is a gap in the defense. Once a gap is made, teams will quickly play the ball through the gap to an open teammate. We want to avoid playing kick and chase soccer as it solely relies on speed, not skill.



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Age Characteristics

Developmental Goals	Developmental Needs	Key Qualities
Learning the basic understanding of attacking, defending, and transition by playing as a 7v7 team	Developing relationships with the other players, how decisions and movement affect others (teammates and opponents)	Aligns own actions with the other players, positions
	Experiences in gamelike situations for Key Qualities related to attacking and defending	Challenges opponents
	Experiences of attacking and defending as a team	Deals with adversity
		Is proficient in 1v1 situations to create or to steal/regain the ball.

Based on US Soccer 7v7 Presentation



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Player Behavior	Coach Behavior
Participate enthusiastically in competitive activities	Encourage them to try to win, but always be fair
Practice repeatedly to get better	Recognize their effort, give them things to practice on at home
Take losing hard, in practice and games	Focus on how they play and improve, not the results
Want to know "why"	Guide them toward finding the answers themselves
Need lots of positive reinforcement	Give plenty of praise

Based on US Soccer 7v7 Presentation



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Parent Meeting Guide

- Introduction
 - Tell the parents about yourself/ why you are coaching

- Goals for the season
 - Soccer is a player centered game:,it is important to allow the players to make their own decisions.
 - Confidence: My goal for the season is to help to develop your child's confidence. We want to create an environment where the players feel that it is ok to make mistakes as they are part of the game.
 - Fun: Soccer is suppose to be fun, let's work together to make sure that all of the kids are having fun this season

- Concepts to teach the players
 - During the season here are some of the concepts that I will teach your child
 - Ball Mastery: This is one of the most areas in developing a soccer player, we want to make sure that players are confident at the ball at their feet.
 - Building Out of the Back: Instead of long punt or throws this season I am going to encourage the players to look for a teammate. This will ensure that we keep possession of the soccer ball. During the first half of the season please be mindful that the players are just learning this concept and mistakes will happen. As a coach I am focused on the long-term development of the players.
 - Fundamentals: At this age it is important that the players learn the fundamentals of the game, as this will serve as a base for the players in the future. Some of the fundamentals are dribbling,passing and striking a soccer ball.



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- Practices
 - Make sure your child wears athletic/comfortable clothes, bring water, wears cleats and shin guards
 - We will have practice twice a week
 - If you can not make practice please let me know so I can plan accordingly
 - During practice, we will be conducting fun games. The purpose of these games is to get our young players comfortable with a ball.
 - Players are encouraged to practice at home

- Saturday Games
 - All games will be Saturday Mornings
 - All games will be played at Peter Volpa Park
 - Please try to arrive 30 min before our games to ensure a proper warm-up
 - Please make sure that your child brings water and wears their uniform, black shorts, black socks and cleats.
 - Gently used cleats are available in the snack stand for the players.
 - If you can't make the games please let me know
 - Please make sure to treat our young officials with respect, as they are still learning the game themselves
 - Parents are encouraged to cheer on all players, however please avoid from giving players instructions, as it will lead to confusion



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Practice

1. **Unstructured Free Play:** As players arrive
2. **Ball Mastery:** 15 min
3. **Activity 1** -15 min
4. **Activity 2**-15 min
5. **Small Sided Activity**-20 min
6. **Scrimmage**- 10 min

Recommended Length for Practice: 75 minutes

Below is a sample 10 week plan. Please that you might have to adjust this plan based on the ability of your team.

Week 1	Running with the Ball
Week 2	Building Out of the Back
Week 3	Passing and Receiving
Week 4	Passing and Receiving
Week 5	1v1 Attacking Moves
Week 6	1v1 Attacking Moves
Week 7	1v1 Defending
Week 8	Finishing
Week 9	Shielding
Week 10	Transition



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1. Unstructured Free Play

When players arrive at practice it is important that coaches create an environment that is engaging and enjoyable. One way to engage players is through low structured small sided games (i.e., 2v2, 3v3, 4v4) also referred to as 'deliberate play' in the athlete development literature. Deliberate play' games are ideally governed by the players while being loosely monitored by the coach, and focus on promoting enjoyment of competing rather than the outcome.

In summary as soon as players arrive to practice immediately engage the players right away by having them play small sided games such as 1v1, 2v2, 3v3. The coach should closely monitor the game and allow for the players to express their creativity.

2. Ball Mastery:

Fast Feet Foot Skills- Do every move for 10-15 seconds. You may not get to all of the moves in the 15 min, that is ok, try to get as many moves within the 15 min time frame.

Toe taps

<https://www.youtube.com/watch?v=81eUb3saX5Y>

Box Touches

Place the ball in between you feet, with your legs shoulder width apart Slightly bend your knees
Knock the ball in between you feet as quickly as you can, using the instep

Drag and Push

Ball Starts in front of you, drag the ball back using the sole of your foot Then push the ball forward at a slight angle using your laces Stop the ball with the sole of your other foot and quickly pull the ball back Push it forward again at slight angle and continue process

Inside and Outside



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Start with the ball slightly in front of you. Use the inside of the foot and then use the outside of the same foot. Do the right foot for 15 seconds and then left for 15 seconds.

Triangles

Start with the ball slightly in front of you. Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart. Pass the ball across to your left foot using the instep of your right. Pass the ball forward at an angle with your left foot. Stop it with the sole of your right foot and continue the process. Do the same exercise but now start with your left foot.

Double Taps

This is a combination of fast Feet and Toe Taps. Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top. So knock the ball from one foot to the other using the insteps. Then follow that by touching the top of the ball with two toe taps. Continue the exercise.

Slaps

Start with the sole of your foot on top of the ball. Allow your body to lean and go to one side, leaving the ball and your foot on top of it still in the starting position. Then using the sole of your foot drag the ball sideways allowing it roll across your body. At this point your leg should be crossed but with a distance between them. Then bring your back leg round to the front and stop the ball using the instep of your foot. Repeat exercise with other foot.

Squeeze and Push

Have the ball underneath your body. Place the sole of your foot on top of the ball. Roll it to the side so it opens your legs and push it back with the inside almost keeping your foot in contact with it the whole time. Then continue the exercise using the other foot.

Moves to be opponent-

Scissors-

<https://www.youtube.com/watch?v=5vENehfAMTc>

Matthews

<https://www.youtube.com/watch?v=LwCZH1eYr9A>



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Pull a Vee-

<https://www.youtube.com/watch?v=uCz9FZu-GCw>

L- <https://www.youtube.com/watch?v=6bHFqyJfzVI>

Hip Swivel- <https://www.youtube.com/watch?v=zcAVAJNAYOQ>

Iniesta- <https://www.youtube.com/watch?v=zXMNia5tQ0I>

Turns-

Inside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Outside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Cruyff- <https://www.youtube.com/watch?v=wamVchCUGfE>

3. Activity 1&2

For Activity 1 &2 please select 2 activities from the list below. These are fun games to have the players practice on the fundamentals of the game such as dribbling, passing and shooting.

