



of Middle Tennessee

We build strong **kids**, strong **families**,
strong **communities**.

Brentwood Family Center

COACHING YOUTH SOCCER



Under 14 & 15

Our Mission

*A worldwide charitable fellowship united by a common loyalty to Jesus Christ
for the purpose of helping persons grow in spirit, mind and body.*

Under 14 & 15 Youth Soccer

Dear Coach,

The Soccer Coach Education Committee wishes to thank you for your time and effort this upcoming season. We would like to provide you with the following information that we believe will be helpful.

- 10 ideas appropriate to all age groups
- Specific suggestions and practice outlines for your age group
- A list of valuable books and video tapes appropriate for each age group
- Information on obtaining State Coach Certification
- Schedule of when local High School and College games are played in our area
- Information on available soccer publications

In addition, we hope to provide the opportunity for those interested to attend an introductory parent/coach clinic sponsored by the Tennessee State Soccer Association.

Remember:

- Have each player bring a #5 soccer ball to each practice.



TEN IDEAS WHICH ARE APPROPRIATE FOR ALL AGE GROUPS

PLEASE:

1. Be Prepared – Arrive at practice before your team and know what you are going to do before you get there. To coach, you must be a teacher, and like a teacher, you will need a plan.
2. If your players aren't able to perform a specific drill, STOP. Start again and if necessary, take a step back. Be adaptable – use balloons to teach ball juggling skills. Have enough activities in your lesson plan to change often, and if something doesn't work that day, change to another activity.
3. Keep your players active – Remember the younger the child, the shorter the attention span. To eliminate waiting in line, divide your team into small groups when performing drills.
4. Every player should spend as much time as possible in contact with the ball during practice. Acquiring a feel for the ball is crucial for developing good soccer skills. Each player should bring a ball to practice and be encouraged to practice at home.
5. Ask you player's parents to help. Just remember to provide them with guidance on how they can assist you.
6. Be Positive – Recognize each child for their achievements and for any improvements that they make. Please don't be critical of children playing soccer. It's a game and it should be FUN!
7. Let your players know what kind of behavior is expected.
8. Be Fair – Regarding playing time. Remember the youth coaches golden rule – “Do unto all children as you would have done unto your own child.”
9. Let them Play – However, instead of always scrimmaging another team or dividing your team into 2 groups, try 3 v 3 in a smaller area. This will allow increased opportunity for each player to touch the ball and increase skill development.
10. Winning and losing – Your success as a coach should not be measured by your record at the end of the season, but by the enjoyment that your players receive and by the amount that they improve as individuals and as a team.

Keep the “FUN” rolling



Under 14 & 15 Age SOCCER IN A NUTSHELL

Please refer to the League Rules for more detailed explanation of specific rules

12 players on a team. 8 v 8 games
(8 including the goalie).

The goalie will be identified by a different colored shirt or goalie jersey.

Tripping, pushing, handling the ball or kicking an opponent are fouls and are penalized by a direct free kick.

A direct free kick is a place kick on which a goal can be scored directly.

If a personal foul is committed within the penalty area by the team defending that end, a penalty kick is awarded.

Only the goalie can defend against a penalty kick.

Penalty kicks will be from 12 yards.

Minor fouls, such as dangerous play, are penalized by an indirect kick.

A goal cannot be scored directly on an indirect kick (i.e. another player has to touch the ball first).

The ball must be touched by another player (on either team) before the player taking the kick/throw-in is allowed to touch the ball again. This applies to:

- Goal Kicks
- Corner Kicks
- Kick-offs
- Direct/Indirect Kicks
- Throw-ins

When the ball is kicked past the sideline by your team, the opponent gets the ball to put into play with a throw-in.

When a ball is kicked past your goal line by the other team, a goal kick by your team puts the ball back into play

When your team kicks the ball past your goal line, the opponent gets a corner kick.

A goal can be scored directly on a corner kick.

