



U13+ COACHES HANDBOOK



L.T.P.D.
long term player development



ONTARIO
SOCCER
EST. 1901

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PARENT ORIENTATION

At the beginning of the season, we strongly encourage you to hold a short parents meeting. As a coach, you represent Aurora FC to many parents and act as the voice of the club. With that said, there are a few things that parents should know from the outset to help the season run smoothly, with a strong emphasis on the fact that *we are all here for our children to have fun and enjoy the beautiful game of soccer*. Please remind your parents of the following expectations and rules:

1. Parents **MUST STAY** at practices/ games or designate someone to stay (other than the coach)
2. Players aren't allowed to wear jewelry or watches; no taping over earrings.
3. Players must wear shin guards.
4. Family members sit on the opposite side of the field as the players and coaches during games.

We're looking forward to a great summer of soccer! Our primary aim is to ensure that the players have fun on the field playing soccer, parents, officials and coaches. Although we are the coaches of the team, we're also parents and ask for your support and co-operation to help make this a fun and rewarding summer. Here are some guidelines for players and their parents this season:

- U5-U12 age groups: no scores or standings are recorded.
- Please have players arrive 5-10 minutes early for any practice or game, so the team can be ready to start on time.
- Each player will play an equal amount of time and play each position: forward, defense and goalie.

This is Club Policy and is strongly suggested that you wait 24 hours before doing so. Please do not raise the issue immediately after the practice/game in front of the players or other parents.

Players With Own Ball

For the 2016 season, each player will be given a ball at the start of the season. Please write your child's name on the ball. It is your responsibility as a parent to remember to bring it to every practice/game. If players lose their ball, parents can purchase a replacement at the Aurora FC office for \$10.

Risk Management

While it is not possible to eliminate ALL the risks involved in playing youth soccer, we at the Aurora FC are committed to reducing the risks as much as we can. Before each game, please do a systematic inspection of the playing area as most fields are open to the public and may contain debris.

Referees (U9+)

Each year, we are pleased to welcome between 20-30 new referees to our club. These young referees (12-15 yrs of age) have recently taken the introductory referee course and are eager to start learning the game from a referee's perspective. These young referees learn game-by-game and need our help to build their confidence and self-esteem. What we do not want is to have our young referees leave after their first season because of verbal abuse and criticism from the sidelines. **Please remember that soccer is just a game, the players learn by practicing and through positive encouragement, as do our referees.** We would like to remind everyone that the Aurora FC has a **ZERO** tolerance towards abuse of any kind towards referees, players or coaches. As a coach/parent, we are responsible for our personal conduct.

Snack time U5-U7

Snack time is at the END of the playing session. Children are encouraged to drink water when they rotate off the field. The halftime change over should not be more than a minute or two.

Programming Dates

All outdoor programs start in late May and end in late August.

Equal Playing Time and Positions

ALL players are entitled to play an equal amount of time. We will strongly encourage players to play all positions throughout the season. This is the philosophy and commitment of the Aurora FC.

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 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. Also, 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. Shaping the lives of young people is a tremendous responsibility. As a coach, you must do everything you can to foster a player's love for the game, and to help them achieve their potential.

Good coaches seek out new ways to develop their knowledge of the game and how players learn. But it's not just about what you teach. It's about how you teach. Ultimately, it's your personality and enthusiasm that will have the biggest impact on your players.

Try to remember these three fundamental responsibilities of coaching young children:

You are a Teacher:

- Provide simple teaching/coaching points to help your players learn and understand the activity
- Encourage individual skill development through games and other activities
- Provide lots of activity to help contribute to an active lifestyle

You are a Leader

- Set goals that are challenging but realistic for your group
- Encourage your players to be the best they can be
- Promote the importance of being a good sport and playing fair

You are a Mentor

- Listen to your players' concerns and support them at every endeavour
- Make soccer a positive, fun experience for the children as they look to you for guidance

Coaches Conduct

Coaches are expected to be respectful of all players, referees, opposing coaches and all parents. As such, coaches should refrain from any language or gestures that can be deemed to be offensive at any time during a game. Remember that the players are there to have fun and play soccer, and they are looking to coaches for a positive example. Coaches should be specifically mindful of comments aimed at the referees, some referees are young and still learning. If you have a concern about a referee, please direct these concerns to the Club, rather than at the game in front of the players.