- **Dribbling Gates (Dribbling)**
 - Setup: Each player will have a ball, set up 5 to 7 gates in a 20x20 grid.
 - Instructions: Players must practice dribbling through the gates now using moves that we have reviewed -pull back -scissors Additionally, we will add a defender to the grid.

- **Freeze Tag (Dribbling)**
 - Set up: Mark off a square field using cones that are about 10 x 10 yards. Give one or two players a penny, they are "it". On the whistle the players that are "it" will try to tag the other players.



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- Instructions: Give the players a ball and have them dribble within the designated field while trying to keep the ball away from the "it" players. If players get tagged then they must open their legs wide and can only be un-frozen when another player kicks the ball between their legs.

- **Switch (Dribbling)**
 - Set-up: a large enough playing area for all players to dribble comfortably inside
 - Instructions: each player has a ball and is dribbling inside the area, when coach yells "switch" players must abandon their ball and find a new one & continue dribbling
 - Progression: find a new ball and do 5 toe taps, dribble but perform 2 pull-backs to change direction, dribble left foot on

- **Tag (Dribbling)**
 - Set up a 20x20 grid, Players are split into pairs and play tag with their partner. Winner is the player that is not the catcher after 30 seconds. Play a couple of rounds.
 - Progressions
 - Make the playing area smaller
 - Have one partner have a soccer ball, while the other tries to steal it. Play for 30 seconds, who ever has the ball at the end wins

- **Everybody's It (Dribbling)**
 - Set up a 20x20 grid. All the players have a ball
 - Players will attempt to kick all of the balls out of the grid, while protecting their own
 - Players must do 10 toe taps to get back in

- **Musical Cones (Dribbling)**
 - Set up a 20x20 grid, inside the grid place a cone for each player you have (spread out the cones.
 - Use the following progressions
 - Have each of the players stand at a cone with a ball, when you say go players will leave their ball and find someone elses



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- Players will dribble around the grid on the coaches command find a cone as quickly as possible
 - Players will dribble up to a cone and perform a ball mastery move to beat an opponent such as a Scissors, Matthews, Ls, Vs
-
- **Grid Passing** (Passing)
 - Set up a 20x20 grid, then set up a 5x5 yard grid in the middle of the 20x20 grid.
 - Half of the players are spread out around the 20x20 grid. The other half are inside the 20x20 grid with soccer balls.
 - The players inside the grid pass the ball to a player on the outside of the grid, who then returns the ball to the player inside the grid. The player inside the grid will then dribble through the 5x5 grid and then find a new player on the outside to pass with.
 - Play for 45 seconds and then have the players switch:

 - **Pac- Man** (Passing)
 - Instructions: two or three players are "it" to start, and have balls if you are "it", try to dribble and hit others with passes below the knees players who are not "it" may run and jump to avoid being hit if you are hit with a pass, you become "it" too, coach will give you a ball

 - **Grid Passing** (Passing)
 - Set up a 10x10 Grid, have the players stand at each of the four corners of the square. You will only need one ball
 - Players can pass the ball right, then move right after they pass (follow their pass)
 - Pass left move left after they pass (follow their pass)
 - As players get more proficient you can add a second ball.

 - **Gate Passing** (Passing)
 - Set up 5 to 7 gates around the field, each player needs a partner, on the coaches command. players will pass the ball through as many gates as possible in 30 seconds. After they pass the ball through one gate, then they go through another. Whichever team has the most at the end of the 30 seconds is the winner

 - **Soccer Dodgeball** (Passing)
 - Set up a 20x20 grid, 3-4 players will need a soccer ball depending on the number of players.



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- Instructions: The 3-4 players with the ball attempt to hit the players with a ball in the feet. Once a player has been hit with the ball, they also get a ball and become it. Whoever is the last player standing is the winner.

- **Shoot then become the Goalie** (Passing)

- Setup: use a large goal and place the shooting line as far out as you see fit (a bit past the 6?)
- Instructions: each player in line has a ball, once the first person shoots, they become goalie (encourage them to run quickly to get to goal)

NOTE: 1 round goalie can use hands, one round "anything but hands"

- **Rapid breakaway** (Shooting)

- Set-up: 2 lines of players facing the large goal, approximately between the 6 & 18, empathize the 6 yard line with cones
- Instructions: each player has a ball, the first person in line is to dribble with (speed but under control) to the net, once they hit the 6 yard line they will have a shot. Leave your ball in the net and run back to coach. Immediately after the first two players shoot, the next two go. Point to

the team who dribbles and scores 1st each time

- **Power and Finesse** (Shooting)

- Set the players into two lines about 18yards away from the goal. (you can adjust the distance based on the skill of your players). The coach will have all the balls next to the goalpost. Place a keeper in the net
- The coach will roll a ball out to the person in the first line, they will take a shot about 15yards away from goal (the power shot). Then the coach will then roll a ball about 4yards away from the goal (the finesse shot). For each shot a player makes their line will receive a point. After the finesse shot, the ball will return to the end of the line. Then the player from the next line will go. Whichever line has the first to 10 wins.

- **Goal Hungary** (Shooting)

- Divide your players into 3 equal teams. The boundary for this game is the 18yard box. One of the teams stands outside the box serving in balls one at a time.
- The other 2 teams are inside the 18yard box. Both teams are on offense trying to score into the goal, the first team to 3 points wins. Winner stays in, losing team switches with the serving team.



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- **Passing Pattern Shooting (Shooting)**

- Set up 4 lines, 2 on top of the 18yrd box and 2 by the post. All of the soccer balls go to the players on the post.
- Players pass straight and follow their pass. The player who receives the ball on top of the 18yard will then take a shot. Players will switch lines. There will be two lines going on at the same time in this activity

4. Small Sided Games

Small sided games are games that are set up in a much smaller space and have less players than a normal soccer game. The smaller setup allows everyone to be part of the game and coaches can guide players to learn particular skills or concepts through the game rules. For this part of the practice our small sided games will consist of 1v1 and 2v2 and 3v3. Below are some examples. For more drills please visit coaching.winslowsoccer.org

- **4 Goal Game**

- Set up 4 goals one in each corner. Each team will have 2 goals to score on
- A point is scored when a player successfully scores into either of the two opposing corner goals. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.
- Progressions
 - 1v1
 - 2v2
 - 4v4

- **6 goal game**

- Very similar to the four goal game, expected we are adding another goal for each team in the middle of the field. Adding another goal will lower the difficulty and increase the chances of the players scoring. Same progressions as listed above.

- **4v4 or 5v5 Gate Possession Game**



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- Set up 5 to 7 gates around in the playing area. Play 4v4 or 5v5 each team will get a point for every time they pass the ball through a gate to a teammate. Play up to a certain number.

- **End Zone Game**
 - Set up two endzone, just like a football field. Divide your players into 2 teams. Players will receive a point every time a player passes the ball into the endzone or dribble the ball in the endzone. Play up to a certain number.