A goal is scored when the ball goes into the goal (i.e. under the cross bar and between the uprights completely over the goal line).

Keep the “FUN” rolling



SKILL DEVELOPMENT

In an effort to establish a consistent knowledge of soccer among the players, it is recommended that each of the coaches try to use the same basic soccer terms whenever possible. Consistency will not only help the children keep from being confused, but it will also allow the coaches to teach new knowledge instead of re-explaining old knowledge.

Guidelines and Suggestions for this age group:

1. Review basic/intermediate soccer skills and progress to advanced soccer skills.
2. Use games/drills to practice skills. Duels at full speed: lot's of 2 v 1 and 2 v 2 situations.
3. Use small sided games (3 v 3 & 4 v 4) to teach and practice soccer skills by dividing your team into small groups at every practice.
4. Combine the basic skills with a knowledge of "where and when" to develop soccer tactics.

Below is a list of the basic soccer skills and knowledge that should be explained to the U-14 & 15 age player. This will give future coaches a common base to build on. The knowledge can be checked by a series of "Q and A" during the practices.

BASIC SOCCER SKILLS

These skills are considered to be the basic skills needed to play a soccer game. These skills will be the building blocks for the future years. Remember when teaching skills, demonstrate the skill first and, if possible, break it down into a number of steps. Have your players work in small groups to allow you to correct errors in technique. If your soccer background is limited, or if you need to refresh your memory, go to the following link for some excellent soccer web sites www.brentwoodymcasports.com/soccerlinks

1. **Dribbling** – Show the players how to run with the ball while keeping it close to them. Keep the knees bent and encourage them to use both feet. Use the top of the foot (laces) to go forward. Use the inside of the foot to change directions. Use the inside of the foot to change directions. Stop the ball by stepping on the ball with the bottom of the foot. They should gain a sense of where the ball is and be able to look up while running.

COACHING POINTS

1. Head up to read the game
2. Ball close enough to the body to keep control
3. Change of speed
4. Change of direction
5. To beat an opponent
 - a. Body feint or dribbling movement to "throw" the defender one way
 - b. Change of direction
 - c. Change of speed
6. Individual Possession (Shielding)
 - a. Body between the ball and opponent
 - b. Keep body "sideways"
 - c. Lower center of gravity
 - d. Use arms to keep space
 - e. "Spin turn" away from opponent to relieve pressure
7. Running with the ball for speed
 - a. Ball is pushed out further in front
 - b. Use the instep (laces) and outside of the foot
 - c. Longer running strides



Suggested Games:

Set up a series of cones as obstacles, not necessarily in a straight line. Have each player run through the course as quickly as they can. This can also be done as a relay race to encourage the players to move quickly.

Mark off a 10 yard square area with the cones. Place 4 players each with a ball inside this area and instruct them to move around with the ball, keeping it close to them and staying inside the area. After a minute or two, step into the area and slowly walk around trying to tag each player. As the player is tagged he is out and leaves the area to juggle.

As your players improve, have them play 1 v 1 games using a single cone as the goal. By using only 6 cones, you can keep 12 players active and in contact with the ball.

2. **Passing** – Show your players how to kick the ball with the inside of the foot for shorter and very accurate passes and on the top of the foot (laces) for longer passes. The non-kicking foot should be pointed where you want the ball to go.

For inside the foot passing, point the plant foot toward the target. Lock the ankle. Keeping the toe up, strike the ball through the center.

For instep passing (laces), point the plant foot toward the target. Lock the ankle. Keeping the toe down and knee over the ball, strike the ball through the center.

COACHING POINTS

1. Standing foot next to the ball pointed in the direction of the target.
2. For different passes the ankle locked with:
 - a. Toe pointed toward the shin for inside the foot pass
 - b. Toe pointed down and inside for outside the foot pass
 - c. Toe down heel up for driven pass
3. Bend at the knee
4. Follow through.
5. Accuracy- pass should be to the intended target (player's feet).
6. Weight or Pace- pass should be played such that the receiver is able to control the ball or play it comfortably with one touch
7. Timing- pass should be played into the path of the receiver
8. Angle- passes that should be played on angles, so that they are not intercepted.
9. Disguise- pass should be made, so that it does not “tell” the opponent where it is being played.

