



**SOCCER COACHING MANUAL**





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## Our Mission

**Toronto Athletic Camps (TAC Sports)** mission is to provide children with the most personable, growth oriented recreational and academy sport development. We strive to build the life skills, sports skills, self-confidence and self-image of our wonderful students. Toronto Athletic Camps provide children with the best coaching from certified instructors that serve as mentors and equals, as opposed to task-masters. Maintaining quality standards and safety is the foundation of TAC Sports.



## All Coaches MUST:



“We must organize and create memorable soccer experiences while nurturing a life- long love of the beautiful game, through individual development in a team setting.”



- Foster respect for each athlete and the game
- Increase player Self- Esteem
- Create a positive and encouraging environment for all athletes
- Develop a passion for sport in all athletes
- Deliver quality programs and organization

## All Coaches and Athletes MUST:

- **RESPECT** the rules
- **RESPECT** the Coaches decisions
- **RESPECT** all participants, including: teammates, coaches, and other athletes/campers
- **RESPECT** themselves by always maintaining self- control

**TAC has a strict NO BULLYING policy**



**SUCCESS = Ability + Preparation + Effort + Will**

### **ABILITY**

Understand everyone has ability, but it isn't distributed equally or predictably.

Always be  
**ADAPTABLE**

### **PREPARATION**

Only through persistent and constant excersice can talent become capable.

Always be  
**PATIENT**

### **EFFORT**

This is what separates the **GOOD** athletes from the **GREAT** athletes.

Always be  
**STRIVING**

### **WILL**

This is the power to push through when we don't think we can give anymore.

Always be  
**DETERMINED**

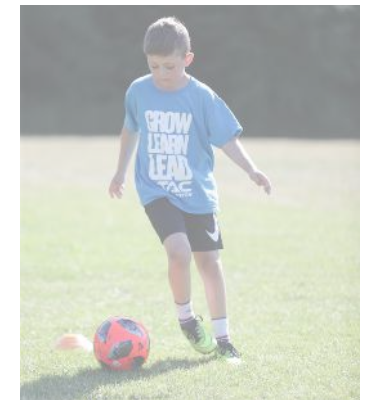
“When athletes and teams train hard to develop their ability, give their best effort in competition, and show the will to push themselves beyond self-imposed limits, they are successful.”



## As Coaches, how do we build SUCCESS?

By creating an environment that gives all athletes the DESIRE TO:

- Strive for EXCELLENCE
- Display SELF-CONFIDENCE
- Show one's ability in COMPETITION
- Cooperate as part of a TEAM
- Achieve with HARDWORK and DEDICATION
- HAVE FUN



“The most rewarding thing for a coach SHOULD be noticing the positive impacts that the training and playing process has on player development.”



## Soccer Camp Coach Survival Guide

### **#1: EXPECT SUCCESS**

Visualize what you want to accomplish, and then do it.

### **#2: TAKE THE LEAD**

Showcase your program. Fight for your program. Be a good representative of your program.

### **#3: PROJECT YOURSELF**

Put a “stamp” on each of your athletes and surrounding coaches. Want people to remember you for the positive shared experiences.

### **#4: SURROUND YOURSELF WITH GOOD PEOPLE**

You cannot coach a large group of kids by yourself. Work together with colleagues, share responsibilities, commitment, and along the way, success! Negative energy only affects the environment you and your athletes are in.

### **#5: KNOW WHO YOUR FRIENDS ARE**

Identify people who positively impact and influence you.

### **#6: BE TRUE TO YOUR VALUES**

It is easy to compromise yourself on the way to success. Say what you believe, and always follow through with what you say.



## Age Group Breakdown

What age group do I have the knowledge to teach?

### AGES 3-5

#### BEGINNER

At this age, soccer is all about fun and enjoying the sport!

You don't need any *real* soccer experience to coach this group.

You **NEED** a good coach-to-athlete ratio to ensure safety of **ALL** participants.

Attention and coordination vary in this age group.

Encourage participation and make all activities game-like and fun.

Don't be afraid to step in and spend quality time with the kids on the field!

Meltdowns happen often, don't be alarmed, just stay alert!

### AGES 6-9

#### INTERMEDIATE

At this age, basic soccer skills should be understood, and the coach should be able to give encouraging feedback.

Teach the basic soccer skills.