- **2v1 or 3v2**
 - Set up a 20x20 grid. The defender will play the ball to the attackers. 2 attackers will step up. Play for 3 minutes, every time the attacking team scores, they get a point. After the 3 minutes switch roles.

- **Goal with 2 counter goals**
 - Divide your players into 2 teams. Set up 2 goals in each corner of the field across from the big goal, near the halfway line. One team will score on the big goal, while another team will score on the two counter goals.

For more drills or activities please visit coaching.winslowsoccer.org



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Game Day Coaching Tips

- **Pre-game:** Try to have players to the field 20-25 minutes before the game begins. Below is a sample format for a pre game warm-up
 - Ball-Mastery: Start with the ball mastery that is listed in the practice section of this curriculum
 - Possession/ Keep Away: Depending on the number of players give 3 players pennies to be defenders. Play keep away from the 3 defenders
 - Shooting: Select a shooting drill that is listed in the practice section of this curriculum.

- **During the game:**
 - Make sure to always stay positive. When a player does something correct, praise them!
 - Avoid overcoaching as players will zone you out, as well as we want our players to make their own decisions
 - When correcting a player try using phrases such as "Let's see if", "Let's try to"
 - Make sure that all players receive 50% playing time, as players only get better through playing

- **Halftime Speech**
 - During the halftime speech, use guided questions Such as What are some things that we did well; What are some things that we need to improve on? This will engage the players and allow them to give input on the game
 - Give players only one or two tasks to improve on, such as spreading out, passing, dribbling, teamwork etc.



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Recommended Game Day Formation

2 Defenders, 3 Midfielders, 1 Striker

Pros-

- Creates natural triangles when playing through the thirds.
- Provides more natural width higher up the field, to create good crossing opportunities
- Allows the team to tempt the opposition to play out of the back and then press high by applying immediate pressure.
- Extra cover and support in the central defensive areas

Cons-

- Requires the Center Midfielder to be very mobile and could be vulnerable if wide players don't tuck in
- Can leave wide areas left open in the defensive third. The Center Mid has to be willing to drop back in
- Does not allow the team to win back possession early. High work rate from the striker to apply the pressure and lock it in on one side

Players Roles

- **Goal-Keeper:** Be patient in the build up, look to play out of the back, but can play centrally direct.
- **Center Back:** Stays deep during buildup to allow the ball to be played back. Attempts to remain in central areas and must organize and may have to step in to the wide areas to defend the flanks
- **Center Mid:** Needs to be very mobile and requires a very good fitness level to be able to move around. Got to maintain possession and requires a good range of passing. May have to drop back and defend centrally more than in wide areas
- **Outside Backs/Wingers:** Need to stay wide when in possession of the ball to create 1v1 situations. Willingness to track back and defend the flanks, need high work rate.
- **Striker:** Runs need to be timed well and should try to play on the shoulder of the last defender. Should try to play in between the oppositions lines and defenders. Dictates when to press and when to hold



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Upper Elementary Fact Sheet

This fact sheet is intended to serve as a guide to the coaches and referee of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer first to the WTYSA Modified rules then to the FIFA laws of the game, guide for referees, United States Soccer Federation.

Ball: FIFA approved Size 4

Number of players: Max on the field of play is 7, one of whom may be goalkeeper Min on the field of play is 5, one of whom may be goalkeeper

Substitution: By either or both teams before the start of any half By either or both teams before the match is restarted from a stoppage caused by a ball out of play If play is stopped to attend to an injured player, then that player must be substituted. The opposing team is entitled to make a reciprocal substitution.

Equipment: Compulsory equipment includes matching team jerseys, shorts, stockings, shin guards, and sneakers or soccer cleats. Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, ring, necklaces, bracelets, watches, non prescription glasses, sunglasses, helmets or hats with bills. Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.

Coaching Coaches may convey tactical instruction to their teams. Coaches are restricted to their own half of the field from mid-field to the top of the penalty area (or 18yd line)

Duration: 2 Twenty-Five minute halves

Five minute halftime

Start of play:The away team shall call the coin.The winner of the coin toss shall have a choice of which goal they want to defend or the ball. If the winner of the coin toss elects to have a ball first the other team will select a side to defend. If the winner selects which side to defend, the winner will receive the ball first.



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Mercy Rule: Coaches are responsible for ensuring that games remain competitive by organizing the team to evenly match the opposition. If a team wins by 7 goals or more they will forfeit the match and a 2-0 win will be awarded to the opposition.

Build Out Line: When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing (now defending) team must move behind the building line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed on 7v7 fields). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area or the ball is touched by an opponent.

Ideally, the goalkeeper with ball in hand (or field player taking a goal kick) will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper (player) can put the ball into play sooner but he or she does so accepting the position of the opponents and the consequences of how play resumes.

Offsides: The build out line will also be used to denote where offside offenses can be called. Attacking players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.

Heading: Intentional heading of the ball during a game will now be considered a "dangerous play" and it will result in an indirect kick being awarded to the opponent from the point of the infraction.

Misconduct: Players and coaches may be cautioned / dismissed. Coaches are responsible for the actions of their spectators. Any spectator issues are to be brought to the attention of the coach or coaches. Only coaches shall address the parents. The game shall be postponed until any issues are resolved. Coaches can be cautioned for the actions of their respective spectators. Spectators can be requested to leave the field of play as well.

No Punting- The goal keepers can no longer punt or drop kick the ball. They need to pass, roll or throw the ball. If they punt or drop kick the ball, the opposing team is given an Indirect Free Kick at the place of the infraction.



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Worked Cited

<https://static.usdccc.com/users/148963/865677/10-us-soccer-d-license-7v7.pdf>

https://usy345.americaneagle.com/assets/948/15/Footskills_Homework1.pdf

Winslow Township Youth Soccer



Middle School Coaching Curriculum (Ages 11-14)



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"Playing the Winslow Way"

Club Mission Statement: The purpose of this association shall be exclusively to promote, foster, and perpetuate the game of soccer on a local and national youth level and to support and develop these amateur athletes for competition in accordance with high standards of good sportsmanship and fair play.

Philosophy: Here at Winslow Township Youth Soccer, our goal is to develop the youth in our community through soccer. We believe that all youth should receive age appropriate training in a safe environment that fosters teamwork, perseverance, and respect. Our objective is to develop players that are technically sound with exceptional decision making abilities. Our club will be known for players that express creativity, understand the game of soccer and play with passion every time they step on the field.

Vision Statement: To provide a quality soccer program across all age groups and playing levels to the youth of Winslow Township and the surrounding communities.

Style of Play

Building out of the back: Instead of long punts and kicks, players are encouraged to find a teammate. In soccer, the ball is the most valuable object on the field. Building out of the back allows for players to keep the ball. Now the ball does not have to leave the 18yard box, so on goalkeeper saves and goal kicks, players are encouraged to throw or kick the ball short to a teammate standing in the 18-yard box.

During the first week, there is a high probability that your team will concede goals playing with that strategy, but that is ok. As coaches, we are more focused on the long- term development of our players. Once players understand how to play out of the back, teams will be able to string together 5 or 6 passes and put the ball in the opposing team's goal.

