



# U9 to U12 Learn to Train COACHING MANUAL



## LEARN TO TRAIN

### Stage THREE – U9 to U12

**T**he golden age of learning. When children become less self centered and are able to reflect on their own actions and learn from mistakes, provides an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basic principles of play in a fun and challenging environment.

At this age, we want the kids to FALL IN LOVE WITH THE GAME.



# TABLE OF CONTENTS

Welcome to the Woolwich Youth Soccer Club

Role of the Coach

- Parent meeting

- Game Day

- Equipment

- Weather Policy/Field Closures

Training Template

Weekly Session Plans

Notes

## WELCOME

Firstly, welcome to the Woolwich Youth Soccer Club and thank you very much for volunteering your time to coach! The club along with the players greatly appreciate what you are doing for them.

This manual will provide you with an outline of what is required of you while coaching with the Woolwich Youth Soccer. It is also your go to resource for week-by-week session plans.

If you have any concerns throughout the season, please do not hesitate to contact the office: 519-669-1000

Thank you once again for supporting the Woolwich Youth Soccer Club!

- Brendan Lowther, Technical Director, WYSC

## The Role of The Coach

Teacher. Mentor. Role model. Cheerleader. Parent.

Soccer coaches wear many different hats, particularly when they're training young players, many of whom are lacing up their cleats for the first time. You might find yourself leading a fun activity one minute and reining in a distracted player the next.

You must be flexible, because a session or activity that was meant to last 10 minutes might need to be switched up after half that time to keep the players engaged.

Above all, make sure everyone is enjoying the session—including you.

Being a coach is demanding, but it's also incredibly rewarding. There's nothing quite like witnessing the thrill a young player gets when they score their first goal, or make a fantastic pass. And the lessons a child learns from a good coach can last a lifetime.

The objective isn't just to develop better soccer players—it's to develop well-rounded people who are disciplined, persistent and able to work well with others.

## PARENT MEETING

It is recommended that you hold a brief parent meeting at the start of the season. The benefit of this, is that you get to introduce yourself to all the parents and you can lay out some expectations for them. It is also a good opportunity to try and find some parent helpers to help you run the practices or they might be able to help organise the snack list.

When talking about expectations, try to outline the following:

- Everyone is here for the kids and for them to have fun
- Respect all players, parents and officials
- Please try to arrive on time and let you know if you are not attending
- Ensure that their child has water
- Ensure that their child has their correct uniform, including shin-pads and cleats
- HAVE FUN as a parent
- Encourage good play from all teams
- Snack should be healthy choices, Fruit is ideal!

## GAME DAY

The best day and the one that everyone looks forward to!

A couple of things to try and remember:

- Do your best to be the first one at the field
  - You can then meet the players when they arrive and have a quick chat with them, ask them how their day was etc.
- Equal playing time – ensure every player gets to play the same amount of time on the field
- Rotation of player positions – ensure all players have the opportunity to play every position on the field

## EQUIPMENT

You should have received the following and try to ensure that you bring it every session:

1. This coaching manual
2. Set of pinnies
3. 1 gk pinnie
4. Gk gloves
5. A ball for each player (Coaches will keep these and return them at the end of the season)
6. 20 discs

Equipment a player should have every session:

1. Uniform – shirt, shorts and socks
2. Shinpads – under socks!
3. Appropriate footwear – cleats
4. Water

**Players are not allowed to wear jewellery of any kind unless for medical reasons. No exceptions will be made.**

## WEATHER AND CANCELLATION POLICY

If the weather is bad, the Club website has information on field conditions and availability – [www.woolwichyouthsoccer.com](http://www.woolwichyouthsoccer.com)

### BAD WEATHER DURING PRACTICE

- Use your best judgement when it is poor weather. Rain shouldn't stop practice unless it is heavy or the fields have been closed.
- When lightning is observed, all players, coaches, game leaders and spectators are to seek proper shelter. **Nobody is to re-enter the field until at least 30 minutes has passed since the last sound of thunder.** In many cases this will mean the rest of practice/game is cancelled.
- The referee has the final say during the game on all weather concerns.
- Practices/games are not cancelled due to extreme heat; parents/guardians are to make individual decisions on player participation. In the event of extreme heat, coaches and game leaders must provide water breaks.

