



Coaching Curriculum for NSFC Strikers

Mission Statement: The No Sunday Football Club (NSFC) is a soccer league designed to take back the family by preserving Sunday. We respect family time and values while at the same time providing our league with staff who are innovative and pro-development for each and every player. Our league believes in maintaining an emphasis on a high-quality brand of soccer while expecting excellent sportsmanship. The NSFC staff comprises directors, coaches and office administration who have over 30 years combined experience in the soccer world and who are looking to promote a healthy soccer and family life. Our beautiful new fields will be the best in the state. Our ultimate goal is to provide youth and their families with an excellent soccer experience while keeping family values intact.

NSFC Strikers Core Values

1. Family
2. Commitment
3. Discipline
4. Teamwork
5. Excellence

Goals:

- I. Strive to re-teach the importance of keeping relationships strong.
- II. Help kids grow into a well-rounded athlete that displays respect, dignity, and passion for soccer.
- III. Emphasize the importance of having disciplined athletes and parents.
- IV. Have structured and organized practices with a purpose for each drill.
- V. Maintain a great communication link with coaches and parents.
- VI. Unity throughout the whole NSFC program (every coach follows same procedures, techniques, and tactics of play).
- VII. Stress the importance of academics and maintaining good grades.
- VIII. Kids are expected to demonstrate behaviors that reflect positively on their coaches, parents, referees, and peers around them. Display--Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship!
- IX. Set attainable goals at each age group and discuss them with the kids.
- X. Incorporate development at several positions at the younger ages (U-6 to U-10). Have fun, enjoy coaching, build relationships, and stay positive through every circumstance.

I. Strive to re-teach the importance of keeping relationships strong.

STRIKERS club motto. Coaches need to teach and re-teach the importance of building and keeping strong relationships with the team, parents, and coaches. When there is team camaraderie, the sky is the limit with the success you can have.

II. Help kids grow into a well-rounded athlete that displays respect, trustworthiness, and passion for soccer.

Our focus as a club is to help these young kids gain respect for themselves and their opponent as athletes. Respect starts from our coaching staff. We need to set an example as coaches so the kids can learn from their leaders. As coaches we need to gain the trust of our athletes. Building that trust will open up different avenues of learning and understanding the game of soccer. Lastly, passion for the sport needs to be demonstrated by the coaching staff. If we put our hearts and hard work into building relationships, training and games then that heart will be reciprocated from the kids.

III. Emphasize the importance of having disciplined athletes and parents.

Discipline will be a key component to our club. Coaches will need to show control of their teams and their parents.

1. Set limits for the team at the beginning of the season.
2. During the parent meeting, explain the discipline procedures with the parents so they are on board with the process.
3. Follow through with the disciplinary plan (empty threats will lead to a destructive team).
4. Communicate with the parents if disciplinary action has to occur (i.e. disrespect-[talking back] to coach, cursing, failure to follow directions repeatedly over a long period of time, etc.), extensive horse play, failure to comply with directions given, etc.
5. Review parent conduct for games and what's expected of them. Emphasis on staying positive and supportive during their kid's games. If this is not followed, they will be asked to watch from another area.

IV. Have structured and organized practices with a purpose for each drill.

Coaches will have a plan ready for each practice and modify as they go if needed. Being organized for each training session keeps fluency and engagement to the highest point at all age levels. Speed and agility training will be a positive component added in throughout the week.

1. Warm up/dynamics-(coach needs to model the warm up routine over and over until it's mastered without assistance)
2. Individual/Partner touches-(drills used for quick touches, one/two touch passes, gates, 4-5 touch explosion with containing, etc.)
3. Small group drills-(focus on more technical play, possession, movement, touches into space, overlapping, 1-2 touches and release, etc.)
4. Whole group drills-(focus on more tactical play, offense/defensive, formation sets, set pieces-corners, goal kicks, free kicks, overlapping from the back line, switching the fields,

possession from the back line up to the front line, etc.)

V. Maintain a great communication link with coaches and parents.

We WILL maintain a great communication connection with parents via email, phone call, text message, or in person. A line of communication will keep the parents in the loop about every aspect of the season. This will be a requirement for all coaching staff. We want parents feeling comfortable about who is guiding their children. We want them to be able to plan out their week ahead of time. Team managers will be beneficial with keeping up this communication link but overall it is the coach's responsibility and duty to build that relationship.