Ball Mastery: We believe that it is essential for our players to be confident and calm when facing a 1v1 situation. During the game, players will encounter many 1v1 opportunities. For players to excel in those situations, the players need to have mastered the ball.



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Possession: As stated above, the most important object on the field is the ball. When we have the ball, we control the game. Teams are encouraged to play the ball side to side until there is a gap in the defense. Once a gap is made, teams will quickly play the ball through the gap to an open teammate. We want to avoid playing kick and chase soccer as it solely relies on speed, not skill.



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Age Characteristics

Developmental Goals	Developmental Needs	Key Qualities
Learning the fundamentals given his/her role, position, and tasks in the 9v9 team.	Gaining fundamental understanding of the meaning of role, position and task in a team.	Remains calm and composed
	Experiences in game-like situations for the task specific Key Qualities of attacking and defending.	Is technically proficient to be effective
	Experiences of position specific task execution during defending and attacking	Is coordinated in their movement
		Is adaptable and flexible in dealing with (unexpected) challenges and problems
		Articulate their own learning needs

Based on US Soccer 9v9 Presentation



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Player Behavior	Coach Behavior
Ready and eager to learn	Come to training prepared with ideas to guide your players
Will try more complex tasks	Encourage players to be creative and try new things
Notice indifferences and unfair treatment	Be consistent in what you say and how you treat individuals/the team
Players within & between genders develop at different rates	Organize groups to guarantee fun and challenge for every player
Like to organize themselves without the coach	Support their being independent and self-responsible

Based on US Soccer 9v9 Presentation



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Parent Meeting Guide

- Introduction
 - Tell the parents about yourself/ why you are coaching

- Goals for the season
 - Soccer is a player centered game:,it is important to allow the players to make their own decisions.
 - Confidence: My goal for the season is to help to develop your child's confidence. We want to create an environment where the players feel that it is ok to make mistakes as they are part of the game.
 - Fun: Soccer is suppose to be fun, let's work together to make sure that all of the kids are having fun this season

- Concepts to teach the players
 - During the season here are some of the concepts that I will teach your child
 - Ball Mastery: This is one of the most areas in developing a soccer player, we want to make sure that players are confident at the ball at their feet.
 - Building Out of the Back: Instead of long punt or throws this season I am going to encourage the players to look for a teammate. This will ensure that we keep possession of the soccer ball. During the first half of the season please be mindful that the players are just learning this concept and mistakes will happen. As a coach I am focused on the long-term development of the players.
 - Fundamentals: At this age it is important that the players learn the fundamentals of the game, as this will serve as a base for the players in the future. Some of the fundamentals are dribbling,passing and striking a soccer ball.
 - Creativity: Soccer is fast-paced game, where players are forced to make and be responsible for their own decisions



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- Practices
 - Make sure your child wears athletic/comfortable clothes, bring water, wears cleats and shin guards
 - We will have practice twice a week
 - If you can not make practice please let me know so I can plan accordingly
 - During practice, we will be conducting fun games. The purpose of these games is to get our young players comfortable with a ball.
 - Players are encouraged to practice at home

- Saturday Games
 - All games will be Saturday Mornings
 - All games will be played at Peter Volpa Park
 - Please try to arrive 30 min before our games to ensure a proper warm-up
 - Please make sure that your child brings water and wears their uniform, black shorts, and black socks and cleats.
 - Gently used cleats are available in the snack stand for the players.
 - If you can't make the games please let me know
 - Please make sure to treat our young officials with respect, as they are still learning the game themselves
 - Parents are encouraged to cheer on all players, however please avoid from giving players instructions, as it will lead to confusion

Tips for Communicating with parents.

- Make sure to have a pre-season parent meeting. This is an excellent time to go over expectations, goals for the upcoming season.
- Send weekly reminders to all parents about games and practices.
- Text messages are usually the best of communication.
- If you have any questions or issues with parents please reach out to the division commissioner



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Practice Guide

1. **Unstructured Free Play**- As players arrive
2. **Stretching**- 5 min
3. **Ball Mastery**: 20 min
4. **Warm-up**- 15 min
5. **Small Sided**-15 min
6. **Expanded Small Sided**- 20 min
7. **Scrimmage**- 15 min

Recommended Length for Practice: 90 minutes

Sample 10 week plan. Please that you might have to adjust this plan based on the ability of your team.

Week 1	Passing/Receiving
Week 2	Building out of the back
Weeks 3	1v1 Attacking Move
Week 4	Attacking Principles <ol style="list-style-type: none"> a. Width (Getting Wide when we have ball) b. Mobility: (Moving off the ball) c. Support (Supporting play with the ball, angles of support) d. Penetration: Finding the gaps between the defenders e. Creativity: Improvise
Week 5	Attacking Principles
Week 6	1v1 Defending
Week 7	Defending Principles <ol style="list-style-type: none"> a. Pressure



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	<ul style="list-style-type: none"> b. Cover c. Balance d. Compactness e. Creativity
Week 8	Combination Play
Week 9	Transition
Week 10	Transition

1. Unstructured Free Play:As players arrive

When players arrive at practice it is important that coaches create an environment that is engaging and enjoyable. One way to engage players is through structured small sided games (i.e., 2v2, 3v3, 4v4) also referred to as ‘deliberate play’ in the athlete development literature. Deliberate play’ games are ideally governed by the players while being loosely monitored by the coach, and focus on promoting enjoyment of competing rather than the outcome.

In summary as soon as players arrive to practice immediately engage the players right away by having them play small sided games such as 1v1, 2v2, 3v3. The coach should closely monitor the game and allow for the players to express their creativity.

2. Stretching:5 to 10 min

Please view the coaching library coaching.winslowsoccer.org to view age appropriate stretches. At this age it is extremely important all players stretch properly because players are starting to go through their growth spurts.

3. Ball Mastery: 20 min

Regardless of your topic it is important that every practice you have your players do the ball mastery section. We want to make sure that all players feel comfortable with the ball. You may not get through all of the foot skills below, that is ok. Here are some fun ways to incorporate foot skills in your training.



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a. Relay Races

- b. **Musical Cones**- Set up a 20x20 grid, inside the grid place a cone for each player you have (spread out the cones).

Use the following progressions

- i. Have each of the players stand at a cone with a ball, when you say go players will leave their ball and find someone else's
- ii. Players will dribble around the grid on the coaches command find a cone as quickly as possible
- iii. Players will dribble up to a cone and perform a ball mastery move to beat an opponent such as a Scissors, Matthews, Ls, Vs

Fast Feet Foot Skills- Do every move for 10-15 seconds. You may not get to all of the moves in the 20 min, that is ok, try to get as many moves within the 20 min time frame.

