**2019/2020 Coaches Handbook**

The Coastal FC handbook has been designed to provide coaches a structured guideline in the development of club players and program management.
The handbook will serve as a technical and managerial resource to provide coaches with basic knowledge that will assist in the delivery of an excellent player development environment.

In an effort to provide a consistent model for player development and program management across Coastal FC, we have adopted the CSA Long Term Player Development (LTPD) pathway. This handbook contains the various stages of LTPD and identifies which player capacities should be trained at which developmental stages within LTPD.

The overall objective of our program is to foster and encourage sportsmanship, education, skill development, and respect for teammates, opponents and referees in a fun, supportive and player centered environment. Soccer at Coastal FC should be a fun and positive experience for everyone.

Your overall goal as a Coastal FC coach is to create the above referenced environment and monitor the development and enjoyment of each player under your charge. This handbook will help you accomplish this.

Please ensure you read the following information contained in this handbook and good luck in the season ahead!

# STAGE 1: Active Start

## U4-U6 Female and Male
## "FIRST KICKS"

**Soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get moving and to keep active.**

| | |
|---|---|
| **Where:** | Home, daycare, schools, clubs, community, parks and recreation centres. |
| **Why:** | Provide early opportunities for children to learn basic soccer elements. |
| **Who:** | Technical leaders, parent coaches, parents, educators, caregivers. |
| **Coaching:** | Training in Physical Literacy (CSA Program). |

- **Physical** – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.
- **Technical** – The player and the ball: Running with the ball, dribbling, controlling, kicking and shooting.
- **Tactical** – None.
- **Mental** – Fun, fascination, and passion for play.

### Game Structure:
No competitive games – adult and child play together informally.

### Recommended training times:
30 to 45 minutes.

### Season Length:
4 to 16 weeks Winter/Spring/Summer, indoor and/or outdoor.

### Recommendations:
- Player success is encouraged. While the adult should challenge the child player, they should allow the child to "score" goals and "beat" the adult opponent.
- Adult discontinues play when the child has lost interest.

**Other Sports & Activities**

Children should participate in many additional activities. Swimming and well-structured gymnastics programs are recommended.

# STAGE 2: FUNdamentals

## U6-U8 Female and U6-U9 Male

## "FUN WITH THE BALL"

2

**At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is "Freedom and Fun."**

| | |
|---|---|
| **Where:** | Home, schools, clubs. |
| **Why:** | Provide opportunities for children to learn basic soccer elements. |
| **Who:** | Physical education teacher, parent coach, team coach, club head coach. |
| **Coaching:** | Training in Physical Literacy (CSA Program). |

- **Physical** – Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.
- **Technical** – Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.
- **Tactical** – Small children are egocentric – playing the ball is the most important objective. However, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.
- **Mental** – Basic awareness of environment to build game intelligence and decision making.

**Game Structure:** Ranges from 3v3 to 5v5.

| | | | | FIELD SIZES | | |
|---|---|---|---|---|---|---|
| Game Format | Squad Size | Game duration | Ball Size | Min/Max width | Min/Max length | GOAL SIZES no larger than |
| 3 v 3 * | Max 6 | 2 x 15 min. | 3/4 | 18 to 22m | 25 to 30m | 5f/1.52m X 8f/2.44m |
| 4 v 4 * | Max 8 | 2 x 15 min. | 3/4 | 20 to 25m | 30 to 36m | 5f/1.52m X 8f/2.44m |
| 5 v 5 * | Max 10 | 2 x 15 min. | 3/4 | 25 to 30m | 30 to 36m | 5f/1.52m X 8f/2.44m |

**With or without goalkeeper - when no goalkeeper, reduce the goal size.*

**Recommended training times:** 30 to 45 minutes.

**Season Length:** 12 to 20 weeks, indoor and/or outdoor.

**Recommendations:**

- No league standings – jamboree format – emphasis is on FUN.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- Equal time should be allotted to practice and games.

**Other Sports & Activities**

Children should participate in many additional activities. Swimming and well-structured gymnastics programs are recommended along with ball sports.

# STAGE 3: Learning to Train

## U8-U11 Female / U9-U12 Male

## "THE GOLDEN AGE OF LEARNING"

**The effect of the role-model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by "doing." Players move from self-centered to self-critical, and they have a high stimulation level during basic skills training.**

**This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.**

| | |
|---|---|
| **Where:** | Clubs, district/regional development centers, schools. |
| **Why:** | Player development and talent identification. |
| **Who:** | Coaches, technical leaders, physical education teachers. |
| **Coaching:** | Training in Physical Literacy (CSA Program). |

- **Physical** – This is an optimal window for trainability of speed, flexibility and skills.
- **Technical** – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic soccer games.
- **Tactical** – Developing environment awareness and encouraging decision making: simple combinations, marking and running into space.
- **Mental** – Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.

**Game Structure:** Ranges from 6v6 to 8v8.

| | | | | FIELD SIZES | | |
|---|---|---|---|---|---|---|
| Game Format | Squad Size | Game duration | Ball Size | Min/Max width | Min/Max length | GOAL SIZES no larger than |
| 6 v 6 | Ideal 8/Max 10 | 2 x 25 min. | 3/4 | 30 to 36m | 40 to 55m | 6f/1.83m X 14f/4.27m |
| 7 v 7 | Ideal 9/Max 12 | 2 x 25 min. | 4 | 30 to 36m | 40 to 55m | 6f/1.83m X 16f/4.88m |
| 8 v 8 | Ideal11/Max 14 | 2 x 30 min. | 4 | 42 to 55m | 60 to 75m | 6f/1.83m X 18f/5.49m |

**Recommended training times:** 45 to 70 minutes.

**Season Length:** 16 to 20 weeks, indoor and/or outdoor.

**Recommendations:**

- Small leagues provide game fixtures, but no league standings are recorded.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- The game structure progresses between ages from simple to more complex.
- The training to competition ratio should be 2 to 3 training sessions for every game.

**Other Sports & Activities**

Other sports continue to play a role, both for variety and cross-training, but the balance now begins to shift firmly in favour of soccer.

# STAGE 4: Training to Train

## U11-U15 Female / U12-U16 Male

## "IDENTIFYING THE ELITE PLAYER"

4

**At this stage, elite soccer groups express interest in recruiting talented youth players. Care must be taken to recognize and protect the long-term interests of each player. Risks and issues can be avoided by ensuring that the development model remains "player centred."**

**The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.**

| | |
|---|---|
| **Where:** | Sports Schools, select programs (regional, provincial, national), NTC, Clubs, Sport schools. |
| **Why:** | Player development, talent identification and talent development. |
| **Who:** | Club head coaches & team coaches, Provincial & National team coaches. |
| **Coaching:** | CSA B Preparatory License, Provincial B License, National B and A License. |

- **Physical** – Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.
- **Technical** – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.
- **Tactical** – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and competitive matches.
- **Mental** – Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.

### Game Structure:

| | | | | FIELD SIZES | | |
|---|---|---|---|---|---|---|
| Game Format | Squad Size | Game duration | Ball Size | Min/Max width | Min/Max length | GOAL SIZES no larger than |
| 8 v 8 | Ideal 11/Max 14 | 2 x 30 min. | 4 | 42 to 55m | 60 to 75m | 6f/1.83m X 18f/5.49m |
| 9 v 9 | Ideal 12/Max 16 | 2 x 35 min. | 4/5 | 42 to 55m | 60 to 75m | 6f/1.83m X 18f/5.49m |
| 11 v 11 | Ideal 16/Max 18 | 2 x 35 min. | 5 | FIFA reg. | FIFA reg. | 8f/2.44m X 24f/7.32m |

*The Canadian Soccer Association highly recommends that no 11 a-side soccer be played before U13.*

**Recommended training times:** 60 to 75 minutes.

**Season Length:** As players progress through this stage, they move towards year-round play that includes appropriate rest and recovery periods.

### Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- First experience in the select programs: regional, provincial and national.

### Other Sports & Activities

Soccer is the primary sport, but complimentary sports are encouraged which support movement and athleticism suitable for soccer (e.g. track & field).

# 5 STAGE 5: Training to Compete

## U15-U19 Female / U16-U20 Male

## "DEVELOPING THE INTERNATIONAL PLAYER"

**Athletes who are now proficient at performing basic and soccer-specific skills are working to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.**

**Fulfillment of each player's potential depends on their own efforts, the support of teammates, and the unselfish guidance of the coach. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to their limit. Players must have a sound understanding of soccer principles and concepts, and they should show emotional stability when confronted with pressure situations.**

| | |
|---|---|
| **Where:** | Select programs (provincial, national), NTC, Clubs, semi-pro teams, pro-teams. |
| **Why:** | Player development and talent identification for late developers. |
| **Who:** | Club head coaches & team coaches, Provincial & National team coaches, pro team coaches, university coaches. |
| **Coaching:** | CSA National B and A License. |

- **Physical** – Further develop flexibility, correct warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest and recovery.
- **Technical** – Refinement of core skills and position specific-skills; continued development of advanced techniques and skills.
- **Tactical** – Decision-making tactical awareness, game appreciation, game analysis, match coaching, productivity, competitive proficiency.
- **Mental** – Increased player concentration, responsibility, discipline, accountability, goal setting, self-confidence, self-motivation, will to win, mental toughness, competitive mentality in practice and games; satisfy player's urge for competition; importance of being educated in the game (watch games on TV and National team games).