Suggested Game:

Practice “Power” kicks by starting with stationary balls, then move to moving balls as the players progress. The idea is to lift the ball on the kick. Have a game to see who can kick the highest.



3. **Receiving (Stopping) the Ball** – Show your players how to stop the ball. Many different parts of the body can be used. The idea is to control the ball, not just let it bounce off of you. Explain how to use the bottom of the foot, inside of the foot, shin, thigh and chest.

COACHING POINTS

1. Get in line of the flight of the ball
2. Watch the ball
3. Make an early selection in the body surface to use
4. Relax the controlling surface
5. Control ball into a space or away from pressure
6. Preparation touch (first touch) should allow the player to shoot, pass or dribble with the next touch

Suggested Game:

3 v 1 keep away games in a designated area are excellent, as they introduce trapping, controlling and passing the ball under pressure.

4. **Finishing** – Show your players how to kick the ball with the instep (laces) of their foot or the inside of their foot into the goal. Be sure to let them know that the idea is to kick the ball around the other players, not through them.

COACHING POINTS

1. Approach to the ball at an angle (open the body).
2. Standing foot next to the ball pointed in the direction of the target
3. Ankle locked-toe down and heel up
4. Body over the ball- momentum forward
5. Solid Contact
6. Follow through-toe pointed
7. Land on kicking foot
8. Watch the ball during the whole process
9. Consideration should be given to placement versus power in certain situations in and around the penalty area

Suggested Game:

Make a goal by placing 2 cones, 3 yards apart, and put a goalie in place. Have another player take shots from 10-15 yards away with the designated foot and foot surface. After 10 shots, have them switch positions and after each player has had a turn, change foot or foot surface used to shoot. Encourage the players to sacrifice power for accuracy when shooting. Begin with stationary balls and move quickly to rolling balls. For example: “Play the ball slightly forward with the inside of the left foot and shoot with the instep of the right foot.”

5. **Throw-ins** – Show your players how to throw the ball over their heads with two hands while keeping both feet on the ground. Two hands must be used and the ball must go straight over their head. When the ball is properly thrown, it will not spin.

Suggested Game:

Easily practiced in pairs, small sided games and in scrimmages.



6. **Heading** – Show the players how to head the ball at the “hairline” of the forehead.
(Recent medical research discourages repeated heading of the ball.)

COACHING POINTS

1. Get in line with the flight of the ball
2. Watch the ball
3. Make contact with the forehead
4. Keep eyes open and mouth closed
5. Time the run and jump to head the ball at your highest point
6. For attack:
 - a. Direct the ball down towards the target-goal, teammate, path of teammate
 - b. Glance the ball toward the target
7. For Defense:
 - a. Direct the ball high, wide and for distance.

Suggested Game:

Easily practiced in pairs. Try using a beach ball to introduce this skill.

7. **Tackling** – For the safety of all players it is recommended that slide tackling be discouraged.

COACHING POINTS

1. Non tackling foot close to the ball-do not reach for the ball
2. When making contact with the ball, ankle should be locked
3. Momentum forward through the ball
4. Watch the ball
5. Time to tackle- after opponent touches the ball and foot goes down
6. Low center of gravity
7. Block tackle- use back foot
8. Poke Tackle- use front foot

Suggested Game:

Easily practiced in pairs, small sided games and in scrimmages.

8. **Goal Keeping** – Show the players the basic goal tending skills, such as:
- Place your body squarely between the ball and the goal when making a save.
 - Catch the ball with two hands and bring it into the chest – HUG THE BALL.
 - Stand at least 1 yard in front of the goal line and move to reduce the angles.
 - Talk to your team – shout “GOALIE BALL” when making a save.
 - Punt or throw the ball towards the sideline, not up the middle of the field.
 - After catching the ball, take no more than 6 seconds to put the ball back into play.