Toe taps

<https://www.youtube.com/watch?v=81eUb3saX5Y>

Box Touches

Place the ball in between your feet, with your legs shoulder width apart Slightly bend your knees Knock the ball in between your feet as quickly as you can, using the instep

Triangles

Start with the ball slightly in front of you Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart Pass the ball across to your left foot using the instep of your right Pass the ball forward at an angle with your left foot Stop it with the sole of your right foot and continue the process Do the same exercise but now start with your left foot

Drag and Push

Ball Starts in front of you, drag the ball back using the sole of your foot Then push the ball forward at a slight angle using your laces Stop the ball with the sole of your other foot and quickly pull the ball back Push it forward again at slight angle and continue process

Inside and Outside



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Start with the ball slightly in front of you. Use the inside of the foot and then use the outside of the same foot. Do right foot for 15 seconds and then left for 15 seconds.

Double Taps

This is a combination of fast Feet and Toe Taps. Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top. So knock the ball from one foot to the other using the insteps. Then follow that by touching the top of the ball with two toe taps. Continue the exercise.

Slaps

Start with the sole of your foot on top of the ball. Allow your body to lean and go to one side, leaving the ball and your foot on top of it still in the starting position. Then using the sole of your foot drag the ball sideways allowing it roll across your body. At this point your leg should be crossed but with a distance between them. Then bring your back leg round to the front and stop the ball using the instep of your foot. Repeat exercise with other foot.

Squeeze and Push

Have the ball underneath your body. Place the sole of your foot on top of the ball. Roll it to the side so it opens your legs and push it back with the inside almost keeping your foot in contact with it the whole time. Then continue the exercise using the other foot.

Moves to be opponent-

Scissors-

<https://www.youtube.com/watch?v=5vENehfAMTc>

Matthews

<https://www.youtube.com/watch?v=LwCZH1eYr9A>

Pull a Vee-

<https://www.youtube.com/watch?v=uCz9FZu-GCw>

L- <https://www.youtube.com/watch?v=6bHFqvJfzVI>

Iniesta- <https://www.youtube.com/watch?v=zXMNia5tQ0I>



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Turns-

Inside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Outside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Cruyff Turn- <https://www.youtube.com/watch?v=wamVchCUGfE>

Stop and Go

Stop and Go- https://www.youtube.com/watch?v=jaDCokJa_18

High Wave- <https://www.youtube.com/watch?v=96v5aOdEnUg>

4. Warm up- 15 min

For great warm-up ideas please visit coaching.winslowsoccer.org

5. Small Sided- 15 min

Small sided games are games that are set up in a much smaller space and have less players than a normal soccer game. The smaller setup allows everyone to be part of the game and coaches can guide players to learn particular skills or concepts through the game rules. For this part of the practice our small sided games will consist of 1v1 and 2v2 and 3v3. Below are some examples. For more drills please visit coaching.winslowsoccer.org

- **2v2 Tournament**

- Make four fields at 20x10 yards. Place 2 yd goals on each endline. Players play 2v2 on each field.
- If ball goes out at the sideline, throw-in or kick-in to get ball back in play (coach choice). Games are four minutes long.



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- After each game, the winning team gets promoted up a field, while the losing team get relegated down a field. The team that wins on the highest field stays, as well as the team that loses on the bottom field.
- Play as many games as you wish (4-5 is usually good).
- If two teams tie, go to a shootout or play rock-paper-scissors to find the winner.
- **3v1 Angle of Support**
 - In each grid have three attackers, and a line of three defenders.
 - When the coach starts the game, the first defender plays a ball to the furthest away attacker, and runs into the grid to try and get it back. The attackers try to see how many passes they can link up until the defender gets the ball and dribbles outside the grid, or the ball goes out of bounds.
 - Once the ball is out a new ball is immediately played in and the game restarts with a new defender. Play for two minutes, and then rotate the defenders and attackers. Make the grid smaller or larger depending on the ability of players.

6. Expanded Small Sided Games-20 min

Now that the players have experienced the game with smaller numbers, it is now time to increase the number of players on the field. For Expanded Small Sided Activity please visit coaching.winslowsoccer.org.

7. Scrimmage-15 min

This is the perfect opportunity for players to demonstrate what they have learned during the practice.



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Game Day Coaching Tips

- **Pre-game:** Try to have players to the field 20-25 minutes before the game begins. Below is a sample format for a pre game warm-up
 - Ball-Mastery: Start with the ball mastery that is listed in the practice section of this curriculum
 - Possession/ Keep Away: Depending on the number of players give 3 players pennies to be defenders. Play keep away from the 3 defenders
 - Shooting: Select a shooting drill that is listed in the practice section of this curriculum.
- **During the game:**
 - Make sure to always stay positive. When a player does something correct, praise them!
 - Avoid overcoaching as players will zone you out, as well as we want our players to make their own decisions
 - When correcting a player try using phrases such as "Let's see if", "Let's try to"
 - Make sure that all players receive 50% playing time, as players only get better through playing
- **Halftime Speech**
 - During the halftime speech, use guided questions Such as What are some things that we did well; What are some things that we need to improve on? This will engage the players and allow them to give input on the game
 - Give players only one task to improve on, such as spreading out, passing, dribbling, teamwork etc.

Recommended Formations

3 Defenders, 2 Midfields, 3 Strikers

Pros- Option of building up out of the back with the 3 Defenders and 2 Midfielders • Allows the outside backs to push on, overlap or underlap • Numbers up in the attack allows for a quick counter attack • With three forwards it should allow for a high pressing game and winning the ball back immediately upon losing possession

Cons-



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Recommended Formations

3 Defenders, 2 Midfields, 3 Strikers

Pros-

- Option of building up out of the back with the 3 Defenders and 2 Midfielders
- Allows the outside backs to push on, overlap or underlap
- Numbers up in the attack allows for a quick counter attack With three forwards it should allow for a high pressing game and winning the ball back immediately upon losing possession

Cons-

- Could be outnumbered in the midfield and be vulnerable in wide areas
- Requires the wide players to work in conjunction with each other and have a high work rate
- Midfielders need to be disciplined in when to join the attack versus when to stay and keep shape.
- Can leave a lot of passing lanes open if team does not transition and become compact upon losing possession

Players Roles

Goal-Keeper: Be patient in the build up, look to play out of the back with the defenders or midfielders.

Outside Backs: Get wide in the build up and look to move forward with the ball. When not in possession get compact and force play wide

Center Back: Stays deep during buildup to allow the ball to be played back. Attempts to remain in central areas and communicates

Midfield: Create angles that split the oppositions strikers and try to shape up to play forward. Protects the back line and doubles up with outside backs when needed. Looks to switch the point of attack and keep the ball moving. Should look to be the covering/ balancing defender when defending in the attacking third.

Wingers: Need to stay wide when in possession of the ball to create 1v1 situations. Squeeze over side when opponents are building up on the other side.