### Game Structure:

| | | | | FIELD SIZES | | |
|---|---|---|---|---|---|---|
| Game Format | Squad Size | Game duration | Ball Size | Min/Max width | Min/Max length | GOAL SIZES no larger than |
| 11 v 11 | Ideal 16/Max 18 | 2 x 40 min. | 5 | FIFA reg. | FIFA reg. | 8'/2.44m X 24'/7.32m |
| 11 v 11 | Ideal 16/Max 18 | 2 x 45 min. | 5 | FIFA reg. | FIFA reg. | 8'/2.44m X 24'/7.32m |

**Recommended training times:** 75 to 90 minutes.

**Season Length:** Year-round play that includes appropriate rest and recovery periods.

### Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- Players should play regularly in highly competitive professional and international match play.

# STAGE 6: Training to Win

## U18+ Female / U19+ Male

## "BUILDING THE WORLD CUP PLAYER"

6

**The majority, if not all, of the player's physical, technical, tactical, and psychological qualities are now fully established, and the focus of training has shifted to optimization of performance. They may still require additional tactical experience in high-pressure games to develop consistency. The focus is on the maximization of all capacities.**

| | |
|---|---|
| **Where:** | Select programs (national), semi-pro teams, pro-teams. |
| **Why:** | High performance. |
| **Who:** | National team coaches, and semi-pro and professional team coaches. |
| **Coaching:** | CSA National A License + advanced courses. |

- **Physical** – Individual fitness program for maintenance, improvement; work and recovery must be well monitored; periodization is critical.
- **Technical** – Further development of advanced techniques and skills; refinement of general skills and individual positional skills; game-related technical repetition under pressure.
- **Tactical** – High degree of decision making, leadership and game analysis skills; ability to adjust game plan and adapt playing strategies to suit changing demands.
- **Mental** – Increased concentration and responsibility, leadership, discipline, accountability, goal setting, self confidence, self motivation, will to win, mental toughness, competitive mentality, established pre-practice and pre-game routine.

**Game Structure:** FIFA Rules.
**Recommended training times:** 75 to 90 minutes.
**Season Length:** Year-round play that includes appropriate rest and recovery periods.

**Recommendations:**

- Appropriate ratio of training, competition and rest throughout the year; periodized planning critical.
- Training to competition ratio should be between 5 to 12 for every game.
- Players should play regularly in highly competitive professional and international match play.

# 7 STAGE 7: Active for Life

## Any age Female and Male

## "SOCCER FOR HEALTH & GRASSROOTS GROWTH"

**At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness. They might be youth players who decide not to pursue high performance, or they might be top players from senior clubs, colleges, universities, and semi-professional teams who enjoy competition but do not intend to play at the international level. They might also be complete newcomers to the game who discover an interest in soccer in late adolescence or adult life. Players at all levels should have opportunities to become active in soccer coaching, officiating and administration. The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.**

**Youth Players**
Many youth players pursue the dream of representing Canada; others play for simple enjoyment of the game, the camaraderie of being on a team, and the health benefits that the sport provides. LTPD seeks to provide opportunities for youth players to continue in the game, even if they do not pursue high-performance play.

**Competitive and High-Performance Players**
Many players with senior clubs, colleges, universities and semi-professional teams enjoy competition but do not intend to play at the international level. Along with thousands of adults playing in various competitive divisions, they deserve opportunities to continue playing at an appropriate level that sustains their passion for the beautiful game.

**Newcomers**
Soccer attracts newcomers of all ages who want to enjoy a team sport while learning new skills and improving their health and wellness. Opportunities should exist to encourage these latecomers to learn and play the game, regardless of their skill level or ability.

**Player Retention**
After they retire from playing, soccer players of all abilities (including senior club, high-performance and professional) should be encouraged to pursue careers as soccer coaches, mentors, referees, administrators or sport science specialists. Soccer and its governing bodies benefit when players are formally encouraged and retained within the fabric of the game.

| | |
|---|---|
| **Where:** | Clubs, communities, schools, universities, colleges and wherever the game is played. |
| **Why:** | For the development of the game; for the right to play despite ability, age, or gender; for the joy of learning a new sport at any age. |
| **Who:** | Coaches of all ages and genders. |
| **Coaching:** | Training based on level of play: Active for life or competition stream. |

- **Physical** – Follow appropriate guidelines in the areas of endurance, strength and flexibility training to remain active or play competitive.
- **Technical** – Learn new skills, or use and maintain skills already acquired.
- **Tactical** – Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level.
- **Mental** – Focus on having fun, in addition to stress release and fitness discipline.

**Game Structure:** Adapt the game structure to suit the level of play, number of players, and available space.

**Recommended training times:** 75 to 90 minutes.

**Season Length:** Year-round play that includes appropriate rest and recovery periods.

**Recommendations:**
- Access for players of all ages, genders and ability.
- Costs to players should be minimized to ensure maximum participation.
- No league standings - emphasis on FUN at the recreational level.
- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.

**What should I do when I get my team?**

- Introduce yourself to your team via email
- Set player and parent meeting

**What should I discuss at the player and parent meeting?**

- Introduce yourself and provide some information on your experience
- Introduce your assistant and manager
- Coaching philosophy
- Program objectives – vision and targets
- Program expectations – player and parent code of conduct
- Training and game day schedule
- Season plan – season duration, additional tournaments, fund raising etc.
- Kit sizing
- Serious injury reporting procedure – Establish Emergency Action Plan

You can access the Coastal FC standardized Player and Parent Meeting power point presentation on the club website by clicking **HERE** – Hyperlink

**What is Coastal FC looking for in our teams, coaches and players?**

- We need players to develop an understanding for the game, an appreciation for the details of our playing concept, improve their technical skill level and most importantly to enjoy the game!
- We need coaches who are capable of communicating in a positive way to their players, who can organize a team, make educated adjustments to the game and promote a healthy environment for the players and parents.
- We need teams who work hard for each other, respect fair play and appreciate that each time we step on the field to represent Coastal FC we must demonstrate pride and determination.

**How will we achieve this?**

- Coastal FC is responsible for delivering a season long player and coach development program. The program will consist of a curriculum of small sided games and drills which will form a critical component of the technical and tactical development of our players. During game like training situations, players will develop their technical abilities and combine them with tactical decision making under realistic playing conditions. Similarly, coaches will learn and develop their coaching ability as it relates to organization, coaching methodology, session structure, and technical/tactical knowledge.

## Training Environment – Club Curriculum

### Pre-training routine

- Familiarize yourself with club curriculum
- Understand the session plan
- Dress like a coach
- Arrive early

### In-training routine

- Organized
- Enthusiastic
- Positive
- Loud

### Coaching Methodology

- Stop
- Demonstrate
- Rehearse
- "Go live"

### Session Structure

- Warm up – Standardized
- Technique - Conditioned
- Skill – Break down into technical component
- Small Sided Game – Let them play!

### Post training routine

- Debrief session
- Reinforce key points of session
- Outline areas of improvement
- Outline positives

## Game Day Environment - Considerations

### Key Areas of the game

- When we have the ball
- When the opponent has the ball
- Transition from attack to defense
- Transition from defense to attack

### Attacking - When we have the ball

- What is our plan? Do we have one?
- How will we attack? Long, short, possession based, mixed, centrally, wing play, counter attacking?
- What specific players will we attack through? What specific opposing players will we try to exploit?
- Does everyone understand the objective of attacking?
- Do we make it difficult for the opponent to defend?
- Do we use all of the space on the field? Width as well as depth?
- Do we make the opponent chase the ball?
- Are we getting the right players into scoring positions?
- Do we get the defenders involved in the attack?
- Does every player understand their role when we have the ball?
- Are the players creating space for one another by moving in and out of space?
- Do we know when to play the ball forwards? Sideways? Backwards?
- Do the defenders drop down to create an angle to receive the ball to change the point of attack?
- Are we capable of switching the attack from one side to the other?
- Are the wide players positioned properly to receive the ball?
- Do we create scoring chances by attacking from wide positions?
- Do the players communicate with one another?

### Defending - When the opponent has the ball

- What is our plan? Do we have one?
- How will we defend? Will we pressure inside or outside?
- Where will we begin to pressure? High, medium, or low line of confrontation?
- Does every player understand their role when we are defending?
- Do we recognize and apply the first defender pressure? Second defender support?
- How quickly do we regain our defensive team shape?
- Do we win the individual 1 vs 1 battles?

- Do we keep possession of the ball when we make the first pass after winning it back?
- Is the spacing between the players correct? Between the team parts?
- Does the goalkeeper interact with the defenders? Organize the defenders?
- Do we play with intensity?
- Are we seeking to win the ball at all times?
- Do we make it difficult for the opponent to create scoring chances?

**Transition from Attack to Defence**

This is a critical point at which the players must regroup as quickly as possible to prevent the opponent from exploiting our team while we regain balance. The priority is to pressure the ball to stop the opponent from proceeding forwards, as well as take away any dangerous space for them to play into before we are organized.

**Transition from Defence to Attack**

The key is to act fast before the opponent regains their shape defensively. If possible, we will play forward and fast. Which means when we win the ball we need to make sure the attacking players are situated in positions so that when we transition to the attack these options are available? As well, the person most likely to make the first pass must take a "snapshot" of the field prior to receiving the ball so we know where the most dangerous players are located. If the opponent is able to slow down the attack, then we must be prepared to keep the ball by playing backwards and/or sideways.