9. Crossing

COACHING POINTS

1. Look at the “runners in the box”
2. Select type of cross-pull back on ground, driven low near post, bending ball to the far post
3. Prepare the ball on an angle towards the “box”
4. Standing foot along side the ball and towards the middle of the field
5. Pull the ball back away from the goal line.

KNOWLEDGE

The list below is the basic soccer knowledge the players should have prior to advancing to the next level. Consistent basic knowledge will help the players, and coaches, as they change teams.

1. Don't touch the ball with hands.
2. When the ball goes out-of-bounds on side, the game restarts with a throw-in.
3. When the ball goes out-of-bounds on end, the game restarts with a corner kick or goal kick.
4. Identify the two main places on foot to kick the ball (instep & inside foot).
5. For a throw-in, the feet stay on ground and the ball is thrown straight over head with two hands.
6. When the whistle blows during a game, everyone stops.
7. Be able to identify your position and basic boundaries.
8. Move to an open space instead of bunching up on the ball.

U-14 & 15 Age POSITIONS

The U-14 & 15 Division teams consists of 8 players on the field at one time (including the goalie). This age group uses a dedicated goalie. In an effort to understand and improve the older player we have to begin to open the player's eyes to the tactical aspects of the game. All eight players must constantly be evaluating the entire field and making decisions related to offensive and defensive situations that are occurring. Below you will find a basic “break-down” of positions.

Defenders (Fullbacks)

The defenders primary objective is preventing goals, although they must be ready and able to launch a counterattack once they come into possession of the ball. They also serve to protect the goalkeeper from overwhelming attack by the opposing team. These players need quickness and agility in order to stay with fast, attacking forwards.

Midfielders (Halfbacks)

The midfielders as a group act as a link between the defense and the offense, and they must be as adept at initiating plays as they are in breaking up attacks. The midfield area is crucial in soccer tactics. Strength and stamina are essential to midfielders, who often find themselves in their own goal area when on defense and moments later deep in their opponents territory. All should have goal-scoring potential. The midfielders are the team's workhorses, equally at home on either side of the halfway line.

Forwards (Strikers)

The primary objective of the forwards is to provide goals for their team, even though they should be able to switch to a defensive posture when the other team has the ball. Forwards usually are chosen for their speed, quick reflexes, courage and shooting skill.



NOTE: Please don't "plant" a player in position and tell him/her to stay and wait for the ball. Soccer positions have some unusual names such as sweeper and stopper, but no one should be asked to play a "statue." Remember, everyone moves. Sometimes they run, sometimes they jog, sometimes they walk – but everybody MOVES all the time.

Finally, knowing the roles of the various positions, and being in position will be useless without some of the basic skills previously mentioned. So please teach proper technique to your players and give them the opportunity to practice their skills in drill and in small sided games

SMALL SIDED GAMES

The use of small-sided games during a practice is strongly recommended. The players learn by doing more than by telling. Some of the benefits of small-sided games are:

- Increase skills through increased touches on the ball
- Fun activity, allowing each player to touch the ball frequently
- Allow easy observation and correction in errors in techniques or tactics

Divide your half of the field in two, to make two 20x30 yard fields with goals 5-7 yards wide. When playing 3 v 3, use two forwards and one combination goalie/fullback. When playing 4 v 4, use two forwards, one fullback and one goalie. Whenever possible, play 3 v 3 games, for it requires total involvement by all players and introduces the concept of playing in a triangle, one of the basic tenets of soccer. Rotate your players to different positions halfway through the games. Allow water breaks as such games are physically demanding. Play like regular game with throw-ins, corner kicks, etc.

Remember to also use inter- or intra- squad scrimmages on a regular sized field or half a field to allow your players to acquire a feel for the actual dimensions of the field.