Create a fun and positive environment for all athletes.

Encourage a love and passion for the game!

Encourage cooperation, teamwork, and sportsmanship.

Create fun competitions that push our athletes to want to better themselves.

Ensure fun is the #1 priority!

### AGES 10-12

#### ADVANCED

At this age, be able to teach soccer skills and soccer fundamentals while giving quality feedback on ways to improve.

Give exercise suggestions on things they can do on their own to improve.

Create a fun and positive environment for all athletes.

Share a passion for the game while furthering the love of the sport!

Encourage cooperation, teamwork, sportsmanship, and competition.

Create fun competitions to allow athletes to showcase their skills and abilities.

Ensure fun is the #1 priority!

It is important to understand that age **DOES NOT** always correspond with skill. We as coaches must be constantly assessing athletes to ensure they are given the appropriate training.





## The Importance of Creating a Positive Environment

### It is important to:

- Create an environment that you and your athletes are excited to be apart of everyday
- Create relationships and bonds with each and every one of your athletes  
You can occasionally participate with your campers!
- Always care about their success, and their individual and group achievements

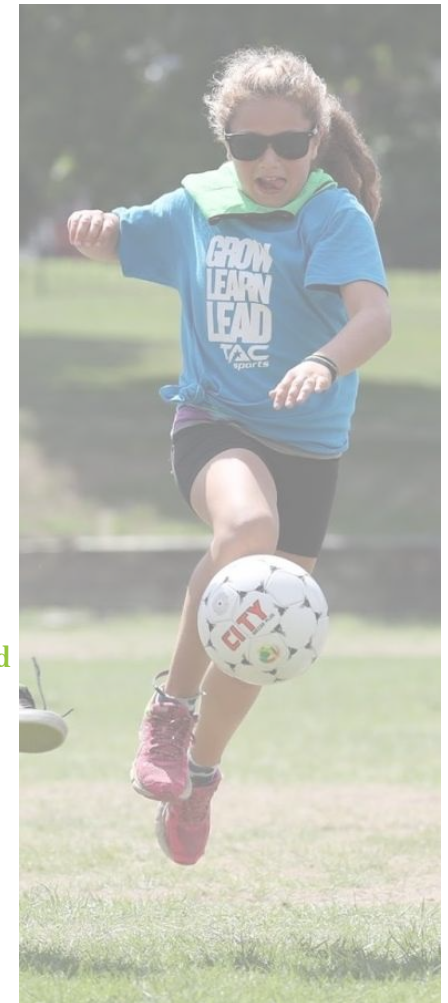
## The Importance of Motivation

- An athlete's self- conscious need is to feel worthy and wanted
- Our feelings of self worth are enhanced when we feel: **Competent, Accomplished and Accepted**

**We feel better about ourselves when we feel like we are good at something!**

- **ALWAYS** credit good work ethic, sportsmanship, skill, and **IMPROVEMENT**

**REMEMBER, motivation can not be instantaneously given to someone.  
It is something found inside each individual that must be *fed* and *nurtured*.**





## The Coaching T A C's

### TEACH

Represents what a coach provides via **instruction**

The lesson should include **technical skills**, and **positive attitudes** about competition

It is important to also teach **emotional self-discipline**, **responsibility**, and **self-esteem**

Demonstrate how to remain **poise in situations athletes can control**

No less important are teaching social values such as;

**Fair Play**

**Appropriate Behaviour**

**Sportsmanship**

**Team Work to Accomplish a Goal**

### ACHIEVE

Represents what players gain from **quality instruction** and **support**

Achieving goals is greatly influenced by the **atmosphere** of coaching

Achieving is a result of **active learning**, and this requires **communication**, **motivation**, and **feedback**

A **positive** approach to practice that emphasizes **skill development** and **fun** will help ensure **positive learning experiences**

**Positive environments** lead to more **personal achievements** and **team success**

### COMPETE

Represents the **true essence of sport**, and the reason we **teach**

**Competition** is **essential to prosperity** in sport

Soccer is a sport where **physical**, **mental**, and **competitive skills** are demonstrated

We must portray athletic competition as an **opportunity for success** rather than failure

Helps us as coaches to analyze what our athletes do **well**, and what can be done to **improve**

