



U13+ Soccer for Life



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“CANADA SOCCER believes that every player deserves the best possible Soccer experience.”

SOCCKER FOR LIFE

Stage FOUR – U13+

At any stage in the LTPD model, players may choose to play soccer as a purely recreational activity regardless of their level of ability or disability, and soccer can certainly be enjoyed as part of a lifelong wellness plan. Players of all ages and abilities sometimes stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons. The LTPD model promotes personal success to ensure they remain enthusiastic and choose to stay involved in soccer and sport in general.

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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. Occasional disciplinarian.

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
- Please try to arrive on time and let you know if they 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
- Respect all players, parents and officials
- 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

WEATHER AND CANCELLATION POLICY

If the weather is bad, the Club website has information on field conditions and availability – 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

The U13+ ages play twice per week. One day is dedicated to practice and the other is the game.

The total length of the practice is 90 minutes.

When it comes to game day the game lengths are as follows:

U13/U14 – 2 x 40 minute halves

U15 up – 2 x 45 minute halves

It is recommended that you try to follow the Game, Activity, Game (GAG) model. This enables the players to play more games which at this age is what they want to do.

The model works in the following way:

- **Warm up** – 15 minutes. – Creative movement, fun and engaging
- **Small Sided game** – 25 minutes. Split the group into two teams and play across the field, try to have a focus for the game. Eg. If you are working on passing, within the game, give the players an extra goal if they make 5 consecutive passes.
- **Activity** – 25 minutes. Choose an activity to work on, this may be dribbling, shooting, defending, passing
- **Small Sided game** – 25 minutes. Go back into the Small sided game to see if the players can put into practice what they have just worked on.

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

TEAM FORMATIONS FOR THE GAME (U13 and up)

Games are played 11 vs 11 including the goalkeeper

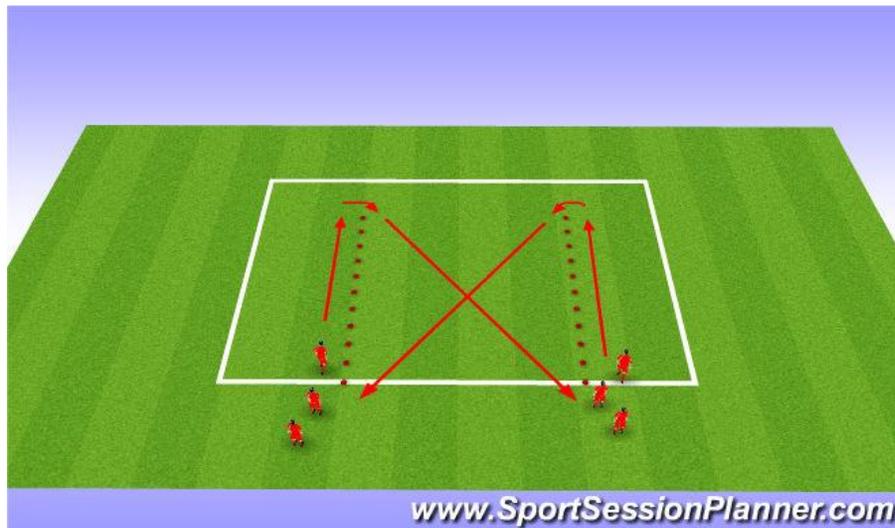
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4-3-3



WARM UPS



General Movement

Set up: Split the players into two groups

Organization: Players run up to the top cone and return to the opposite group.

Movements: Jogging, heel flicks, high knees, shuffles etc

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.



WARM UPS CONT.



Throw and Catch

Set up: Players are split into two teams, can start with a ball per team or one ball.

Organization: Players move around the area throwing and catching working on the throw in technique. When using one ball, 5 passes equals a point.

Coaching Points: Both feet on the ground, ball goes all the way behind head and released in front of head.