It is also important that coaches do not enter the playing field or the opposing team's side of the field during the game. There have been many reports of this happening during games in previous seasons, and is not acceptable. Also, it is Club policy that coaches and players sit on one side of the field and parents sit on the opposite side of the field.

Coaches should also ensure players are dressed appropriately for play in order to avoid injury. This means coaches should remind players that they are not allowed to wear jewellery or watches, and they must wear shin guards at all times while on the field. Referees have the right to ask any player who is not dressed appropriately to leave the field during the game.

The Coach Toolkit

The gradual progressive development of players is FUNdamental to the enjoyment, technical competency and retention in the game. The “Four-Corner” development model places the player at the center of the development process with soccer experiences that meet the four key needs of the player.

Technical/Tactical	Social/Emotional
Physical	Mental

Every coach needs a variety of coaching methods to use as tools with their teams. Here is a tool kit of five coaching methods and explanations of their use.

1. **Coach within the flow of the game.** This is successful with players whose technique allows them to process and play at the same time. The coach provides clear, brief instruction to individuals or small groups of players as the ball is moving. This is not an ongoing monologue, but rather instructions at a critical time to influence play. The caution here is to not let this become noise.
2. **Coach the individual player as the game continues.** Here the coach stops an individual player to make a coaching point, but does not stop the activity. While the coach interacts with the player, the team plays a “man down.” Obviously the interaction must be brief and concise to get the player back into the activity.
3. **Coach at natural stoppages.** Here the coach addresses groups of players during times when the game is still, e.g. when the ball goes out of bounds; at water breaks; change over. While being brief and concise is always important, here it is important to focus on a problem that is fresh in the player’s mind.
4. **Allowing the conditions of the activity to coach the theme.** Here the conditions of the activity provide the problem for the players to solve. For example, the 6-goal game to coach small group defending. Defending three goals forces the players to pay particular attention to cover and balance. Conversely attacking three goals will reward the team that can change the point of attack quickly and accurately.
5. **Coach using the “freeze” method.** Here the coach “freezes” the game to make his or hers coaching point. This allows the coach to “paint” a very visual picture for the players. Use this option with care, because if used too often it can disrupt the game and frustrate the players.

Guiding Principles to Practice/Games

- Make sure each player has a soccer ball
- Ensure that your sessions have plenty of movement and promote running, stopping, changing direction, and ball manipulation
- Avoid long lineups and keep information short and simple
- Everyone should be included as much as possible
- Practices should be varied and versatile
- Teach the players to show respect for opponents and referees
- Make sure each player has the appropriate equipment
- Remember the games are for the kids (not the adults)
- Be a kid yourself for an hour and have fun

It is very important to understand the stages in the **Long Term Player Development** program that your players have reached in order to provide a safe learning environment.

ActiveStart (U5-U6)

At the ActiveStart stage, the goal is to keep the children moving, active with a ball and develop a passion for the game of soccer with several touches on the ball. Teaching basic movements such as running, jumping, twisting, kicking, throwing and catching is key at this stage. A central focus is on the player with the ball, including running with the ball, dribbling, controlling, kicking and shooting.

FUNdamentals (U7-U8)

At the FUNdamentals stage, individual player development is paramount. We create and promote an environment that is fun and allows players to learn through exploration. The emphasis here is placed on the ABC's of movement: agility, balance and co-ordination plus speed. Movement exercises/games are designed to get players several touches with the ball.

Learn To Train (U9-U12)

This is the "Golden Age of Learning" and an important time to teach basic principles of play and establish a solid training ethic. Coaches will emphasize repetitions, as they are important to develop technical excellence, but create a fun and challenging environment with activities and games to stimulate learning.

