

KYSL U14 VOLUNTEER COACHING PLAN

Welcoming to the KYSL Recreational Soccer Season. For those returning Volunteers, welcome back. If this is your first time volunteering we are excited to have you. U14 Soccer is an exciting time for young players and parents to learn new things. Together, Coaches and Parents are expected to create a safe environment for players to have fun and develop a love for the game of soccer. Below are a few tips you will need as a Coach to make this happen.

1- Commit to your team. Set aside the time necessary for training sessions and games. Let the players on the team know you're their Coach and you want them on your team. Learn their names as fast as possible.

2- Consistency keeps the team together. Both Coaches and Team Parents should meet and discuss scheduling ASAP. You can consult with parents about times and days for training sessions BUT set a schedule YOU can keep and KEEP IT. Train at the same place and times every week if possible. U14 Teams should train twice a week with each session lasting 60-90 minutes long. Use the website for all your scheduling and communications with parents. Kids need a safe familiar place to learn, parents need consistency to plan their busy schedules. Adjust schedules when necessary such as weather but the more consistent you are the better off your team will be.

3- Educate yourself. Take the opportunity to educate yourselves about soccer in general but specifically about the game you will be playing each week. Learning the rules for your age division. Players and parents will be looking to you to explain and teach. Take the time to learn so you can help your players learn and develop the right skills for this age division. Player Development is a step by step process and these young players are taking that first step.

4- Have a positive attitude. Be excited that your players are making mistakes because that means they're trying new things. A Positive Coach makes for Positive Players makes for Positive Parents makes for a Positive Experience for all. Nothing kills fun faster than a negative attitude. Your attitude will set the tone for the whole team, parents, and season.

COACHING SCHEDULE

The most important things as a coach is to have a plan. The season will look like this.

Preseason- Register as a Volunteer Coach and start or continue your coaching education. The more you can learn the better coach you will be. Take online courses, watch training videos, and search for information that will help you. Refer to the Coaching Resources provided in this manual. Become familiar with the website.

Volunteer Training Meeting- This is a meeting for all Volunteer Coaches, Assistant Coaches, Team Parents, and Parents. Information and Training is provided at this meeting.

Team/Parent Meeting- As soon possible have a meeting to introduce yourself to the parents and player. Set the training schedule if possible. If you still do not have an Assistant Coach encourage a parent to sign up. Elect a Team Parent and ask them to register as a Volunteer Team Parent at kingmansoccer.com for your team. Turn all non-coaching responsibilities over to them (snacks, photos, fundraisers, parties.....). Talk about the website.

Training Sessions- Decide the times and place for training and stick with it. Set the schedule through the website and alert them as soon as possible of changes. Training should be 2 to 3 times a week for 60-90 minutes. Each player should bring their own ball, shin guards and water to every training session. Coaches should have cones, extra balls and a whistle. Pennies and pugg nets if possible. Plan your training sessions each week. Coordinate your training plans with your assistant coaches and parents. Keep them simple and fun. Players know when you're faking it. Keep it simple, keep it fun. There are lots of resources available to you. Ask for them, find them, use them.

Games- Set the schedule on the website and ask Parents/Players to come early to each game. Ask Parents to indicate on the website if a player will be missing or attending. This will help you plan your substitutions before the game begins. Have a specific goal for each game. Something you worked on in practice that week. Let your parents know what that goal is so they can cheer when they see it happen (example Throwing the ball in the right way). Remember first game of the day you put nets up. Last game of the day you take nets down.

Team Pictures- Set the schedule on the website. Look sharp and have fun.

End of Season- Thank the Parents for supporting you.

U14 PLAYER DEVELOPMENT

So what should players experience this soccer season?

Ball Control or “First Touch” in both Dribbling and Passing.

Combination play with teammates in triangles.

Staying connected as a team through positions and “movement off the ball”.

Possession of the ball individually and as a team.

1000 Touches every day.

Learn Rules of the Game.

The development of individual skills as well as individual and small group tactics is important at this stage of development. **Soccer is not glorified kick ball. Possession of the ball is very important both individually and as a team.** The most important factors are the quality of the first touch and early movement of the 2nd attacker(s). If the players learn to keep the ball using proper team shape and movement to do so, it will help them understand defending issues better, too. They should also have a better idea of when and where to defend high or low pressure once the ball is lost. That assessment is influenced by the number of teammates and opponents around the ball, where the ball is on the field and the distance and angle of the ball to goal. Reading the game should help them recognize numbers up and numbers down situations, such as when to delay, step up and try to win the ball or take ground or when to withdraw and wait for teammates to get goal-side.