## TRAINING TEMPLATE

U9 – U10

Session time – 6:30pm to 8:00pm

Practice Duration – 30 minutes

Game Duration – 2 x 25 minutes (Referee Provided)

U11/U12 (two days per week)

Session start time – 6:30pm

Practice Duration – 70 minutes

Game Duration – 2 x 35 minutes

There are plenty more activities located here if you want to try different ideas than the ones listed in this manual: <https://www.ontariosoccer.net/grassroots-practices>



## RETREAT LINE

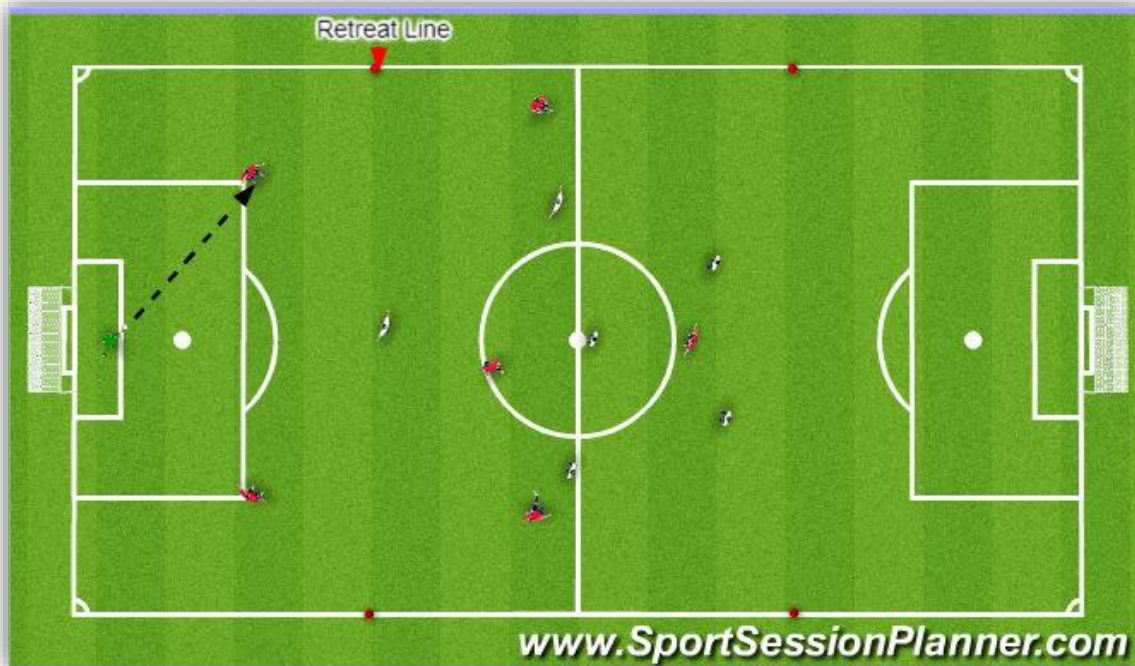
Options for Goalkeepers – 7v7 & 9v9. How the retreat line is implemented.

When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would "retreat" to the predetermined area of the field.

The predetermined areas are as follows:

- 1/3 third of pitch. It is recommended the goalkeeper does not drop kick the ball

With the opposition retreating to the correct part of the field the goalkeeper can now successfully throw or pass the ball to a team mate. Once the player receiving the ball from the



goalkeeper receives the ball, the ball is in play and the opposition players can pressure and attempt to win the ball. If the goalkeeper chooses not to wait for the opposing players to "retreat" and throws or passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick OR,
- Leaves the field of play OR,
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line)

## TEAM FORMATIONS FOR THE GAME (U9 & U10)

Games are played 7 vs 7 including the goalkeeper

3-2-1



2-3-1





## TEAM FORMATIONS FOR THE GAME (U11 )

Games are played 9 vs 9 including the goalkeeper

3-3-2



2-3-3



## WEEK ONE – Dribbling



only have it 3 seconds then pass it on). You can also do this exercise with each player having a ball and the defender has to kick the ball out.

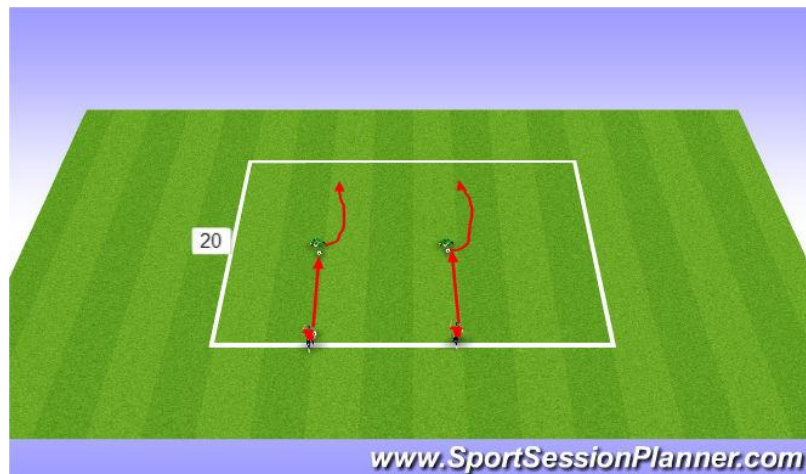
### Warm-Up - Bulldog

**Set Up:** All the players are lined up at one end of the area, with one defender to start.

**Organization:** Players attempt to run to opposite side of grid without being tagged. If they get tagged, they join the tagger in the middle.