Coach Self-Development

The OSA offers more than 100 courses and coach education opportunities each year. The Aurora FC encourages all coaches to be active participants in the coaching community through certification, coaching clinics, online resources and conferences. Here are a few coaching resources to help you get started. If you would like more information, please contact our House League Director www.aysc.ca

Ontario Soccer Association (OSA) - www.ontariosoccer.net
Canada Soccer Association (CSA) - www.canadasoccer.com
York Region Soccer Association (YRSA) - www.yrsa.ca

GAME DAY

Equipment

You will receive a coaching bag with the following equipment, that should be brought to the field at all times: 1 First Aid Kit, 15 Discs/cones, 1 Air Pump, 2 Pylons, 2-4 used soccer balls to be used if a player forgets their own ball. U7 and older will get a keeper shirt and gloves and U9 and older get a game ball and game sheets. Please contact the office if you have any equipment problems such as missing cones or defective soccer balls. Problems with sizing of shirts need to be directed to the convenor.

Field Closures and Weather Policy

Severe Weather

If games are cancelled, or fields closed, due to severe or inclement weather, the Town of Aurora will notify the Aurora FC by 4:00pm. The Aurora FC will email all coaches and convenors and post information on the Aurora FC website and social media channels (Twitter/Facebook) ASAP. If there is no official notice from the Aurora FC office by 4:15pm, then players, coaches, and referees are expected to show up to the field and decide if it is safe to play. Outdoor games will normally proceed even if it is raining but must be halted by the referee and or coach in the event of lightning.

Cancellation of Games

Games can be called off, abandoned or cancelled prior to or after it has commenced for weather conditions, outside interference or unsafe ground by the game referee only. If no referee is present, the two coaches make the decision to cancel the game and no penalty will result.

Field Closures

Aurora FC can NOT be responsible for providing replacement games for games cancelled due to field closures beyond our control.

RULES AND REGULATIONS

The following rules and regulations section highlights some key components including league structure and an explanation of the Retreat Line. A more thorough explanation of all rules and regulations is attached to your coaches bag, and discussed in more detail in the houseleague document section of the Aurora FC website. Please reference this guide if you have any questions or contact our House League Director.

OUTDOOR HOUSE LEAGUE STRUCTURE:

Age	Playing Fomat	Game Time Scrimmage	Fleld Time One-Night	Ball Size	Refs	Offside	All Kicks Indirect	Penalty Kicks	Throw Ins	Retreat Line
U5	3v3, no GK	2x15min	50-60min	3	Coaches	N	Y	N	Dribble / Pass In	
U6	3v3, no GK	2x15min	50-60min	3	Coaches	N	Y	N	Dribble / Pass In	
U7	4v4, no GK	2x20min	60-75min	3	N	N	Y	N	Dribble / Pass In	1/2
U8	5v5	2x20min	60-75min	4	N	N	Y	N	Dribble / Pass In	1/2
U9	7v7	2x25min	60-75min	4	Y	N	Y	Y	Dribble / Pass In	1/3
U10	7v7	2x25min		4	Y	N	Y	Y	Dribble / Pass In	1/3
U11	9v9	2x25min		4	Y	Y	Y	Y	Y	1/3
U12	9v9	2x25min		4	Y	Y	Y	Y	Y	1/3
U13	11v11	2x35min		5	Y	Y	Y	Y	Y	
U14+	11v11	2x40min		5	Y	Y	Y	Y	Y	

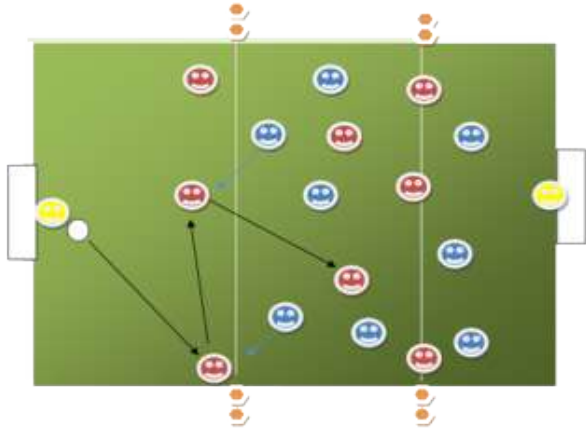
The Retreat Line (U7 – U12 only)