INTRODUCE SOCCER TACTICS

The best way to introduce your player to soccer tactics is by playing uneven small sided games such as 3 v 2. Let them discover some of the basic concepts themselves.

ENCOURAGE THEM TO

"Stay spread out"
"Go Help"

LEARN

To maintain width and depth
Support player with the ball

THINGS TO EMPHASIZE FOR THE OLDER AGES

Continued Skill Development

- Continued instruction in proper technique – dribbling, kicking, receiving, etc.
- Introduce use of the outside of the foot in dribbling and feinting
- Receiving and controlling the ball – develop a controlling first touch with different parts of the body, and moving off the ball.

Continued Play of Small Sided Games

- 3 v 3 and 4 v 4 to allow maximum contact with the ball and practice of skill in a game situation.



Practice Game Ideas for U-14 &15

Knock-Out

Make a grid just large enough for the players to move around. This game is basically like keep away. The players have to kick out the other players balls with out having their own kicked out. If this is to hard or not working well you can pick someone to help kick out ball, this person would not have a ball, they would be "it." This works on shielding and holding the ball.

Follow the Number

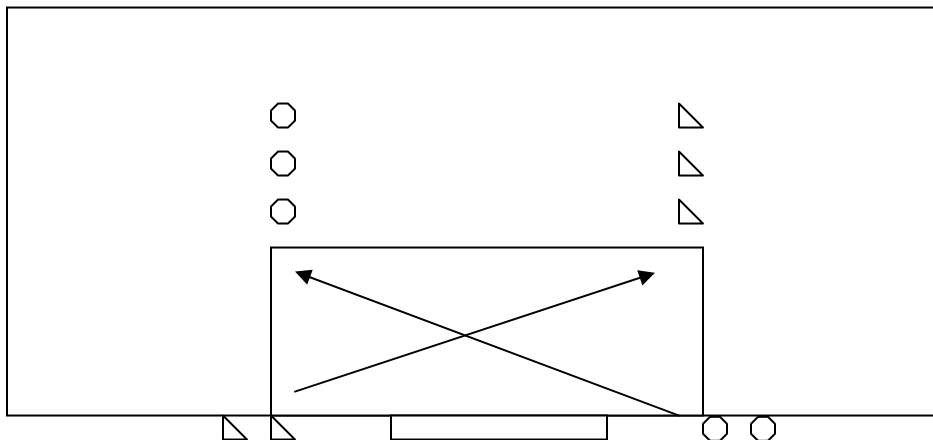
Give each player a number starting with 1,2,3 etc. The players are scattered around a large grid or just on the field. They should move the whole time and the ball should move in order from player #1 to player #2, etc... The players must call out their number prior to receiving the ball. This is also to help the person passing them the ball's ability to find them and know where they are. If this is to easy for some of the older players try using more than one ball. This helps the players look and receive the ball as well as moving off the ball.

Head-Catch

This is a fun one. Have the players line up in a line shoulder to shoulder. You will throw the ball at them and say either "head" or "catch." They have to do the opposite of what you say. If you say "head" they have to catch it, etc. If they mess up they are out and asked to just sit down in their spot till the next game. This works on heading, listening, and being on their toes.

Score

You split up into two teams, and then split the two teams in half. Put one half on one of the goal posts and the other at the top of the 18. The player on the post is going to pass to the player at the top of the box who is going to take a shot. Teams go one at a time. The other team will have a player in goal trying to stop the shot. This goalie can be the player who just shot the ball to make it a little interesting or it can just be a certain player, its your decision. If it is going to be a random player you can make the person who just shot have to run into the goal and play goalie.



Keep Away

Split up into two teams, and just play a good ole' game of keep away; either in multiple teams or everyone for themselves.



Skills Competition

Who can throw, kick, head, and anything else you can come up with, the farthest. You can also make this a race; do relay races with dribbling, just running, and anything else you can come up with. Players love competition. Make sure to stress that everyone is a winner!

