

FCYSL Coach Education

2023 Fall



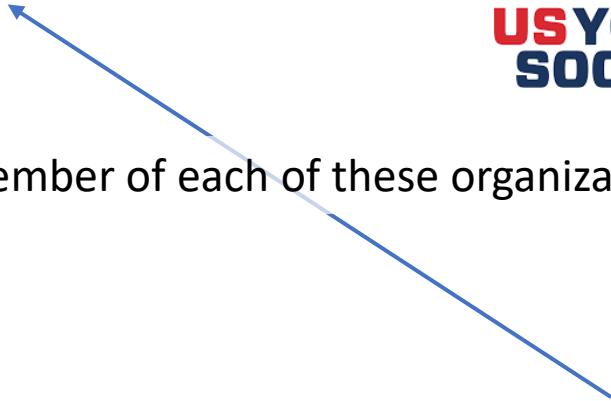
FCYSL Director of Coaching
Doug Mortensen – USSF National D

NMYSA District Commissioner
Steve Kinsey – USSF National C

US Soccer Federation (USSF)



You are a member of each of these organizations.



You are here



Youth Sports Philosophy & Psychology

- **Why do they play?**
 - Have Fun
 - “Play with friends”, making jokes, soccer is fun & exiting, as is winning.
 - Learn & Improve
 - **Why do they quit?**
 - It stops being fun. Why?
 - Occasionally teammates
 - Perceived lack of success, Overwhelmed, can cause no enjoyment.
 - More often adults. (parents & coaches)
- | | |
|--|--|
| Parents: | Coaches: |
| <ul style="list-style-type: none">• Pressure to win• Taking over the activity• Coaching & criticizing from the sidelines | <ul style="list-style-type: none">• Playing time• Tone• Overall experience |
- **How can we keep them from quitting?**
 - Get out of their way.
 - Give ownership of the activity and experience *back to them*. Soccer must be “their thing”.
 - Don’t force it. Never make soccer practice at home a punishment, etc.
 - Don’t micro-manage them in the games. Let them have fun and enjoy the experience of playing soccer with their friends.
 - Don’t do a tactical breakdown of the games in the car ride home (especially after a loss). Experts recommend parents say “I love watching you play”, and “did you have fun”?
 - Support them and cheer them on like crazy. But stay in your lane.

How do you define success as a coach?

- Players having fun (not horsing around)
- Player Retention
- Child's experience
- Team Growth
- Player Development
 - Technical Development (USC Player Competency Matrix)
 - Tactical Development (USSF D-License Player Development Framework & Roadmap)
 - Wholistic Development (USSF PDIs [player development initiatives], Aspen Institute)
- Accomplishing in games the specific measurable objectives you set as a team, based on the theme and topics of your practice activities that week.
- Lifelong love of the game



Does the better coach's team always win?

Why might the lower-ability coach's team win?

- Recruiting most talented roster.
- Not giving as much playing time to lower-ability players.

Why might the higher-ability coach's team lose?

- Unwillingness to compromise on developmental objectives (not use shortcuts).
- Choosing to distribute playing time more evenly, as the focus is on player development and enjoyment.

Short-Term Success vs Long-Term Success

Short-Term Success Examples

- Winning one game today
- Beat a slower team by scoring with breakaways & long-balls.
- Taking extra touches dribbling, in order to switch to the preferred (dominant) foot to pass the ball.
- Shooting only with the dominant foot to score more goals.

Long-Term Success Examples

- Winning many games in the future
- Discipline for a more technical & tactical gameplay that can beat future opponents who run faster than us.
- Coach requiring players to use the foot on the side where the ball is, so they can play faster (even though they will make mistakes while refining this skill)

Which option is generally in the best-interest of the player?

Which option do parents want? (can you teach parents?)

Guided Questions

- What are they?
- Why are they used?
- Why are they important?
- What would be the opposite of guided questions?

Examples

Do say	Instead of saying
<u>Who</u> do you see?	Get your head up
What's important now?	Push up
How can we keep the ball?	Pass sooner! Drop! Switch!
Where are the meadows?	Line! Line! Dribble up the line!
How can you give yourself more time?	Drop to the goal line for the GK.
How's our compactness?	Shift!

KEY QUALITIES OF A U.S. SOCCER PLAYER

1. Read and understand the game and make decisions
2. Take initiative, be pro-active
3. Demonstrate focus
4. Execute with optimal technical abilities
5. Execute with optimal physical abilities
6. Take responsibility and accountability for their own development and performance



What should the best coach be able to do in games?

- Nothing (perhaps not realistic, but should be the ideal goal)
- Sit back and watch his/her team play amazing soccer, without having to constantly tell every player what to do all game long. Because they know.
- Plenty of guided questions and encouragement are appropriate.