Player development for U14 Soccer Players should include reinforcing the ball control technical skill of dribbling and passing the ball with both feet, combination play (playing as a team) with tactical skills of staying connected with the flow of the game (No Standing Around).

For goalkeepers: W grip, footwork, underarm bowling, side-arm throwing to targets, taking own goal kicks, side-winder kick, low and forward diving and angle and near post play. Introduce deflecting and boxing.

Tactics are introduced at the U14 Level. 2v1 defending, 2v2 attacking and defending, roles of 2nd attacker and defender, man-to-man defense, combination passing, playing on and around the ball as a group with purpose, verbal and visual communication for all positions, halftime analysis, general work on all restarts, wall pass at a variety of angles, passing combinations on the move and rotation of all players through the team – everyone plays in each position. Reinforce the principles of defense. For goalkeepers: positional play, basic angle play (ebb and flow) – into and down the line of the flight of the ball, commanding the goalmouth for the goalkeeper and positioning during a penalty kick and communication.

TRAINING SESSIONS

Training sessions should be held in a safe place. Consider all your players needs in setting Location, times and days. Parents need consistency to set their busy schedules. Once the training times and days are set enter them into the website Schedule so parents get notifications. Use the website for Messages, Texts and Emails to alert parents of changes when they occur. The website is the best way to manage your season.

LOCATION: Find a safe location and stick with it throughout the whole season. Parents need consistency in setting schedules so if possible don't change locations.

DAYS AND TIMES: U14 Age Division should train 2-3 times a week. Training sessions should last 60-90 minutes long.

EQUIPMENT: Each player should bring their own Size 5 Ball, shin guards and water for every training session. Coaches should have cones, extra balls and a whistle. Pennies and pugg nets if possible.

SPACE REQUIRED: U14 training sessions will require some space. Most activities can be accomplished in a 50 yard x 50 yard square. (one large adult step equals about a yard)

PLANNING: Plan your training sessions each week around the player development goals. Coordinate your plans with your assistant coaches and parents. Keep them simple and fun. Players know when you're faking it. Keep it simple, keep it fun. Use the resources available to you. Ask for them, find them, use them.

TRAINING SESSION: A U14 training session should be flexible and fluid with no lines or standing still. See References for specific ideas for training methods.

Warm-up, small group activities, range of motion stretching approximately 15 minutes. Introduce large group/team activities (six to seven players). Continue with directional games. Play to targets and/or zones approximately 30 minutes. Conclude with Small-Sided Games, 8v8 with goalkeepers approximately 35 minutes. Finish with cool-down activity, including static stretching approximately 10 minutes.

Several new phases of development appear in the U-14 match such as developing a basic understanding of the offside rule. Now that the game is 9v9, the final line in midfield is added to the team. New tactical decisions are in place for the U14 in regard to using short passes involving midfielders to penetrate into the attacking third or making long passes forward, bypassing the midfielders. Place more emphasis on team shape and a balance between the lines in the team on attack and defense. Work with the players on their decision to join in the attack or defense, noting that not all players can attack or defend simultaneously. The formations of 4-3-1; 3-4-1; 3-3-2 are the most common in the 9v9 game. All of these formations allow the players to execute the

principles of play. All players must attack and defend in these systems of play. These formations, when played on an appropriate U14 size field, allow the players to:

Switch the point of attack

Attack the far post on corner kicks and from the run of play

Stay compact.

SAFETY- Have lots of water breaks when hot, be aware of weather, and have players picked up by approved adults only at a set location. Keep it safe, Keep it fun.

GAMES- should be positive, fun and exciting. Let the game flow as freely as possible. Coaches and Parents from should encourage and cheer for ALL the players on the field.

The adult concept of work rate is driven by the desire to win. Children like to win, but playing is more important. They are engrossed in the process of play, not the outcome.

Still coaches and parents should encourage children to try their best. Focus on what they do right in the game and give them time to learn from trying new things. If you become negative, critical or disappointed in your U14 Player the game of soccer will no longer be fun and they will stop playing. Please don't let that happen.

