

U-12 Coaching Course

Instructor Notes



**Developed by
The AYSO National Coach and the AYSO
National Coaching Commission**

Facilities required

Classroom
Field (grassy area or gymnasium)

Materials

Course roster
Power Point Presentation
Copy of Instructor notes
Course Manual
Tests

Equipment

LCD projector and screen
Flip chart and markers
Marker board
Balls
Cones
Whistle

Key Instructor Notes:

- Time is your enemy!
- Teach from the Power Point Presentation that has been created for this course.
- The lesson plan is the U12 Coaching Manual
- The classroom portion of this course is critical. You have new coaches who need to understand AYSO and not just soccer.
- **U-12 players should experience:**
 - Nine (9) a side play with a total of twelve (12) players per roster with Goalkeepers.
- **The primary focus of the U12 Coaching Course should be one of technical cleaning for players.**
- **U12 coaches should, after attending the U12 course, be able to identify and fix any technical problems that players might have developed.**

The AYSO National Coaching Program has been developed by the AYSO Coaching Department with input from the AYSO National Coaching Advisory Commission to provide AYSO coaches with the best possible instruction that reflects and fulfills the vision and mission statements of AYSO.

The American Youth Soccer Organization

AYSO Vision Statement: To provide world class youth soccer programs that enrich children's lives

Mission Statement: To develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies:

Everyone Plays

Our goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.

Balanced Teams

Each year we form new teams as evenly balanced as possible—because it is fair and more fun when teams of equal ability play.

Open Registration

Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

Positive Coaching

Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

Good Sportsmanship

We strive to create a safe, fair, fun and positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

Player Development

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

National Council for Accreditation of Coaching Education (NCACE)

Explain that the AYSO coaching program is accredited by National Council for Accreditation of Coaching Education (NCACE).

NCACE grants accreditation to educational programs that meet or exceed the minimum requirements outlined in the National Standards for Athletic Coaches developed by the National Association for Sport and Physical Education.

All AYSO instructors should present the National AYSO National Coaching program.

Coach instructors must understand how the AYSO National Coaching Program was developed.

U-12 course

The first four AYSO coaching courses, U6, U8, U10 and the U-12 courses are designed for short sided play.

Note:

It is critical that all in attendance understand that there could be a difference between the program that is being run at the local level and the amount of coaching material that is required by the coaches who attend such training. You must teach the AYSO National U-12 Coaching Course if you are an AYSO Instructor.

Why Short Sided Soccer?

1. Young soccer players need special consideration.
2. They are children playing a child's game.
3. They must be regarded as young children, not mini adults.
4. Fun and activity factors must be a central part of a child-centered program. Educators agree early learning experiences are the most important and produce the most retention.
5. They are essentially self-oriented and relate naturally to one or two others, not to large groups.
6. Most children cannot sustain prolonged activity.
7. They function best in suitable starts and stops (rest periods).
8. Concentration span is limited, so frequent changes of pace and activity is essential.

As the instructor of the U-12 Coaching Course, you will be responsible for preparing your own teaching plan. The lesson plan is the U-12 Coaching Manual.

Think twice about passing the manual out right away. New coaches will tend to browse through it and may miss a very important coaching point being made. This is your call. Keep in mind that a lesson plan is a plan for learning. As is true in most activities, the quality of planning affects the quality of results.

An effective AYSO Coach Instructor must devote as much time and energy in carefully planning and preparing, much like you would prepare to coach a soccer game or practice. The manual is your lesson plan; your instructor notes will help you personalize the course.

For the next few years the U-12 Coaching Course will have one major challenge for all instructors. Who will be taking the course?

Find out from the region if the coaches you will be working with have been trained using the U-6, 3 a side, U-8, 5 a side, the U-10, 7 a side programs or if this is the first level of coaching being presented to the coaches.

The primary focus of the U-12 Coaching Course should be one of technical cleaning for players. U-12 coaches should, after attending the U-12 course, be able to identify and fix any technical problems that players might have developed.

The U-12 Coaching Course is a 5 hour course, not 2 hours, not 8 hours, not 10 hours, but 5 hours!

This course is also designed to use U-12 players as demonstrators.

This allows the coaches in attendance to view real U-12 coaching conditions. You will find that while coaches want to demonstrate their soccer talent, they often don't have the skills and stamina to achieve the desired outcome or that they are above the true playing level of the average U-12 player.

Time will be your number one enemy when presenting the U-12 Course. Constantly be aware of your time. You have five hours in which to teach this course.