We must help athletes learn from all **athletic experience** and **competition**

**“All coaching is, is taking a player where they can't take themself”**



# SAMPLE SOCCER LESSON PLAN

TIME	Day 1: DRIBBLING	Day 2: PASSING/ RECIEVING	Day 3: SHOOTING	Day 4: DEFENDING	Day 5: SKILL EVALUATION
9:00-9:30AM	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together
9:30-9:40AM	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan -Break into teams for skills competitions
9:40-10:00AM	<b>Dynamic Warmup (10 minutes)</b> - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching <b>Keep-Ups (10 minutes)</b> - Day 1: Teach to drop on foot and kick back to hands (How many can you catch in a row?)	<b>Dynamic Warmup (10 minutes)</b> - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching <b>Keep-Ups (10 minutes)</b> - Day 2: Teach to drop on foot and kick twice before back to hands (How many can you do in a row?)	<b>Dynamic Warmup (10 minutes)</b> - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching <b>Keep-Ups (10 minutes)</b> - Day 3: Teach to drop on foot then let the ball hit the ground, then kick the ball again (How many can you do in a row?)	<b>Dynamic Warmup (10 minutes)</b> - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching <b>Keep-Ups (10 minutes)</b> - Day 4: Teach proper keep- up technique: dropping on foot, kicking, and keeping ball in air (How many can you do in a row?)	<b>Dynamic Warmup (10 minutes)</b> - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching <b>Keep-Ups (10 minutes)</b> - Day 5: Keep-Up Competition: Make the kids count in their teams and have a judge to ensure NO cheating (Whatever team has the most accumulative after the time wins!)
10:00-10:05AM	————— WATER BREAK —————				
10:05-10:30AM	<b>Introduction to Dribbling</b> [What is Dribbling? What part of the foot do I use?] -Dribble/ Stop/ Skill: (DEMONSTRATE each new skill before implementing: <i>Toe Taps, Toe Touches, Rolls, Scissors, Knee on Ball, Head on Ball</i> ): Yell <i>dribble</i> , then the <i>skill</i> , then <i>dribble</i> to continue -Dribble Relays: Break into teams, choose dribbling techniques and make a race!	<b>Introduction to Passing</b> [Passing fundamentals, what part of the foot do I use?] (DEMONSTRATE the 1.MOTION, 2.TOE POINTING, 3. FOLLOW THROUGH, and 4. RECIEVING) - Partner Passing : Inside of the foot, laces, volley's, back heal -Ladder Gate Passing: Set- up partner gates, have to do chosen passing technique through gates. Person with most successful attempts moves up "ladder".	<b>Introduction to Shooting</b> [Shooting fundamentals, what part of the foot do I use? Where do I direct the ball? How do I direct the ball?] (DEMONSTRATE the 1.MOTION, 2.TOE POINTING, and 3. FOLLOW THROUGH) - Target Shooting : Get pug nets, dribble through a series of cones, and shoot at the target - Volley's - Bicycle Kicks (*camp favourite*)	<b>Introduction to Defending</b> [Defending fundamentals, how do I shield the ball? How do I jockey the ball? Where should I be positioned?] (DEMONSTRATE the 1.MOVEMENTS, 2.SHUFFLING TECHNIQUES, and 3. POSITIONING) - Partner Keep Away : Stay within a boundary, have one partner shield and protect the ball from the opponent - Partner Defending: Set up partners, have defensive players jockey down the feild, while other players practice their dribbling techniques	<b>Skills Competitions</b> -Separate campers back into their teams selected before warm-up -Run a series of skill competitions relating to either dribbling, passing, shooting or defending -This is a time for the coaches to assess the week and choose skills and games the kids excelled in to have the most success! -Create a scoring scheme and keep track of points to initiate better competition! ***Remember: Competition can initiate arguments, just always remain aware and in control
10:30-11:00AM	————— SNACK #1 —————				
11:00-12:00PM	<b>Dribbling Practice</b> - Snake Dribbling: Set up a series of cones, have players weave through the cones using learned techniques - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number and a ball. Scatter cones behind each pug net and have all players dribbling and not hitting cones. Call out names/player numbers, and throw the ball in the middle. Called players will then stop dribbling and try to score on the opposing team. -Scrimmage Game (2 to 4 Mini- Feilds)	<b>Passing Practice</b> - Partner Passing : Set up two lines facing a net. Have the players run down the feild and pass back and forth using the desired technique, and then have them finish on the net - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number and a ball. Have players partner passing using different techniques behind the nets. Call out names/player numbers, and throw the ball in the middle. Called players will then stop passing and try to score on the opposing team. -Scrimmage Game (2 to 4 Mini- Feilds)	<b>Shooting Practice</b> - Shooting Stars : Set up 5 balls on cones on each side of the mini feild. Set up pug nets 5 steps behind cone line to help shag the balls. Players are to shoot from behind the centre line and try and knock the balls off of the cones. Defending team can try and stop the ball, but must stay 5 steps infront of ball line. First team with all the balls off the cones wins! - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number. Have players doing excersices behind the nets. Call out names/player numbers, and throw the ball in the middle. Called players will then stop and try to score on the opposing team.	<b>Defending Practice</b> -Shark Attack: Set up a grid of cones. Have each player take their own ball, and 1-2 players (depending on numbers) volunteer to be 'sharks'. Have all players in the grid practicing dribbling techniques. When "shark attack" is called, the 'sharks' will enter the grid and try and knock them out of the grid. Last player standing wins! - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number. Have players sitting, laying on stomach, back, etc, to make the initial run to the ball more difficult. Call out names/player numbers, and throw the ball in the middle. Called players will then try to score on the opposing team.	<b>Skills Competitions</b> -Continue competitions similar to before the snack break -Incorperate teamwork camp games to add diversity to the competition  <b>Full Feild Games</b> -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -It's the last day, don't be afraid to participate and spend quality time with your kids!
12:00-1:00PM	————— LUNCH —————				