Parents need to learn the rules of the U14 9v9 soccer game (8 field players and a Keeper). Both Coaches and Parents should help players learn the rules in a fun and positive way. If players can dribble and pass the ball with both feet, use combination play with teammates, and start understanding tactical positions/formations your job is done. It sounds complicated but with a little education it can be fun and exciting for both player and parent. I can't emphasise the importance that dribbling and passing will have on your player's future in soccer. At this age the more touches on the ball the better. 1000 touches a training session should be the goal and with a little imagination it is possible.

Practice, Practice, Practice

Parents practice with your players. The 90 minutes at "soccer practice" will never be enough time for you player to learn the Technical skills of Dribbling and Passing. These skills will be learned from hours of playing with the ball in the backyard, living room, at the park with friends and anywhere you provide a ball and space for them. This time is called Free Play. It is the special time when kids become their heroes and score the win goal in their imagination. Parents be excited when your players "mess up". Messing up means there trying something new and learning from their mistakes. Always be positive and encourage them to try again.

U14 RULES OF THE GAME

All our coaches are volunteers and we encourage parents to volunteer in any way they can to bring this fun experience to the children.

Below is a list of Rules for the 2017 season. Please read these carefully and e-mail our Director of Referees, Adam Dean [contact@kingmanrefs.com] with any questions.

- PLAY 9V9, INCLUDING GOALKEEPERS
- SIZE 5 BALL
- EACH PLAYER PLAYS A MINIMUM OF HALF THE GAME UNLESS INJURY OR ILLNESS
- PLAYERS LINE UP TO SHAKE HANDS AFTER THE GAME

EQUIPMENT

The league will deliver equipment to the field before the first game of the day and pick up equipment after the last game of the day.

Coaches with the first and last games of the day are responsible for setting up/taking down goals, nets, and corner flags and placing them in the bags.

KEEPING IT POSITIVE ON GAME DAY

Positive behavior is expected of all players, coaches, and spectators.

Spectators must sit on the opposite side of the field from the coaches and their teams and at least 3 feet back from the touchline (side line).

No spectators can sit behind the goal areas.

It is the coaches' responsibility to **help enforce the above policies**.

GAME TIMES

- 35-MINUTE HALVES
- 10-MINUTE HALFTIME

SUBSTITUTIONS

Player substitutions may be made at kick off, goal kick, injury, or for the team taking a throw in.

Except in the case of a player injury and a kick off following a goal or halftime; substitutes must be present at the halfway line, 1 yard behind the halfway line prior to the ball going out of play.

Coaches will request a substitution from the referee who will signal when the players may substitute. The referee will stop play and/or prevent the restart until the substitution has been completed. Play will resume with a signal from the referee (whistle, play on, etc.).

Players may leave the field at the closest possible point. Substitutes must wait for the player to leave the field before entering. Substitutes must enter from the halfway line.

KICK OFFS

Each half begins with a kickoff, alternating teams. Kickoff after goals.

All players must be on their half of the field until the kickoff.

The defending team must remain outside of the center circle until the ball is kicked.

The ball can be kicked in any direction (backward towards their team or forwards towards opponents).

The kicker cannot touch the ball a second time until it has been touched by another player. Allow one do-over and then a turnover (indirect free kick) to the other team.

THROW IN

Throw in after the ball goes out of play, completely over the touchline (side lines).

Opponents must be at least two yards away from the thrower.

Ball must be thrown over the top of the head with both hands on the ball. Both feet must remain on the ground.

Turnover (throw in) to the opposing team in the event of an illegal throw.

The thrower cannot touch the ball until it has been touched by another player. Turnover (indirect free kick) to the opposing team in the case of a double-touch.

CORNER KICK

Taken from the corner after the ball goes out of play over the goal line from any defending player.

Kicked by the attacking team. Any player may take the corner kick.

Opponents must be at least 10 yards away from the kicker.

The kicker cannot touch the ball until it has been touched by another player. Turnover (indirect free kick) for the opposing team in the event of a double touch.

GOAL KICK

Taken from anywhere inside of the goal area after the ball goes out of play over the goal line from any attacking player.

Kicked by the defending team. Any player may take the goal kick.

Opponents must remain outside of the penalty area until the ball is kicked and leaves the penalty area.

During the taking of a goal kick the ball must be kicked and completely leave the penalty area. If the ball does not completely leave the penalty area take the goal kick over.

