

**Rio Soccer Club U11 – U14 Coaches Clinic**  
**Sunday, September 9, 2012**

1. ***Soccerlympics – Technical Competition to Generate Excitement & Enthusiasm to Improve***
  - a) Introduction of iSoccer events used
  - b) How to incorporate with your teams
  
2. ***Directional Passing and Receiving – Focusing on/Demanding Game Related Technical Excellence***
  - a) Celtic Passing and Receiving Activity – 5 Variations
  
3. ***Playing the Way You Face & 3<sup>rd</sup> Player Runs***
  - a) Lead in with Celtic Variation 4 & 5 – Passing Sequence in 4's if time permits
  - b) Target Activity
  - c) Bumper Activity
  
4. ***Finishing Activities***
  - a) Combination Play Activity to Goal
  - b) Transition Finishing Game
  - c) Field Player vs. Goalkeepers Finishing Activity
  
5. ***Coaching within the Game – Things to Consider (players)***
  - a) On the ball: Allowing players with the ball to make decisions then coaching vs. telling players what to do prior to them making the choice  
Making sure that what the suggestion or correction we give is the root cause and not just a symptom
  - b) Off the ball: How to ask guided questions within the game to get players to recognize certain situations and to engage them within the game or change their behavior

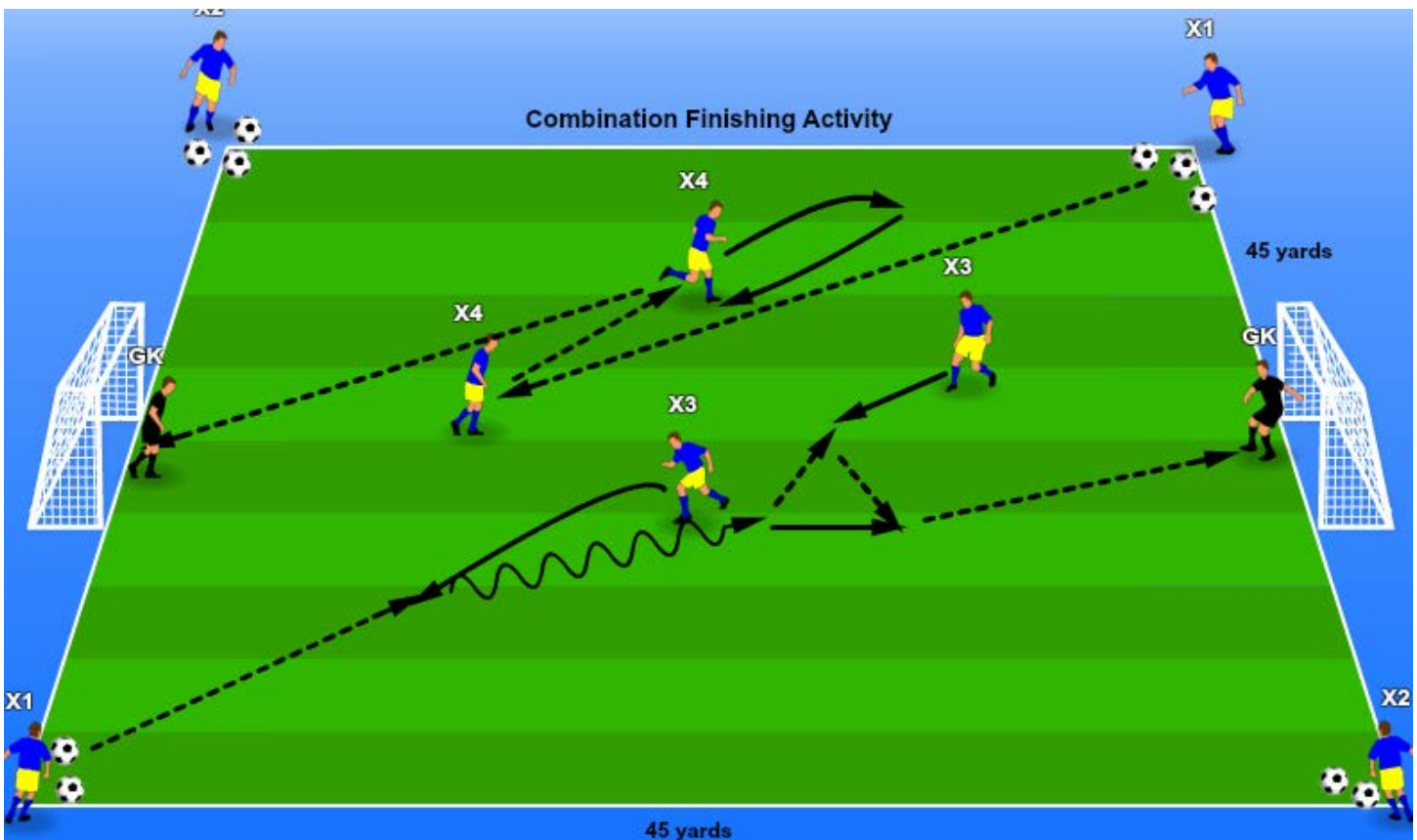

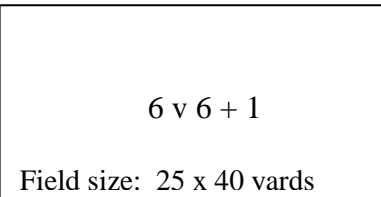
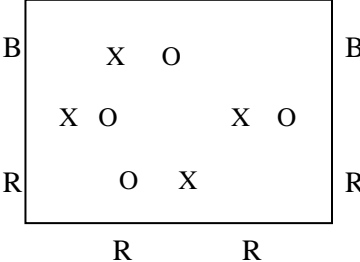
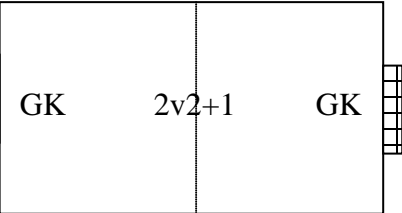


Diagram	Activity Description	Coaching Points
<p><b>Passing Sequence in 4's</b></p> 	<ul style="list-style-type: none"> <li>* X<sub>1</sub> passes back and forth to X<sub>2</sub>, after a couple passes one of them takes touch up field</li> <li>* X<sub>3</sub> and X<sub>4</sub> check for ball sideways on, and pass is played to X<sub>3</sub> (as ball passes X<sub>4</sub> she begins to support underneath X<sub>3</sub> – the player not making the pass overlaps around X<sub>4</sub>)</li> <li>* X<sub>3</sub> lays ball off for X<sub>4</sub> and plays in 3<sup>rd</sup> man run</li> </ul>	<p><i>All of the above plus:</i></p> <ul style="list-style-type: none"> <li>*crispness and quality of passes</li> <li>*timing and shape of runs</li> <li>*body shape of targets</li> <li>*timing of 3<sup>rd</sup> player run</li> </ul>