12:00-1:00PM						LUNCH					
1:00-1:30PM	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together	<b>Group Camp Games</b> -Run by staff, all campers participate together						
1:30-1:40PM	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator -Quick reminder of rules and expectations	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator -Quick reminder of rules and expectations	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator -Quick reminder of rules and expectations	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator -Quick reminder of rules and expectations	<b>Attendance and Housekeeping</b> -Run through attendance and inform coordinator -Quick reminder of rules and expectations						
1:40-2:00PM	<b>AM Dribbling Session Recap</b> -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite dribbling technique learned this morning?]	<b>AM Passing Session Recap</b> -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite passing technique learned this morning?]	<b>AM Shooting Session Recap</b> -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite shooting technique learned this morning?]	<b>AM Defending Session Recap</b> -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite defending technique learned this morning?]	<b>AM Competition Recap</b> -Discuss the events that occurred in the morning session [What was your favourite activity from the morning? What skill did you learn this week that is your favourite? What is your favourite position? If you could be any soccer player, who would it be?]						
2:00-2:05PM						WATER BREAK					
2:05-2:30PM	<b>Small Sided Games</b> -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the dribbling techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	<b>Small Sided Games</b> -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the passing techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	<b>Small Sided Games</b> -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the shooting techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	<b>Small Sided Games</b> -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the defensive techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	<b>Small Sided Games</b> -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the techniques learned throughout the duration of the week, and praise for demonstrating these new skills in competition!						
2:30-3:00PM						SNACK #2					
3:00-3:40PM	<b>Full Feild Games</b> -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	<b>Full Feild Games</b> -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	<b>Full Feild Games</b> -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	<b>Full Feild Games</b> -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	<b>Full Feild Games OR Other Organized Group Camp Activities</b>						
3:40-4:00PM	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up						

# Dribbling

How are the dribbling techniques executed?

## Basic Dribbling and Ball Control

Using your right and left feet, take small touches to progress the ball forward up the field. It is important to keep the ball close to your feet and under control. The purpose of dribbling is to move the ball closer to the opponents goal while doing skills to beat defenders.

### Techniques to do while performing dribbling practice

#### Toe Tap

##### Practicing Control

Using the inside of your right foot, tap the ball to your left, and vice versa. Do this continuously with a small bounce in your step. Try not to move forward during these touches, and as you get better, try and keep your eyes ahead instead of on the ball.

#### Toe Touch

##### Practicing Control

Using the bottom of your right foot, touch the top of the ball. Jump and switch your feet so your left foot is on the ball. Do this continuously while trying not to progress forward. As you get better, try and keep your eyes off the ball, and maybe try dribbling patterns.