Round up

5 or more players are needed. Players form a circle with one person in the middle. The middle person has a ball and passes it to someone in the circle, who passes it back. Once the players grasp the concept, have them jog around in a circle. This is a great way for you to make sure that each player has the correct technique.

The Name

4 or more players are needed. Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they learn everyone's names. If the players are doing well and you have enough players, and another ball, or add someone trying to get the ball ("it") to make them pass the ball quicker. For later in the season you can try using favorite colors or food to make the game a little more useful later in the season.

Explode

Every player must have a ball inside a circle. There should be as many cones as there are players. The cones are placed in equal distance away from the circle; say about 10-20 yards (coaches discretion). To start players dribble inside a circle. This will allow the players to practice dribbling with their heads up in a confined space. Then the coach should shout out an instruction such as, inside of the foot, outside of the foot, left foot only, pull back, etc. After about a minute or so of dribbling yell the word "explode." At this time players will explode from the circle to a cone. They must go around the cone then come back. The secret here is that no 2 players can go around the same cone. Then when they come back into the circle they must tag either the coach's hand or another object in the center of the circle. This helps with ball control, when the players come back into the circle they must have their ball under control, not rolling more than 3 steps in front of them.

Team Dribbling

This is a regular even sided scrimmage. However, since the object of the game is to encourage and increase the amount of dribbling going on, six small "cone goals" have been set up around the field. Each time a player dribbles through one of the goals, it counts as a point. Goals scored on the big goals count as well. Play with 2 or 3 balls to increase the amount of repetitions. To make this more difficult you can require a pass from one teammate to the other through the goal for a point.



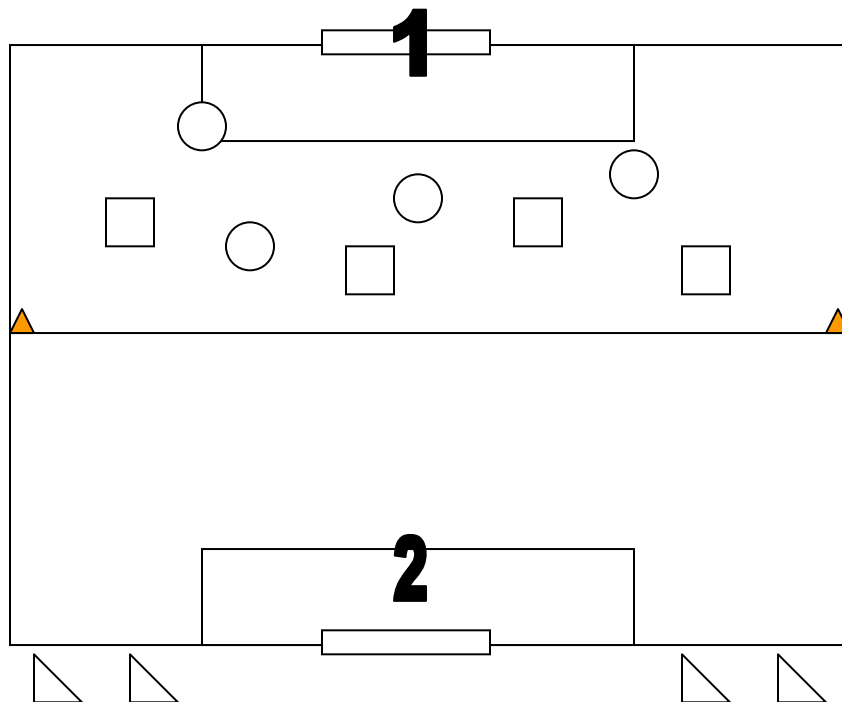
Shoe Grab ALL AGES

Have the players take off their right shoe and put it in a pile with all the others. Have the players dribble with their left shoe to a set of cones and come back to the pile. The player who puts their shoe back on first wins, this can be modified as you see best fit. This should help with using the weak foot.