<p><b>Target Game – Play the Way You Face</b></p> 	<p>6v6 game to targets</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>*point each time a team can play from one target to another without losing possession</li> <li>*restrict targets to one touch</li> <li>*give the game a direction when you win it</li> </ul>	<ul style="list-style-type: none"> <li>*playing the way you face quickly when ball won</li> <li>*body shape so that you can see ball and target</li> <li>*receiving ball with open body shape and across body whenever possible to face goal</li> <li>*support underneath player with the ball so that they can play the way they face</li> <li>*up-back-through concept</li> </ul>
<p><b>Bumper Game – Play the Way You Face</b></p> 	<p>30 yard square</p> <ul style="list-style-type: none"> <li>* 4v4 inside of grid with bumpers on outside playing for whatever team plays them the ball</li> <li>* when a team wins possession – they must establish a direction in the game by playing to a bumper</li> <li>* that defines a back 4 of bumpers and two forward bumpers</li> <li>*team must get ball to forward and back to a 3<sup>rd</sup> player for a point</li> </ul>	<p><i>All of the above plus:</i></p> <ul style="list-style-type: none"> <li>*Play the way you face</li> <li>*Body shape open to see the ball and forwards</li> <li>*Early support ‘underneath’ the ball</li> <li>*Finding 3<sup>rd</sup> player runs</li> </ul>
<p><b>Transition Finishing Game</b></p> 	<ul style="list-style-type: none"> <li>*Two teams line up outside of field at midfield – one team to each side of coach: players lined up in pairs</li> <li>*One neutral on the field</li> <li>*When coach plays the ball in, 2 players from each team enter to play</li> <li>*Ball goes in goal or out – all but neutrals quickly leave field</li> </ul>	<ul style="list-style-type: none"> <li>*shooting mentality – shoot whenever you have the opportunity</li> <li>*movement off ball to put defenders in position to choose between two options</li> <li>*look for overlaps, diagonal runs, dummy runs, etc.</li> <li>*rapid transition</li> </ul>
<p><b>Cooldown</b> Field Players vs GKs Finishing</p>	<p>Player dribbles and runs takeover with teammate leaving ball or a 3<sup>rd</sup> player to shot</p>	<p>Fun and competitive cooldown Emphasizes placing (low) and following shots</p>