**Pre-match Management**

- Arrival time 60 minutes prior to kick off
- 10 minutes social time for players upon arrival (50 minutes to kick off)
- 10 minutes to change into gear (40 minutes to kick off)
- 10 minutes pre match team talk (30 minutes to kick off)
- 5 minutes to organize warm up (25 minutes to kick off)
- 5 minutes dynamic warm up (20 minutes to kick off)
- 5 minutes technical warm up (15 minutes to kick off)
- 10 minutes possession (5 minutes to kick off)
- 5 minutes for final words, equipment check, hydration etc
- Kick off

**Pre-match Team Talk**

- Identify the key areas defensively
- Identify the key areas offensively
- Discuss the opponent's strengths or style of play
- Motivate the team to compete, play with intensity, to apply the game plan and to communicate
- Review the set-plays (defensive and offensive)

**Game Management**

- It is essential that we avoid maintaining an ongoing dialogue with the players during the game regarding what to do when they receive the ball
- It is however essential that the players learn to maintain and hold their shape with comments from the sidelines
- We need to allow the players to play- make their own decisions on the ball, but support them with respect to their positioning, especially when we don't have the ball – always prepare for when we lose the ball, because we will!
- Coach players near and away from the ball, rather than the player on the ball
- It is also important for the coaches to communicate with each other before crossing their information to the players from the sideline.

**Half Time Team Talk**

The key during the halftime break is to allow the players time to collect their thoughts, hydrate, catch their breath and listen to the coach. The coach will allow the players two minutes to sit down, hydrate and talk. The coach will then present a maximum of three common team points, preferably with the assistance of a visual display to the players, and then any necessary individual player points. The final minute is for the players to communicate with each other and prepare to return to the field.

**Post-Game management**

- Allow the players time to cool down
- Collect your thoughts, converse with the assistant coach and then speak with the team briefly (10 minutes max) regarding observations from the game
- Encourage the players to hydrate, eat and change or add clothes

**Principles of Play – What do they mean?**

- Underlying concepts and ideas that are fundamental to effective football and successful team play.
- Not to be confused with systems of play 4-4-2, 4-3-3 etc.

- Principles of play are the same in any system of play.
- Understanding the principles of play is the foundation for teaching the game.
- They underpin successful team play.
- If your players understand the principles of play, and have good technique, they will be able to play any system and style as determined by the coach.

**Principles of Play – What are they?**

| ATTACK | DEFENCE |
|---|---|
| **Dispersal**<br><br>On gaining possession players spread out front to back and side to side in order to stretch and pull defenders out of position | **Delay**<br><br>Denying shooting opportunities and preventing forward passing and/or dribbling options when the nearest defender closes the space down between him/her and the player on the ball |
| **Support**<br><br>Players need support in front, to the side and behind the ball. Good supporting positions exist when players take up positions close to the ball and away from it, where they can receive the ball without it being intercepted | **Depth**<br><br>Supporting the 1st defender, reducing forward passing options by covering space and marking a player, and restricting space for attackers |
| **Penetration**<br><br>Can we score or advance the ball effectively by shooting, dribbling or passing the ball around, over, or between opposing players | **Compactness**<br><br>Defending as a block and restricting space between defenders from front to back and side to side, making it difficult for opposing players to find space and/or play penetrating passes |
| **Mobility**<br><br>The calculated movement of players and the interchanging of positions to create space and unbalance defences | **Balance**<br><br>Sealing off dangerous space away from the ball in order to keep the defensive lines compact and limit the opponents attacking options |
| **Improvisation**<br><br>Doing the unexpected. Using individual football techniques to unlock tight defences | **Control & Restraint (Patience)**<br><br>Being patient and waiting for the correct moment to attempt to win the ball. As an individual, as a unit, and as a team |

## Team Formations

The formation is not a playing style. The formation serves to support your team strengths and exploit the opponents weaknesses. The key is to establish team shape in both defense (more compact) and attack (width and depth). There may also be a defensive formation and attacking formation.

### 4-4-2 FORMATION

Strengths

- Defensive stability, cover always provided
- Width in attack
- Easy to create 2v1 and overlapping in wide areas

Weaknesses

- Predictable attacking plays can make it easier to defend against
- Can be outnumbered in the central area of the field while trying to cover for one another
- Can be easier to keep possession against

**Retreat Line (3/4 Mark) Rule – <u>U13 ONLY:</u>**

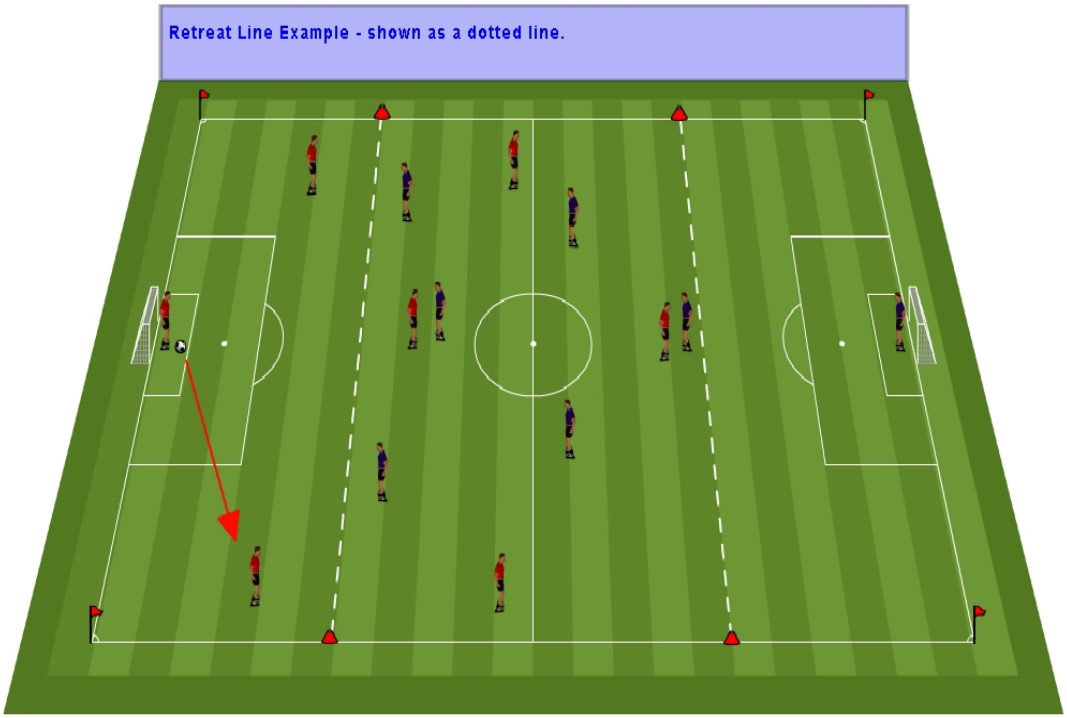
The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will 'retreat' to the markers indicating the retreat line and cannot pursue the ball until:

- The ball is received by a teammate OR,
- The ball travels over the retreat line OR,
- The ball leaves the field of play

**Encroachment of Retreat Line:**

If the defending team encroaches across the retreat line before an opposition player touches the ball then the referee stops play and issues a re-take of the goal kick.

If the opposing team repeatedly infringes the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respecting the restart.



## 4-3-3 FORMATION

Strengths

- 3 central midfielders provide strength in attack and defence
- Multiple strikers who can be supported by the midfielders when we attack
- Converts easily to 4-5-1 on loss of possession by withdrawing wingers into midfield

Weaknesses

- Central striker can often be isolated
- Midfielders and wingers have to work extremely hard to defend and attack
- Can be exploited easily in counterattacks as players attempt to get forward to support the strike

## 3-4-3 FORMATION

Strengths

- Three central strikers and 4 midfielders make it easy to pressure opposition
- Can overwhelm opposition in their own defensive 3rd
- High numbers forward for attacking play

Weaknesses

- Three defenders
- Difficult to cover wide channels behind defence
- Wide players often get drawn into a back 5 making it easier for the opposition to keep possession

## 3-5-2 FORMATION

Strengths

- High numbers in attack
- 3 central midfield players and 2 strikers make 5 players in total who can support each other can form a strong central attack
- Crosses into the box can be attacked by a central midfielder who becomes a 3rd striker

Weaknesses

- Three defenders
- Difficult to cover wide channels behind defence
- Wide players often get drawn into a back 5 making it easier for the opposition to keep possession

**Defending**

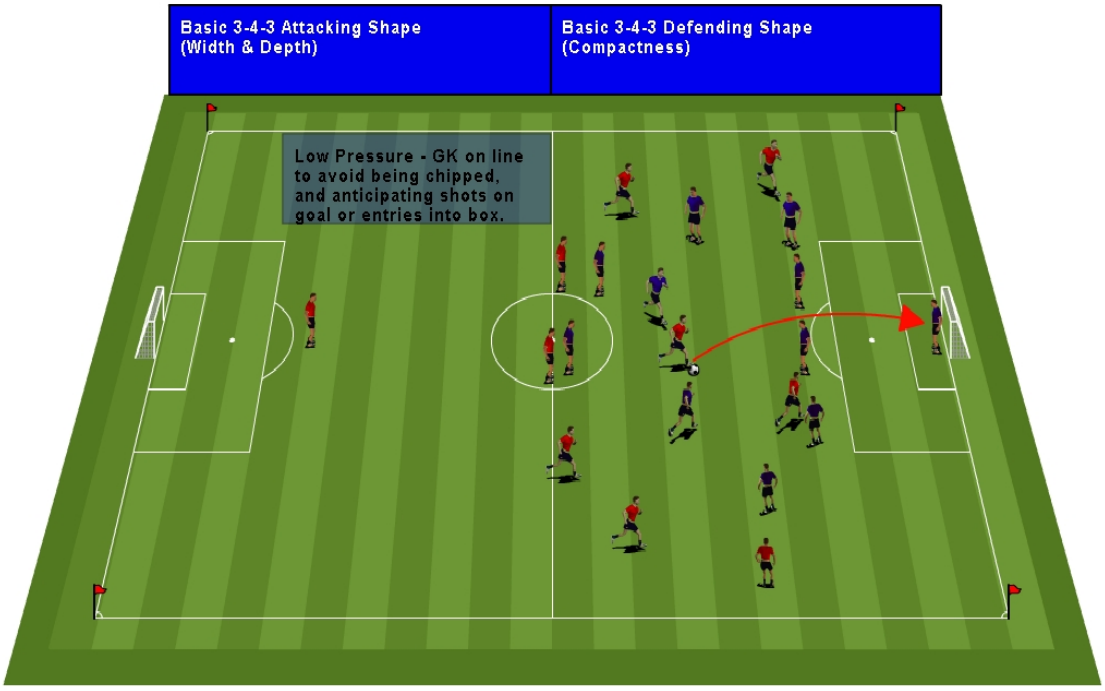
There are a couple of ways in which to defend as a team. First, there is the outdated method of marking players man to man. Second, there is the modern way employed by all levels of international and professional play based on zonal defending. The Coastal FC Teams will apply zonal defending where appropriate.