VI. Unity throughout the whole NSFC program (every coach follows same procedures, techniques, and tactics of play)

NSFC will be a unified program that will help kids learn soccer through discipline, respect, team unity, consistency, and motivation. We will have every coach following the same procedures, techniques, and tactics of play (appropriate for each age level).

VII. Stress the importance of academics and maintaining good grades.

Academics should be a strong focus for all ages. Incentives can be put in place for maintaining academic excellence. This will be at the coach's discretion but very highly recommended. Communicate with your parents in your team meeting about this area so they are aware of what you're expecting from the kids. **(This is not mandatory but recommended).**

VIII. Kids are expected to demonstrate behaviors that reflect positively on their coaches, parents, referees, and peers around them. Display--Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship!

We want to teach our kids the correct behaviors that reflect positive attitudes towards all coaches, parents, referees and peers around them. It starts with the coaching staff. We will teach the kids how to maintain their composure in heated situations. If there are behavior issues during training or games, they will need to be dealt with accordingly. If the behaviors are not fixed with one-on-one conversations with the athlete, please make sure to talk to the parents about a plan to help correct the issues.

IX. Set attainable goals at each age group and discuss them with the kids.

Have chalk talk discussions with your team and make sure they know what their goals are for the season. Have goals that can be met by at least 90% of the team. You may have a few kids that will need extra help with meeting the goals you set. Don't give up on them, find other routes to help them succeed. Communication, again, is the key to a successful season.

X. Incorporate development at several positions at the younger ages (U-6 to U-8). Have fun, enjoy coaching, build relationships, and stay positive through every circumstance.

Focus on development at different positions especially at the younger age levels. Challenge your kids to try new positions so they make themselves aware on how to play in more than one spot. This will help with their understanding of the game as well. You have a huge role in this coaching position. You will be changing lives daily and may not even know it. Though it may be stressful at times, find a way to make it fun and enjoyable for all. Build as many relationships as you can, stay positive and love the sport. Go Strikers!!!

Coaching Expectations:

1. Build Relationships
2. Communicate with Parents
3. Be Trustworthy
4. Child Safety
5. Positive Role Model
6. Maintain Discipline
7. Be Organized
8. Be on Time
9. Love Coaching

U6-U18 number of players on the field

U6 (2012 and younger) | 4 against 4 no goal keepers
U7-U8 (2011 and 2010) | 4 against 4 no goal keepers
U9-U10 (2009 and 2008) | 7 against 7 with goal keepers
U11-U12 (2007 and 2006) | 9 against 9 with goal keepers
U13+ (2005 and older) | 11 against 11 with goal keepers

The Four Components of Soccer

1. **Technique**-These are the types of players who have raw talent. He or she may not be there physically, but usually can hold the ball, make accurate passes, take great shots, etc.
2. **Tactical**-a player who can read the game. Players that are tactically intelligent know their role in the team and know their duties. This aspect of a player is key when it comes to changing shape/formation, or specific tactics when taking on different types of opposition.
3. **Physical**-These are the types of players who are physically developed. Perhaps genetics has played a vital role; athleticism is not the issue.
4. **Psychological**-these are the types of player who have a strong mental game. These are the folks you want taking your penalties, free kicks, etc. Cool heads, these players are usually the captain as they can usually motivate others and themselves.

U6-U10 Introduction

Key Concepts of Training/Practices for all levels:

1. Warm-Up
2. Small Sided Activity
3. Expanded Activity
4. Game

U6- 4 v 4 with no goal keeper (4x8 minute quarters)

U7/U8- 4 v 4 with no goal keeper (U7—4x8 minute quarters/U8—3x15 minute quarters)

U9/U10- 7 v 7 with goal keeper (2x25 minute halves)

A practice session should progress from simple to more complex activities:

1. Warm-Up/Organizing activity: Emphasis on preparing the player both physically and mentally for the training session. General motor ability (i.e., balance, coordination and flexibility) should also be enhanced. Coaches need to be aware of each player to make sure the proper motor ability is taking place. Young players don't need stretching, but it's a good habit for them to begin early. Please make sure that you incorporate a dynamic warm-up before they actually do their static stretching.