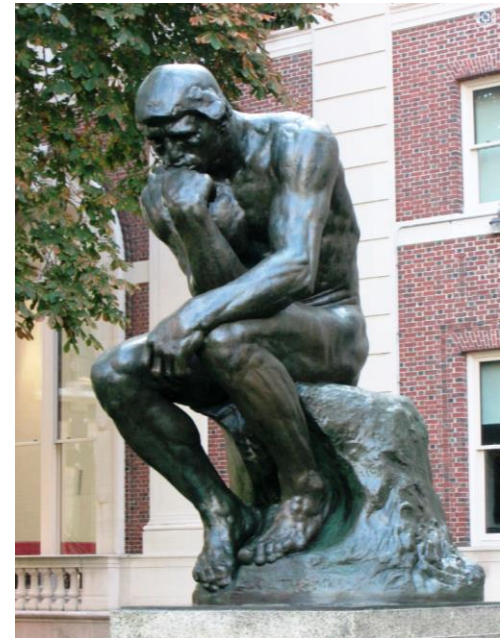
What game are you trying to win?

The game every Saturday against the other team's 3-11 players?

or

The game you have 3-4x per week with the 12-18 individuals on your own team?


Are you competitive enough, patient enough, & thoughtful enough to do what is necessary to win it?





Mistakes

- They are a necessary part of development
- Mistakes in games?
- Your practices and games need to be a safe place for players to be willing to try *new things*. This will naturally include mistakes, and is a necessary part of development.
 - What should you say to a player who makes a mistake in a game?
 - What would happen to a player's development if they felt they were not allowed to make mistakes in games?
 - What would be the psychological ramifications, if their parent's scolding tone for a mistake in the game was similar to getting in trouble at home? (they are playing)

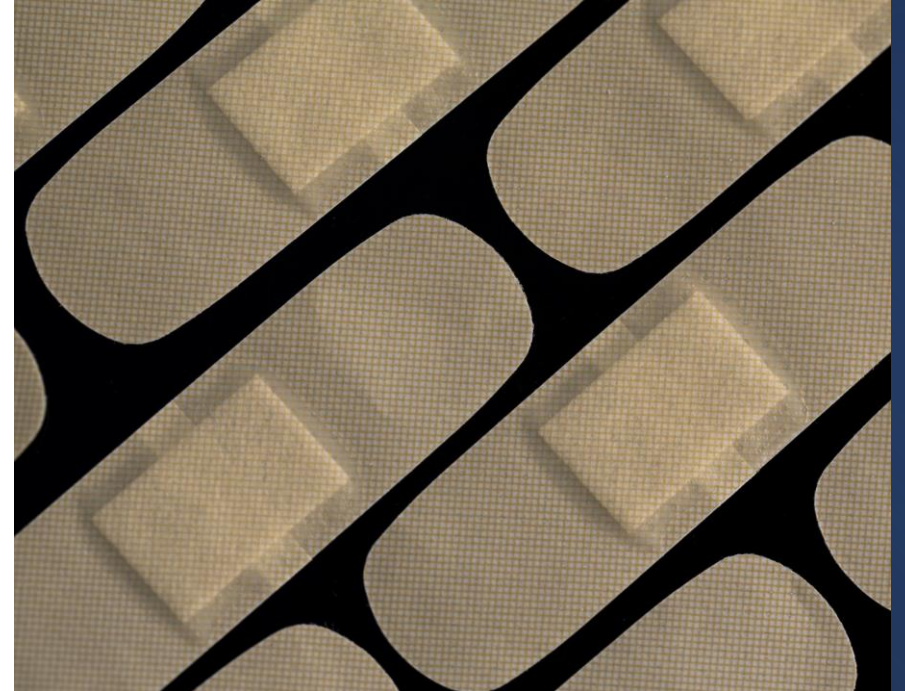


Coach Steve

What is your highest priority?

Safety

- Anchored goals (& never hanging on them)
- Injury prevention
- Re-injury prevention (recovery)
- Concussion recovery
- Prevent asthma attacks & allergic reactions (how)?
- Field hazards identified & resolved
- Heat exhaustion prevention



Stretching

What ages need to stretch?

U12 & older

When should they stretch?

After light-to-moderate warm up. (you want to stretch “warm” muscles)

What kind of stretches before a practice/game?

Dynamic stretches. Many types are needed for the variety of soccer muscle movements.

Then after a game/practice, static stretches.

What type of practice/game activities should not be done until after warm-up & dynamic stretching?

Sprints, striking the ball, passing with power, other high muscle-load / high-agility activities.

What should U5-U10 do instead? Is stretching “bad”?

Instead of standing/stretching, get more touches on the ball. More warm up time. More practice activities.




The 3 L's

What are they?

No:

- Lines
 - How long should players be in lines?
 - Depends on rest needed. But not
- Laps
 - Not for warm up
 - Not for conditioning/fitness
 - Not as a punishment (why)
(where is the soccer ball?)
- Lectures
 - Let your players tell the answers as much as possible. Often, they would rather hear each others' voice, than coach's, and their attention span will tune out your sermons.



Coach Steve



Play Practice Play

Practice Phase (options)



There are three options (or challenge levels) in the Practice Phase: Core, Less Challenging, and More Challenging.

