



Founded 1976

Sunnyvale Alliance Soccer Club Recreational Coaching Overview

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WHY?



https://www.espn.com/video/clip/_/id/27374717

Coaching & Leading

US Soccer identifies **6** tasks of a coach:

1. **Coaching Practices** (Preparation)
2. **Coaching Games** (Pre, During, and Post-game)
3. Leading **Parents** (Expectations)
4. Leading the **Team** (Culture)
5. Leading the **Player** (Individual development)
6. Leading **Yourself** (Self-reflection)



Player Development

US Soccer identifies **5** areas that can develop concurrently:

Social

Ability to build relationships & interact successfully

Emotional

Ability to master feelings and responses to events

Language

Ability to understand and verbally express themselves

Cognitive

Ability to think, learn & problem solve

Physical

Changes in size, shape, coordination & ability

Development is individual and influenced by a variety of factors:

Biological
Psychological
Cultural

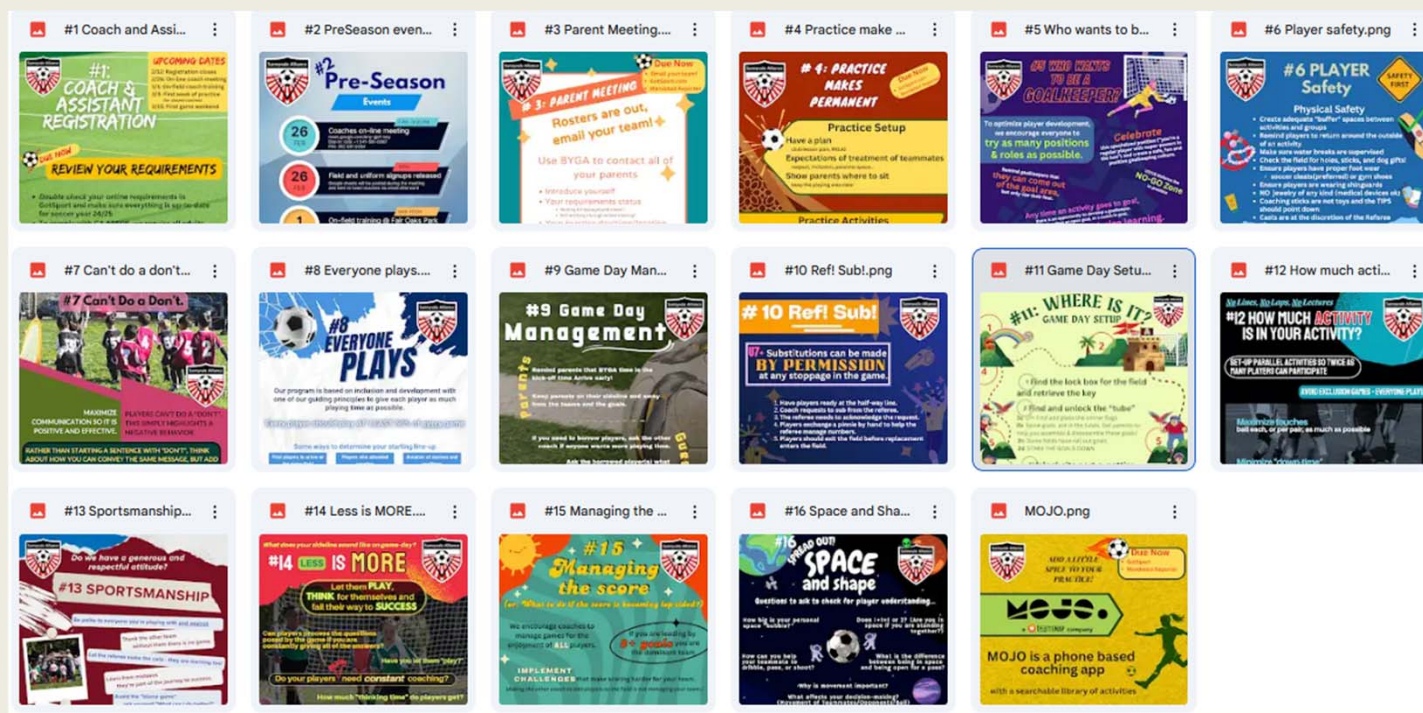
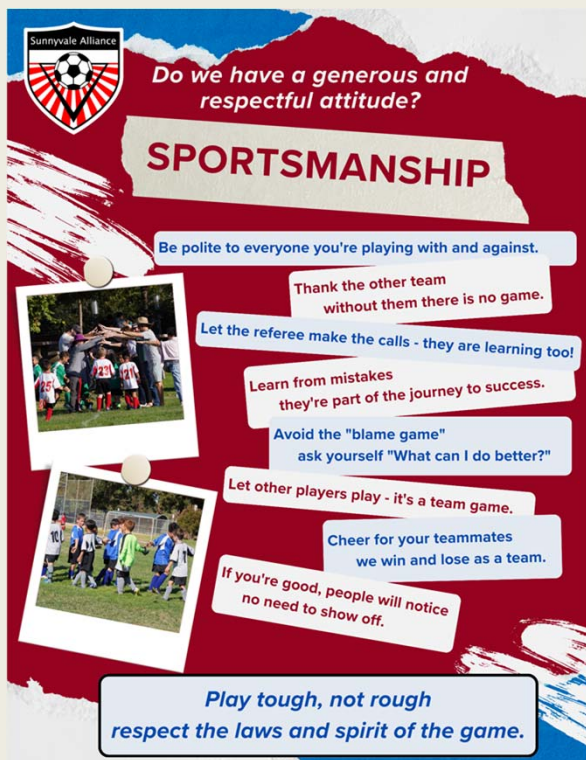
Educational
Social...