Dynamic Stretching

Leg swings, open and close the gate, high knees, butt-kicks, donkey kicks, open wings, etc.

Static Stretching

Touch toes, right over left and vice versa, butterflies, calf stretch, quad and ham stretch, side lunge stretch, etc.

2. Small Sided/Individual activities: This portion will cover fun-filled methods that can improve a young player's technique in a playing, non-drill manner. Make these activities fun but focused on learning the game of soccer. This will be more of individual ball work where they can have fun working with the ball.

Ball freeze-dribble ball and yell freeze, kids will stop on the ball. You can also yell out a body part to have them freeze with too. Yell elbow, and the kids have to stop the ball with their elbow, etc. This helps with listening to direction and focuses on ball control.

1-2 Juggles-have the kid's juggle the ball 1-2 touches with each foot, knee, thigh and headers. For the more advanced kids, have them do 3-4 touches.

Cone base-have cones set up randomly about in a grid (20x20 or 30x30 depending on your spacing). Have the kids dribble around in the grid and yell out base. All the kids must find a cone to get to and freeze with their ball. You can start taking cones out and play it like musical chairs as an added activity.

Throw the gates-have cones set up about 3 to 4 feet apart. The kids will dribble through the gates using small touches on the ball. This will help with ball control and spatial awareness.

***There are several more activities if you need more ideas. Be creative!**

3. Expanded Activity/Games: These games will challenge the player (without the pressure of high numbers) to improve a variety of the needed skills. This will focus more on smaller groups so they can feel more comfortable with their own ability level. It also gives players the opportunity to touch the ball more often. Make the games fun and interactive. You can use points and other incentives to help with participation and interest in competing harder.

Retriever-Set up a game in which two teams of five to six players line up across from each other at a distance of 15 yds. On command (call players by name), one player from each side runs to win the ball and dribbles it back to the team. The other player tries to prevent this from occurring and attempts to dribble back to the other line. Keep score.

Quick shoot-Set up games of 2 v. 2 with goals approximately 10 yds. apart. As quickly as a shot is taken or the ball leaves the area, coach provides another ball.

Shoot 'em up-The players are sitting and balls are rolled or bounced to them. The player then shoots on goal. The key is that the players will stay on the ground and adjust themselves to scoring at aware positions.

Ball Rush-Divide players into two teams. Have teams opposite each other, outside a defined area 15 x 15 yds. Place eight to 10 balls randomly in the area. On coach's signal, both teams should rush into the area and try to bring a ball back to their side.

Circle Switch-Ask players to stand in a circle with one ball at one player's feet. This one dribbles the ball to any other player in the circle who proceeds to do the same.

Ball Tag-In pairs, play tag. One player dribbles until the other (with no ball) catches him. Ball possession changes at this point.

Crabby Touch- Three players sitting in a small circle must keep the ball moving with just the bottoms of their feet. If the ball goes outside their circle they must all move crab style to set up again and continue to play.

Shooter Switches-Set up a 6 yd. goal of cones. Place players on one side. On your signal each player shoots at the goal. When all shots are taken, players run through the goal and get ready to shoot again from the other side. Repeat as long as they're having fun. For added fun, be the goalie.

***There are several more activities if you need more ideas. Be creative!**

4. Final game: This time will be used to familiarize the player with the different aspects of playing in a match situation. Position development at these age levels are important to make sure all players switch roles so they can adapt to new spots on the field.

Play 3 v. 3 or 4 v. 4- with no goalkeepers. Have one extra team of equal numbers. They rest until you switch them. This allows for recovery.

Four Goal-All of the players are in the penalty box, and four goals are set on the lines. Divided into two teams,

each team scores as many goals as possible in any of the goals. Coach serves all balls one at a time.

Dribble Goals-Coach will need as many as four to six goals (cone goals) for this activity. Divide players into two teams. The teams can score in any goal of their choice. To score, players must dribble through the cone goals rather than shoot.

Moving Goals-All of the players are on the same team. Coach and an assistant (ask a parent to help) walk about with a stick held by one at each end. The challenge is for players to strike the ball under the stick (a moving goal) and between the adults for a goal.