**Coaching Points:** Head up, look for space, quick changes of direction/speed

**Progressions:** Have to run backwards over end line, add a ball (if you have the ball, you can't be tagged,

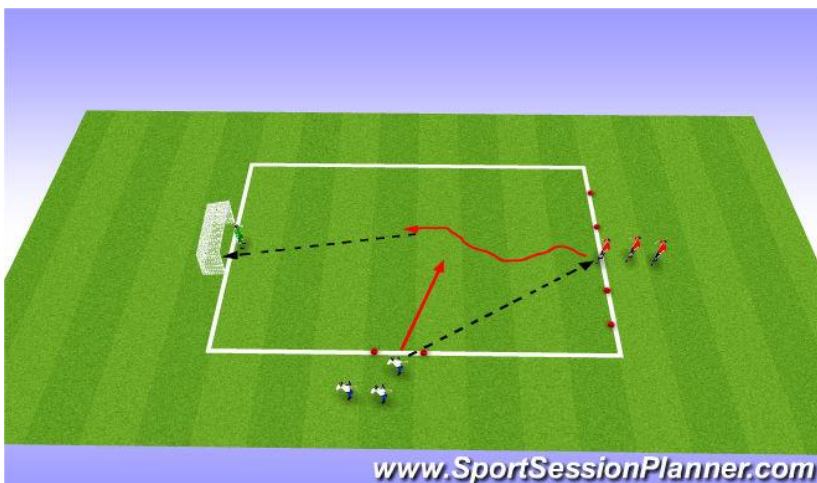


### The chase is on

**Set up:** 20x20 area, players in pairs with one ball each. One partner starts at the end line and other in the middle

**Organization:** On the coaches shout of GO, the player standing up on the line has to chase down the player that is sat down in the middle. The player sat, down has to get up, turn around and run to the opposite end line.

**Coaching Points:** Quick touches, head up



### One on one

**Set up:** 20x20 area, one big goal, two smaller goals on line where defenders are. Split the group evenly so there are attackers and defenders and one goalkeeper.

**Organization:** Play starts with the defender passing the ball to the attacker who is then looking to score on the goal. Defender can try to win the ball, if they do, they try to score by dribbling through one of the gates. Rotate positions.

**Coaching points:** Good first touch out of feet, see the defender, change of speed and direction to take the defender on, and creativity



## WEEK TWO – Passing

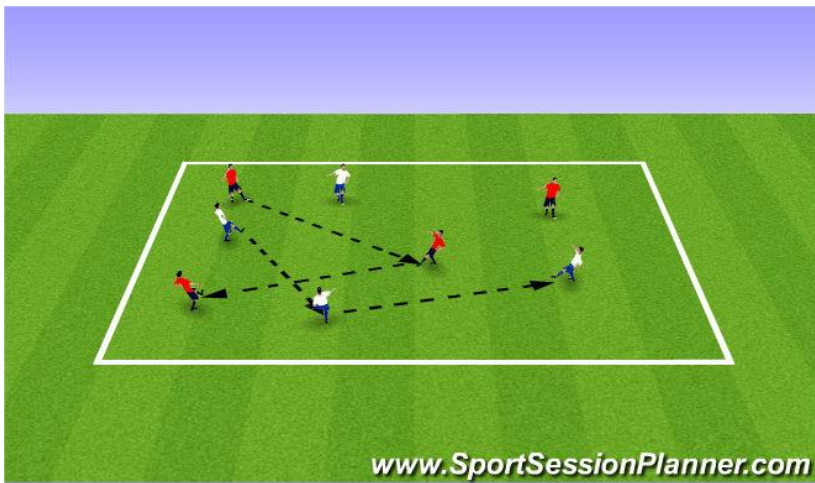


### Pinnie Tag

**Set up:** All players find their own space in the area with one or two defenders (depending on numbers) each holding a pinnie.