Start with the core activity and use the Five Elements to decide to move to the less or more challenging activity, or make another adjustment, to find the appropriate level of challenge for the players.



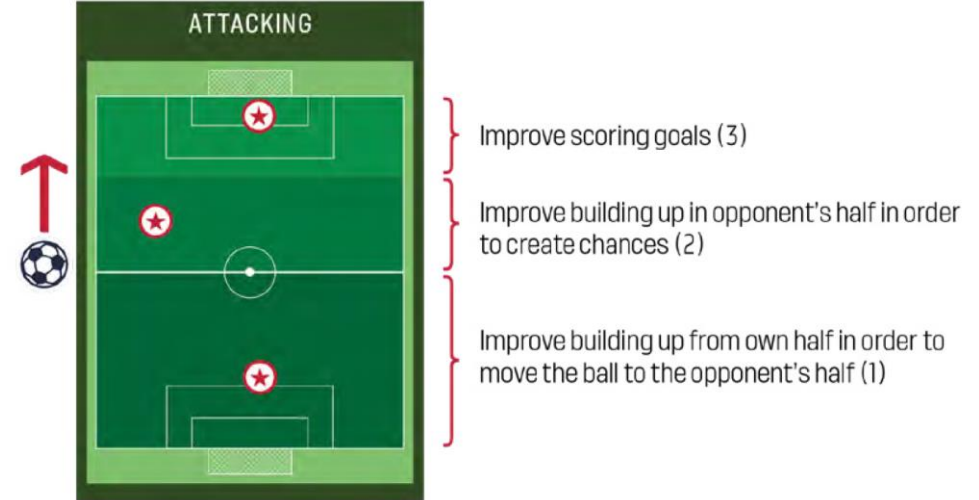
ATTACKING GRASSROOTS ROADMAP



TRAINING SESSION GOALS - ATTACKING



ATTACKING				
WHERE	WHY/GOAL	HOW	WHAT/PLAYER ACTIONS	WHO/QUALITIES
Where is it happening on the field?	Why do players attack? What are the goals?	How are players going to accomplish the goals?	What can players do to achieve the How and the Why?	Who are these players? What qualities do they need to execute the actions?
Own half Build up	<ul style="list-style-type: none"> Move the ball forward 	<ul style="list-style-type: none"> Find openings Create openings 	<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 	<ol style="list-style-type: none"> Read and understand the game and make decisions Take initiative, be pro-active Demonstrate focus Execute with optimal technical abilities Execute with optimal physical abilities Take responsibility and accountability for their own development and performance
Opponent's half Build up	<ul style="list-style-type: none"> Create Chances 			
Close to the goal Scoring	<ul style="list-style-type: none"> Score goals 			



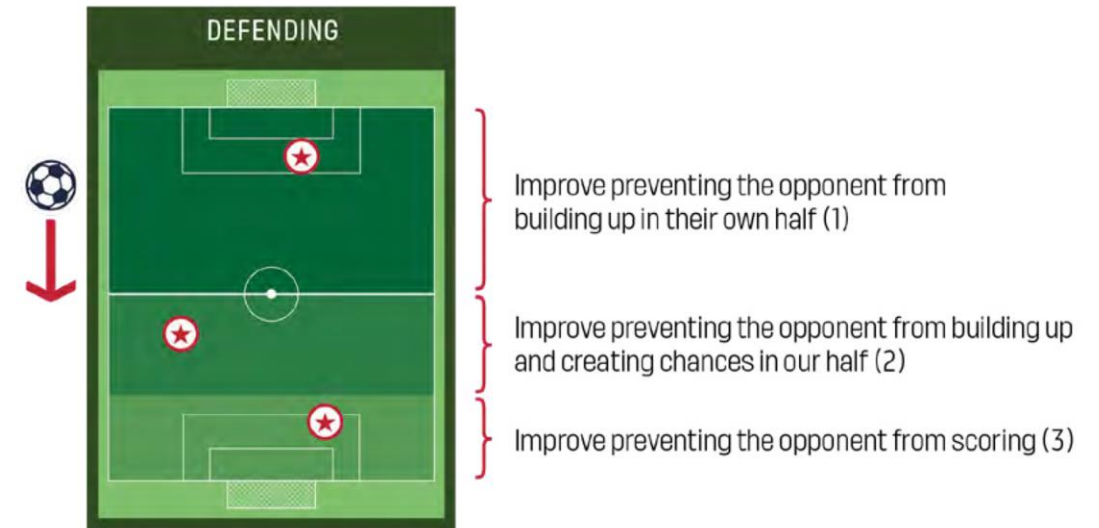
DEFENDING GRASSROOTS ROADMAP



TRAINING SESSION GOALS - DEFENDING



DEFENDING				
WHERE	WHY/GOAL	HOW	WHAT/PLAYER ACTIONS	WHO/QUALITIES
Where is it happening on the field?	Why do players defend? What are the goals?	How are players going to accomplish the goals?	What can players do to achieve the How and the Why?	Who are these players? What qualities do they need to execute the actions?
Opponent's half Prevent the build up	<ul style="list-style-type: none"> Prevent the opponent from moving the ball forward Regain the ball 	<ul style="list-style-type: none"> Close the openings (to the goal) Keep the openings (to the goal) closed 	<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 	<ol style="list-style-type: none"> Read and understand the game and make decisions Take initiative, be pro-active Demonstrate focus Execute with optimal technical abilities Execute with optimal physical abilities Take responsibility and accountability for their own development and performance
Own half Prevent the build up	<ul style="list-style-type: none"> Prevent the opponent from moving the ball forward Regain the ball 			
Close to the goal	<ul style="list-style-type: none"> Prevent scoring goals Deny chances 			