The key to zonal defending is to mark space rather than the individual players, which will allow our teams to remain balanced when the opponent has the ball. The first concern of zonal defending is pressure on the ball, followed by support from second defender. We must then also consider the shape of the remaining defenders to balance off and remain compact, in addition to the position of the goalkeeper

The starting position or height of the goalkeeper is based on the pressure on the ball, as well as the location of the player with the ball. In fact, this principle can be applied to the height of our backline with respect to the amount of pressure on the ball as well as the location of the ball.

**GK Position – High defensive pressure (Defender tight to the ball, and location of ball in Midfield)**

**GK Postion – Low defensive pressure (Defenders are far from ball, and location of ball within attacking 3rd)**




**Individual and Team pressing lines (Line of confrontation)**

1. Team Pressing Line relates to the area in which the team starts to engage the opposition. This may come in the form of a high pressing line, a midway pressing line or a low pressing line.
2. Individual Pressure relates to the ability of the player nearest to the ball to prevent the opponent from proceeding forwards by applying defensive pressure.
3. We need to be able to identify when it is most worthwhile to press as a unit to win the ball. All players must work together from the first movement by the player to pressure the ball, through the midfield/backline & including the goalkeeper.

**Considerations for implementing a high pressing line may be:**

- To prevent the opposition from building up play or passing rhythm
- To force opposition into errors/playing long in order for us to regain possession
- We have players that can benefit from winning ball close to oppositions goal
- We're comfortable the dangerous space behind our back 4 will not be exploited by long balls to fast forwards
- We are playing against technically and physically weaker opposition
- We are losing the game and we need to win possession to create scoring opportunities

**Medium Pressing Line (Line of confrontation)**

**Considerations for implementing a medium pressing line:**

- We have concerns our back 4 can be threatened by oppositions forwards
- To reduce the dangerous space behind our back 4
- To create more space for our forwards to run into on regaining possession
- Oppositions back 4 can be exploited by pace of our forwards
- We are playing against opponents of similar technical and physical ability
- We may be winning or losing the game and believe we can create goals and prevent goals by applying this tactic

**Low Pressing Line (Line of confrontation)**

**Considerations for implementing a low pressing line:**

- We want to slow play down by conceding possession in front of us
- We want to protect a lead
- We have fast forwards that can exploit dangerous space behind oppositions back 4
- We want to reduce dangerous space behind our back 4
- We are playing against superior opposition and want to play counter attacking football

**Transition from Attack to Defence - Considerations**

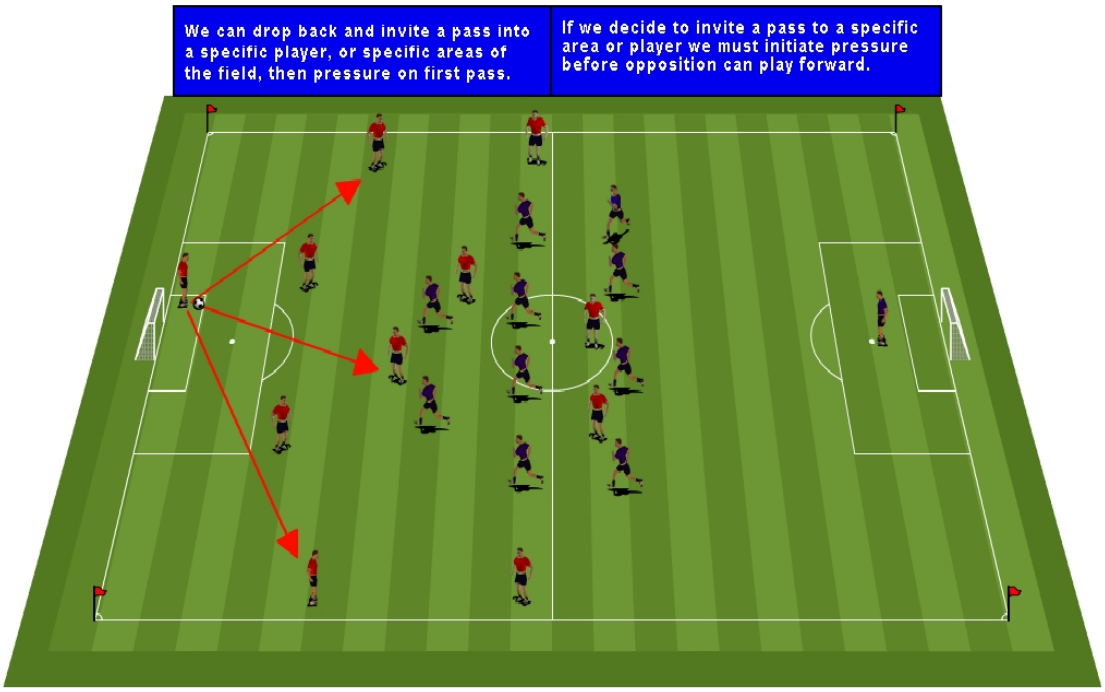
- How did we lose the ball? Where did we lose the ball? Are there patterns?
- Do the players react quickly to the change of possession?
- Do they know how they are supposed to react and what they are supposed to do?
- Is there immediate pressure on the ball?
- Do we drop off to take away dangerous space behind our back line?
- Does the goalkeeper communicate and position themselves accordingly?

**Defensive Set-plays**

The aim is for all of the players to learn the specific details for defending set-plays regardless of the position they play. It is also invaluable for the players to recognize where is the dangerous space and work hard to ensure these areas are protected at all times. Communication is essential for success from all players, specifically the goalkeeper in the right situation.

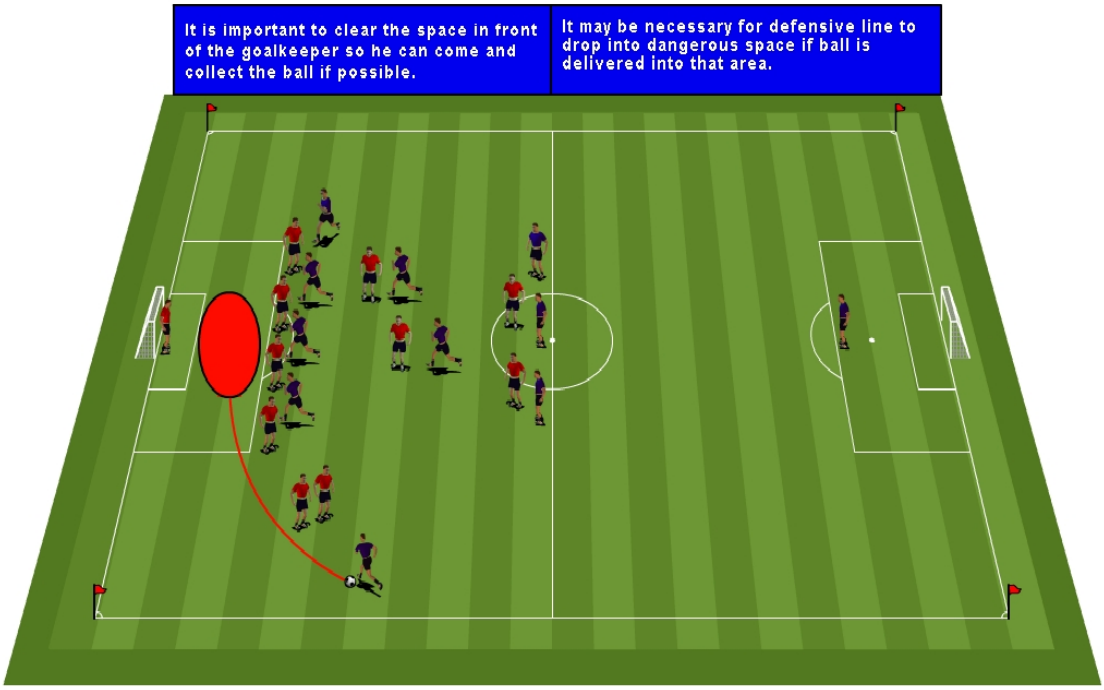
**Defending against Goal kicks - Considerations**

Is it possible to create a “trap” for the opponent to play into when they restart with a goal kick? If so, what is our plan and what will we do if and when we regain the ball? Who and where will our players make the correct runs? Which space do we play the ball into if and when we regain possession?