Striker: Should try to play in between the oppositions lines and defenders. Dictates when to press and when to hold

3 Defenders, 3 Midfielders, 2 Strikers

Pros



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- Easier formation for players to understand
- Midfield shape can be played as a triangle or flat
- Two central strikers can occupy the opposing teams central defender, allowing the attacks to be very central and direct to goal
- Can allow for two very solid defensive lines and be compact for the opposition to break

Cons

- Requires the Center Midfielder to be very mobile and could be vulnerable if wide players don't tuck in
- Players can be very ridged with their movement in the attack, forwards have to work off each other
- Requires a high level of discipline defensively and is set up to win the ball back later rather than earlier
- If defensive shape is not found early the gaps in the midfield can be exploited very quickly

Players Role

Goal-Keeper: Be patient in the build up, look to play out of the back, but can play centrally direct.

Outside Backs: Get wide in the build up and look to move forward with the ball. When not in possession get compact and force play wide

Center Back: Stays deep during buildup to allow the ball to be played back. Attempts to remain in central areas and must organize and may have to step in to the central midfield areas to support

Center Mid: Needs to be very mobile and requires a very good fitness level to be able to move around. Got to maintain possession and requires a good range of passing

Wingers: Need to stay wide when in possession of the ball to create 1v1 situations. Squeeze in centrally when not in possession. Runs have to be dynamic

Striker 1: Should try to drop in between the oppositions back line and midfield to receive the ball. Needs to be creative on the ball and drops back when not in possession

Striker 2: Runs need to be timed well and should try to play on the shoulder of the last defender



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4 Defenders, 3 Midfields, 1 Striker

Pros

- Provides numbers up defensively and allows the coach to teach zonal defending
- Can maintain possession in the center midfield with good angle and support play
- Outside backs can step forward to create an overload in the midfield
- A Center Back can step in to the midfield which allows one of the Centre Midfielders to support the Striker.

Cons

- Can be difficult to generate attacks as it requires a lot of the single striker
- Allows the opponents the opportunity to play out of the back without much pressure. Not a lot of width in the attacking third, unless the outside backs push forward.
- Got to be patient in the build up as options to play forward are very limited, but when played forward the supporting players need to move forward

Player Roles

Goal-Keeper: Be patient in the build up, look to play out of the back with the defenders or midfielders.

Outside Backs: Should look to step into the midfield when in possession and even progress to the attacking third, by getting high and wide.

Center Backs: Mark the opposition strikers and organize the back line to remain compact. Look to step into the midfield when possible to create numbers up.

Defensive Midfield: Keeps the circulating and looks to penetrate by playing ball to target player or into spaces. Protects the back line by shielding in front denying the opposition opportunities to penetrate

Center Midfield: Needs to have good stamina, seen as a box to box player that supports on both sides of the ball

Attacking Midfield: Looks to play in between the lines of the opponents and provide good support to the striker.

Striker: Prefer that the player stays in central areas, needs to be good with their back to goal so they can bring others into the game or have the speed to get in behind



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Middle School Fact Sheet

This fact sheet is intended to serve as a guide to the coaches and referee of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer first to the WTYSA Modified rules then to the FIFA laws of the game, guide for referees, United States Soccer Federation.

Ball: FIFA approved Size 5

Number of players: Max on the field of play is 9, one of whom may be goalkeeper Min on the field of play is 6, one of whom may be goalkeeper

Substitution: By either or both teams before the start of any half by either or both teams before the match is restarted from a stoppage caused by a ball out of play If play is stopped to attend to an injured player, then that player must be substituted. The opposing team is entitled to make a reciprocal substitution.

Equipment: Compulsory equipment includes matching team jerseys, shorts, stockings, shin guards, and sneakers or soccer cleats. Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, rings, necklaces, bracelets, watches, non prescription glasses, sunglasses, helmets or hats with bills. Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.

Coaching Coaches may convey tactical instructions to their teams. Coaches are restricted to their own half of the field from mid-field to the top of the penalty area (or 18yd line)

Duration: 2 thirty minute halves Five minute halftime

Start of play: The away team shall call the coin. The winner of the coin toss shall have a choice of which goal they want to defend or the ball. If the winner of the coin toss elects to have a ball first the other team will select a side to defend. If the winner selects which side to defend, the winner will receive the ball first.

.Mercy Rule: Coaches are responsible for ensuring that games remain competitive by organizing the team to evenly match the opposition. If a team wins by 7 goals or more they will forfeit the match and a 2-0 win will be awarded to the opposition.

Heading: Players can head the ball



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Misconduct: Players and coaches may be cautioned / dismissed Coaches are responsible for the actions of their spectators. Any spectator issues are to be brought to the attention of the coach or coaches. Only coaches shall address the parents. The game shall be postponed until any issues are resolved. Coaches can be cautioned for the actions of their respective spectators. Spectators can be requested to leave the field of play as well.

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High School Coaching Curriculum (Ages 14-18)



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"Playing the Winslow Way"

Club Mission Statement: The purpose of this association shall be exclusively to promote, foster, and perpetuate the game of soccer on a local and national youth level and to support and develop these amateur athletes for competition in accordance with high standards of good sportsmanship and fair play.

Philosophy: Here at Winslow Township Youth Soccer, our goal is to develop the youth in our community through soccer. We believe that all youth should receive age appropriate training in a safe environment that fosters teamwork, perseverance, and respect. Our objective is to develop players that are technically sound with exceptional decision making abilities. Our club will be known for players that express creativity, understand the game of soccer and play with passion every time they step on the field.

Vision Statement: To provide a quality soccer program across all age groups and playing levels to the youth of Winslow Township and the surrounding communities.

Style of Play

Building out of the back: Instead of long punts and kicks, players are encouraged to find a teammate. In soccer, the ball is the most valuable object on the field. Building out of the back allows for players to keep the ball. Now the ball does not have to leave the 18yard box, so on goalkeeper saves and goal kicks, players are encouraged to throw or kick the ball short to a teammate standing in the 18-yard box.

During the first week, there is a high probability that your team will concede goals playing with that strategy, but that is ok. As coaches, we are more focused on the long- term development of our players. Once players understand how to play out of the back, teams will be able to string together 5 or 6 passes and put the ball in the opposing team's goal.

Ball Mastery: We believe that it is essential for our players to be confident and calm when facing a 1v1 situation. During the game, players will encounter many 1v1 opportunities. For players to excel in those situations, the players need to have mastered the ball.



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Possession: As stated above, the most important object on the field is the ball. When we have the ball, we control the game. Teams are encouraged to play the ball side to side until there is a gap in the defense. Once a gap is made, teams will quickly play the ball through the gap to an open teammate. We want to avoid playing kick and chase soccer as it solely relies on speed, not skill.