#### Step-Over

##### Offensive Skill

With the ball between your two feet about a step away, lean to the left. Bring your right foot over top of the ball so it looks like you are about to make a pass forward. The end position should be the ball on the right side of your two feet. This skill is to off balance a defender and change direction.

#### Scissor

##### Offensive Skill

Start in the same position as the step-over. Bring your right foot the opposite way around the ball (so the outside of your foot passes the left side of the ball). The end position should be the same as the starting position. This skill is to off balance the defender.

#### Bottom Roll

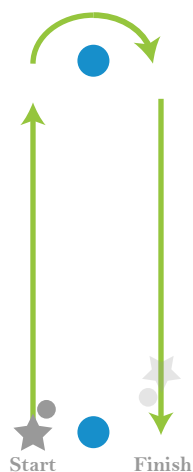
##### Offensive Skill

Start in the same position as a step-over. Lift your right foot and place it on top of the ball. Using similar motion to a step over, drag the ball to the left side of your body, passing your left foot. Bring your right foot back to the ground after movement and bring your left leg back to the start position.

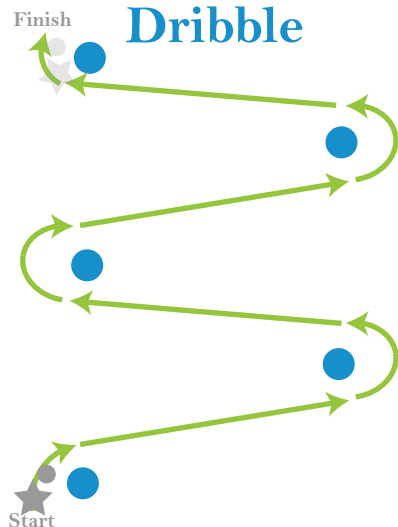
**\*It is important to ALWAYS practice dribbling with BOTH FEET\***

### Possible Set-Ups for Dribbling Practice

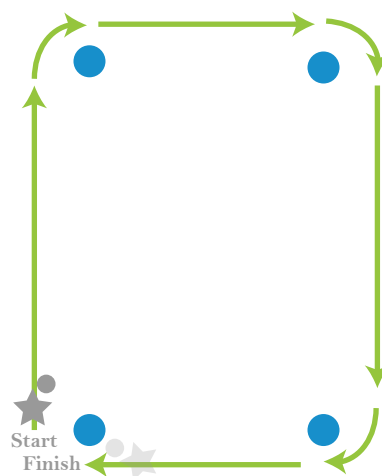
#### Straight Dribble



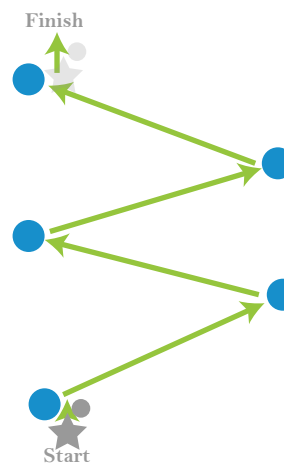
#### Weave Dribble



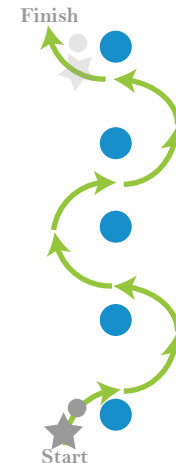
#### Grid Dribble



#### Cut Dribble



#### Snake Dribble



# Passing

How are the passing techniques executed?

## Basic Passing and Receiving

### MOTION:

Have the ball between your two feet, the ball being about a step in front. Pick up your right foot, and swing forward towards the person you are passing the ball to.

### TOE POINTING:

When passing, point the toe of the foot that is NOT passing the ball in the direction you want the ball to go.

### FOLLOW THROUGH:

With the passing foot, after the ball leaves your foot, make sure it is pointing in the direction you want the ball to go.

### RECEIVING:

Be in a ready stance and on your toes. Make sure to make eye contact with the person passing the ball to ensure it is coming your way. As the ball is in motion, prepare to cushion it with the instep of your foot. It is easiest to stop the ball and reset before making another pass. To challenge yourself, try passing the ball back-and-forth without stopping the ball.

## Passing Techniques

### In-Step

Set up with the ball between your feet. Turn your hips to the right, use the passing motion with your right foot to strike the ball with the inside of your foot.