Line Cross-Divide into two teams (different colors). Set up a large 20 x 30 yd area with no goals. Ask players to play 3 v. 3 with the challenge of kicking the ball over their opponents' end line. Keep score and change players about every minute.

Triangle Goalie-Set up a triangle in the middle of the field. This will act as a 3-sided goal and should be defended by three goalkeepers. All other play outside the triangle and may not go through the space. Goalkeeper specific.

Body Control-Have all players move around in half the field either dribbling the ball with their feet or throwing it in the air. When coach calls a body part, the ball is controlled with that body part called touching the ball. This focuses on ball touches.

***There are several more activities if you need more ideas. Be creative!**

U12-U14 Introduction

U11/U12- 9 v 9 with goal keeper (2x30 minute halves)

U13/U14- 11 v 11 with goal keeper (2x35 minute halves)

1. Warm-Up/Organizing activity: Emphasis on preparing the player both physically and mentally for the training session. General motor ability (i.e., balance, coordination and flexibility) should also be enhanced as well as vision on the field, mobility, and communication. Coaches need to be aware of each player to make sure the proper motor ability is taking place and field awareness is established by these age groups. Please make sure that you incorporate a more intense dynamic warm-up before they actually do their static stretching.

Dynamic Stretching

Leg swings, open and close the gate, high knees, butt-kicks, donkey kicks, open wings, etc.

Static Stretching

Touch toes, right over left and vice versa, butterflies, calf stretch, quad and ham stretch, side lunge stretch, short burst sprints, etc.

2. Small Sided/Individual activities: This portion will cover fun-filled methods that can improve a young player's technique in a playing, in a more constructed drill like manner. Make these activities fun but focused on learning the game of soccer and building more complex understanding of the game. This will be more of individual ball work where they can have fun working with the ball but also learning simple techniques and tactics needed at these certain age groups. Development of certain positions is now more distinct and need more explanation and directives about each job. Make sure to focus more on discipline and organization. Be consistent with your expectations and make sure that instructions are followed correctly.

Ball Control-A coach plays a ball into an area of two or three players. The players control the ball and pass it to each other so that every player touches it at least twice.

Press up-Half the players have balls and take on other players who defend passively. After a short time, switch roles. Accelerate defensive pressure and confine the playing space.

Head Switch-As in the above activities, each player tosses the ball in the air, heads it twice and then heads it to another player.

Headers Alive-In groups of three or four, players try to keep the headed ball alive. Condition - that no player can head the ball more than once before each of the other players head it.

Over the Head Shots-Each player has a ball in his hand and lines up approximately 12 yards from the goal line facing the coach who stands near the 18 yard line. When the coach points to a player, that player responds by hand passing the ball to the coach. In turn, the coach throws the ball over the player's head. The player must shoot on goal before the ball takes a third bounce.

Target Hits-Set up targets in various places using half the field. The players begin one at a time to hit the

targets while on the move.

***There are several more activities if you need more ideas. Be creative!**

3. Expanded Activity/Games: These games will challenge the player (without the pressure of high numbers) to improve a variety of the needed skills. This will focus more small to medium size groups at this level. It also gives players the opportunity to touch the ball more often with small to medium size groups. Make the games fun and interactive but using technique and some tactics. You can use points and other incentives to help with participation and interest in competing harder.

3 v 3 dribble-Move into a grid and play 3 v 3 with the condition that the players may not pass until they have made a successful dribble. Taking someone on and beating them earns big time points.

Head it to Win-Using Small-Sided Games teams (3 v 3 or 4 v 4), play to a goal by hand passing to the head. Points are awarded for heading balls properly while progressing toward the goal. A grand slam is a goal scored from a headed ball.

Quick Shot-Four attacking players in the box play against two defenders and a goalkeeper. The coach has a number of balls at his feet and serves them to various places in the box. The object is for the players to hit the best shot possible in the shortest period of time.

Circle Juggle Run-Divide the players into groups of five. Four players must keep the ball alive juggling while one-player runs around the outside of the group. Each time he returns to his starting point without the ball touching the ground, a point is awarded. The first teams to have five players run successfully wins.