To enable youth players to play a possession style of soccer they must learn to play through the thirds of the field and have the ability to maintain possession throughout the whole field, while under pressure. Every player on the field must become comfortable in possession of the ball. Possession based soccer should become their default style of play

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:

- 5v5 - Half way line. It is recommended the goalkeeper does not drop kick the ball
- 7v7 – 1/3rds line
- 9v9 - 1/3rds line

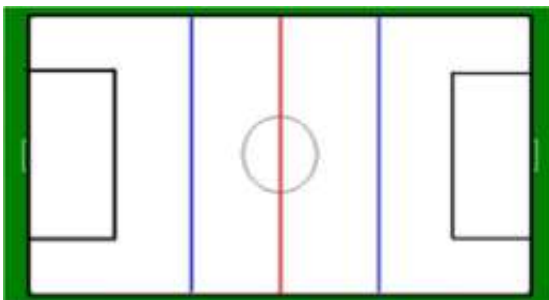
With the opposition retreating to the correct part of the field the goalkeeper can now successfully throw or pass the ball to a team mate. Once the player receiving the ball from the goalkeeper receives the ball, the ball is in play and the opposition players can pressure and attempt to win the ball.



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.

The ball is in play once it leaves the penalty area (7v7/9v9) 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)



SESSION 1

Focus: Dribbling

GATES (10 minutes)

Set-Up

- 20x20 grid
- Each player with a ball

Coaching Points

- Pinky toe
- Head up
- Change of direction
- Close control



Instructions

- Lay out a cone course; place pairs of cones 1 metre apart randomly throughout the field.
- i) Players dribble through cones with their ball
- ii) Players stop and turn at cones
- Challenge players to 'race against the clock' - 30 second or 45 second race

RUNNING WITH THE BALL (10 minutes)

Set-Up

- 25x30 grid
- Split in half with 2 groups

Coaching Points

- Pinky toe
- Head Up
- Change of direction
- Close control



Instructions

- Player 1 starts off running with the ball diagonally around the cone, and passes the ball to player 2, who then receives the ball and runs towards the opposite cone and passes to player 3 and so on

SESSION 1

Focus: Dribbling

1v1 Soccer (10 minutes)

Set-Up

- 45x25 grid
- 6 goals

Coaching Points

- Pinky toe
- Head Up
- Ball close to foot
- Change of speed

Instructions

- Make 3-4 (3 for U5, 4 for U6) mini fields in your 1/2 field
- Have the players play against another player
- Rotate the games several times



7v7 GAME (30 minutes)

Set-Up

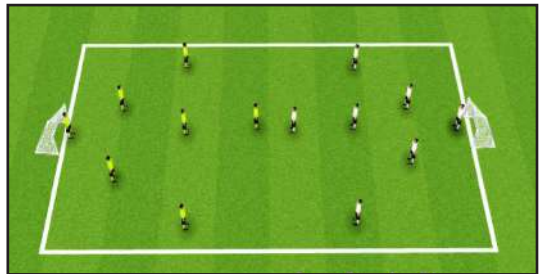
- 40x30 grid with 2 goals
- Play in a 2-3-1

Coaching Points

- Pinky toe
- Head Up
- Change of direction
- Change of speed

Instructions

- 7v7 game to goals, including goalkeepers
- Option: 5v5 game to goal, including goalkeepers
- Rotate players approximately every 3 minutes



SESSION 2

Focus: Change of Direction

CHANGE OF DIRECTION I (10 minutes)

Set-Up

- 20x20 grid
- 2 gates at opposite corners

Coaching Points

- Pinky toe
- Head Up
- Change of direction
- Close control



Instructions

- The first player in each line dribbles towards the centre #1 and change direction (outside cut, inside cut, pull back) then dribble back towards where they started #2 and change direction, then dribble towards the opposite line #3.

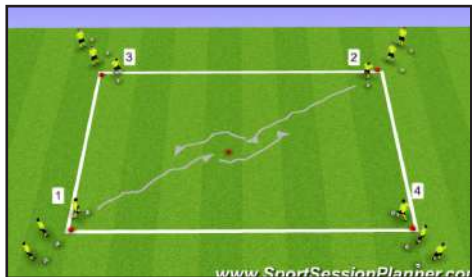
CHANGING OF DIRECTION II (10 minutes)

Set-Up

- 25x30 grid
- Split in half with 2 groups

Coaching Points

- Pinky toe
- Head Up
- Change of direction
- Close control
- Timing and distance



Instructions

- Players 1 & 2 dribble towards the centre cone at the same time, before approaching the cone both players apply a feint towards their right and change direction.