The Practice Phase is where the players will actively learn through continued guidance from the coach. This phase uses game-like activities - directional, located in the corresponding area of the field for the training objective, and free-flowing with attacking, defending, and both transition moments. The activities set up meaningful repetitions of today's goal.

There are three options (or challenge levels) in the Practice Phase: Core, Less Challenging, and More Challenging. Coaches start with the core activity and then decide to move to the less or more challenging activity to find the appropriate level of challenge for the players. Players build on their previous experiences from the 1st Play Phase and apply their own solutions with the coach's guidance.

Along the way, players will make mistakes and the coach continues to help by not only using positive reinforcement, guided questions, and key words, but also other teaching actions such as demonstrations, feedback, or directions. The coach also interacts with the players about the "why" of the desired behaviors. The goal of the practice phase is to help players further develop their solutions to the challenges presented in the 1st Play Phase.

5 ELEMENTS OF A TRAINING ACTIVITY

- 1. Organized:** is the activity organized in the right way? (is it safe and the ball stays in play?)
- 2. Game-like:** is the activity game-like? (attacking, defending, & transition)
- 3. Repetition:** is there repetition when looking at the overall goal of the session?
- 4. Challenging:** are the players being challenged? (is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** is there effective coaching, based on the age and level of the players?

	4 v 4	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 U-7/U-8 <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			

FAQ- What about technique?

Technique is the isolated execution of a soccer action, whereas skill is the execution of the technique in a context with decision-making. Within a game-like context, players learn fundamental skills (techniques performed in the context of the game) through playing. U.S. Soccer has developed a list of developmentally appropriate Player Actions (see figure 3) which coaches select as part of the training session goal. They are integrated with the Key Qualities which are also needed for the player to perform the action.

5 ELEMENTS OF A TRAINING ACTIVITY

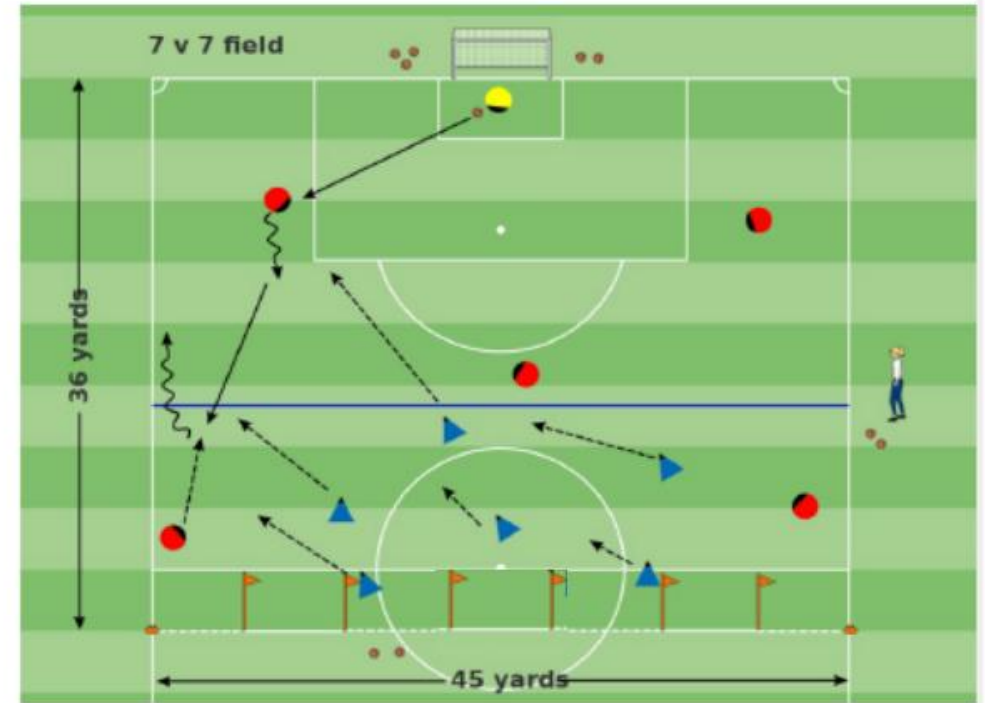
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Structuring an Activity- Challenge Level/Weekly Plan



Structuring an activity to have a more or less challenging option requires more than just adding/subtracting players or making the field size larger/smaller.

You can also manipulate the method of scoring or the formation (of your focus team or the opponent).