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Parent Meeting Guide

- Introduction
 - Tell the parents about yourself/ why you are coaching

- Goals for the season
 - Soccer is a player centered game:,it is important to allow the players to make their own decisions.
 - Confidence: My goal for the season is to help to develop your child's confidence. We want to create an environment where the players feel that it is ok to make mistakes as they are part of the game.
 - Fun: Soccer is suppose to be fun, let's work together to make sure that all of the kids are having fun this season

- Concepts to teach the players
 - During the season here are some of the concepts that I will teach your child
 - Ball Mastery: This is one of the most areas in developing a soccer player, we want to make sure that players are confident at the ball at their feet.
 - Building Out of the Back: Instead of long punt or throws this season I am going to encourage the players to look for a teammate. This will ensure that we keep possession of the soccer ball. During the first half of the season please be mindful that the players are just learning this concept and mistakes will happen. As a coach I am focused on the long-term development of the players.
 - Fundamentals: At this age it is important that the players learn the fundamentals of the game, as this will serve as a base for the players in the future. Some of the fundamentals are dribbling,passing and striking a soccer ball.
 - Creativity: Soccer is fast-paced game, where players are forced to make and be responsible for their own decisions



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- Practices
 - Make sure your child wears athletic/comfortable clothes, bring water, wears cleats and shin guards
 - We will have practice twice a week
 - If you can not make practice please let me know so I can plan accordingly
 - During practice, we will be conducting fun games. The purpose of these games is to get our young players comfortable with a ball.
 - Players are encouraged to practice at home

- Saturday Games
 - All games will be Saturday Mornings
 - All games will be played at Peter Volpa Park
 - Please try to arrive 30 min before our games to ensure a proper warm-up
 - Please make sure that your child brings water and wears their uniform, black shorts, and black socks and cleats.
 - Gently used cleats are available in the snack stand for the players.
 - If you can't make the games please let me know
 - Please make sure to treat our young officials with respect, as they are still learning the game themselves
 - Parents are encouraged to cheer on all players, however please avoid from giving players instructions, as it will lead to confusion

Tips for Communicating with parents.

- Make sure to have a pre-season parent meeting. This is an excellent time to go over expectations, goals for the upcoming season.
- Send weekly reminders to all parents about games and practices.
- Text messages are usually the best of communication.
- If you have any questions or issues with parents please reach out to the division commissioner



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Practice Guide

- 1. Unstructured Free Play-** As players arrive
- 2. Stretching-** 5 min
- 3. Ball Mastery:** 20 min
- 4. Warm-up-** 15 min
- 5. Small Sided-**15 min
- 6. Expanded Small Sided-** 20 min
- 7. Scrimmage-** 15 min

Recommended Length for Practice: 90 minutes

Sample 10 week plan. Please that you might have to adjust this plan based on the ability of your team.

Week 1	Passing/Receiving
Week 2	Building out of the back
Weeks 3	Attacking Principles <ol style="list-style-type: none">Width (Getting Wide when we have ball)Mobility: (Moving off the ball)Support (Supporting play with the ball, angles of support)Penetration: Finding the gaps between the defendersCreativity: Improvise
Week 4	Combination Play
Week 5	Crossing and Finishing
Week 6	1v1 Defending
Week 7	Defending Principles



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	<ul style="list-style-type: none"> a. Pressure b. Cover c. Balance d. Compactness e. Creativity
Week 8	Transition
Week 9	Switching the play
Week 10	Counter Attack

1. Unstructured Free Play:As players arrive

When players arrive at practice it is important that coaches create an environment that is engaging and enjoyable. One way to engage players is through low structured small sided games (i.e., 2v2, 3v3, 4v4) also referred to as ‘deliberate play’ in the athlete development literature. Deliberate play’ games are ideally governed by the players while being loosely monitored by the coach, and focus on promoting enjoyment of competing rather than the outcome.

In summary as soon as players arrive to practice immediately engage the players right away by having them play small sided games such as 1v1, 2v2, 3v3. The coach should closely monitor the game and allow for the players to express their creativity.

2. Stretching:5 to 10 min

Please view the coaching library coaching.winslowsoccer.org to view age appropriate stretches. At this age it is extremely important all players stretch properly because players are starting to go through their growth spurts.

3. Ball Mastery: 20 min

Regardless of your topic it is important that every practice you have your players do the ball mastery section. We want to make sure that all players feel comfortable with the ball. You may not get through all of the foot skills below, that is ok. Here are some fun ways to incorporate foot skills in your training.



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a. Relay Races

- b. **Musical Cones-** Set up a 20x20 grid, inside the grid place a cone for each player you have (spread out the cones).

Use the following progressions

- i. Have each of the players stand at a cone with a ball, when you say go players will leave their ball and find someone else's
- ii. Players will dribble around the grid on the coaches command find a cone as quickly as possible
- iii. Players will dribble up to a cone and perform a ball mastery move to beat an opponent such as a Scissors, Matthews, Ls, Vs

Fast Feet Foot Skills- Do every move for 10-15 seconds. You may not get to all of the moves in the 20 min, that is ok, try to get as many moves within the 20 min time frame.

Toe taps

<https://www.youtube.com/watch?v=81eUb3saX5Y>

Box Touches

Place the ball in between your feet, with your legs shoulder width apart Slightly bend your knees Knock the ball in between your feet as quickly as you can, using the instep

Triangles

Start with the ball slightly in front of you Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart Pass the ball across to your left foot using the instep of your right Pass the ball forward at an angle with your left foot Stop it with the sole of your right foot and continue the process Do the same exercise but now start with your left foot

Drag and Push

Ball Starts in front of you, drag the ball back using the sole of your foot Then push the ball forward at a slight angle using your laces Stop the ball with the sole of your other foot and quickly pull the ball back Push it forward again at slight angle and continue process

Inside and Outside



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Start with the ball slightly in front of you. Use the inside of the foot and then use the outside of the same foot. Do right foot for 15 seconds and then left for 15 seconds.

Double Taps

This is a combination of fast Feet and Toe Taps. Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top. So knock the ball from one foot to the other using the insteps. Then follow that by touching the top of the ball with two toe taps. Continue the exercise.

Slaps

Start with the sole of your foot on top of the ball. Allow your body to lean and go to one side, leaving the ball and your foot on top of it still in the starting position. Then using the sole of your foot drag the ball sideways allowing it roll across your body. At this point your leg should be crossed but with a distance between them. Then bring your back leg round to the front and stop the ball using the instep of your foot. Repeat exercise with other foot.

Squeeze and Push

Have the ball underneath your body. Place the sole of your foot on top of the ball. Roll it to the side so it opens your legs and push it back with the inside almost keeping your foot in contact with it the whole time. Then continue the exercise using the other foot.

Moves to be opponent-

Scissors-

<https://www.youtube.com/watch?v=5vENehfAMTc>

Matthews

<https://www.youtube.com/watch?v=LwCZH1eYr9A>

Pull a Vee-

<https://www.youtube.com/watch?v=uCz9FZu-GCw>

L- <https://www.youtube.com/watch?v=6bHFqvJfzVI>

Iniesta- <https://www.youtube.com/watch?v=zXMNia5tQ0I>



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Turns-

Inside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Outside foot turn- <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Cruyff Turn- <https://www.youtube.com/watch?v=wamVchCUGfE>

Stop and Go

Stop and Go- https://www.youtube.com/watch?v=jaDCokJa_18

High Wave- <https://www.youtube.com/watch?v=96v5aOdEnUg>

4. Warm up- 15 min

For great warm-up ideas please visit coaching.winslowsoccer.org

5. Small Sided- 15 min

Small sided games are games that are set up in a much smaller space and have less players than a normal soccer game. The smaller setup allows everyone to be part of the game and coaches can guide players to learn particular skills or concepts through the game rules. For this part of the practice our small sided games will consist of 1v1 and 2v2 and 3v3. Below are some examples. For more drills please visit coaching.winslowsoccer.org

- **2v2 Tournament**

- Make four fields at 20x10 yards. Place 2 yd goals on each endline. Players play 2v2 on each field.
- If ball goes out at the sideline, throw-in or kick-in to get ball back in play (coach choice). Games are four minutes long.