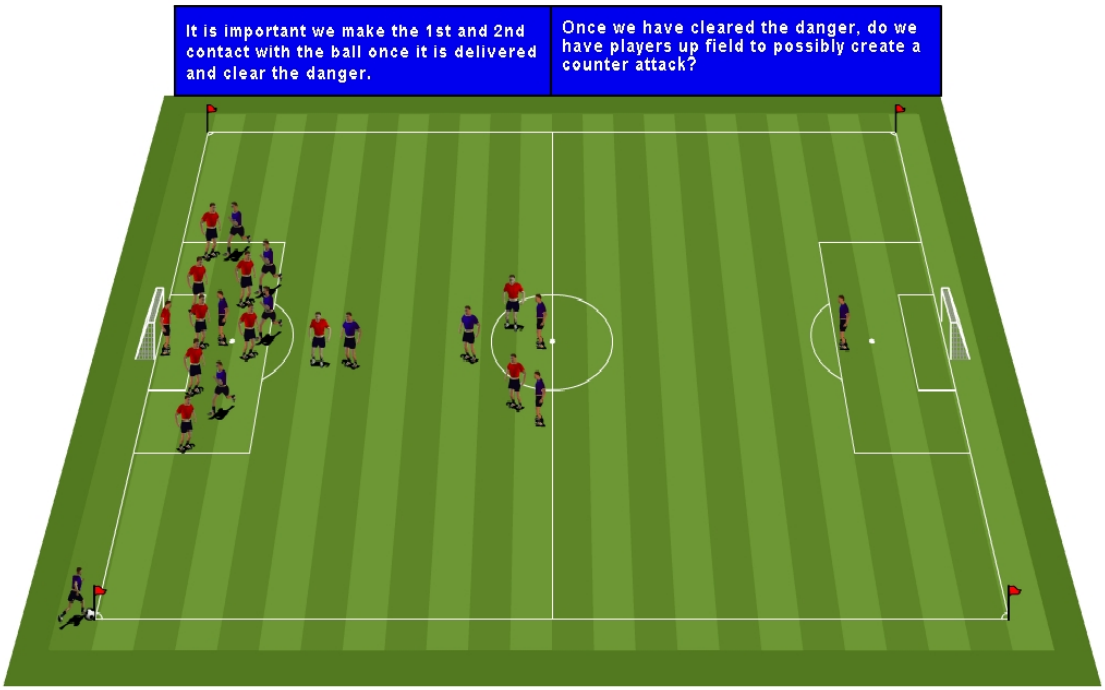
**Defending Wide Free Kicks - Considerations**

- Who will communicate and organize our team?
- What about knockdowns?
- Where do our defenders position themselves?
- Does our defensive line drop into dangerous space when ball is kicked?
- Should we bring forwards back or leave them up field?
- Should our keeper start off his/her line?
- Are we active and ready to react quickly?
- Are we prepared to willing to compete for the ball?
- Have all opposition players been marked?



**Defending Corners – Considerations**

- Who is going to communicate and organize?
- Are we man marking or zonal marking?
- Who is the best heading and attacking the ball, and who is the worst?
- If corner is taken short, do we recognize it quickly enough? What players will go to pressure the ball?
- Which players will take up what positions?
- Which players will mark which opposing players? Tall v Tall, Small v Small?
- How quickly do we react? Do we compete? Do we get the first and second balls?
- Are we set to counter-attack if we clear danger?



**Setting a Wall – Considerations**

- How far away is the ball from our goal? Is it central, or wide? If wide, less How much threat of a shot at goal?
- Where does the goalkeeper want the wall? Who is in it? How many players? Which players?
- What about the opponents attacking the back post?
- Where does the goalie position themselves?
- What is the role of the remaining defenders not in the wall? Do the defenders protect the goal in the event of a rebound?

**Attacking Play**

There are various ways to attack in the game of soccer. Each culture determines their own style of play based on skill, technique, speed, and creativity. Importantly, statistical research does not support the idea that keeping the ball for extended periods of time will produce goals or create an abundance of scoring chances. The majority of goals (80%) are scored from 1-2 passes. As well, most goals come directly from within the penalty area (11 a-side soccer).

Some of the key factors are as follows:

- Playing with proper shape (width and depth)
- Transition from defense to offense
- Fluidity amongst the players (i.e. fullback to come forward to join the attack with appropriate defensive cover provided)
- Ability to possess the ball at the right time (always with a purpose)
- Ability for penetrating play at the right time
- Set-plays

**Attacking shape**

Even if we do not have the ball, or find ourselves chasing the opponent to win the ball are we considering our attacking options? Successful attacking play comes from a combination of factors. One, we need to establish or maintain width and depth at all times when in possession of the ball. Two, we need to be able to play the ball into dangerous spaces if available when we regain possession with players available. Three, we need to keep the ball if we cannot play forward fast, especially when we have worked so hard to win it back from the opponent.

**Transition from Defence to Attack - Considerations**

- Is our first thought to go forwards?
- Can we maintain possession if there is no opportunity to exploit the opponent?
- Is there communication between the players?
- Do we make the appropriate runs to receive the ball into dangerous space?
- Are we capable of playing the ball sideways, or backwards to keep the ball and try to create alternate methods for attacking play?

**Fluidity**

It is essential the players remain flexible to playing in both the attack and defense. Movement from the defenders forwards to join the attack, as well as movement from the striker dropping down to apply pressure defensively will assist us to regain possession. The players need to be able to cover dangerous space on their own, sharing the responsibility for defending and attacking regardless of their starting position.

**Possession**

When is the right time to keep the ball? When should we risk possession, and when should we retain possession? Where is the right place to work hard at keeping the ball, and where should we simply clear our lines, or attempt to penetrate? We need to ask these questions and consider the risk of playing out of the back at the wrong time. Keeping the ball is a good thing, but this must be done with purpose. Also, we need to ensure our players drop down to create good passing angles for players under pressure. Likewise, in transition we need to work hard to keep the ball and make the first pass to one of our teammates. Which generally means the players without the ball moves into space before the pass is made. Communication and organization are critical!

**Penetration**

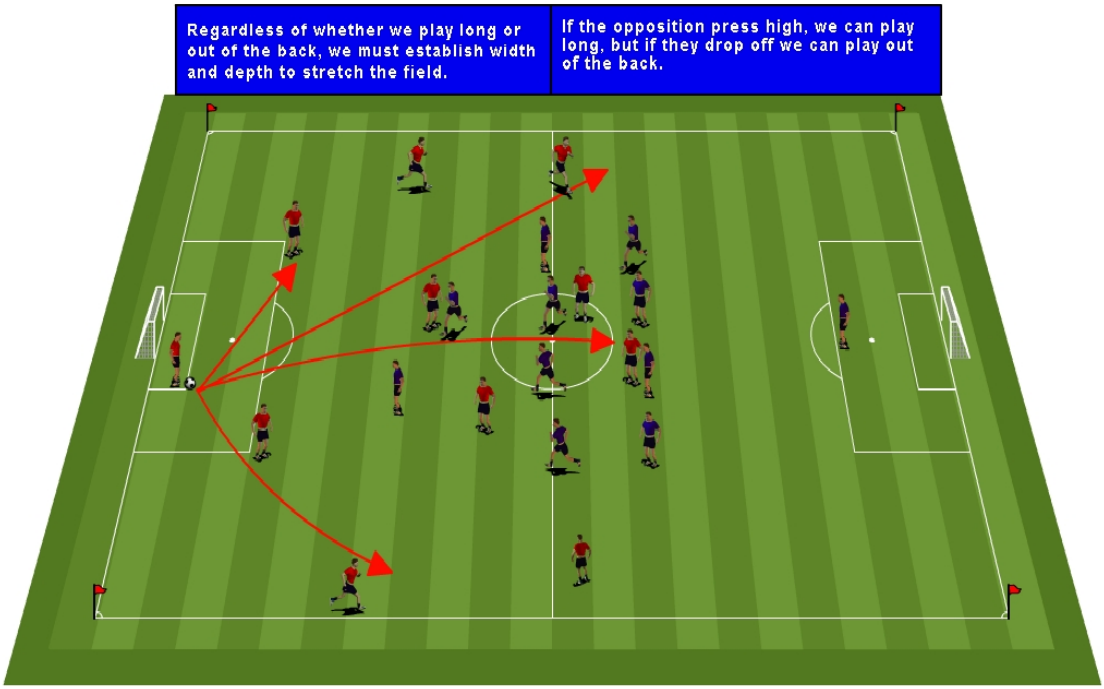
When is the right time to attack fast? Which area do we try to penetrate with the first pass? Will our players make runs into space to receive the ball when we regain possession? Calculated risks create success. Miscalculated passes or risks leave us vulnerable. When, where and how do we penetrate into dangerous space with both runs and passes?

**Attacking set-plays**

It is a common known fact that 35% of the goals in the game of soccer (11 a-side) come from dead-ball situations or set-plays. Therefore it is of great importance that we organize our teams to defend against set-plays as well as increase our chances to score or create scoring chances from offensive set-plays.