### Outside

Set up with the ball between your feet. Turn your hips to the left, use the passing motion with your right foot to strike the ball with the outside of your foot.

### Laces

Set up with the ball between your feet. Keep your hips square to your partner. Use the passing motion with your right foot and strike the ball with the top of your foot.  
\*Make sure athletes are NOT using their toe!\*

### Header

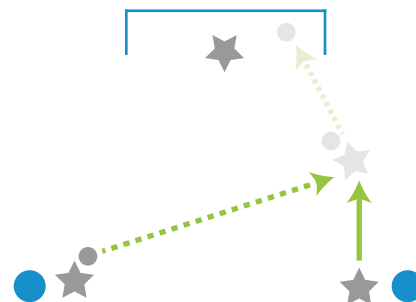
Set up with your feet shoulder width apart. As the ball is in the air, keep your eye on the ball (DO NOT close your eyes!) Put hands in front, and pull through for power, striking the ball with your forehead in the desired direction.

## Possible Set-Ups for Passing Practice

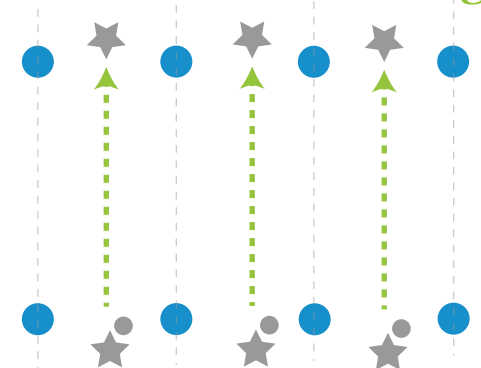
### Partner Passing 1



### Partner Passing 2



### Ladder/ Gate Passing





# Shooting

How are the shooting techniques executed?

## Basic Shooting and Follow- Through

### MOTION:

Have the ball between your two feet, the ball being about a step in front. Pick up your right foot, and swing forward towards the goal you are trying to score on.

### TOE POINTING:

When shooting, point the toe of the foot that is NOT shooting the ball in the direction you want the ball to be struck.

### FOLLOW THROUGH:

With the shooting foot, after the ball leaves your foot, make sure it is pointing in the direction you want the ball to go. For more power, if you are shooting with your right foot, swing through the ball and land on your right foot ('landing on your striking foot')

#### NOTE:

Mention to your athletes that placement is more important than power. It is better to score a goal then make it a super pretty goal. Acknowledge that previously learned passing techniques can ALSO be used as shooting techniques.

## Volley

Set up with your feet shoulder width apart. As the ball is in the air, keep your eye on the ball (DO NOT close your eyes!) Lift your right foot up, and point your toe down. Strike the ball with the laces of your foot as it is still in the air.

## Bicycle Kick

A camp favourite! (But MUST be done carefully and safely!)

Set up with your feet shoulder width apart. As the ball is in the air, keep your eye on the ball (DO NOT close your eyes!) Your back will be facing the ball in game situation. Lift your right foot up, jump, and kick your foot towards the ball that will be coming over your head. The final position will be on the ground.

How to teach bicycle kicks at camp:

#### Step One:

Have the kids sitting on the ground facing the outside of the field. Have them (WITHOUT a ball) practice the motion of falling backwards and kicking over their head.

#### Step Two:

Have each athlete grab a ball. On the count of three let your campers try that same motion but kicking the ball from their hands into the field. Have them shag the balls AFTER everyone has kicked to ensure safety.

#### Step Three:

Have them doing the same motion and position as before, but throwing the ball and timing their kick.

#### If players are advanced:

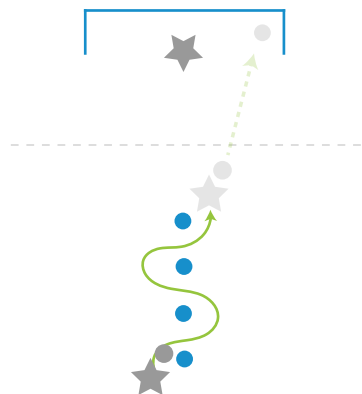
Have them try the sequence from standing up. DO NOT allow them to jump as this can cause injury if not done correctly. Instruct them to drop and roll backwards instead of jumping upward.