# SOCCKERLYMPICS

Using competition and skills events to generate enthusiasm, excitement and passion for improving technical skills outside of training.

During 2011-12, we used 6 of 16 iSoccer (see isoccer.org) technical measurement activities as a start for the Rio Soccerlympics Program.

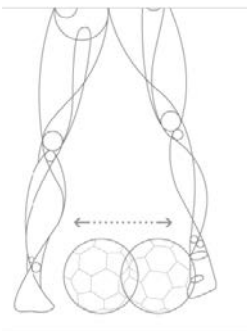
Ways to use Soccerlympics with your team:

- 1) Keep the best scores with you at all times so you know when someone beats their personal best (U12-U14 teams can be provided data from last year for their team)
- 2) Use quick measurements during a session to see if they can beat their personal best
- 3) Using 20 seconds as a time constraint/competitive element – requires technical excellence without fatigue/exhaustion
- 4) Set goals for the week/month/season: team (total or average score), individual
- 5) Reward success – reaching individual levels (focused on improvement) or team goals: pizza party, stars, website, etc.
- 6) Coach and/or parent measured and then used as target scores for players to beat
- 7) Using fun skill games in training that improve players abilities to improve technically (different from but similar to actual measurement): no spin juggling – seated/standing/high to low, foot/head/bounce – foot/head, least # of juggles in 10 seconds, time to get 100 touches, heading off a wall, passing off a wall, etc.

## SOCCKERLYMPICS EVENT – FOUNDATIONS

*Timed Activity: Duration = 20 seconds*

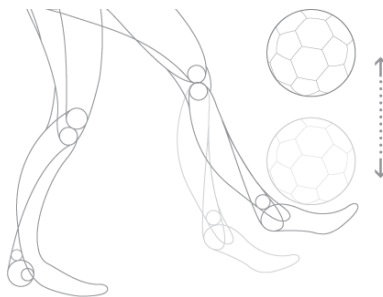
Using alternating feet, knock the ball back and forth with the inside of your foot. Each touch counts as one point. Count the total number of touches within 20 seconds to determine your score.



## SOCCKERLYMPICS EVENT – JUGGLING WITH FEET

*Timed Activity: Duration = 20 seconds*

Juggle the ball with your favorite foot (you may start the ball from your hands). Each touch counts as one point. Do not count touches with your other foot or other body parts. If the ball touches the ground, pick it up and restart counting at one. Record your highest score within the 20 seconds.

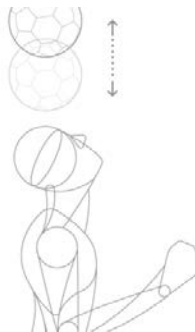


Repeat with your less favorite foot.