Pinnie Tag

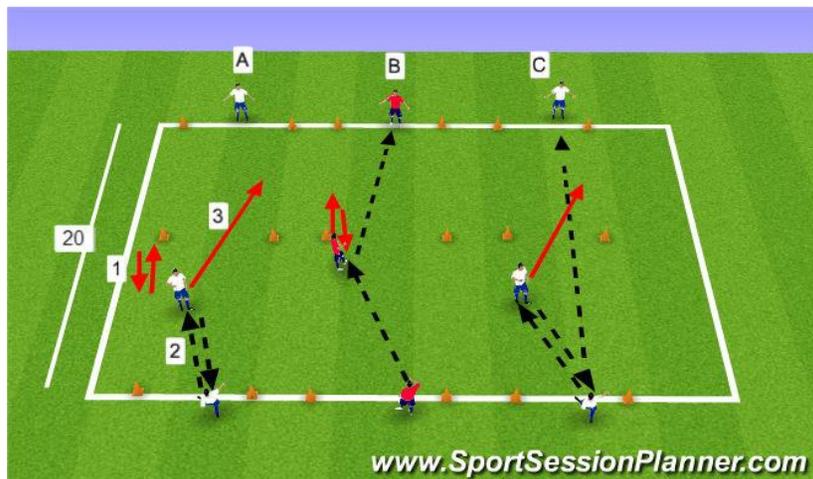
Set up: All players find their own space in the area with one or two defenders (depending on numbers) each holding a pinnie.

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



ACTIVITIES



Receiving channels

Set Up: Players in groups of 3 - can be 4 if need be, 2 balls per group. Set up channels, 5 yards wide by 20 yards long. One player at each end and one in the middle.

Organization: 3 progressions: A, B & C. 15-20 minutes

Station A: Ball at either end, middle players checks away and runs back toward ball, receives a ball from outside player, controls and plays it back in two touches. Middle player then repeats at opposite end.

Station B: One ball, starts at one end. Middle player, checks away and receives from player, opens up and plays to opposite end. Repeat at other end.

Station C: One ball. middle player checks to outside, plays a wall pass back to outside player who plays a longer ball to opposite end player. Middle player repeats with other end.

For all stations, switch roles after one minute. Challenge the players to see how many passes they can make in time period.



Coaching points: Movement - sharp movement away from ball first, Create angle to receive, Awareness - checking shoulders, before receiving, as ball is coming and after the pass is made, Quality of pass - part of foot/ball, weight of pass, accuracy, follow through, Quality of touch - part of foot/ball, open body, back foot, out of feet to play quickly

Ball mastery and moves

Set up: 30 x 30 grid, with two coloured small disks located within the area. One colour (blue) tighter together and second colour (red) further apart.

Organization: Players in twos, one ball between two. One player on the outside with the ball, other player inside grid. Player in the middle creates angle to receive then uses cones as defenders to practice moves. Outside player moves around the outside of the area to then receive the ball from the partner who switches roles.

Coaching points: Movement into space, Quality of pass/touch, Head up/scanning, small, quick touches

ACTIVITIES CONT.



Possession

Set-up: area size dependant on number of players (40x40 split into half)

Organization: Two teams each start in their own half. Ball starts with the coach playing the ball into either end, after 3 passes, one defender enters the area, another 3 passes another defender and so on. Players look to keep the ball for as long as possible. If defenders win the ball they look to play the ball back into their half of the pitch and game starts again. If the ball goes out of play, new ball starts with opposite group.

Coaching points: Dispersal - make the area big, Support: Angle/distance/timing, Penetration - quality of pass/decision of pass

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



ACTIVITIES CONT.



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.

Group Defending

Set up: Split the players into teams of 4 (can be done with 4 groups or in teams of 3). 3 lanes of 25 x 10 lanes (adjust as necessary)

Organization: Two teams attack and one team defends. Attacking teams look to play end to each other. Defending teams look to stop this. Every time the attackers make a successful pass through the defenders they gain one point. Each time the defenders win the ball, they gain one point. Switch groups after 2-3 minutes of work