Adjust the learning environment & process to meet the players' needs.

Coach & Parent Information

Coach & Parent Newsletters



Newsletters sent via **e-mail** and also available on club website - always open to suggestions

Club Expectations

Game

- Play at least half of each game
- Play multiple positions
 - Opportunity to score
 - Opportunity to play in goal
- Be a starter for half of the season
- Substitutions – when/how many?
- Model good sportsmanship
 - Can't do a don't!
- Game management
 - Adjust at +2 goals
 - Maximum +5 goals

Practice

- Organized
- Game-like
- Meaningful repetitions
- Challenging/Fun
- Positive coaching
- Create a player-centric environment, emphasizing holistic development in a safe environment emphasizing belonging.



Game-Day Management

Blow Out Excuse	Challenge
<ul style="list-style-type: none"> • <i>"I didn't realize what the score was..."</i> 	<ul style="list-style-type: none"> • At +2 goals, you are the dominant team – the game needs new challenges
<ul style="list-style-type: none"> • <i>"I can't tell my kids not to score..."</i> 	<ul style="list-style-type: none"> • Manage the environment = mixture of abilities/variety of positions/goals b4 goals
<ul style="list-style-type: none"> • <i>"I tried, but kids don't listen... "</i> 	<ul style="list-style-type: none"> • Did you practice game-day challenges in practice?
<ul style="list-style-type: none"> • <i>"I said they could add a player..."</i> 	<ul style="list-style-type: none"> • Manage your own team
<ul style="list-style-type: none"> • <i>"I wanted to make sure we were up enough goals that the other team wouldn't come back..."</i> 	<ul style="list-style-type: none"> • Play <u>with</u> the other team – how can coaches help everyone to have a good experience?





Play > Practice > Play

Play

- Small-sided games to activate players as soon as they arrive at field.
- Ask questions that players try to solve during play.

Practice

- Activities based upon the theme of the session.
- Use appropriate part of field.
- Make session relative to the game.

Play

- Divide players into two teams and “scrimmage.”
- Can players translate practice activities and themes into game play?
- Do players know how to restart?

