

## Rye Youth Soccer Intramural Coaching Information

- I. Soccer-Related Information
  - A. Intro to 25 Minute Practice Sessions
    - i. Staff Coach Clinics
    - ii. Practice Activity Ideas
      - 1. pick a theme
      - 2. one player per ball
      - 3. groups of 2 and 3
    - iii. Four Phases/Methodology of a RYS Intramural Practice
      - 1. “As They Arrive”
      - 2. “Technical Warm-up”
      - 3. “Technical Instruction”
      - 4. “Technique in a Game-Related Situation”
  - B. 45 Minute Games (20 minute halves, 5 minute halftime)
    - i. 4 v. 4 (3 field players and 1 GK)
    - ii. 6 v. 6 (Field goalies)—World Cup League
    - iii. Subs
    - iv. Positions
    - v. Goalkeepers
    - vi. Rules (no penalty kicks)
  - C. Head and Assistant Coaches’ Responsibilities
    - i. Safety
    - ii. Fun
    - iii. Drinks/Snacks (team manager)
    - iv. Nametags
  - D. Referees
    - i. US Soccer Level 8 and 9 Certified
  - E. Trophies
    - i. Seventh Saturday of the Season (November 3)
  - F. Miscellaneous
    - i. Ball Sizes

For further questions, information, etc...:

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# **Rye Youth Soccer Intramural Coaching Diploma**

## *Phases and Methodology of a Model Training Session*

Theme: \_\_\_\_\_

Phase 1: “As They Arrive”

Phase 2: Minutes 0-5: “Technical Warm-up”

Phase 3: Minutes 5-15: “Technical Instruction”

Phase 4: Minutes 15-25: “Technique in a Game-Related Situation

Phase 5: Minutes 30-75 “4 v 4 Game”

## Sample 25-Minute Rye Youth Soccer Intramural Session

# Dribbling Session #1

### Phase 1: "As They Arrive":

Ask players to dribble at varying speeds and with changes of direction. Use analogies they can relate to. E.g., Snail = slow, Cheetah = fast, Rabbit = quick changes of direction

### Phase 2: Minutes 0-5- "Technical Warm-Up":

#### INTRODUCTION TO MOVES TO BEAT AN OPPONENT

Do the requested moves with no pressure. Fake shot, stop-go, step over, change of pace, scoop etc.

### Phase 3: Minutes 5-15 "Technical Instruction":

#### PAIRS SHADOW DRIBBLING

All players start with a ball 20 yards apart facing each other.  
A cone is placed 1/2 way between each pair of players.  
Each player starts dribbling towards her partner.  
At the cone, execute the request move then continue to the opposite side of the field.  
Repeat until successful then introduce new move.

### Phase 4: Minutes 15-25 "Technique in a Game-Related Situation":

#### TEAM GAUNTLET DRIBBLE

Players take turns trying to beat an opponent by dribbling past them in a 10 x10 square  
A team can score by dribbling over the end line  
Team x attacks go north-south.  
Team y attacks go east-west.  
Alternate defending between team x and team y.  
Keep score!

#### STEAL THE BACON

One v One to 2 goals made with discs.  
Players must dribble through opponent's goal to score.  
Keep score!

### Phase 5: Minutes 30-75 "4 v 4" Game: Self-explanatory

## Sample 25-Minute Rye Youth Soccer Intramural Session

# Shooting Session #1

### Phase 1: "As They Arrive":

#### MOON JUGGLING

Hit ball up into the air with the top of the foot after allowing it to bounce.

### Phase 2: Minutes 0-5- "Technical Warm-Up":

#### INTRODUCTION TO SHOOTING TECHNIQUE

Demonstrate shooting mechanics

Static: Body and foot position without the ball in one place

Dynamic: Body and foot position without the ball on the run

### Phase 3: Minutes 5-15 "Technical Instruction":

#### PAIRS SHOOTING DROPKICKS

One ball per pair.

Players start with a ball 20 yards apart facing each other.

A goal is placed 1/2 way between each pair of players.

Each player takes turns executing dropkicks below waist height through the goal to her partner.

Repeat until successful.

#### PAIRS SHOOTING ROLLING BALL

One ball per pair.

Players start with a ball 20 yards apart facing each other.

Each player takes a preparation touch then shoots the ball below waist height through the goal to her partner.

Repeat until successful.

### Phase 4: Minutes 15-25 "Technique in a Game-Related Situation":

#### SHOOTING WAR

One ball per pair.

Players start with a ball 20 yards apart facing each other.

Each player takes a preparation touch then shoots get the ball past her partner in "net"

Alternate goalies

Keep score!

#### NUMBERS UP SHOOTING TO ONE GOAL

Play 2v1 + Goalie half-field game to 1 goal

If successful, play 3v2 + Goalie half-field game to 1 goal

### Phase 5: Minutes 30-75 "4 v 4" Game: Self-explanatory

## Sample 25-Minute Rye Youth Soccer Intramural Session

# Passing Session #1

### Phase 1: "As They Arrive":

KNOCK OVER TALL CONES

One ball per player.

Use inside of the foot pass to knock over cones

### Phase 2: Minutes 0-5- "Technical Warm-Up":

INTRODUCTION TO PASSING TECHNIQUE

Demonstrate passing mechanics.

Static: Body and foot position without the ball in one place.

Dynamic: Body and foot position without the ball on the run.

### Phase 3: Minutes 5-15 "Technical Instruction":

GATES PASSING IN PAIRS

One ball per pair.

Players pass to each other through a gate then repeat at other gates

COMPETITIVE GATES PASSING IN PAIRS

Keep score!

### Phase 4: Minutes 15-25 "Technique in a Game-Related Situation":

2V2 PASSING TO TARGET

Players play 2v2 and try to get a pass into a Coach or 5<sup>th</sup> Player

2V2 PASSING TO ONE GOAL

Players play 2v2.

