



How To Become



A Soccer Coach!

This Small Booklet Is For Young and Upcoming Coaches/
Managers Who Need a Guide in Slight Introduction into
the Beautiful Game on and Off the Field



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Introduction

This guide into **Coaching/ Managers** is for new and upcoming people who are interested and fully committed into the sport of soccer.

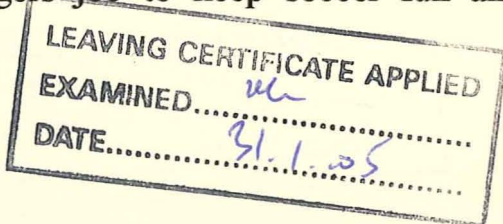
As with any other sport, soccer is not for the coaches or managers but mainly for the participants of the game and there development. They are the main prospect of the sport and should be developed in the right way and should be **enjoying** the game as well.

The individual is only out there playing because he/she is willing to play and has **fun** whilst playing the activity.

Here is a fact which I found out off the "Fai" site and is quite horrific:

Up to 70% of children leave sport between the ages of 8 and 13 because the sport was no longer FUN!

It is the coaches/managers job to keep soccer fun and interesting for the child.





Expectations of Coaches/ Managers

The Coach/Manager must show high personal standards at all the time so the kids would be able to look up to you. You must show a favourable image for the game.

There are some guidelines in this matter so you can keep the standards at the highest level.

- Personal Appearance
- Cleanliness
- Manners-(On and off the pitch of play)
- No alcohol before coaching as it could affect your judgement which could put the kids in danger.
- No Smoking when with your players
- Must treat everyone equal, regardless of sex, ethnic origin, religion or political persuasion.



THE HIGHEST STANDARDS

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Safety

Coaches and Managers have so much responsibility. They are given a position of trust by parents for their kids and are held responsible during training sessions. As a coach/manager of under age kids, you act like a parent to the kids as if they were your own during the duration of training or match.



If there is an injury to an individual there should always be a First Aid kit available to you at any given time to help the unfortunate individual. Injuries should be recorded to and the parents should be notified at the earliest opportunity. If an individual is injured and the coach needs a “**hands on approach**” they should not treat injuries out of the sight of others and only a qualified First Aid person or a physio should attempt to treat an injury.





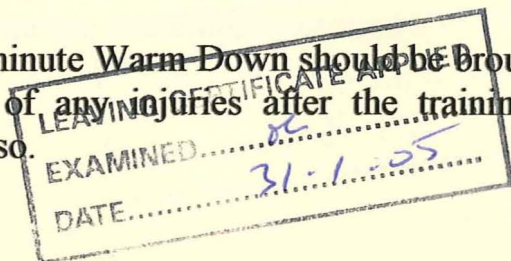
Training Sessions



Training sessions are very important and should be always fun for the children. The children should be excited of the prospect of training and not coming up moaning like what I usually do.

Here is a bullet point guide to a training session.

- At the start of the training make sure all the players are up and have the correct training gear for the appropriate facility (All-Weather, Grass, and Tar).
- You should always start the training session with a brief warm-up. You should then start preparing the training session with cones in what you wanted to do for the session.
- At the end of each training session a match between 2 select sides should occur and the training which was just done should be brought into a match situation.
- Finally a 5 minute Warm Down should be brought in just encase of any injuries after the training and stretching also.





Training Diagrams 4 Sessions

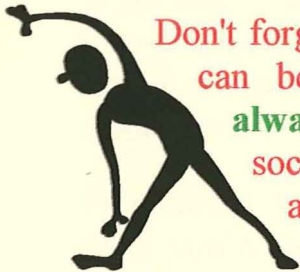
Here will be a few guides for a training session.

Warm ups

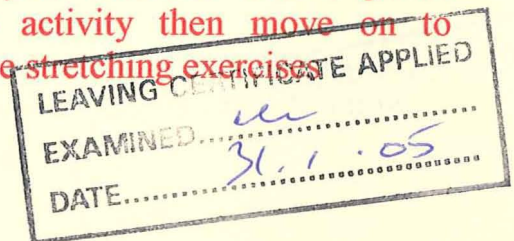
Young children (up to the age of ten) hardly need to warm up at all - some jogging, swinging of the arms, twists of the hips or other movements to loosen up will suffice.

Children between the ages of ten and twelve only need a short, ten minute series of stretches then some jogging to warm the muscles.

The order of stretching is probably not very important, establishing a consistent routine (i.e., doing the same stretches in the same order each practice) is important.



Don't forget that stretching exercises at any age can be harmful if the muscles are cold **always** start your sessions with a gentle soccer type activity then move on to appropriate stretching exercises.





Every step touch the ball

Warm Up Routine

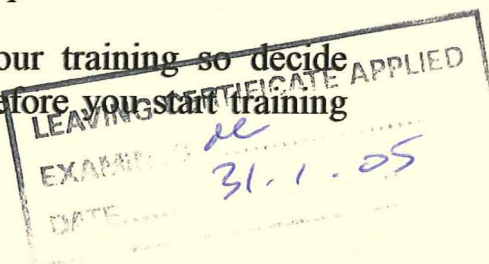
Players dribble a ball slowly in a defined area. Then tell them to try to touch the ball with every step they take – (not as easy as it sounds!). On the command 'Go', the players must leave their ball and find another. Let them try this a few times then take one or two balls away. The players who end up without a ball have to do a different task to make up for being last but fun will be incorporated in the routine.

Two final words about warm ups – NO LAPS!

Because I know that I'm watching a coach/manager who doesn't know what they going to do next – the children are running laps so that they can have a think is wrong.