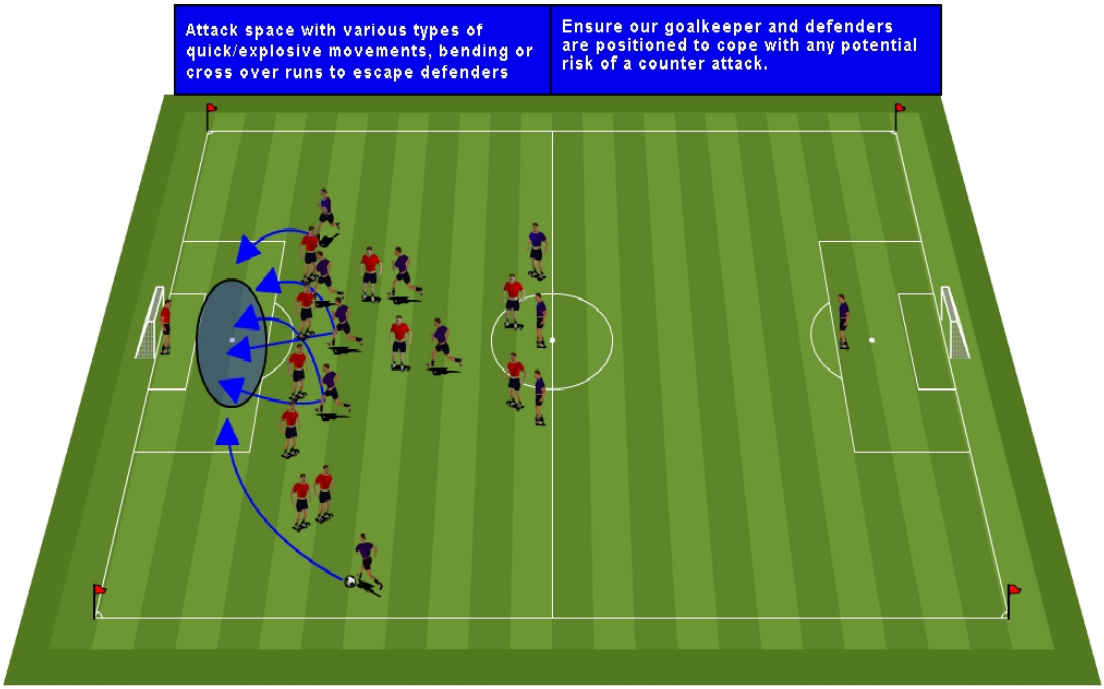
**Attacking Goal Kicks - Considerations**

- Who takes the goal kick?
- Where have the opposition positioned their players? Are they pressing high or have they dropped off?
- Can we play out of the back, or do we need to play long?
- If we play long, what area or player should we target?
- If we play short, what happens after the first pass? Is there support? Communication? Do the players move in and out of space to receive the ball?



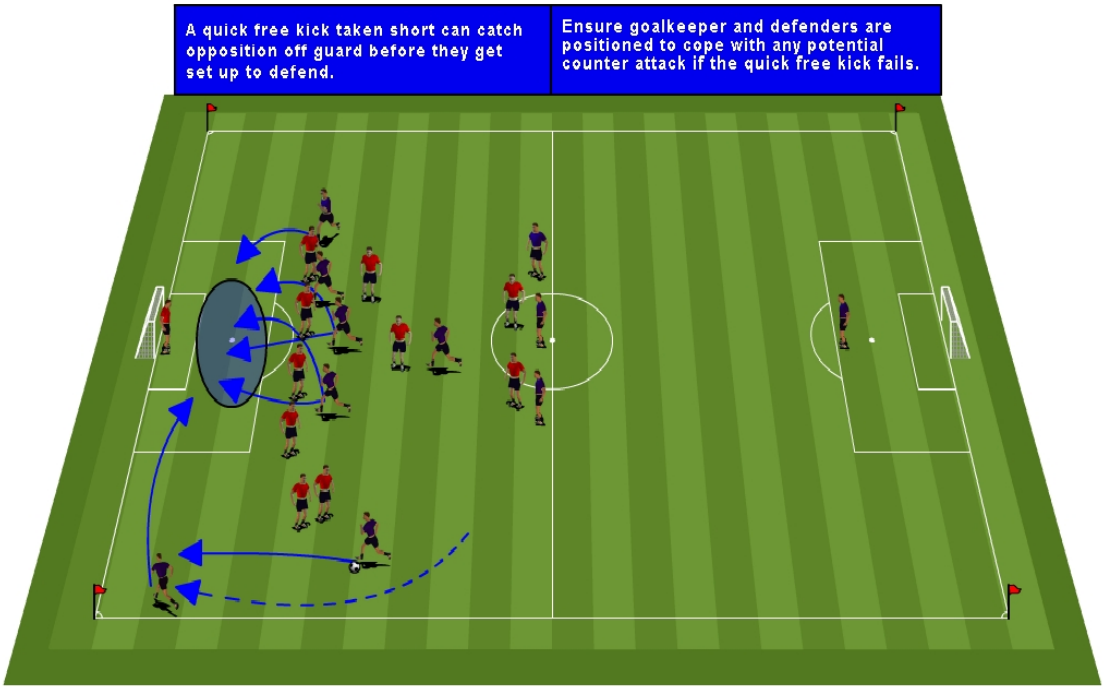
**Attacking Wide Free Kick - Considerations**

- When is it to our advantage to cross the ball into the danger area?
- Who should take the free kick? Should it be a driven cross, a hanging cross, a low or high cross?
- Who will attack the crossed ball? Who runs where to attack the ball?
- Where will we deliver and attack the ball? Front or back post?
- Who waits for the knockdown at the top of the box?
- Are we set to cope against a counter attack?



**Quick Free Kick Taken Short - Considerations**

- When is the appropriate time to take a short or fast free kick?
- Do we recognize when, where and how to take a quick free kick?
- Who do you want on the ball?
- Who should cross the ball? Who should shoot the ball? Take players on 1v1?
- Where do they run? Who is in the box? What about knockdowns?

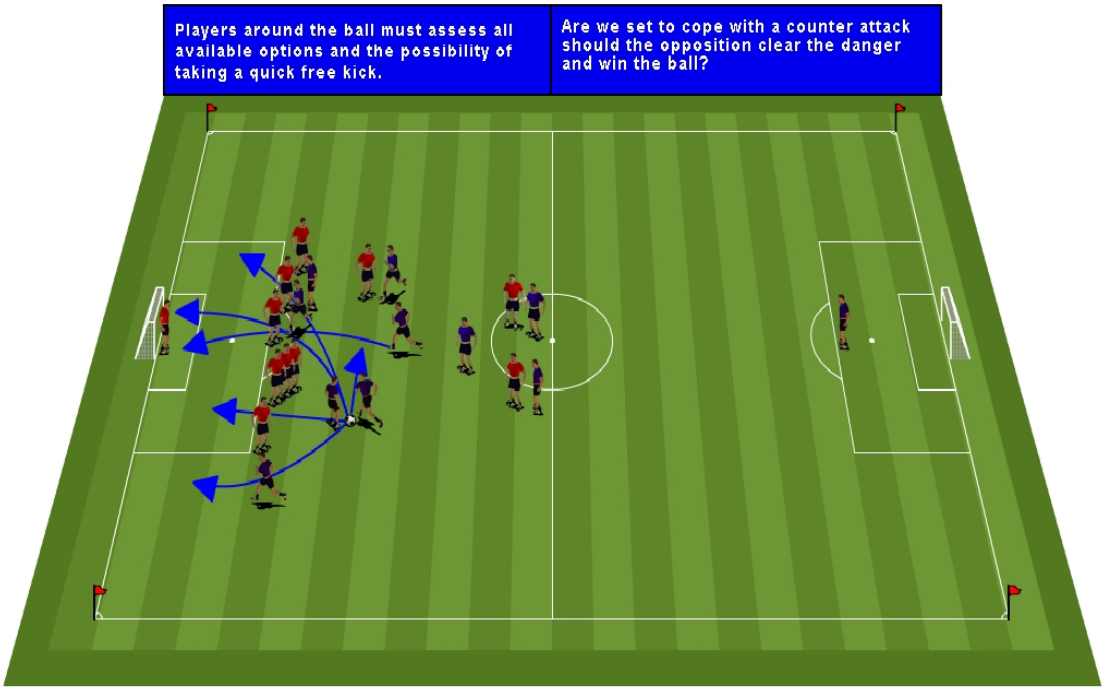


**Direct Free Kick – Considerations**

- How far out is it? Is it central or to the side of goal?
- Who has the best technique or shot to deal with position and distance ball is from goal?
- Right footed or left footed?
- Curled, driven, chipped shot?
- Who attacks the goal for the rebound?
- Are we prepared to react to deflections?

**In-Direct Free Kick - Considerations**

- Do the players know that they can simply touch the ball rather than roll the ball?
- Is there and opportunity to take it quickly before the opposition set, or do we ask for ten yards and discuss a plan of action?
- How far out is it? Is it central or to the side of goal?
- Who has the best technique or shot to deal with position and distance ball is from goal?
- Right footed or left footed?
- Curled, driven, chipped shot?
- Who attacks the goal for the rebound?
- Are we prepared to react to deflections?



**Attacking Corner Kicks – Considerations**

- Who takes the corner? Who is good at heading ball? Can we pick players out?
- Long or short? In-swinging or out-swinging? Driven cross or hanging cross?
- Where do we deliver the ball? Front post, back post, penalty spot, top of box?
- Who starts where? What is our objective? Timing of the runs?
- Do we compete, react first to knockdowns?
- What about transition? Are we set to defend against a possible counter attack?

**Short Throw Ins – Considerations**

- Do we have the technique down for throw-ins? Feet on ground, ball behind head.
- Do we ensure that we play down the line in the attacking area?
- Do we avoid square throws into the centre of field that may lose us possession?
- Are we organized in the event that we lose the ball?
- Can the wide midfielder come forward to either receive the ball or create space for the second player coming from the center of the field?