7v7 Core Activity

6 v 5 + GK (large goal to three counter goals)

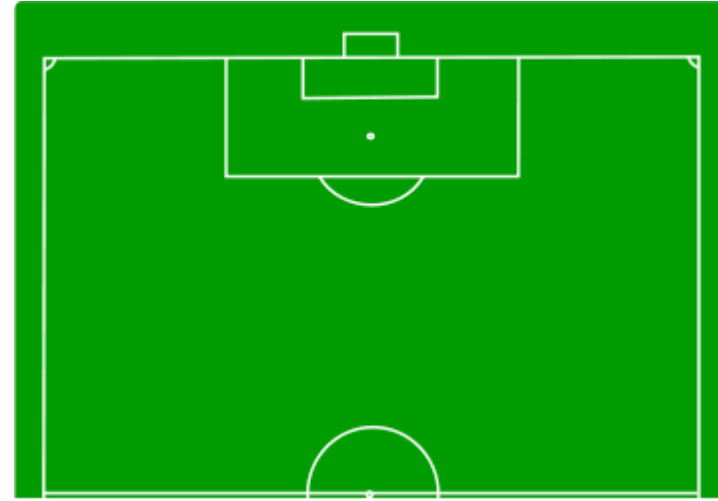
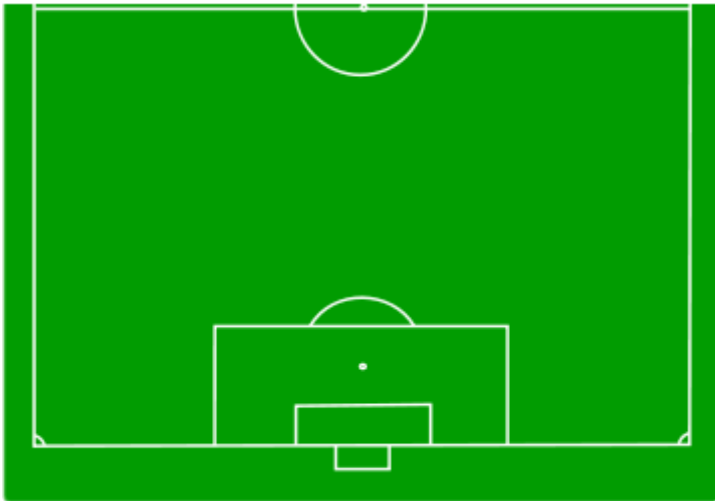
“Moments of the game” we can Practice

Some ideas of examples:

- Lose the ball by dribbling into opponents.
- Struggle to get out of opponents press at goal kicks (difficulty building out of the back)
- Opponents always get out of their box easily with goal kicks. Want to press better to win the ball back in the final 3rd to have more scoring chances for our team & prevent opponent from building new attacks.
- Struggle defending breakaways vs faster teams. Defensive pressure, cover & balance.
- Opponents easily find their way into our box with the ball past our back line.
- Struggle getting past the opponents back line at the half line (difficulty transitioning attack into opponents half).
- Our striker is always outnumbered in the opponents half on counter-attacks and we end up losing the ball when we do finally get opportunities to move the game into their half.

How much field space do you need in order to practice any “moment of the game”?

- ½ field full width. This is the maximum needed.