Some coaches may say "Yes," but I make them dribble while they run the lap."

Preparation is a key to your training so decide what you're going to do before you start training not as you do the training.





1 vs. 1 Battle



The Game

Play one v one, trying to score through a 'two-sided' goal. There is no out-of-bounds. The player in possession of the ball is the attacker, the other player, the defender. Play games of one minute in duration.

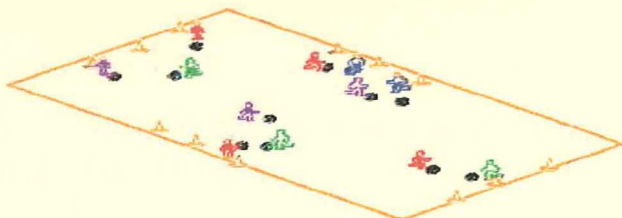
Coaching Points

Defenders: steer attacker away from the goal, tackle when ball is exposed, and get goal side when possession is lost.

Attackers: try to face the defender whenever possible change speed, change direction; shield the ball when trying to maintain possession.



Protect the cone-group



The Game

Use a 20x30 grid. Divide the players into four teams. Each player has a ball. Each team sets up three or four cones to protect on one side of the space. The coach chooses a captain for each team. The captain must decide which players will defend and attack. On command, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team is out. The team with the last standing cone is the winner.

Coaching Points

Allow players to organize themselves with as little interference from you as possible. Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader.

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Switch Ball

The Game

The Grid is 30 x 30 yards; you can even use the centre circle. Use 10+ players.

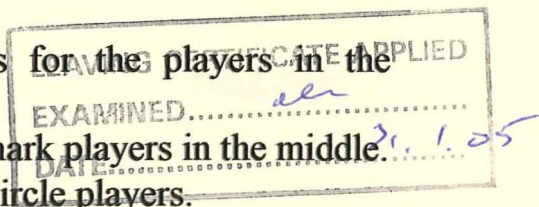
Three players are in the middle of a 30 x 30 yard grid. The remaining players make a circle around the grid. Five of these players each have a ball.



Each player in the middle moves to a player with a ball receives it, turns and switches it to a team mate who does not have a ball. Play continues in this fashion for a designated period.

Variations

- Allow two touches for the players in the middle.
- Add a defender to mark players in the middle.
- Rotate middle and circle players.





Coaching Tips for Training Session

How to run the session

- Use the **K.I.S.S.** principle (**Keep It Short and Simple**) when introducing new skills,
- Give short, demonstrations while **briefly** explaining the new skill.
- Keep training sessions short, clear and well-planned,
- Be positive - focus on what the player does correctly ("**catch them being good**").
- Make training fun, challenging and exciting,
- Don't play "**elimination games**" – the players most in need of improvement and repetitions are usually the first to be eliminated.
- Provide competitive challenges for athletes that can help define success not only by comparison to others but also by improving one's own standard of accomplishment,

Be organised and above all - have a training plan.



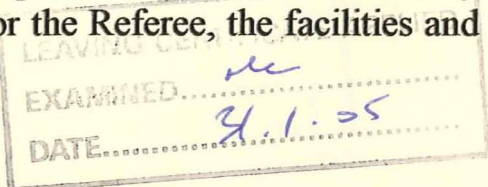


Cost of Soccer Management

There is some amount of money which is involved in football coaching/ managing. You can if you want get your **Coaching Credentials** from various courses around Dublin. Many clubs will supply the jerseys for the match and gear for the training but some don't and there are cones, bibs, water bottles and a number of Footballs to be bought which will amount to a sufficient price.

Here is an estimate guide to the Cost Amount	
Set of Jerseys (18 @ €48)	864.00
Water Bottles (6 @ €8)	48.00
Bibs (18 @ €5)	90.00
Set of Footballs(10 @ €15)	150.00
Set of Cones / Ladders	75.00
Coaching Course (1 week)	79.00
Result Estimate-	€1306.00

The end price of it all is **€1306.00** estimate, that if your not with a club, but most clubs will provide all the necessary gear once the player brings up **€5.00** subs on a weekly basis, which will be paid for the Referee, the facilities and a club Lotto as well.



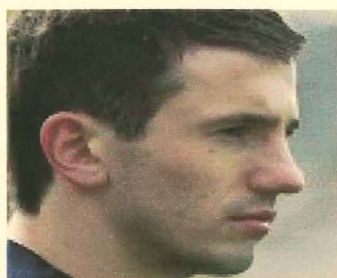


Coaching Credentials

FÁS/FAI Soccer Training Programme



This FÁS / FAI Soccer Training Programme is designed to prepare talented soccer players for the demands of work in professional / semi-professional football. The programme also provides people with the skills and knowledge required to do employment prospects in the sports / recreation industry should they fail to make the grade as professional footballers. This is a great way for Coaches and Mangers to learn new ideas.



Any person interested in participating on the programme and wants to do it below should contact the FAI Technical Department on 01-7037500 or your local FÁS Training Centre. **Liam Miller** was a past pupil of this programme and look were he is today...FÁS and the

FAI are equal opportunity employers.





The End Product

At the end of the day the children/players are the ones who should be benefiting from soccer. The manager should have a good input into the way they are developed as players and also as people. They are also responsible for the players and which the players should be having fun. The booklet is for managers/coaches and a parent as well to see how your child is being treated and what is expected from the manager/coach to your child.

I would like to thank various websites for there help in providing this booklet.

FAS
FAI
FOOTY 4 KIDS



CHRIS SHERIDAN

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FAIS

Foras Áiseanna Saothair
TRAINING & EMPLOYMENT AUTHORITY