## Possible Set-Ups for Shooting Practice

### Shooting Stars



### Target Shooting



# Defending

How are the defending techniques executed?

## Basic Defending

The purpose of defending is to prevent the opposition from scoring on your net. It is important to always stay **INFRONT** of the ball, and always position yourself between the ball and the net.

### Defensive Techniques

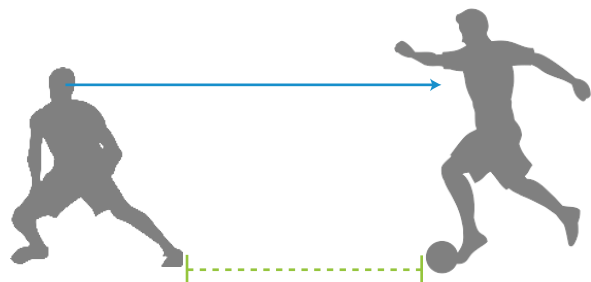
#### Jockeying

##### Movements:

Make sure your legs are shoulder width apart in a position similar to a lunge. Remain 6-8 steps away from your opponent. With your right foot in front of your left, shuffle backwards keeping an eye on your opponents body positioning. You always want to show the attacker the **OUTSIDE** of the feild. This is determines what foot goes infront during the jockey (to guide the attacker).

##### Shuffle Technique:

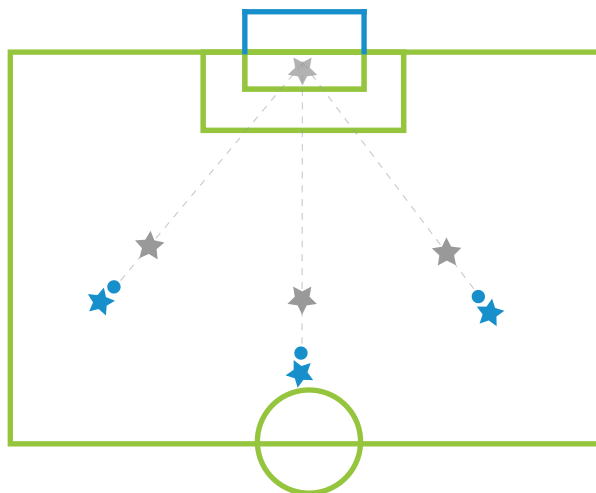
When shuffling backwards, ensure your feet do not click together. If your attacker beats you, turn and sprint, and regain your position between the ball and the net.



#### Staying Between the Ball and the Net

As a defender, we must always stay infront of the ball to block any forward motion. We are the lines of goal defence before the goalie!

We must also position ourselves between the ball and the net to prevent forward movement through the centre of the pitch (the most dangerous area).



#### Shielding the Ball

This is protecting the ball so your opponent is unable to take it from you. Get in a wide, athletic position. Put one forearm up and always be aware of where your opponent is. Protect the ball by keeping your body between the ball and your opponent.







## Notes from Coach to Coach

### #1: THE SKILL OF TEAM MAKING

Always come to coach with a plan. Letting athletes choose always ends in unbalanced teams and arguments. Assess skills the first day, and organize teams appropriately (don't be afraid to make team trades if they are not working!)

### #2: THE “OVERLY PASSIONATE” ATHLETE

Respect and safety is always a priority. Start with a discrete discussion with the athlete about inappropriate behaviour (it is important to not embarrass the athlete). If the issue persists, have the child sit out with you and discuss the situation once more. If it happens for the third time, have a discussion with camp coordinator and parent during pick- up.

### #3: THE TEMPER TANTRUM

Never give into bad behaviour or disrespect towards other athletes or coaches. Send the athlete to the designated sport location to cool off. After a few minutes, go discuss the situation with the athlete and come up with a resolution to the problem.

### #4: THE ATHLETE CONFLICT

If a conflict occurs once, address both individuals seperately. If this same conflict occurs twice, pull both athletes to the side and address the problem together. Come up with a solution for the problem, and remind them of the consequences if their behaviour persists. If the conflict comes up for a third time, send the athletes to the coordinator and have a group discussion with both parents and athletes upon pick- up.

### #5: THE CAMP CLEAN-UP

At the end of the day, it is much easier to have the kids help clean up all the equipment. Don't do it all by yourself!

Coaching summer camps is a very fun and memorable experience, enjoy it!  
Good luck!