Let's Create an Activity



Breakout session

- 5 minutes to create an activity
- 1 minute for each group to present



Further resources /
Coach development
pathway

Field Session

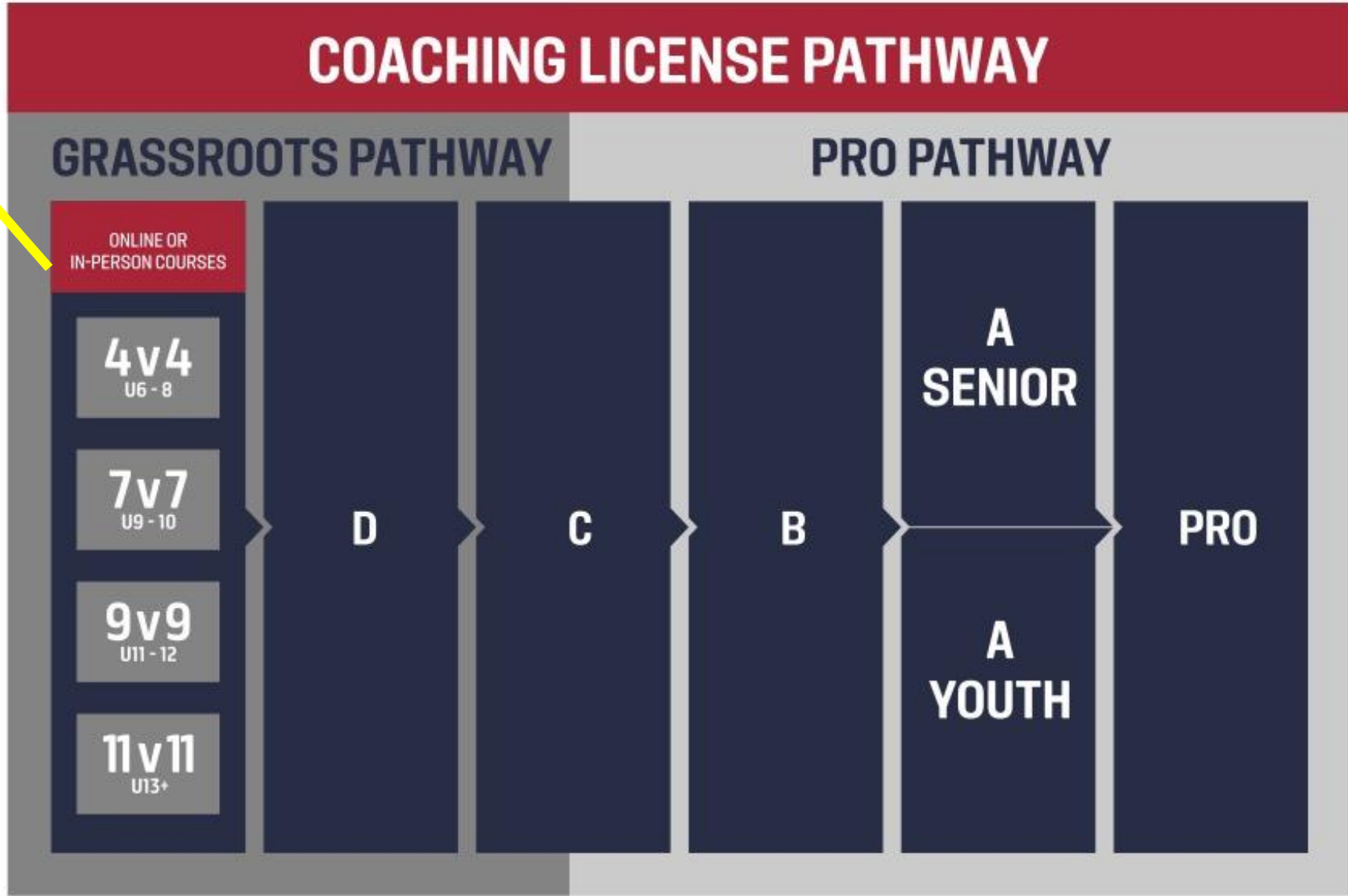


Recommended Resources

- Use quality trusted content (there is no YouTube certification)
 - Get a mentor
 - Mojo
 - Seek real coach education
 - Find a good podcast*

*Can give recommendations

\$25 Online
Self-Paced
FCYSL may help
reimburse.



<https://unitedsoccercoaches.org>



Formerly:



National Soccer Coaches Association of America



EDUCATION COURSES

To check out all of our course offerings and find a course near you, visit UnitedSoccerCoaches.org/Courses.

DEVELOPMENT	ADVANCED	GOALKEEPING	HIGH SCHOOL
Foundations of Coaching*	National Diploma	Level 1 Diploma*	NFHS Fundamentals of Coaching*
4v4 Diploma	Advanced National Diploma	Level 2 Diploma	
7v7/9v9 Diploma	Premier Diploma	Level 3 Diploma	
11v11 Diploma	National Youth Diploma	Advanced National GK Diploma	
Special Topics	Director of Coaching Diploma		
	Coach Developer Diploma		
	Master Coach Diploma		
	Master's Degree in Soccer Coaching		

eLEARNING*

Attacking Principles of Play	LGBT Diversity & Inclusion
Convention Sessions	Small-Sided Games: 4v4, 7v7, and 9v9
Defending Principles of Play	11v11 Formations & Systems of Play
Futsal Level 1	Creating Talent
Get aHEAD Safely in Soccer™	Foundations of Coaching
Goalkeeping Level 1	Sports Psychology & Individual Mental Skills
Key Moments in the Game	

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NEW MEXICO
YOUTH SOCCER



MASSACHUSETTS
YOUTH SOCCER ASSOCIATION



<https://www.mayouthsoccer.org/coaches/session-plans/>

SESSION PLANS



Upcoming Courses

<http://www.nmysa.net/LeftNav/programs/coached.htm>

Additional coaching resources

<http://www.nmysa.net/TopNav/Coaches/coachescorner.htm>

<https://www.facebook.com/COACHRICKFLORES>

<https://www.instagram.com/coachrickflores/>

[US Soccer Player Development Initiatives](#) (hyperlink)

<https://www.youtube.com/@yougotmojo>

- FC Barcelona youth academy technical skill games

The mobile app has the activities organized better. Use the mobile app.

<https://youtu.be/ZmMHFpGnzM4>



<https://Mojo.sport>

Every Coach Needs a Mentor



Someone you can ask questions of.

(technical, procedural, administrative, etc.)