Helpful hits for time management:

Class room:

AYSO Philosophy (10 minutes)

Vision Statement
Mission Statement
AYSO Philosophy

Team Management (20 minutes)

Organizing the Team
Practice
Equipment
Game-Day Preparation

Training Overview for U-12 Players (5 minutes)

U-12 Techniques	U-12 Knowledge
Dribbling	Know the 8 restarts
Inside of foot – ball control	Corner kick
Sole of foot – ball control	Goal kick
Top of the thigh – ball control	Penalty kick
Instep kick	Drop ball
Inside of the foot – push pass	Direct free kick
Heading	Indirect free kick
Throw-in	Throw-in
Tackling	Kick off
Goalkeeping	Laws of the Game

Coaching Cycle (20 minutes)

Objectives and Principles of the Game (20 minutes)

Systems of Play (20 minutes)

Teaching Methods (5 minutes)

P.I.E. (Positive Instruction & Encouragement)
Say, Show, Do, and Review
See, Show, Say Method

Laws of the Game (20 minutes)

Field Sessions (3 hours)

Techniques

Dribbling
Inside of the Foot – Ball Control
Sole of the Foot – Ball Control
Top of the Thigh – Ball Control
Instep Kick
Inside of the Foot – Push Pass
Heading
Throw-In
Tackling – Front Block
Goalkeeping

Build Up the Techniques

Training games

AYSO Philosophy

You must stress the AYSO Vision Statement, Mission Statement and the AYSO Philosophies set forth by the AYSO founders:

Verify that all coaches in attendance are “Safe Haven certified. It is important for each new coach to know why the founding principles are important. For the older more experienced coaches, you need to remind them why the philosophies are important to them and our organization.

Team Management

Many new coaches do not understand the aspects of coaching and Team Management. Explain that in AYSO all coaches must understand that each athlete is an individual with unique needs, and that they must treat them accordingly. Stress the benefits associated with athletics while explaining how important it is to be organized. You could spend 5 hours on this chapter alone. **Don't!** Move on...

Training Overview for U-12 Players

Quickly overview what a U-12 player should experience using the chart in the manual. You will demonstrate each of the activities during the field portion of this course.

The Coaching Cycle

If you are a very experienced instructor and fully understand the coaching cycle, fight the feeling to teach it all as you know it. Only teach what is in **this** manual but remember that the Coaching Cycle is the foundation for all coaches so explain it in detail at the U-12 level.

Positions are included in the **Coaching Cycle chapter**. Teach coaches positional responsibilities and not positional play. Most new coaches won't even know what the positions are, never mind their responsibilities. Check the book.....

Explain why AYSO feels that it is important that each player play $\frac{3}{4}$ of each game even though they are only required to play $\frac{1}{2}$ of each game.

Stress that throughout the season they should try to let all children play all field positions, but not in one game. Have them understand why it is important that they move players through the positions on a weekly basis.

Emphasize the need to change goalkeepers and explain why.

Objectives and Principles of the game

Some of the coaches will have a hard time understanding objectives of play vs. principles of play. Use a few more examples of objectives. Something like; the objective of every game is to win; the principles of play will help you do that. Try this one. The objective of every game is to score, if you use the principles of play this objective can be achieved more easily.

If you are working with coaches who have been introduced to Principles of Play you can cover this chapter quickly. If your coaches are first timers, take your time because this is important.

Systems of Play

Stress that the system of play must fit the team; the team cannot fit the system. The system of play must be appropriate for the players on the team.

Teaching Methods

It is imperative that every coach in attendance understands the teaching principles in the Teaching Methods chapter of the U-12 manual before they can begin to teach soccer skills. As the course instructor make sure

that you model the teaching methods described in the U-12 manual.

Techniques

If you have experienced coaches work on cleaning the coaching points of the drills in this manual. If the coaches are veterans have them conduct a drill (from the U-12 Manual) to see if they are in fact using the teaching principles from the manual. Techniques must be taught using age appropriate players (U-12).

Only teach the skills in this manual.

For many attending this clinic, it will be their first attempt at actually performing or viewing the skills you will be instructing. At the very minimum each coach should be able to recognize good technique from bad and have the ability to identify and correct technical problems that a player may experience.

Stress that there is no substitute for player skill development.

Build Up the Techniques

Make sure you only build up the skills in this manual. It is critical that all coaches understand build up and how to apply the concept.

Key Points for you to Remember:

Coaches in attendance should see how a professional works with AYSO U-12 players (both boys and girls).

Use AYSO materials

Teach what is in the U-12 manual

Stay on track

Support the AYSO National Coaching Program

As the instructor of the U-12 Coaching Course you will be responsible for preparing your own teaching plan.

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The U-12 course is designed to use U-12 players as demonstrators so you will need assistant instructors to work with the players while you are explaining what the coaches should be looking for.

Time will be your number one enemy when presenting the U-12 Course.

Constantly be aware of your time. You have five hours in which to teach this course.

Always keep in mind the level of coach you are working with.

Ensure that you highlight all the information from *Points to Remember* in the manual.

Keep it simple.

Administer the test.

Complete the roster or submit it to the Coaching Department at the National Support and Training Center for processing.

GOOD LUCK and have FUN!