Gotcha

Each player will need a ball. Player “a” is “it” and is the only player to start with a ball. All the other players around the outside of the grided space. Player “a” dribbles and tries to hit the other players below the waist with the ball. When hit, the player gets a ball and joins player “a.” The game is over when all of the players have been caught. The last player caught starts with the ball for the next game. If you think the task will be too difficult for the one player to get another at the start of the game, start with 2 players being “it.”

Monkey in the middle



The squares attack goal 1 which the circles defend. If the squares score the game starts over. If the Circles win the ball they must cross over the center line, once the circles have crossed over, then the triangles come out to defend goal 2 which the circles attack. The squares drop off to the goal line and waits for either team to come back across. If the team with the ball crosses over and scores they turn around and go try to score on the other end.



GAME DAY

As your players move into this age group, they are able to mentally and physically make a decision with the ball in a game situation. Additionally, they are more willing to share (pass) the ball during play. Keeping this in mind, we encourage you to stress:

1. Maintaining possession of the ball individually and as a team.
 - Individually through increased skill development – dribbling, feinting, shielding
 - As a team:
 - a. By passing to a teammate, or by passing to a space
 - b. Proper positioning – maintaining width and depth – “spread out”
2. Making the proper decision with the ball at the right time.
 - When and where to take on an opponent and try to beat him by dribbling
 - When to pass, where to pass, and whom to pass to

If you are uncertain of these concepts, try relating soccer to basketball. For example, the ball can be moved up the court (field) much faster by passing than by dribbling. Also, “FUNDamental Soccer Tactics,” a book recommended in the list of suggested reading material, is an excellent source of information.

SPORTSMANSHIP

Jeff and the Soccer Committee do their best to balance the teams as equally as possible and generally are very successful in doing so. However, when one team is vastly superior to another, we would like you to help us prevent extremely one-sided games from occurring. These games serve no one’s interest, especially the children on the losing team, and invariably lead to hard feelings on the part of parents and coaches. We know that we cannot ask your team to stop trying, but simply taking your best players out, or placing them in the goal or in a defensive position, will reduce or prevent additional scoring and the negative feelings that might result. Your cooperation in this regard is greatly appreciated.

CLOSING THOUGHTS

Please let us know, through the YMCA Sports Department or any one of the Coach Education Committee members, if this information in this booklet is helpful to you. If you have any suggestions or ideas that you believe would be beneficial to our program, we look forward to hearing from you. Due to smaller registration numbers in the U-14 & 15 divisions we are playing 8 v 8 this year.

Thank you coach, and have a fun season!

Keep the “FUN” rolling



COACHING CERTIFICATES

USSF and NSCAA coaching courses are held through out the year in Middle Tennessee. If you are interested in obtaining more information on these courses as well as dates, times and locations go to www.tnsoccer.org

LOCAL GAMES

Our young players have little exposure to soccer through the media and much can be learned through observation. We would encourage you and your players to attend local high school and college games.

Brentwood Soccer Club - Select Teams

The Select teams play many local tournaments during the fall and spring season.
Contact Jane Olinger (300-6552)

Brentwood, Brentwood Academy, BGA, Centennial, Franklin, & Ravenwood High Schools

Game dates and times are listed in August on the TSSAA web site. www.tssaa.org
Boys – Play in the Spring (March – May)
Girls – Play in the Fall (August – November)

Belmont

Both Men's & Women's teams play in the Fall. The schedule comes out in July or August.

Lipscomb

Both Men's & Women's teams play in the Fall. The schedule comes out in July or August.

Trevecca

Both Men's & Women's teams play in the Fall. The schedule comes out in July or August.

MTSU

Women's team plays in the Fall. The schedule comes out in July or August.

Vanderbilt

Women's team plays in the Fall. The schedule comes out in July or August.

Nashville Metros

Games are played in the Summer at the Ezell Park Complex at Harding Place and I-24.

Adult League

The adult leagues play in the fall and spring.