**Organization:** On the coaches shout of GO, players try to run away from the taggers while staying in the area. The taggers are trying to throw the pinnie at the other players. If the players get hit by the pinnie, they are now the tagger. Play 30-45 second rounds

**Coaching Points:** Awareness, change of speed and direction, agility

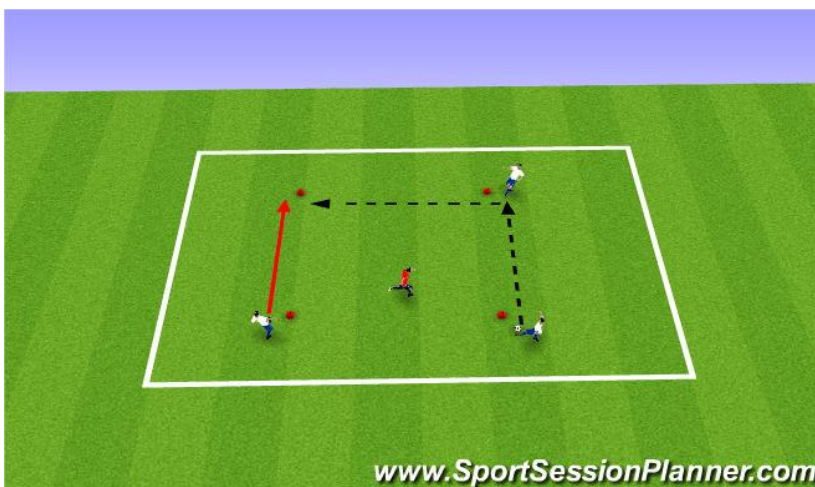


### Team Passing

**Set up:** 20x20 area, split the players into two teams, one ball per group.

**Organization:** In the area, the two teams pass and move amongst each other.

**Coaching points:** Part of foot/part of ball, eye contact with team mate, weight and accuracy of pass



### Piggy in the middle

**Set Up:** 10x10 area with 4 players. 3 attackers, 1 defender, one ball.

**Organization:** Three attackers look to keep the ball away from the defender. Whichever attacker loses the ball, switch places with the defender

**Coaching Points:** accuracy on the pass, first touch, part of foot/part of ball, support

## WEEK THREE – Control



### Freeze Tag

**Set up:** Each player with a ball, one without.

**Organization:** The player without the ball attempts to tag other players. If tagged then, player is now frozen, picks up ball above their head and calls out 'help!' with their feet shoulder width apart. Player can be unfrozen if another player plays a ball between their legs or if the parent and player count to 10 with each other

**Progressions:** *Easier* – start with no balls and players hold hands out to their side. Player is freed by going under an arm. Progress to going between

legs. *Harder* – have players who are 'it' and they tag players to freeze them.



### Control circuit

**Set up:** 20x20 area, players are in pairs with one ball between two. The player with the ball is on the outside of the area, the other player on the inside about 5-6 yards away.

**Organization:** Players on the outside feed the ball to the middle player (pass or throw), the middle player controls the ball and passes it back. They then go to another player on the outside. Do this for one minute and switch the player roles. How many passes can you get?

**Coaching Points:** Body in line with the ball, watch the ball onto the foot, cushion ball on contact, accuracy



### 4 corner game (15 mins)

**Set up:** Split the players into two teams and set up 4 small squares in each corner of the playing area.

**Organization:** Teams look to keep the ball and score a point by receiving the ball in any of the 4 corners. If they do, they keep the ball and continue attacking.

**Coaching Points:** Finding/creating space, first touch out of pressure



## WEEK FOUR - Turning



### Relay Race

**Set Up:** Set up two relay courses as shown above and split the players into two groups with a ball each.

**Organization:** On the coaches shout of "go", the first player in line completes the course and returns to the start.

**Coaching Points:** All parts of the foot to dribble, small touches, keep the ball close.

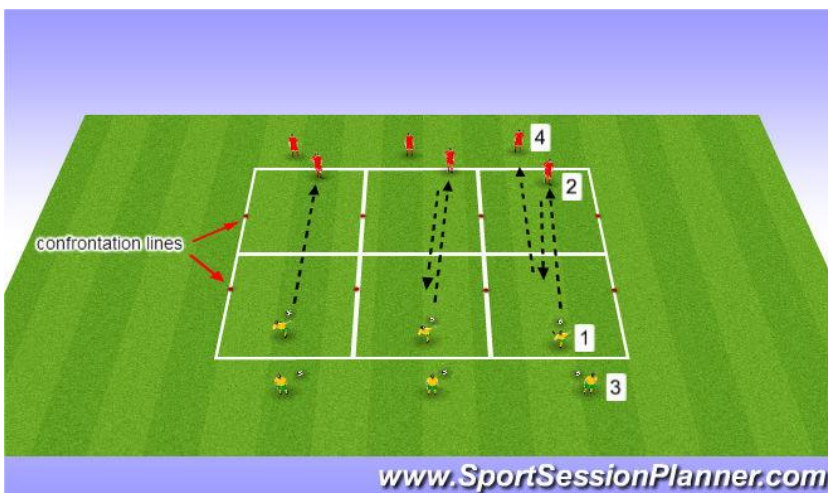


### Basic Turns

**Set Up:** Create a 25 x 25 yard working area with plastic coloured discs. Adjust the area size to suit the age group.

**Organization:** Each player with a ball dribbles around the area. While dribbling the coach calls out 'turn', each player performs a turn. Ask the players to perform their own turn.