## SOCCKERLYMPICS EVENT – JUGGLING WITH HEAD

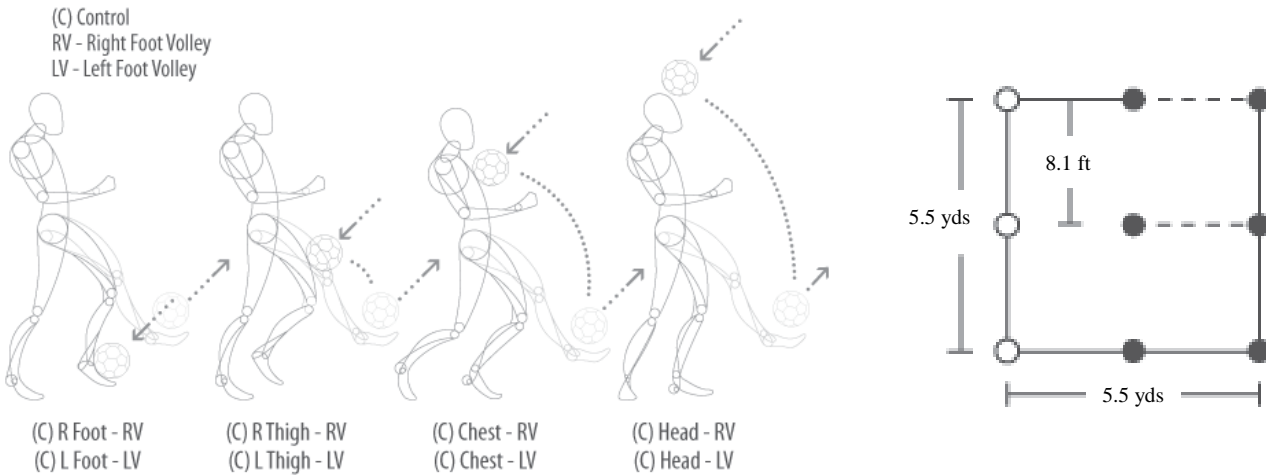
*Timed Activity: Duration = 20 seconds*

Juggle the ball with your head. Each touch counts as one point. Do not count touches with any other body part. If the ball touches the ground, pick it up and restart counting at one. Record your highest score within the 20 seconds.



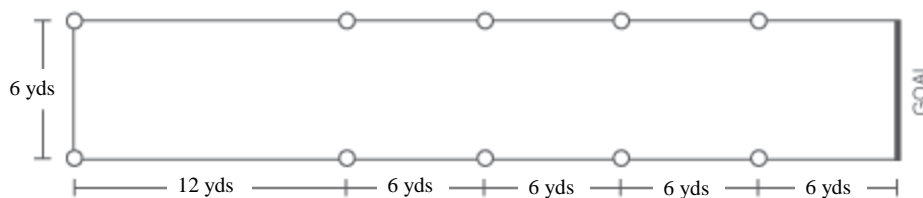
## SOCCKERLYMPICS EVENT – RECEIVING/VOLLEYING

Arrange cones as shown below. This skill uses a partner to toss the ball to you. Control the tossed ball using eight different body parts (foot, thigh, chest, head), and return the ball to your partner by volleying it with the designated foot (RV or LV). Attempt the complete set of eight control/volleys from 8.1 feet. Each successful aerial control and volley back to your partner counts as one point. If you score 6 or more points, back up to the 5.5 yard line and go through the complete set again. There are 16 possible points for this exercise. Do not count if the ball hits the ground, or if your partner must lift one of his feet to catch the ball. You must stay behind the 8.1 foot and 5.5 yard lines at all times.