**Long Throw Ins – Considerations**

- Who can throw the ball long?
- Who is a good target?
- Can the target player flick the ball into a more dangerous area?
- Do we have players who can attack the space in behind the target player as well as the goal?
- Are we ready to ready to react to knock downs?
- What if we lose possession, are we ready to deal with a counter attack?

**Match Analysis**

- Attacking play
- Defensive play
- Dead ball situations
- Goal scoring chances
- General comments

**Attacking Play**

- Were you able to assess the team with an understanding of all the attacking principles? Width/Depth, support, penetration, mobility, improvisation?
- How successful was the team in transition from defense to offense?
- Did we play fast and forward at the right times?
- Did we play backwards and sideways at the right times?
- Did we risk possession at the right times? Did we retain possession at the right times?
- Were we able to create goal scoring chances? If not, why?
- Was there fluid movement between the players during the game?

**Defensive Play**

- Were you able to assess the team with an understanding of all the defensive principles? Delay, depth, compactness, balance, patience?
- How successful was the team in transition from offense to defense?
- At which part of the field did the team start to pressure the opponent when they had the ball?
- Was the team able to apply pressure on the ball with the correct team shape and or support?
- Did we win the majority of the individual defensive battles?
- Were we able to prevent goal scoring opportunities
- Was the goalkeeper involved in the play as a sweeper?

**Dead Ball Situations**

- Did the team apply their individual and collective responsibilities for defending set-plays?
- Did the team apply their individual and collective responsibilities for attacking set-plays?
- Did the opponent create success against our team on set-plays? If so, what can we do to rectify?

- Did we create success against our opponent on set-plays? If not, what do we need to do?

**Goal Scoring Chances**

- How many goal scoring chances did the team create?
- How did the team create goal scoring chances? From composed build-ups, counter attacks, or errors/breakdowns by our opponents?
- How many goal scoring chances did the opponent create, and how did they create them?
- How were the chances created, what area of the field, and what players were involved?

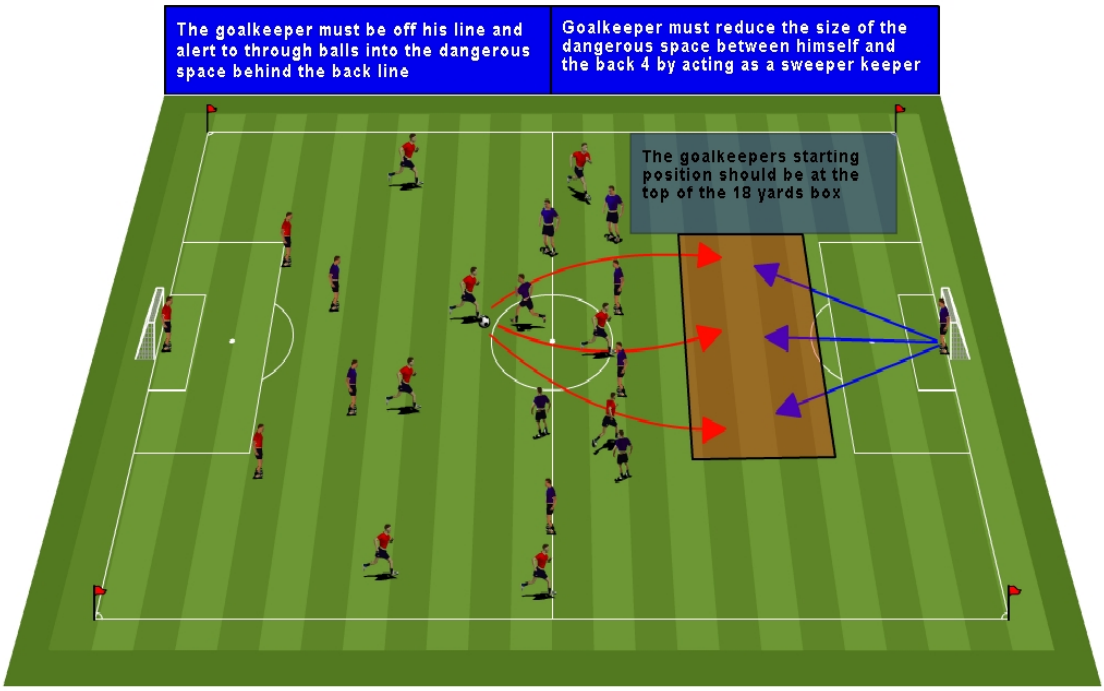
**General Comments**

- Identify Key Players
- Strengths of the team?
- Weakness of the team?
- What would you do differently next time to improve in any area as a team?

**Common Problem Areas**

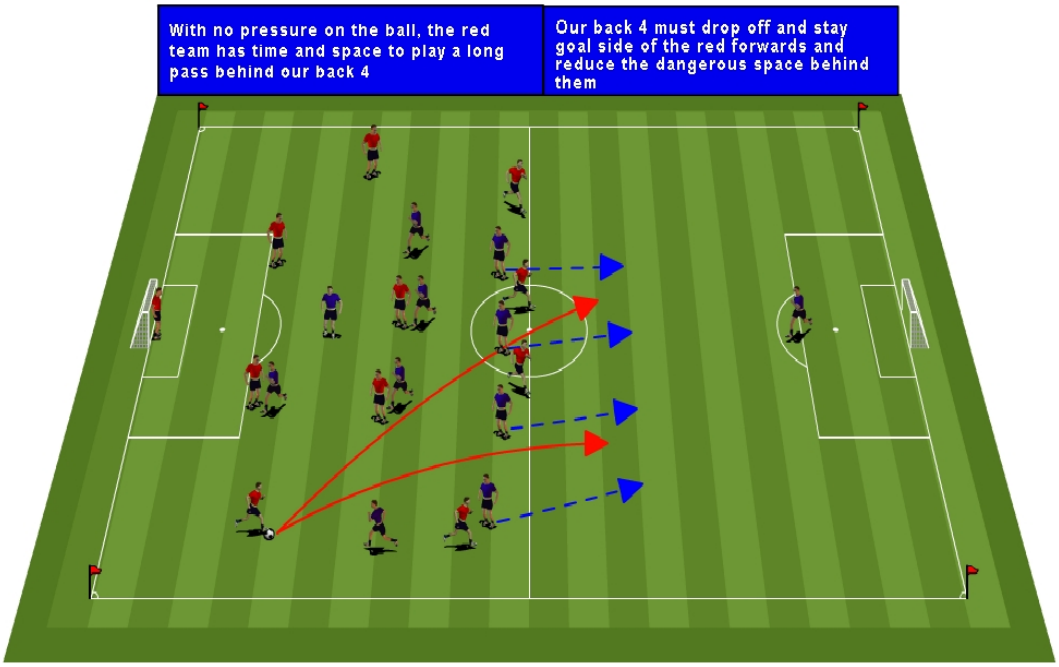
**Goalkeeper = Sweeper**

- The goalkeeper must come off their line and try to stay connected to their back 4 during our attacks
- In the event of a long pass forwards by the opponent we need the goalkeeper to play as a sweeper
- In this example the blue goalkeeper is out of position and needs to start much higher - At the top of the 18 yard box!



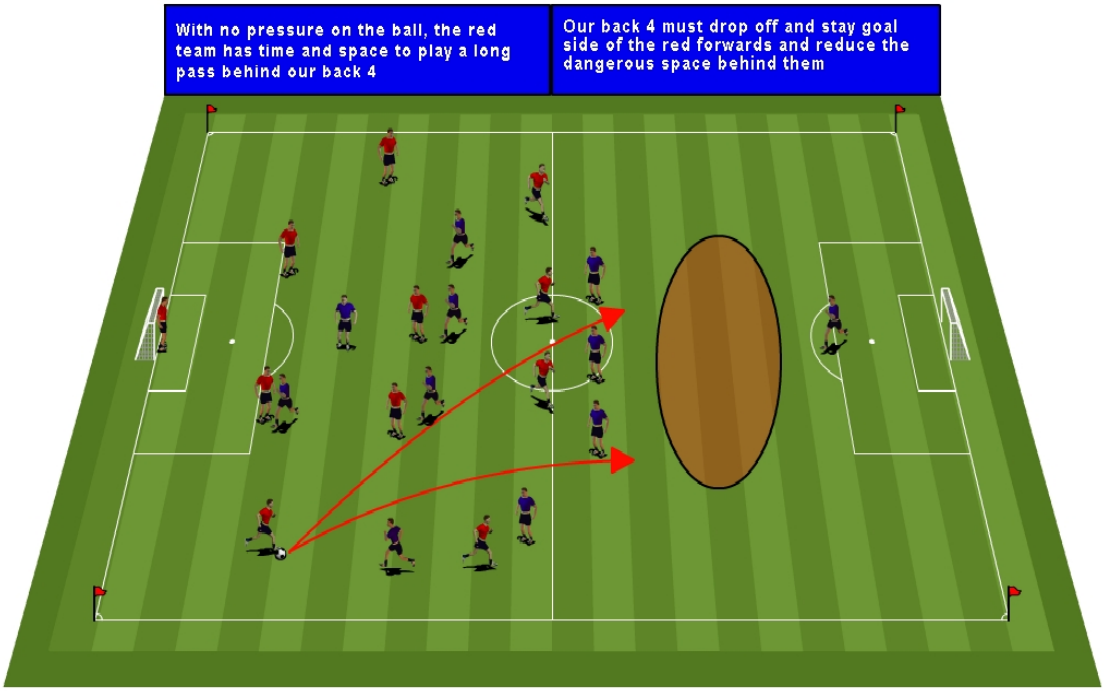
**Height of the back line – Improper Positioning**