Perimeter Play-Set up one or two 20-25 yard grids, depending on player numbers. Play 2 v 2 in the grid with four perimeter players as support. Outside players alternate with inside players every 60-90 seconds.

Four Cone Knock-Set up grids suitable for 3 v 3. Place four cones randomly at both ends of the grid. Play 3 v 3 with the goal of knocking the opponent's cones over. The first team to knock over all four cones is the winner.

4. Final game: This time will be used to familiarize the player with the different aspects of playing in a match situation. Position development is more distinct so the players will know their role more at these age levels.

Pass and Shoot-Divide the number of players into two teams. Play on half field in a space that would challenge the skill level. A team must complete four, five or six passes before they shoot on goal. Each time a team loses possession the pass count begins again.

Divide and Dribble-Divide the team in half and set up as many as six or eight small sized goals randomly about the field. Condition: that no attempts may be made on goal until one of your team has successfully beaten an opponent. A player may only score by dribbling through the goal.

Head it to Win it-Divide the players into two teams and play on half field with emphasis on completing a headed pass or scoring a goal with a head ball.

Short side shots-Bring the large goals to the distance of 20 yards apart. Have four field players on each team with a goalkeeper in each net. Since the emphasis is on shooting, the players are limited to only one or two touches. Good goalkeeper service is imperative for success in this activity.

Hands/Feet Challenge-Divide the team in half and play to half-field goals. Though a point is scored for a goal, also award points for good tactical decisions. This activity can be done with hand passes first, then feet. This game can be played with or without goalkeepers depending on the conditions for scoring goals and the size and placement of goals.

Touchdown Soccer-Divide the players into two groups and play on half the field with a goal at each end. Using hand passes, give points for players who successfully receive the ball. If a player with the ball is tagged, the ball goes over to the other team. Points are also scored if a player receives a ball and heads it into the goal.

Championship Rounds-Play 4 v 4 in a group championship in which the team that wins games (across field) advances to the next game. Do not, however, let those teams who have lost, lose faith or think the tournament is over.

Weak Foot-Divide into two teams and play in a restricted area. Instruct players to use only their weak foot. Play the game for 10-15 minutes and then allow them to play normal, unrestricted soccer for the balance of the training session.

Stay Close-In pairs, players remain in contact with each other as they move up and down the field playing soccer. Players can each hold a shirt or a piece of twine or something that does not bind them but keeps them together. If the bond is broken the players are penalized.

Freestyle-Divide into two teams and play unrestricted soccer in an appropriately sized area. Let them play!!

U16-U18 Introduction

U15-U18-11 v 11 with goal keeper (U15-U16—2x40 minute halves/U17-U18—2x45 minutes)

1. Warm-Up/Organizing activity: Emphasis on preparing the player both physically and mentally for the training session. General motor ability (i.e., balance, coordination and flexibility) should also be enhanced as well as vision on the field, mobility, and communication. Coaches need to be aware of each player to make sure the proper motor ability is taking place, field awareness is established, technical skills are used, tactics are formed, and physical and psychological attributes are noticed by these age groups. Please make sure that you incorporate a very structured dynamic warm-up before they actually do their static stretching.

Dynamic Stretching

Leg swings, open and close the gate, high knees, butt-kicks, donkey kicks, open wings, etc.

Static Stretching

Touch toes, right over left and vice versa, butterflies, calf stretch, quad and ham stretch, side lunge stretch, short burst sprints, etc.

2. Small Sided/Individual activities: This portion will cover methods that can improve a young player's technique and tactic aspects in a playing, in a more constructed drill like manner. Make these activities fun but focused on learning the game of soccer and building more complex understanding of the game. This will be more of individual ball work where they can have fun working with the ball but also learning simple techniques and tactics needed at these certain age groups. Development of certain positions is now more distinct and need more explanation and directives about each job. Make sure to focus more on discipline and organization. Be consistent with your expectations and make sure that instructions are followed correctly.

Speed Skills-Players will dribble inside set cones and will be going at other players using any moves. When whistle is blow, use a burst of speed to a new area inside the cones.

Zigzags-Players will cut in and out of cones using opposite feet. This will work on quick touches on ball and understand how to control.