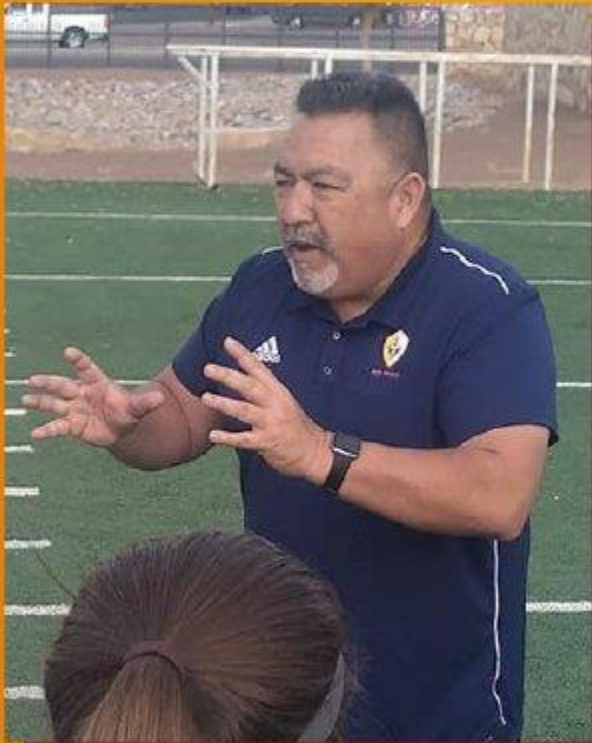
**Someone to encourage & inspire
you along the journey.**



Find your mentor(s)



Coach Spotlight



**RICK
FLORES**

*Technical Director New
Mexico Youth Soccer
Association*

Thu 5/18/2017 8:59 AM

Thu 5/18/2017 8:59 AM

To: Registrar <soccer@yahoo.com>; _doc@yahoo.com <_doc@yahoo.com>

Hi team,

When are the next coaching clinics and trainings planned?

Also, I have an idea that may be helpful for the club.

It is about coaches collaborating more.

There are a few teams in the league, who have lost most games. Mine is one of those.

Meanwhile there are others in the league, and in our club, who have won most of their games.

I don't know what kind of mentality the other coaches would have about this. But I think it would be fantastic for coaches to start coming together regularly, to discuss what is working and what is not working with our individual teams, in terms of practices, like game strategy, preparation, interaction with parents, etc.

I don't know if Robert would come to those meetings and share openly about what is working well for him with his Bees, as his team runs around the league dominating most games. But when we consider the purpose of youth soccer, and developing all individual players, and keeping their long-term interest in soccer, I think the club's responsibility, is to foster the improvement and development of all players and teams, and to promote this in every coach as a collaborative club effort.

It is about looking at the big picture.

Although it is enjoyable to watch a team full of talented young athletes who execute extremely well, we have to remember that we will lose more young athletes and coaches if we don't focus on collaboratively developing each individual player in the league.

I feel that I'm doing okay as a coach, but sometimes have my moments where I lose sight of the big picture, and just want to see my team win some games. Obviously winning is an important part of all sports. But it is a means to an end. Not the end itself. The end is the positive impact the sports participation and development is making in each persons life.

Anyway, I'll get off my soap box, and simply make my recommendation. And that would be that starting next season, has a twice per month evening meeting of coaches getting together to help each other throughout the season.

Matt Cramer <_doc@yahoo.com>

Thu 5/18/2017 11:12 AM

To: Douglas Mortensen <dougmortensen@outlook.com>

Hi Doug..

We haven't set the next coaches training sessions yet, but we will be discussing those at our Board meeting this month. There are also a couple of summer camp Saturday's that we will be having at the end of July and beginning of August that will be free for players, but will also be using them as opportunities for coaches training's.

I love the idea of coaches round table discussions and the Board agrees that we all need to work together more collaboratively, particularly in the U10 and up divisions. Now that I have taken over as Director of Coaches, there were plans for monthly sessions with the coaches already, but the round table idea may be a better one and help facilitate collaboration better than strictly training alone. It will also make it easier for coaches to set up scrimmages and joint practices which are very beneficial to both the players and the coaches.

And we agree that there needs to be more focus on the development of all the players within the club. That is a big reason why we started the Academy practices this spring and foresee us building on that this fall and making it more of a club practice per age division on Fridays. As you mentioned, not all coaches may willing to collaborate, but those that do I think will benefit greatly.

There are also a couple of other initiatives that will be proposed to the Board for the upcoming season to help out the coaches and the players and I am really excited to see how it translates on the field in the upcoming seasons.

Thanks again for coaching this year. I feel for you that you had a rough spring and end of season. I have been through those myself and it is not always easy to handle. I am going through that with a 9 year old baseball team right now and although it is not soccer, the translation of losing baseball games by 20 runs probably has a similar feeling. And it kills me because I was a baseball player growing up and I somehow feel like it is me that is letting them down. But at the end of the day, I have to keep reminding myself that I volunteered to teach the group of kids the best I can and that in the end it is their experience that matters.

Anyways, please let us know if need anything else or have any questions and we will help you out the best we can.