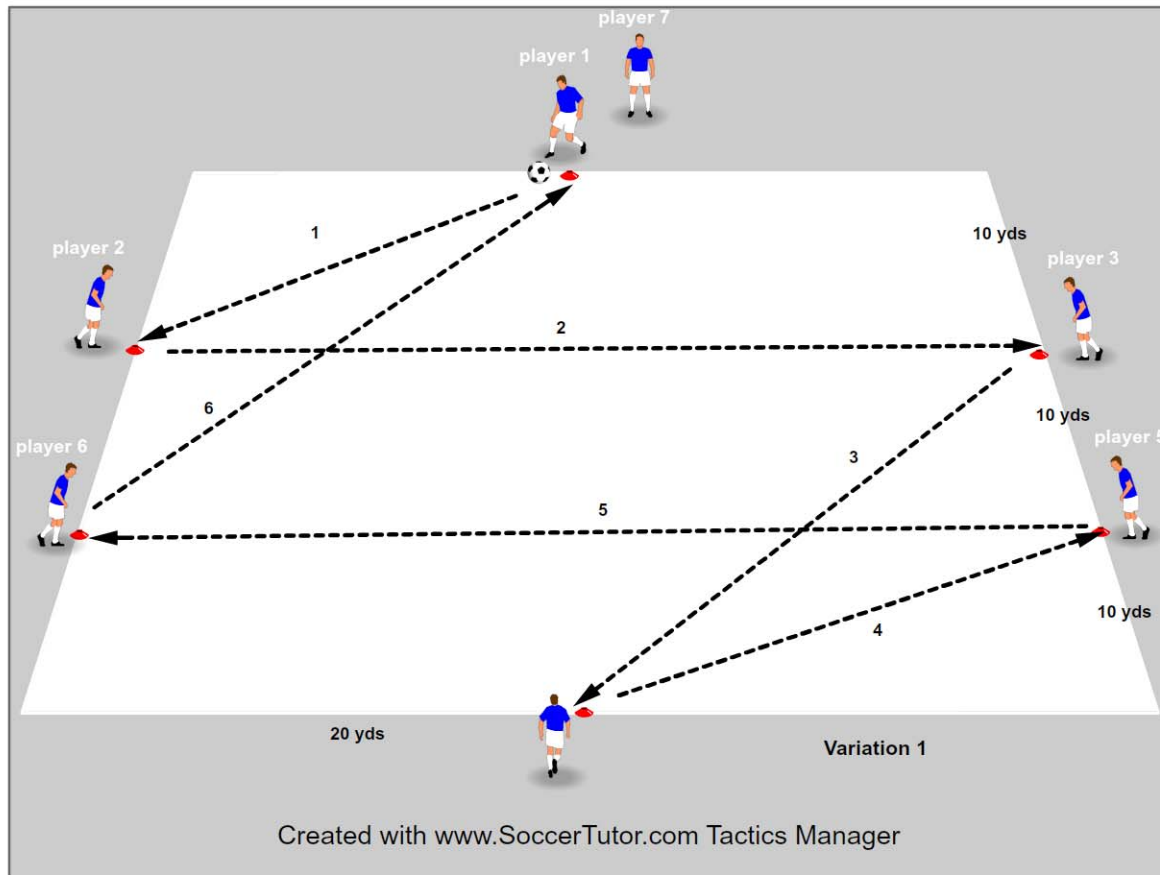


## SOCCKERLYMPICS EVENT – BALL STRIKING

Place two balls at each of the distances shown below. Starting from the 6 yard line, strike a ball on goal with each foot. You are only allowed one attempt with each foot. The ball must cross the goal line in the air in order to count as one point (or hit the net before the ground if using a flat back goal). Do not count balls that miss the goal or bounce before the goal line. Do not count any ball that is toe poked (to discourage the promotion of incorrect technique – directors should look out and make sure these are not counted). This exercise must be completed in order from the shortest to the longest distance for a total of 10 possible points. If a player misses both attempts at any distance, you do not move on to the next distance and are done at that point.



### Celtic Passing and Receiving Activity



<b>Date:</b>	9/Sep/2012	<b>Measurement:</b>	20 x 30 Yards
<b>Time:</b>	N/A:N/A	<b>Players:</b>	7
<b>Duration:</b>	N/A	<b>Level/Age Group:</b>	U11 - U18