The kicker cannot touch the ball until it has been touched by another player outside of the penalty area. Turnover (indirect free kick) for the opposing team in the event of a double touch.

FOULS & MISCONDUCT

It is the duty of the coach to understand the Laws of the Game and explain fouls to their players (pushing, holding, tripping, handling, etc.). **REFEREES WILL NOT STOP OR DELAY PLAY TO EXPLAIN THEIR CALLS.**

** Please refer to the U.S. Soccer Laws of the Game for clarification on fouls, misconduct, and the appropriate restart for various offenses.*

OFFSIDE

A player will be flagged for offside if, in the opinion of the referee, he/she gains an advantage by being in an offside position (closer to the goal than the second-to-last defender). A player may be offside and not flagged if he/she is not involved in the play.

The restart (indirect free kick) is taken from the point where the offside player becomes involved in the play. While a player cannot be in an offside position in their own half of the field, the offense (becoming involved in active play and gaining an advantage) may occur in the player's own half of the field.

DIRECT V. INDIRECT FREE KICKS

A goal may be scored directly from the taking of a *direct* free kick (this includes corner kicks, goal kicks, and kickoffs).

During the taking of an *indirect* free kick the ball must touch another player before a goal can be scored. If the ball enters a goal during the taking of an indirect free kick without touching another player the restart is a goal or corner kick.

The kicker cannot touch the ball until it has been touched by another player. Turnover (indirect free kick) in the event of a double touch.

GAME CANCELLATION OR FORFEITS

Games may be cancelled at any time at the discretion of KYSL or the match official in the interest of player safety due to weather or field conditions. Games cancelled after the halftime break will be considered complete; games cancelled prior to the halftime break will be rescheduled at the earliest possible convenience.

Each team must have a minimum of 7 players. Teams without the minimum required players will forfeit the match. Forfeited matches will be recorded as a win (1-0) for the non-forfeiting team. Matches where both teams forfeit will be recorded as a tie (0-0).

IMPORTANT: Minimum squad must be present at the field, fully and properly equipped to start the match at the scheduled start time. Our games must be kept on time to avoid issues with games that follow throughout the day.

ALWAYS REMEMBER, THE MOST IMPORTANT THING IS TO HAVE FUN!

SEE YOU ON THE FIELDS!

For complete Laws of the Game go to

<https://ussoccer.app.box.com/s/xx3byxqgodqtl1h15865/1/7594344289/109933501929/1>

COACH CODE OF CONDUCT

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and the six core principles of trustworthiness, respect, responsibility, caring and good citizenship.

Therefore I agree to:

Contribute to the overall success, physical and athletic growth of my team.

Be a good instructor and role model.

Understand that the score comes second to the health and well-being of my team.

Learn and follow the rules of my division in all games.

Follow league guidelines in regard to equitable playing time.

Remember that soccer is a game and should be fun! Understand that the way my team and I conduct ourselves can have a positive influence on our opponents.

Emphasize winning without boasting and losing without bitterness.

Respect the Referees and ensure my team does the same.

Support the Referees' decisions to my team and spectators.

I understand that I am responsible for the behavior of my team and spectators.

Referees and league officials have the right to remove from the field and surrounding area persons who cannot conduct themselves within the spirit of recreational soccer

and/or in compliance with the Code of Conduct. The KAYSL Board will review any such incidents

RESOURCES

Online education all age divisions:

<https://www.usyouthsoccer.org/coaching-resources/>

<https://dcc.ussoccer.com/>

http://www.nscaa.com/web/Education/web/Education/Coaching_Courses.aspx?hkey=5278475e-c172-44bf-8dda-e8504eade786

<http://www.coachingsoccerweekly.com/>

U14 Soccer resources for coaches and parents

<http://www.usyouthsoccer.org/FileDownload.aspx?D=XOPrwxEJ9yyXA1JVKAqu+G/onFmTIGQdAgJm+CZ9Ub0=>

<http://www.coachingsoccer101.com/drills.htm>

<http://www.coachingsoccerweekly.com/>

https://www.youtube.com/channel/UCkZM4O_WAhfWIsuH9BeRHw

<http://www.saysoccer.org/coachingskillsanddrills.aspx>

<http://www.soccerxpert.com/u14-u16-soccer-drills.aspx>

For more information, resources or encouragement feel free to contact me.

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