Thanks,

Matt

Typical Club Coach Education Standards



Key (League):

NPL: National Premier League

SOCAL: Southern California Soccer League

Team	Coach	License	Email	Anticipated League/Flight
B2017 Gold	Rodrigo Da Silva	USSF "E"	rodrigo.dasilva@cityscsanmarcos.com	SOCAL Flight 4
B2016 Gold	Sean Foster	USSF "E"	sean.foster@cityscsanmarcos.com	SOCAL Flight 3
2015 Premier	Aimee Beauchesne	USSF "E"	aimee.beauchesne@cityscsanmarcos.com	SOCAL Flight 2
2015 Gold	Freddie Suazo	USSF "E"	freddie.suazo@cityscsanmarcos.com	SOCAL Flight 3
2015 White	Francisco Felix	USSF "E"	francisco.felix@cityscsanmarcos.com	SOCAL Flight 4
2014 Academy	Robert Tackaberry	USSF "C"	robert.tackaberry@cityscsanmarcos.com	SOCAL Flight 1
2014 Premier	Fernando Andrade	USSF "E"	fernando.andrade@cityscsanmarcos.com	SOCAL Flight 2
2014 Gold	Rodrigo Da Silva	USSF "E"	rodrigo.dasilva@cityscsanmarcos.com	SOCAL Flight 3
2013 Academy	Daniel Salas	USSF "D"	daniel.salas@cityscsanmarcos.com	SOCAL Flight 1
2013 Premier	Juan Villalobos	USSF "E"	juan.villalobos@cityscsanmarcos.com	SOCAL Flight 2
2013 Gold	Antonio Olvera	USSF "E"	antonio.olvera@cityscsanmarcos.com	SOCAL Flight 3
2012 Academy	Junior Trujillo	USSF "D"	junior.trujillo@cityscsanmarcos.com	SOCAL Flight 1
2012 Premier	Antonio Olvera	USSF "E"	antonio.olvera@cityscsanmarcos.com	SOCAL Flight 2
2012 Gold	Freddie Suazo	USSF "E"	freddie.suazo@cityscsanmarcos.com	SOCAL Flight 3
2012 White	Phil Mitchell		phil.mitchell@cityscsanmarcos.com	SOCAL Flight 4
2011 Academy	Robert Tackaberry	USSF "C"	robert.tackaberry@cityscsanmarcos.com	SOCAL Flight 1
2011 Premier	Sean Clark	USSF "D"	sean.clark@cityscsanmarcos.com	SOCAL Flight 2



Girls Teams & Coaches

2023-24 Girls Teams & Coaching Assignments

Key (League):

NPL: National Premier League

SOCAL: Southern California Soccer League

Team	Coach	License	Email	Anticipated League/Flight
2016 Gold	Fabrice Lapeyre	USSF "D"	fabrice.lapeyre@cityscsanmarcos.com	SOCAL Flight 3
2015 Premier	Julia Nellis	USSF "E"	julia.nellis@cityscsanmarcos.com	SOCAL Flight 2
2015 Gold	Jonny Esquivel	USSF "D"	jonathan.esquivel@cityscsanmarcos.com	SOCAL Flight 3
2014 Premier	Antonio Olvera	USSF "E"	antonio.olvera@cityscsanmarcos.com	SOCAL Flight 2
2014 Gold	Jonny Esquivel	USSF "D"	jonathan.esquivel@cityscsanmarcos.com	SOCAL Flight 3
2013 Academy	Jonny Esquivel	USSF "D"	jonathan.esquivel@cityscsanmarcos.com	SOCAL Flight 1
2013 Gold	Antonio Olvera	USSF "E"	antonio.olvera@cityscsanmarcos.com	SOCAL Flight 3
2012 Academy	Fred Downey	USSF "D"	fred@cityscsanmarcos.com	SOCAL Flight 1
2012 Premier	John Turner	USSF "D"	john@cityscsanmarcos.com	SOCAL Flight 2
2012 Gold	Aimee Beauchesne	USSF "E"	aimee.beauchesne@cityscsanmarcos.com	SOCAL Flight 3
2011 Academy	Brian Poltl	USSF "D"	brian.poltl@cityscsanmarcos.com	SOCAL Flight 1
2011 Premier	John Turner	USSF "D"	john@cityscsanmarcos.com	SOCAL Flight 2
2011 Gold	Sean Noble	USSF "D"	sean.noble@cityscsanmarcos.com	SOCAL Flight 3
2010 Academy	Kino Valdez	USSF "B"	kino@cityscsanmarcos.com	SOCAL Flight 1 Discovery NPL
2010 Premier	Sean Noble	USSF "D"	sean.noble@cityscsanmarcos.com	SOCAL Flight 2
2009 Academy	Juan Villalobos	USSF "E"	juan.villalobos@cityscsanmarcos.com	SOCAL Flight 2

Typical Club Coach Education Levels

Questions?

Use your club Director of Coaching as a resource.

Also feel free to reach out to:

FCYSL Director of Coaching – Coach Doug Mortensen – fcyslndirectorofcoaching@gmail.com

NMYSA District Commissioner – Coach Steve Kinsey – coach.steve.nm@gmail.com