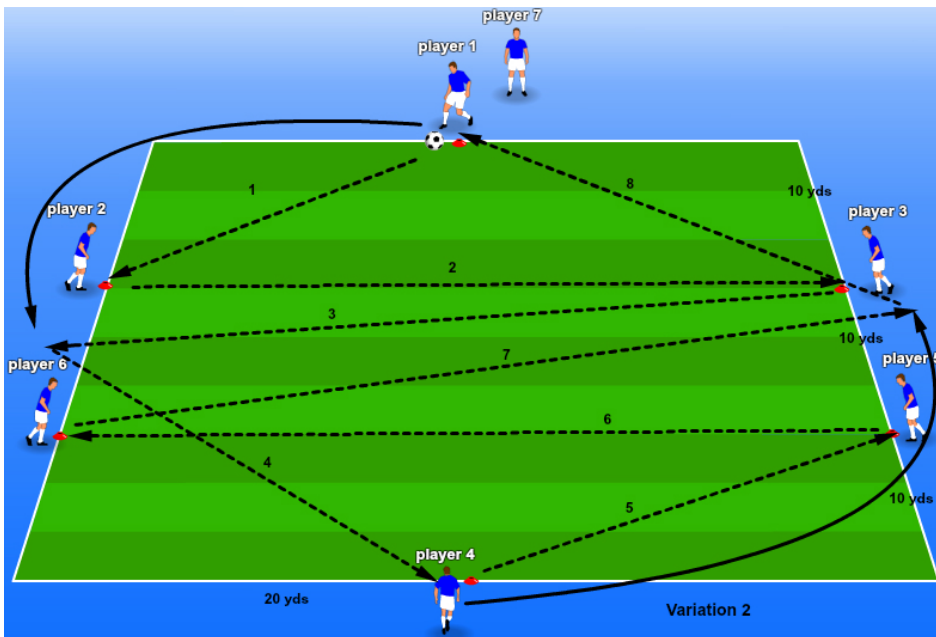
**Description:** Players pass in numerical sequence shown and follow their pass.  
 Solid lines - player movement  
 Dashed lines - pass  
 Zig-zag line - dribble

**Objective:** Improve passing and receiving - speed of play and quality technical execution on the move

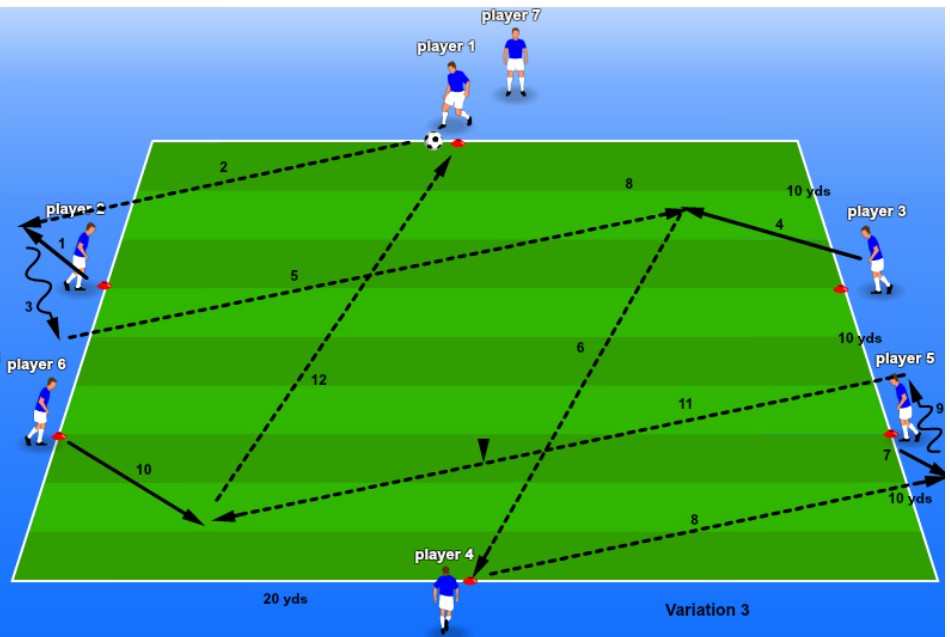
**Coaching Points:** Pace of pass - weighted crisply for speed of play - played to proper foot  
 Receive across body or with proper foot based on pressure  
 First touch leads you to next pass  
 Check away and show for ball with proper timing  
 On the move while you receive the ball