SESSION 2

Focus: Change of Direction

CHANGE OF DIRECTION (10 minutes)

Set-Up

- 20x20 grid
- 2 gates at opposite corners

Coaching Points

- Pinky toe
- Head Up
- Change of direction
- Change of speed



Instructions

- Two groups of players on opposite corners, one group with a ball
- The player with a ball will play a pass across and defends the player receiving the ball becomes the attacker
- The attacking player has the option to dribble through either gate
- If the defender wins the ball, they become the attacker and can dribble through the gate

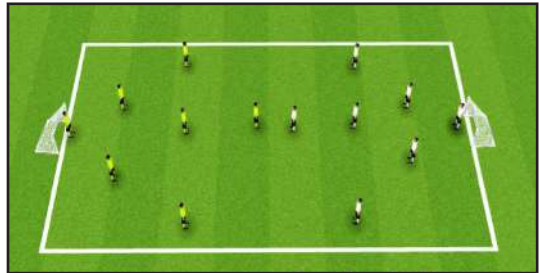
7v7 GAME (30 minutes)

Set-Up

- 40x30 grid with 2 goals
- Play in a 2-3-1

Coaching Points

- Pinky toe
- Head Up
- Change of direction
- Close control



Instructions

- 7v7 game to goals, including goalkeepers
- Option: 5v5 game to goal, including goalkeepers
- Rotate players approximately every 3 minutes

SESSION 3

Focus: Passing & Receiving

PASSING (10 minutes)

Set-Up

- 20x20 grid
- Place several squares on the field using cones

Coaching Points

- Firm pass
- Eye on the ball
- Step into pass
- Part of foot



Instructions

- Players work in pairs with one ball and simply start off by passing through the square
- Players must play through a different side of the square they received the initial pass

PASSING TRIANGLE (10 minutes)

Set-Up

- Using 3 cones, create a triangle
8yds between each cone

Coaching Points

- Firm pass
- Eye on the ball
- Step into the pass
- Part of foot



Instructions

- Balls start at point of triangle and the first player plays a pass to their right, and follows their pass
- The players continue to pass the ball around the triangle

SESSION 3

Focus: Passing & Receiving

3v3 GAME (10 minutes)

Set-Up

- 20x25 grid

Coaching Points

- Firm pass
- Eye on the ball
- Step into the pass
- Part of foot

Instructions

- 3 players per team, 3v3 game, no goalkeepers
- Start off with no restrictions
- Add one touch finish



7v7 GAME (30 minutes)

Set-Up

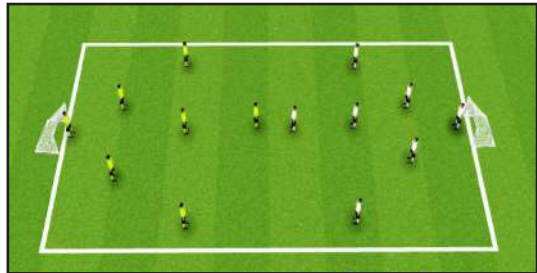
- 40x30 grid with 2 goals
- Play in a 2-3-1

Coaching Points

- Check shoulder
- Arm up
- Furthest foot
- Foot on the ball

Instructions

- 7v7 game to goals, including goalkeepers
- Option: 5v5 game to goal, including goalkeepers
- Rotate players approximately every 3 minutes



SESSION 4

Focus: Combination Play

COMBINATION PLAY (10 minutes)

Set-Up

- 20x20 grid
- Place several squares on the field using cones

Coaching Points

- Firm pass
- Eye on the ball
- Step into pass
- Part of foot
- Angle



Instructions

- Player 1 passes to player 2 behind the cone, player 2 passes to player 3, player 3 dribbles back to the start.
- The next pass is played to player 4. Progression - player 1 and 2 complete a wall pass.