**Coaching Points:** Quick turns, change of pace, drive into space



### Turn and GO!

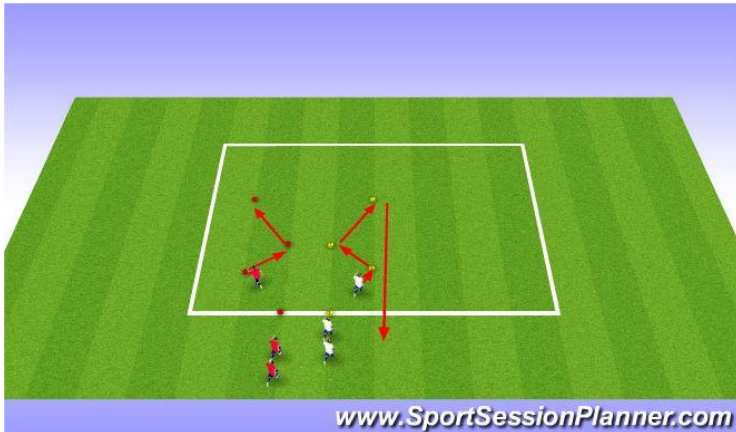
**Set Up:** Create a 10 x 20 yard working area with plastic coloured discs. Multiple areas for large player numbers.

**Organization:** Player 1 starts with the ball and pass across the grid to player 2. Player 1 follows his/her pass. Player 2 receives the ball and dribbles towards the confrontation line. As player 2 approaches player 1 quickly turns and sprints to the end line. If player 2 wins possession of the ball he/she turns and sprints to their end line. Rotate the players to each take their turn.

**Coaching Points:** As above, protect the ball by using the body

## WEEK FIVE – Defending

### Warm-Up



**Set-up:** Stations as shown, cones are 5 yards apart enough stations for your group size (3-4 per group)

**Organization:** Players run to each cone and stop in defensive stance, move to next cone. Progress to working backwards.

**Coaching points:** Speed - get there quick and slow down, Body shape (side on), get low



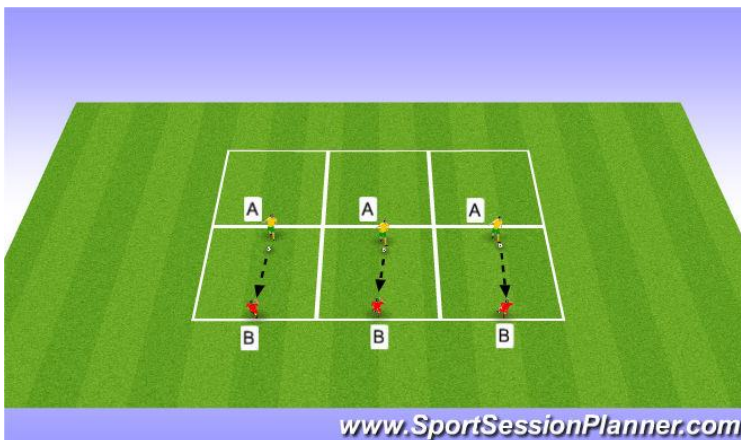
### Defending basics

**Set up:** Players in pairs, one ball between 2.

**Organization:** Play starts with player 1 passing into player 2. Player 1, closes down players 2 and jockies the play backwards. Player 2 just dribbles, defender is not looking to win the ball.

**Coaching points:** Speed of approach, Body shape, Distance from player

**Progressions:** Have defenders try and win the ball



### On Guard!

**Set Up:** Create with plastic coloured discs a 6 x 12 working area. Create multiple areas for large player numbers. All the B players will require coloured pinnies.

**Organization:** Player A starts with a ball and pass across the area to player B. Player B controls the ball and attempts to dribble and beat player A to the central end line. If player A wins possession they must dribble to the opposite end line. Rotate the players to face a new opponent.

**Coaching Points:** Close down quickly, Adopt side on body position, Stay low, Be patient



## WEEK SIX – 1v1 Attacking



### Barrier

**Set Up:** On half of a pitch, set up 3 cones next to each to create a barrier. Half of group with a ball, half of group without.

**Organization:** To start, players with a ball must first pass the ball to a player without a ball who then must "take on" the cones by performing the move of their choice or pre-determined by coach. Once they have done this, they now pass to a player who doesn't have a ball and the process is repeated.

**Coaching Points:** Quality of pass, Quality/decision of

touch to drive toward cones, Change of speed and direction to take on cones



### On the attack

**Set up:** In groups of three or four, one defender and a goalkeeper. The rest are attackers with a ball. Set up multiple areas

**Organization:** One attacker will go at a time and try to take the defender on within the box then take a shot on goal. Ensure to rotate the defenders.