Avoid lines, laps and lectures. **If in doubt, PLAY!**





Practice Variables

Players

More players

- more options
- more game-like
- group concepts

Less players

- more individual
- play with a partner
- easier to understand



Goals

Big goals

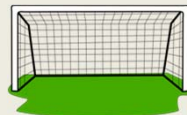
- GK development
- game realistic

Small goals

- emphasis on build-up play
- quality of finish

Multiple goals

- more options to score



Space

Bigger space

- more time
- ball in play more
- more game realistic
- more tactical

Smaller space

- more intense
- simpler game
- more technical



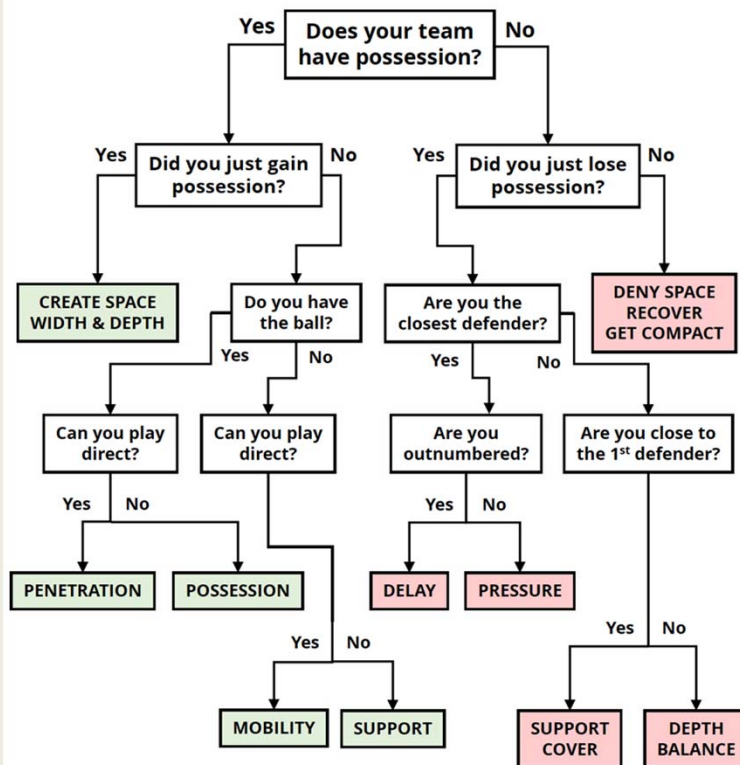
Grassroots Soccer - Summary

US Soccer - Grassroots Roadmap, Player Actions

	4 v 4	5v5	7 v 7	9 v 9	11 v 11
	U-6, U-7, U-8		U-9, U-10	U-11, U-12	U-13+
ATTACKING	U-6 <ul style="list-style-type: none"> • Shoot • Pass or dribble forward U7/U8 <ul style="list-style-type: none"> • Spread out • Create passing options • Support the attack 		<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions
A>D	DEFEND AS QUICKLY AS POSSIBLE				
DEFENDING	U-6 <ul style="list-style-type: none"> • Protect the goal • Steal the ball U-7/U-8 <ul style="list-style-type: none"> • Make it compact • Keep it compact 		<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area
D>A	ATTACK AS QUICKLY AS POSSIBLE				

Decisions

SOCCER DECISION MAKING FLOWCHART



Tactics

What is appropriate for your players?

- Attacking
- Defending
- Individual
- Group
- Team

(Children are not young adults)





Coach Education

- US Soccer Federation (USSF) has a free 2-hour online course:
 - Introduction to Grassroots coaching
- SASC will reimburse the cost of our rec coaches taking the following courses:
 - USSF Grassroots: 4v4, 7v7, 9v9 or 11v11
 - Can be taken online or in-person
 - Coaches must submit application form before taking class in order to get SASC reimbursement
(General Information → Tools/Resources on the SASC website)
- Additional coaching assistance is available if needed. Please contact Andrew via email:
 - DOC@SunnyvaleSoccer.org



Be Realistic

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Questions?