2v2+2 (10 minutes)

Set-Up

- 10x15 grid

Coaching Points

- Firm pass
- Eye on the ball
- Step into the pass
- Part of foot
- Angle



Instructions

- Player 1 passes to player 2 behind the cone, player 2 passes to player 3, player 3 dribbles back to the start.
- The next pass is played to player 4. Progression - player 1 and 2 complete a wall pass.

SESSION 4

Focus: Passing & Receiving

3v3+4 GAME (10 minutes)

Set-Up

- 25x25 grid split in half

Coaching Points

- Firm pass
- Eye on the ball
- Step into the pass
- Part of foot
- Angle



Instructions

- 3v3+4 neutral players can only play one consecutive pass to another neutral player
- Teams earn 1 point for every 4 consecutive passes.
- Wall pass
- Third man

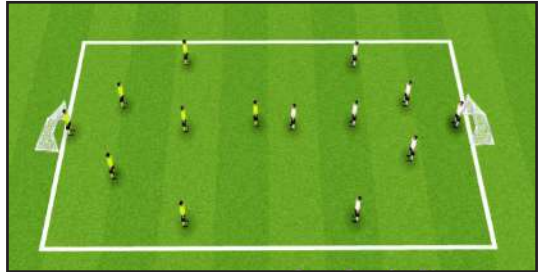
7v7 GAME (30 minutes)

Set-Up

- 40x30 grid with 2 goals
- Play in a 2-3-1

Coaching Points

- Firm pass
- Eye on the ball
- Step into the pass
- Part of foot



Instructions

- 7v7 game to goals, including goalkeepers
- Option: 5v5 game to goal, including goalkeepers
- Rotate players approximately every 3 minutes

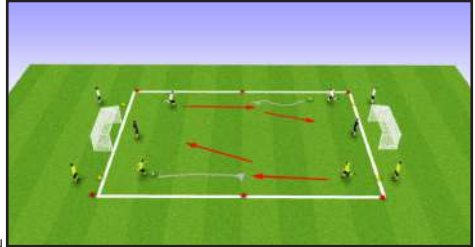
SESSION 5

Focus: Shooting

SHOOTING 1 (10 minutes)

Set-Up

- 30x20 grid
- Divide team into two groups of 8. Split groups into 4 and place them on either side of the goal. Balls start on opposite corners.



Coaching Points

- Laces
- Toe down, head down, ankle locked
- Chest over the ball
- Planting foot

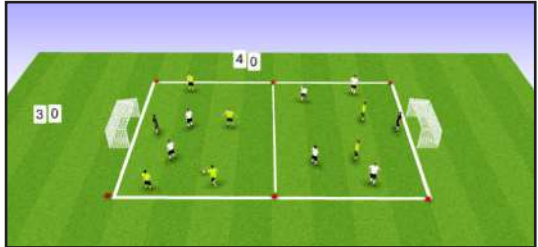
Instructions

- Player plays out, attack runs onto the ball controls and strikes on goal
- Add variations:
 - -Turn and Shoot
 - -One touch shot
 - -Ariel control and strike, depends on abilities.

SHOOTING 2 (10 minutes)

Set-Up

- Divide Group into 3 groups of 4 or 5. Play 4v2 or 5v2 in either half
- One team defends, while the other two attack



Coaching Points

- Laces
- Toe down, head down, ankle locked
- Chest over the ball
- Planting foot

Instructions

- Teams receive points by scoring on goal
- When defenders win the ball they can also receive points which go against the attacking they are defending, by scoring on goal. Play for 4 min
- Losing team becomes defenders

SESSION 5

Focus: Shooting

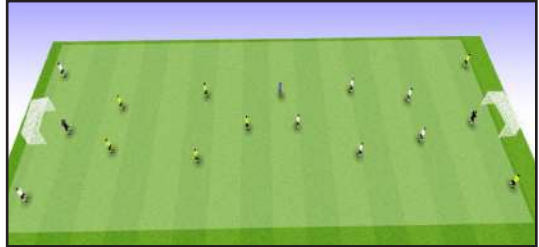
SHOOTING 3 (10 minutes)

Set-Up

- 5v5+1 Shooting game with target players

Coaching Points

- Laces
- Toe down, head down, ankle locked
- Chest over the ball
- Planting foot



Instructions

- Teams receive 1 point for scoring on goal
- If they can score one touch off a pass from a target its 2 points. Play 4 mins.