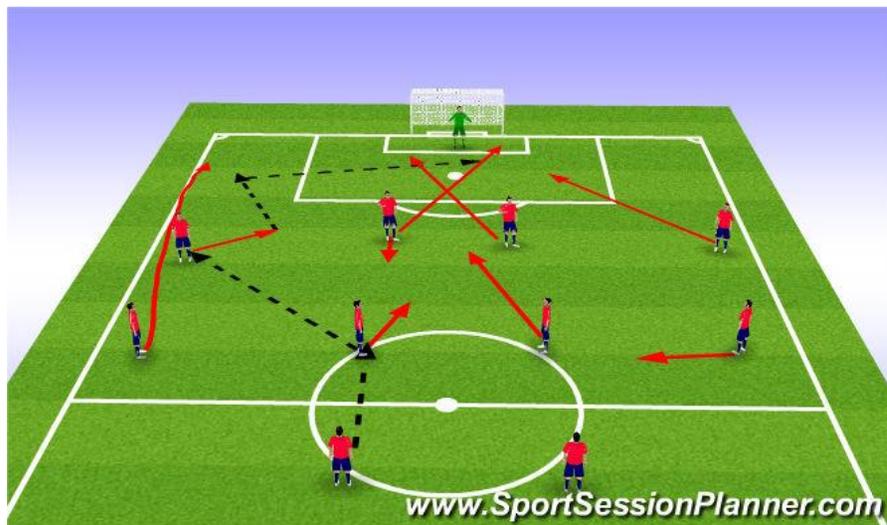
Coaching points:

Closest player pressures, Compact, Cover/balance

It is important to work as a unit to stop balls being played between players.



ACTIVITIES CONT.



Patterns of play to goal

Set up: 11 players, set up in formation (rotate extra players after each shot on goal)

Organization: Ball starts with central defender, who passes into winger, left full back overlaps to receive a pass from the winger, left defender then crosses for strikers to finish.

Work both sides.

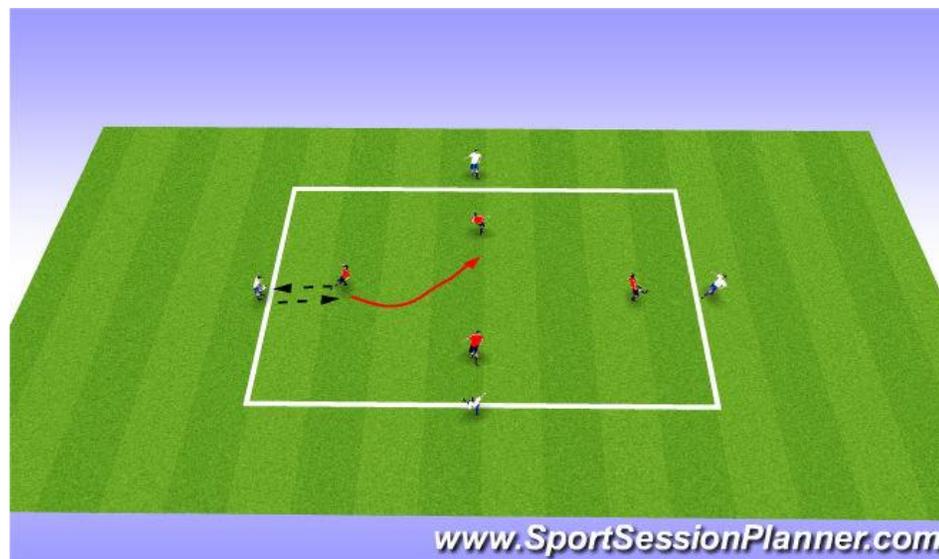
Try to come up with your own combinations

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.