Weak foot escape-Players must use only their weak foot to move from one line to the other (end line to end line). If the player uses their strong foot at any time, they must drop and do a 10 push-ups or sit ups and then continue the dribble.

Stationary skills-Coach will set each player next to a cone. The coach will demonstrate what move they want to see and the players will practice it on the cone. It is important that the coach shows each move before they begin.

Sitting juggles-Challenge the players to sit on the ground and try and juggle using feet only.

3. Expanded Activity/Games: These games will challenge the player to improve a variety of the needed skills, development and field awareness. This will focus more small to medium size groups at this level. It also gives players the opportunity to touch the ball more often with small to medium size groups. Make the games fun and interactive but using technique, tactics, movement off the ball and communication.

Circle drill-Have five cones in a circular setting. Players will line up behind them (3-4 players each cone). Players will pass the ball to a new line and sprint to where they passed it. All players are jogging in place while the ball is moving. Challenge the players by adding more balls to the mix. Don't use over 3 balls in this drill.

2 v 2 Def/Off switch-Set up a rectangular grid and have 4 to 6 players on each side facing each other. Have two players from one side come out with the ball while two players from the opposite side defend. Objective is to cross over the other side with ball at feet, if they are successful; the offensive players will then drop back to defense and take on two new players. If the ball is taken during play by the defenders, they will now be on offense.

Lead Pass Square-Set up four cones in a square. Have 4 to 5 players at each cone. Player with the ball will give a lead pass the player at the next cone. That will continue clockwise for a few rounds. Coach can yell out switch and players will turn counter clockwise. Players go to the line that they play the ball to. Add 2 or 3 balls in to challenge the players.

1-2 Touch Diagonals-Have 4 cones set in a square. Have 4-5 players at each cone, two lines will have a ball. The coach will call out 1 or 2 touch. The player in front of two lines will pass the ball diagonally to the new line and follow where they passed it. Each line must alternate passes in order to keep the drill flowing.

Passing in Triangles-Set up cones in a triangle about 20 yards apart from each other. Have 2 players at each cone (total of 6 players). There will be one ball being passed to a new line. The player next in line will put pressure on the player in front of the line. Make sure front player is checking to ball. There will be a 2 touch max for each ball played. After about 4 or 5 passes, the second player in line will make an overlapping run to receive a pass and proceed to a new line after the run. All 3 cones must always have 2 players there.

***There are several more activities if you need more ideas. Ask if you need more ideas for drills. Be creative!**

4. Final game: This time will be used to familiarize the player with the different aspects of playing in a match situation. Make sure to be clear on your expectations. These games/activities should be at game speed. The more practice they get with "under pressure" situations, the more relaxed they will be in games.

Name Possession-Players will line up in two even lines (one line with pinnies). They will have to remember who is in front of them (first player in line will have the last player in line). They will then use half of the field and knock the ball to each player that they were behind. They must call the names out before passing it. Challenge the players after about 10 minutes with possession against each other, pinnies vs. shirts.

Possession Switch-You will have 3 teams of 5-6 players. Make sure they have different color pinnies on. You will have 3 rectangular grids across half the field going sideline to sideline. Put one team in each grid. The team in the middle grid is defense and will send 2 players to attack ball. The outside grids need to possess the ball for 5 touches and switch it over to the far grid without losing the ball. If the ball makes it to the new grid successfully, the offensive team needs to possess for 5 touches as well and switch it back over. Two news defenders will attack ball in the new grid. If the ball is taken, the defensive team goes into the outside grid and the offensive team is now on defense and needs to get everyone into the middle grid before attacking the ball.

Offense/Defense Half Field-Set up your offensive players vs. your defensive players. Offensive will go to the

big goal with a goal keeper. Set up 2 goals at half field for your defense to possess out of danger and score on. Give the defense more points if they can possess it out of the back and score.

4 Goal Challenge-Split into 2 teams. You will have 4 small goals set (one on the 18 yard line, one at half field, and the other two on the sidelines on each side of the field). Explain to the teams which goals they can score on. Each team will have 2 goals to choose from. The will help with getting out of compact situations and switching the field.

***There are several more activities if you need more ideas. Ask if you need more ideas for drills. Be creative!**