**Progression:** Five variations

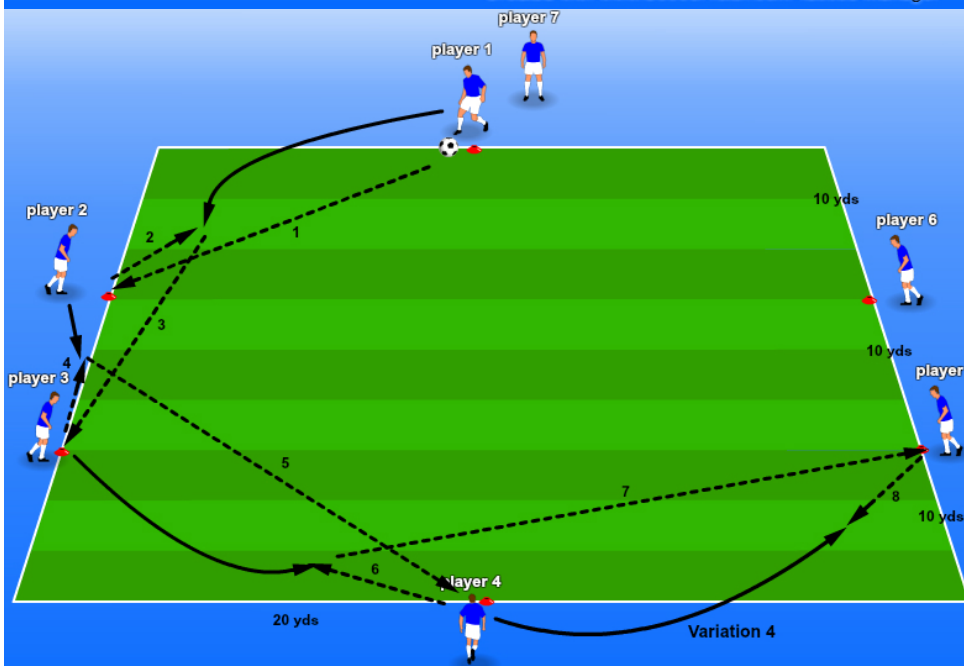




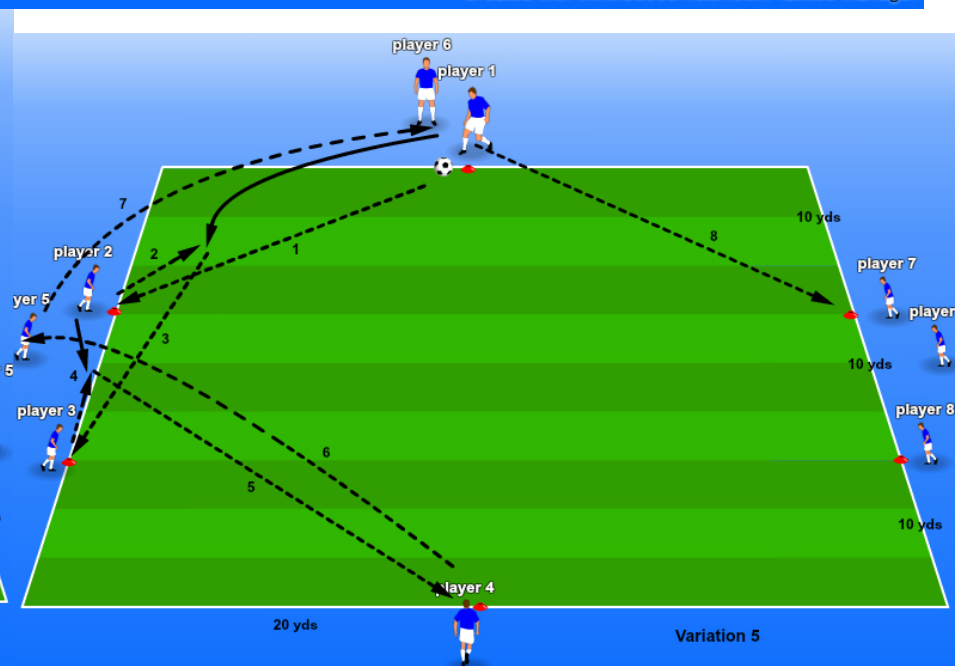
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