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- After each game, the winning team gets promoted up a field, while the losing team get relegated down a field. The team that wins on the highest field stays, as well as the team that loses on the bottom field.
- Play as many games as you wish (4-5 is usually good).
- If two teams tie, go to a shootout or play rock-paper-scissors to find the winner.
- **3v1 Angle of Support**
 - In each grid have three attackers, and a line of three defenders.
 - When the coach starts the game, the first defender plays a ball to the furthest away attacker, and runs into the grid to try and get it back. The attackers try to see how many passes they can link up until the defender gets the ball and dribbles outside the grid, or the ball goes out of bounds.
 - Once the ball is out a new ball is immediately played in and the game restarts with a new defender. Play for two minutes, and then rotate the defenders and attackers. Make the grid smaller or larger depending on the ability of players.

6. Expanded Small Sided Games-20 min

Now that the players have experienced the game with smaller numbers, it is now time to increase the number of players on the field. For Expanded Small Sided Activity please visit coaching.winslowsoccer.org.

7. Scrimmage-15 min

This is the perfect opportunity for players to demonstrate what they have learned during the practice.



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Game Day Coaching Tips

- **Pre-game:** Try to have players to the field 20-25 minutes before the game begins. Below is a sample format for a pre game warm-up
 - Ball-Mastery: Start with the ball mastery that is listed in the practice section of this curriculum
 - Possession/ Keep Away: Depending on the number of players give 3 players pennies to be defenders. Play keep away from the 3 defenders
 - Shooting: Select a shooting drill that is listed in the coaching library
- **During the game:**
 - Make sure to always stay positive. When a player does something correct, praise them!
 - Avoid overcoaching as players will zone you out, as well as we want our players to make their own decisions
 - When correcting a player try using phrases such as "Let's see if", "Let's try to"
 - Make sure that all players receive 50% playing time, as players only get better through playing
- **Halftime Speech**
 - During the halftime speech, use guided questions Such as What are some things that we did well; What are some things that we need to improve on? This will engage the players and allow them to give input on the game
 - Give players only one task to improve on, such as spreading out, passing, dribbling, teamwork etc.

Recommended Formations

4 Defenders, 4 Midfielders, 2 Strikers

Pros-

- Four options for goalkeeper means easy for the team to play out of the back
- Lends itself well to a possession game with patient build up
- Two wide midfielders help team with width in the attack
- One of the forwards can be used as a target player, means that direct passes can be used
- Big spaces in attacking half of the field for midfield and defenders to flood into



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Cons-

- Difficult to put opposition under pressure in their defensive third
- High level of fitness and understanding required of all players
- Can lead to attacking players being isolated with no support
- Need key personalities with pace, high levels of fitness and the ability to deliver good passes and crosses into the attacking third (wide players)
- Defenders need to understand the moments when to join the attack

4 Defenders, 3 Midfielders, 3 Strikers

Pros-

- Allows team to play high pressure defense and keep opponents in their defensive third
- Four options for goalkeeper allows team to play out of the back either directly or indirectly
- Will create more goal scoring opportunities
- Creates opportunities for width in attack and flank play
- Allows for fullbacks to overlap into the attacking making or make

blindsides runs

- For younger players and athletes it is the easiest and least

complex formation for players to learn

Cons

- Forwards must work hard to keep the opponents in their defensive third
- Team vulnerable to being overrun in midfield, especially out wide
- Midfielders have to be disciplined in their forward runs to support the forwards
- The two wide forwards must get wide to create space for balls to be played into the corners behind the opposition
- Great athleticism needed by the midfield three
- The defense can not always rely on support from the midfield, especially on counter attackers and when the ball is transitioned.



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High School Fact Sheet

This fact sheet is intended to serve as a guide to the referee and coaches of the WTYSA modified rules of competition for the specified age group. Where not specifically stated otherwise, the Referee should refer first to the WTYSA Modified rules then to the FIFA laws of the game, guide for referees, United States Soccer Federation.

Ball: FIFA approved Size 5

Number of players: Max on the field of play is 11, one of whom may be goalkeeper

Min on the field of play is 7, one of whom may be goalkeeper

Substitution: By either or both teams before the start of any half by either or both teams before the match is restarted from a stoppage caused by a ball out of play If play is stopped to attend to an injured player, then that player must be substituted. The opposing team is entitled to make a reciprocal substitution.

Equipment: Compulsory equipment includes matching team jerseys, shorts, stockings, shin guards, and sneakers or soccer cleats. Players shall not wear anything deemed dangerous to another player. Items considered dangerous include, but not limited to: earrings, rings, necklaces, bracelets, watches, non prescription glasses, sunglasses, helmets or hats with bills. Goalkeepers shall wear colors which distinguish them from the colors worn by their team and the colors worn by their opponents.

Coaching: Coaches may convey tactical instructions to their teams. Coaches are restricted to their own half of the field from mid-field to the top of the penalty area (or 18yd line)

Assistant Referee: If assistant referees are not available each team may supply mutually acceptable assistant referees whose responsibility is to assist the referee in determining when a ball is out of play.

Duration: 2 thirty minute halves Five minute halftime

Start of play: The away team shall call the coin. The winner of the coin toss shall have a choice of which goal they want to defend or the ball. If the winner of the coin toss elects to have a ball first the other team will select a side to defend. If the winner selects which side to defend, the



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winner will receive the ball first. After half time, ends shall be changed and the kick off shall be the team that did not kick off in the first half.

Mercy Rule: Coaches are responsible for ensuring that games remain competitive by organizing the team to evenly match the opposition. If a team wins by 7 goals or more they will forfeit the match and a 2-0 win will be awarded to the opposition.

Misconduct: Players and coaches may be cautioned / dismissed Coaches are responsible for the actions of their spectators. Any spectator issues are to be brought to the attention of the coach or coaches. Only coaches shall address the parents. The game shall be postponed until any issues are resolved. Coaches can be cautioned for the actions of their respective spectators. Spectators can be requested to leave the field of play as well.

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Other Information Resources

- WTYSA Club Coaching Video Library at <http://coaching.winslowsoccer.org/>
- Club website useful links
 - **Coaching Resources links** on club website within the **Coaches** tab at: <https://winslowsoccer.org/coachingresources/>
- Other useful soccer resources
 - eSoccer at <https://esoccerdrills.com/>
 - Soccer Coach Weekly at <https://www.soccercoachweekly.net/>