**Coaching Points:** Small touches, fakes and feints to take on the defender, accuracy when shooting

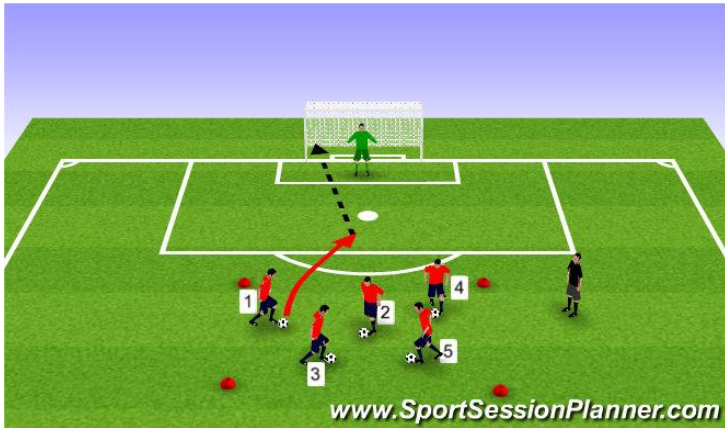


### Numbers Game

**Set Up:** Set up two small goals at either end of the field, all the balls with the coach in the middle. Split the group into two groups and number 1-3/4 depending on numbers

**Organization:** The coach will shout out a number, eg 1, player number 1 from each group then come out to get a ball and score on the other end. Start by playing in two balls then progress to 1.

## WEEK SEVEN – Shooting



### Shooting

**Set up:** At the top of the box, set up a 10x10 area. Each player with a ball inside the box and each player is given a number. One goalkeeper.

**Organization:** Players are dribbling around in the box, when the coach shouts a number, that number dribbles out the area and shoots on goal. Once they have taken their shot, retrieve ball and return to the box

**Coaching Points:** Listening skills, small touches in the area, laces to shoot, accuracy



### Rotation shooting

**Set up:** Split your players into 3 even groups, all players with a ball. Lined up behind A, B & C.

**Organization:** First player in line A, dribbles and takes a shot on goal, first player in line B, then makes a one-two with player A to take a shot, player C then dribbles down the line to cross for both A & B to score. Players then rotate lines.

**Coaching Points:** Concentration, accuracy on shot.



### 4 goal game

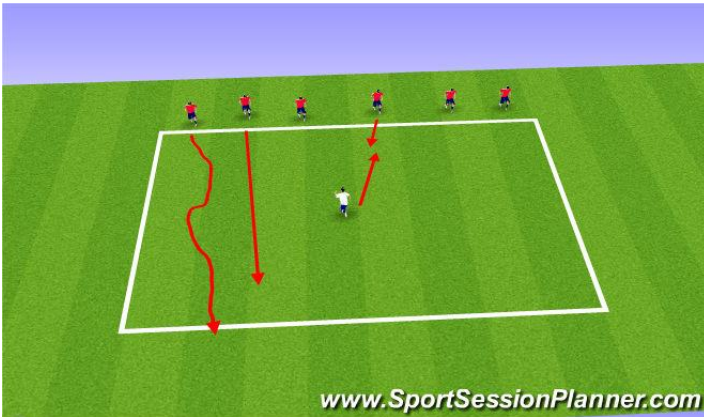
**Set up:** Split the players into two teams, with four goalkeepers. 4 small goals are set up in the area.

**Organization:** Teams play a small sided game, team 1 can score on goals 1 & 2, team 2 can score on goals 3 & 4.

**Coaching Points:** head up, accuracy on shot



## WEEK EIGHT – Running with the ball



### Warm-Up - Bulldog

**Set Up:** All the players are lined up at one end of the area, with one defender to start.

**Organization:** Players attempt to run to opposite side of grid without being tagged. If they get tagged, they join the tagger in the middle.

**Coaching Points:** Head up, look for space, quick changes of direction/speed

**Progressions:** Have to run backwards over end line, add a

ball (if you have the ball, you can't be tagged, only have it 3 seconds then pass it on). You can also do this exercise with each player having a ball and the defender has to kick the ball out.



### Catch me if you can

**Set up:** 15x15 area, 4-6 players' start on one side of the grid with one defender in the middle.

**Organization:** Players aim to cross the area without the defender winning the ball, if the defender wins the ball, they gain a point. Play for 45secs to one minute per round. If players cross the line next to them, they get one point, if they cross straight across they get 2 points

**Coaching points:** Bigger touch into space with laces, recognition of space, Assessment of the

situation (do I go for one or two points?)