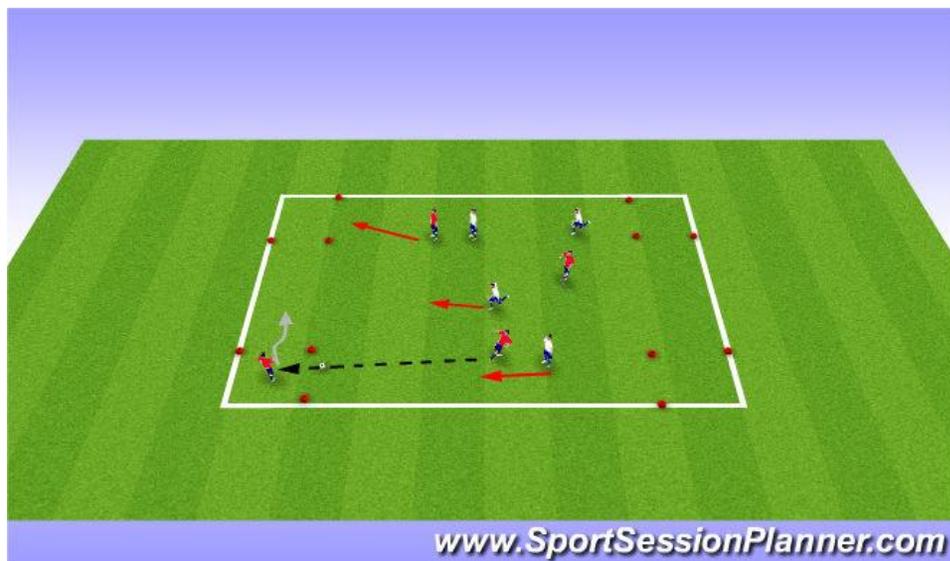
Organization: Players on the outside feed the ball to the middle player (pass or throw), the middle player controls the ball and passes it back. They then go to another player on the outside. Do this for one minute and switch the player roles. How many passes can you get?

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



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SMALL SIDED GAMES



4 corner game

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

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



SMALL SIDED GAMES CONT.



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

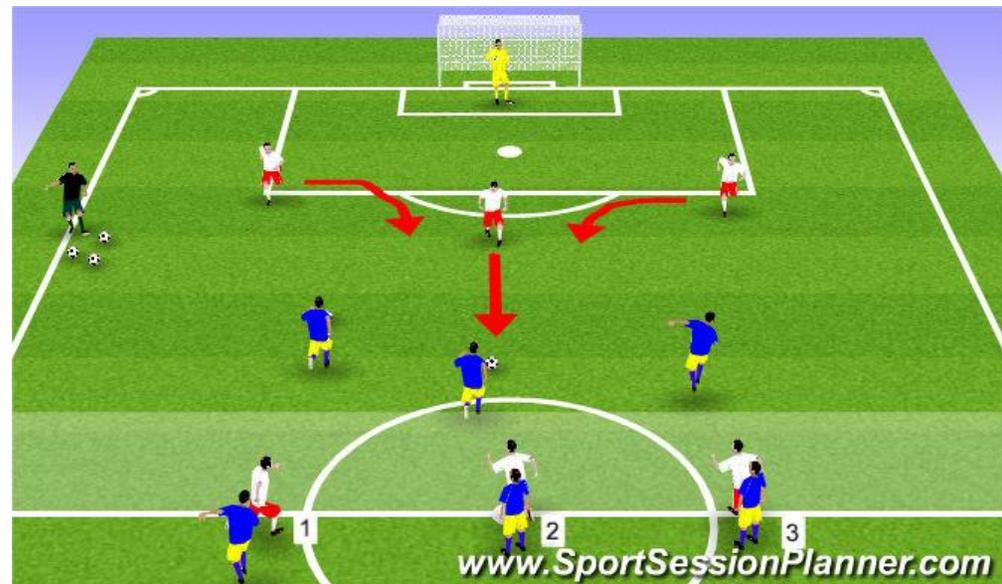
WAVE

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), White then attacks and Blue switches to defend



SMALL SIDED GAMES CONT.



Rock/Paper/Scissors

Set up: Split group to play 5v5/6v6 depending on numbers.

If playing 5v5, place 5 cones on the pitch with a ball on top of the cone.

Organization: The game starts with a regular game being played.

If, during the game a ball is knocked off a cone, the player/team must replace the ball and they concede possession.

When a goal is scored, players will partner up with someone from the opposite team and find a ball. Players will play rock, paper, scissors to determine who gets the ball first. On the coach's shout of "play", players play 1v1 and try to take their opponent on and dribble over the end line. Once this is complete, balls are returned to the cone and the SSG continues until another goal is scored.

Coaching points: Awareness, Support, Creativity when in possession, Body shape when receiving

Through the Thirds

Set Up: Split the field into 3 equal thirds, split the players into two teams.

Organization: Players must pass through each third of the field before they can score. Eg, Defender cannot pass to end third before it goes through the middle

Coaching Points: Awareness, Support, Creativity when in possession, Body shape when receiving