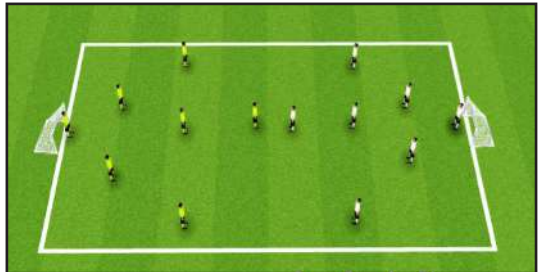
7v7 GAME (30 minutes)

Set-Up

- 40x30 grid with 2 goals
- Play in a 2-3-1

Coaching Points

- Laces
- Toe down, head down, ankle locked
- Chest over the ball
- Planting foot



Instructions

- 7v7 game to goals, including goalkeepers
- Option: 5v5 game to goal, including goalkeepers
- Rotate players approximately every 3 minutes

SESSION 6

Focus: Defending

INDIVIDUAL DEFENDING (10 minutes)

Set-Up

- 20x20 grid

Coaching Points

- Arms length
- Body low
- Angle of approach
- Eye on the ball



Instructions

- With a partner, one player with a ball dribbles across with the other player passively defending the player with ball
- Once they get across the grid, players switch roles

DEFENDING 1v1 (10 minutes)

Set-Up

- 30x15 grid split in half
- Small 5yd goal in corners where ball is served

Coaching Points

- Body low
- Angle of approach
- Distance
- Speed



Instructions

- Player with the ball passes to opposite line and immediately applies pressure and defends the small goal
- If the defender wins the ball, they attempt to dribble past the line across from them

SESSION 6

Focus: Defending

Group Defending (10 minutes)

Set-Up

- 25x40 grid
- Grid 3v3+1 Defesive Wave work

Coaching Points

- Angle of approach
- Arm up
- When to tackle
- Where to channel pressure
- Presure cover balance



Instructions

- 3v3 +1 yellows look to try and play one of the three white players standing outside the grid
- Once succesfull three new white players come on while the same yellow players are defending.

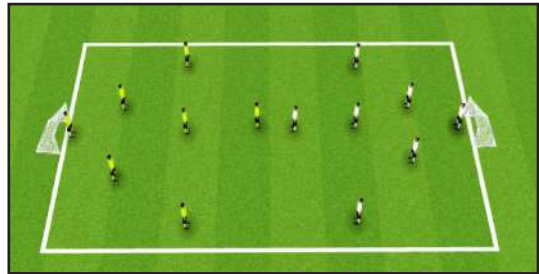
7v7 GAME (30 minutes)

Set-Up

- 40x30 grid with 2 goals
- Play in a 2-3-1

Coaching Points

- Angle of approach
- Arm up
- When to tackle
- Where to channel pressure
- Presure cover balance



Instructions

- 7v7 game to goals, including goalkeepers
- Option: 5v5 game to goal, including goalkeepers
- Rotate players approximately every 3 minutes



Date:

Team:

Mesocycle

Microcycle/Day

Training Objective(s):

	<p>I. WARM UP Duration: Intensity: Intervals: Work: Rest Organization (Physical Environment/Equipment/Players) Coaching Points/Key Concepts</p>
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	<p>II. MAIN PART: SMALL-SIDED ACTIVITY Duration: Intensity: Intervals: Work: Rest Organization (Physical Environment/Equipment/Players) Coaching Points/Key Concepts</p>
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	<p>III. MAIN PART: EXPANDED ACTIVITY Duration: Intensity: Intervals: Work: Rest Organization (Physical Environment/Equipment/Players) Coaching Points/Key Concepts</p>
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	<p>IV. GAME Duration: Intensity: Intervals: Work: Rest Organization (Physical Environment/Equipment/Players) Coaching Points/Key Concepts</p>
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Aurora FC

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