**Progression:** can only have one/two players on a side at a time, this should help with movement



### End Zone game

**Set Up:** At either end of the field set up two end zones. Players are split into two teams. One ball.

**Organization:** Players look to keep possession, goals are scored by dribbling into the end zone.

**Coaching Points:** Big touch if I have space, quick decisions

## WEEK NINE - Goalkeeping



### Warm-up

**Set Up:** Each goalkeeper with a ball inside the area

**Organization:** Jogging/skipping/side-to-side/heel flicks/knee up etc around area. Bouncing the ball. Figure of 8s, one in front/one behind, two in-front/two behind, rotational twists etc to get the body ready.



### Handling

**Set up:** Set up small 5 yard goals, 2 players per goal, one ball between two.

**Organization:** Goalkeepers in the set/ready position. Server plays a pass to their hands for a scoop/cup/w save. Switch after 10 serves

**Ensure goalkeepers are set/ready before every serve:** Balls of feet, slight knee bend, Nose over toes, Hands relaxed in front of body

**Scoop:** Hands go toward the ball, keep head still and

eyes on the ball. Pinkies and elbows together, open hands. Body weight goes forward over the ball, k shape with the legs, legs collapse and fall to ground scooping the ball into the body.

**Cup:** Same as above without falling to ground. Head over the ball

**W:** Head steady, hand to ball, slight elbow bend to absorb pace of ball.



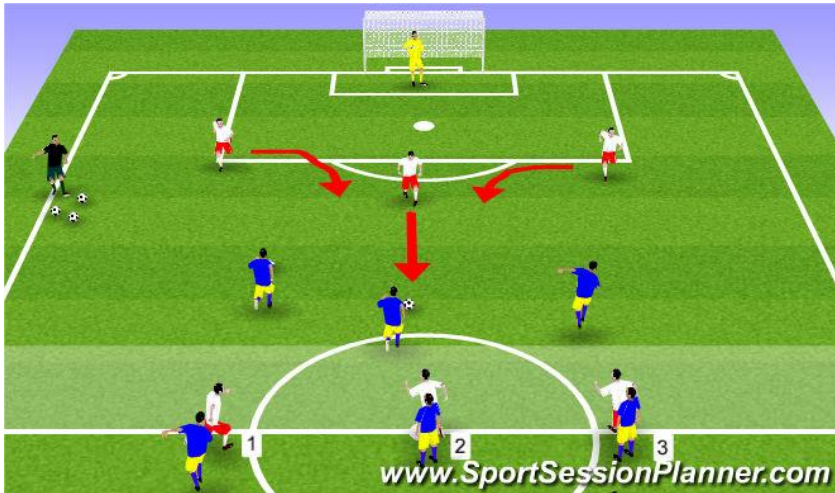
### Goalkeeper Wars

**Set up:** 2 goalkeepers per goal, one ball.

**Organization:** Each team try to score on each other.



## WEEK TEN – Small Sided Games



White then attacks and Blue switches to defend

### WAVE drill

**Set up:** Half Field, split teams into groups of 3

**Organization:** Blue team begins with the ball (at half) and try to score 3v3 on the white defenders.

If Blue team scores (or ball goes out of bounds) they immediately become the defending team and next three white players attack, (first white group go to back of lines 1,2,3

If White team wins the ball they attempt to play to the *other* white group (shown as 1,2,3),



### 4 goal game

**Set up:** Split the players into two teams, with four goalkeepers. 4 small goals are set up in the area.

**Organization:** Teams play a small sided game, team 1 can score on goals 1 & 2, team 2 can score on goals 3 & 4.

**Coaching Points:** head up, accuracy on shot



### Numbers Game

**Set Up:** Set up two small goals at either end of the field, all the balls with the coach in the middle. Split the group into two groups and number 1-3/4 depending on numbers

**Organization:** The coach will shout out a number, eg 1, player number 1 from each group then come out to get a ball and score on the other end. Start by playing in two balls then progress to 1.

## NOTES

.....