- Consider the location of the blue defenders with respect to the pressure on the ball. Good pressure = push up. No pressure = drop off.
- Defenders must stay goal side of forwards, especially when there is no pressure on the ball
- Defenders must drop off to protect and reduce the dangerous space behind them
- The goalkeeper has a good starting position but must also communicate to these defenders to drop off and take away the dangerous space



**Height of the back line – Proper Positioning**

- In this situation the blue defenders have located themselves in the proper position
- The key is to remain goal side on the attackers at all times



**Team Shape – Improper Positioning (Balance)**

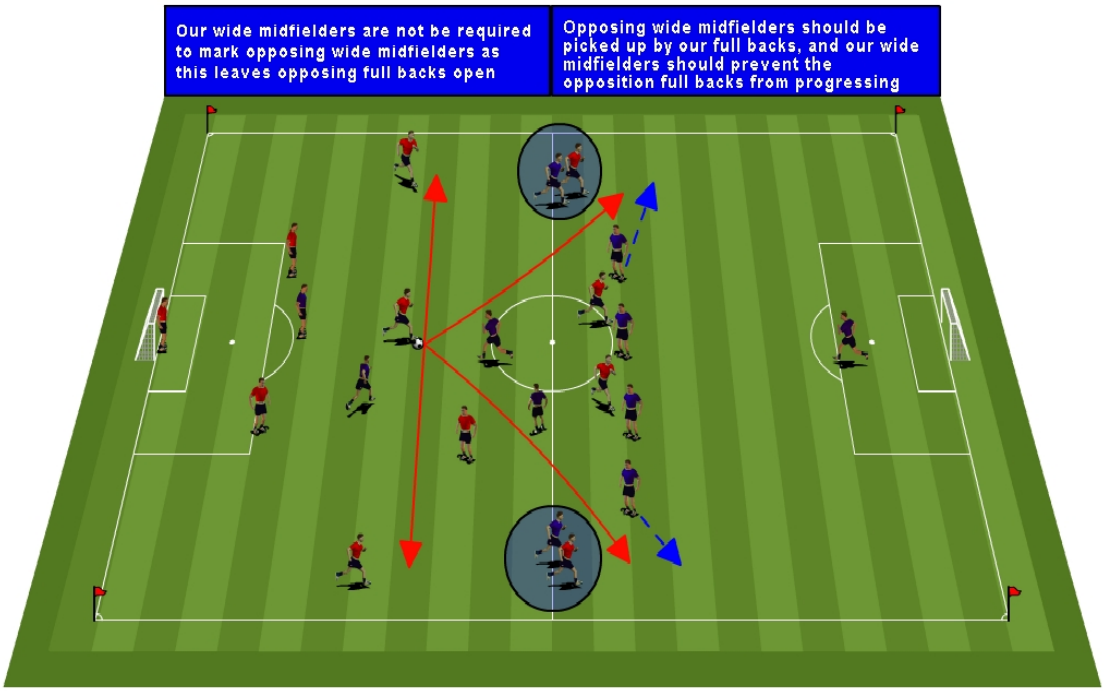
- In this situation the wide players for the blue team are not containing the space they are required to defend
- The defenders need to realize that the opposing wide players they are marking are not a significant threat to our goal
- They must tuck inside to protect the dangerous space in the middle of the field between and behind them
- We must remain compact and balanced when we defend

**Team Shape – Proper Positioning (Balance)**

- Here we have established better shape
- It is okay to give away the space on the outside to protect the most dangerous route to the goal, which is straight down the middle
- At all times the goalkeeper must be communicating and reading the game
- As the ball travels across the field we can move as a defensive block together

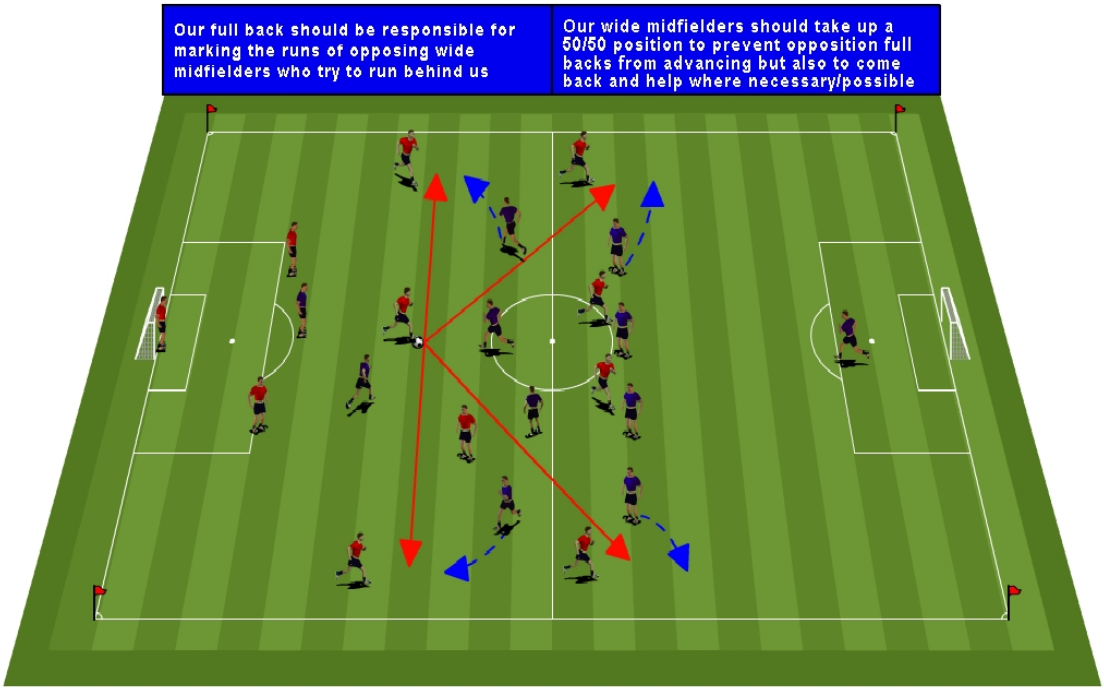
**Team Shape – Improper Positioning (Defensive roles of wide players)**

- In this situation the wide players for the blue team are not containing the space or players they are required to defend
- Our wide midfielders need to realize that by tracking the opposing wide midfielders they are allowing the oppositions full backs to advance up the field unopposed
- The marking responsibility should be with our full backs to mark opposing wide players
- Our wide midfielders should take up a 50/50 position to prevent the opposition full backs from advancing, while also being in a position to drop back and help ("double up") where necessary



**Team Shape – Proper Positioning (Defensive roles of wide players)**

- In this situation the wide players for the blue team are containing the space and players they are required to defend
- Our wide midfielders are now able to prevent the opposing full backs from advancing up the field unopposed
- Our full backs are now marking opposing wide midfield players
- Our wide midfielders have taken up a "50/50 position" to prevent the opposition full backs from advancing, while also being in a position to drop back and help ("double up") where necessary



**Position Specific Details – Characteristics to consider when positioning players**

**Goalkeeper**

- Comfortable coming off their line when the ball is played forward by the opponent in an attempt to attack the space in behind our backline
- Comfortable playing the ball out of the back to one our players on a goal kick- or simply playing with the ball at their feet
- Comfortable distributing the ball from the their hands by rolling, throwing or punting
- Comfortable catching and holding the ball when struck towards the goal
- Comfortable coming away from the goal when the ball is in the attacking teams defensive area to support the attack and cover the space in behind the defenders
- Comfortable stopping the ball- collapsing down the ground to make the save or diving at a players feet
- Comfortable communicating and organizing the team ( ie set-plays)

**Defender**

- Capable of stopping the opponent from advancing forward by applying pressure
- Capable of winning individual defensive battles
- Capable of playing the ball to one of our players when we regain the ball
- Capable of recognizing when, where and how to support the ball in attack
- Capable of recognizing when, where and how to support our team shape when we do not have the ball
- Capable of receiving the ball from the goalkeeper and playing out of pressure
- Capable of communicating and supporting the team
- Capable of understanding their role regarding set-plays

**Wide Midfielders**

- Capable of taking player on one versus one
- Capable of crossing the ball into the dangerous area
- Capable of supporting the fullback when we play out of the ball
- Capable of defending in wide positions
- Capable of running up and down the sidelines
- Capable of staying wide to receive the ball in transition

**Attacking Midfielder**

- Capable of coming forward with the ball at their feet
- Capable of playing penetrating passes on the run
- Capable of taking players on one versus one
- Capable of supporting the wide attacks by getting into the dangerous area
- Capable of determining when to attack fast, or slow down and keep the ball

**Defensive Midfielder**

- Capable of knowing when to hold back and provide defensive cover
- Capable of winning tackles
- Capable of distributing the ball to the attacking midfielder, defenders, wide midfielders, striker and goalkeeper if needed
- Capable of identifying the pattern of play from the opponent or reading the game to prevent the opposition from advancing forwards at the earliest moment possible
- Capable of covering the width of the field, from side to side rather than front to back

**Forward**

- Capable of knowing when to take players on one versus one
- Capable of knowing when to play the ball backwards or wide
- Capable of applying pressure from the top-down
- Capable of being available of visible to our players when we regain the ball
- Capable of taking risks in the right areas
- Capable of scoring goals when given the opportunity
- Capable or starting or applying pressure as determined by the team pressure height

# END