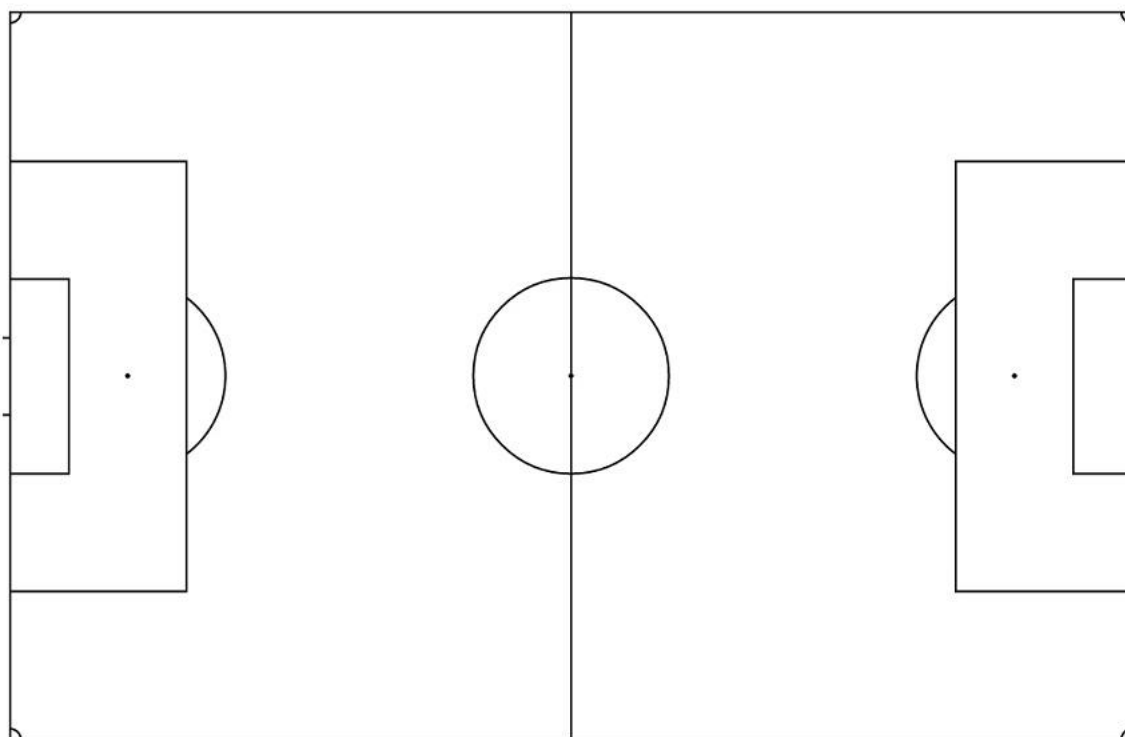
.....

.....

.....

.....

.....



## NOTES

.....

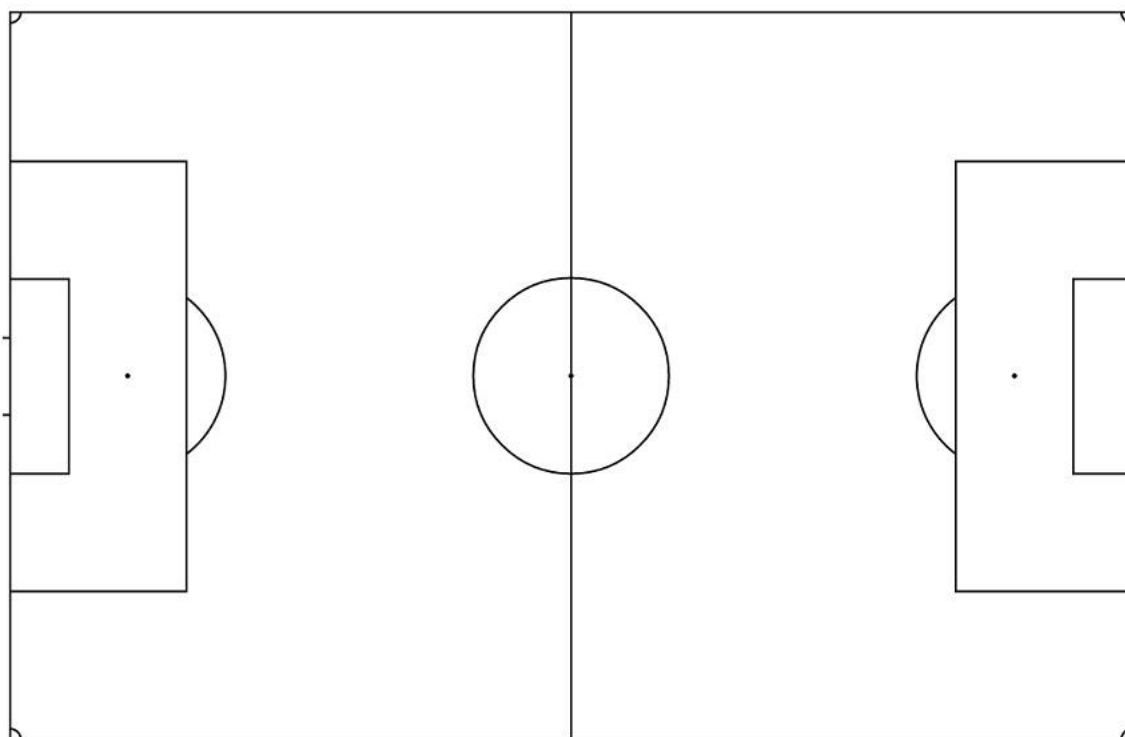
.....

.....

.....

.....

.....



## NOTES

.....

.....

.....

.....

.....

.....