Variation: Require a minimum number of passes before you can shoot.

### Phase 5: Minutes 30-75 "4 v 4" Game: Self-explanatory

## Sample 25-Minute Rye Youth Soccer Intramural Session

# Dribbling Session #2

### Phase 1: "As They Arrive":

Introduce to dribbling skills with different parts of the feet.

### Phase 2: Minutes 0-5- "Warm-Up":

#### INTRODUCTION TO MOVES TO BEAT AN OPPONENT

Do the requested moves with no pressure. Fake shot, stop-go, step over, change of pace, scoop etc.

### Phase 3: Minutes 5-15 "Technical Instruction":

#### GATES DRIBBLING DRILL

All players start with a ball spread out on the field.

Cones are randomly placed as goals approximately shoulder width apart.

Each player dribbles through a cone for a goal.

Progression of game: round 1 dribble through the cone – no restrictions, round 2 – dribble through the cone and cut the ball back with the sole of the foot, round 3 – dribble through the cone and cut the ball back with the inside, outside of the foot. Keep Score!

### Phase 4: Minutes 15-25 "Technique in a Game": (Recommended to play one to at most two games per session)

#### TEAM GATES CHALLENGE

Players are split into two teams.

Team A tries to run through each of the cones to score a point (without a ball to start) Team B is to defend and try to tag team A from getting through the gate.

Team B attacks without ball Team A defends

Round 2 Introduce ball to game – A starts with ball – B defends. If ball is stolen, B is on offense, A is defense

Round 3 Team B starts with ball – same concept, same game.

Keep score!

#### Red, Light Green Light

Players will play one round of soccer red light green light.

Emphasis on dribbling the ball close to your body and stopping the ball as quickly as possible

#### RUN FOX RUN

Round 1 – No Balls

Players start with a pinny as a tail. Goal is to run from one side of the field to the other without losing their pinny tail.

Coaches will start by trying to pull out the tail

If tail is pulled, the players will be taggers.

Winners are the last with the tails

Round 2 – Rabbits with balls

Same concept but now when running from side A to B, players must dribble a ball

Winners are the last with the tail

Round 3 – Challenge Round

Same concept, but now rabbits and foxes must each have a ball. Middle taggers must dribble a ball to pull off tail.

### Phase 5: Minutes 30-75 "4 v 4" Game: Self-explanatory

## Sample 25-Minute Rye Youth Soccer Intramural Session

# Shooting Session #2

### Phase 1: "As They Arrive":

#### MOON JUGGLING & KEEPER CATCH

Hit ball up into the air with the top of the foot after allowing it to bounce. Alternate the moon juggling with bounce dribbling and air catches. Players will jump in the air, lift one knee and yell keep catching the ball.

### Phase 2: Minutes 0-5- "Warm-Up":

#### INTRODUCTION TO SHOOTING TECHNIQUE

Demonstrate shooting mechanics

Static: Body and foot position without the ball in one place

Dynamic: Body and foot position without the ball on the run

### Phase 3: Minutes 5-15 "Technical Instruction":

#### PAIRS SHOOTING

#### STILL SHOOTING

Players work in pairs, one ball per group.

Players line up 10 yards away from each other.

The goal is shoot the ball at your partner and hit them below the knee without them moving.

Each player takes turns executing power kicks below waist height through the goal to their partner.

Repeat until five points have scored or 5 minutes pass

#### PAIRS SHOOTING

#### MOVING BALL

Players still work in pairs.

Players start with a ball 20 yards apart facing each other.

Each player takes a preparation touch then shoots the ball below waist height to the partners legs.

A goal is scored when they hit their partner.

Keep Score

### Phase 4: Minutes 15-25 "Technique in a Game":

#### GOALIE WAR

One ball per pair.

Players start with a ball 20 yards apart facing each other.

Each player takes a preparation touch then shoots get the ball past her partner in "net"

Alternate goalies

Keep score!

#### DRIBBLING SHOOTING

Goals are placed 25 yards away from one another.

Players are split into two teams.

One player from team A dribbles the ball and kicks into goal B – directly across from goal. Team B attacks goal A at the same time. Players shoot ball, receive one point for a goal and dribble back to line. Race to 20

Phase two of game. Rotate Sides. Place cones 10 yards away from each group. Now players must shoot their ball before the cone. Emphasis is on shooting with power from leg, back and following through. Remind players to lock ankle, keep toe and head down.

### Phase 5: Minutes 30-75 "4 v 4" Game: Self-explanatory

## Sample 25-Minute Rye Youth Soccer Intramural Session

# Passing Session #2

### Phase 1: "As They Arrive":

#### PASSING TO COACHES

One ball per player.

Use inside of the foot to pass ball to each of the coaches. Coaches begin in at a set station and will move as the more players arrive.

### Phase 2: Minutes 0-5- "Warm-Up":

#### INTRODUCTION TO PASSING TECHNIQUE

Demonstrate passing mechanics.

Static: Body and foot position without the ball in one place.

Dynamic: Body and foot position without the ball on the run.

Emphasis on where to strike the ball and power of the strike.

### Phase 3: Minutes 5-15 "Technical Instruction":

#### PASSING GATES CHALLENGE

One ball per pair.

Cones are randomly placed throughout the field in goals.

Players stand with their partner and a ball at a goal.

Players pass to each other through the goal. They remain at the same goal.

Players to make as many goals or passes in one minute.

Phase two.

Players start at one goal to pass for a goal. They must travel as a pair to a new set of cones and pass through the cones for a goal.

Challenge –Players will pass through as many cones as possible in a minute.

Keep score!

### Phase 4: Minutes 15-25 "Technique in a Game":

#### 2V2 PASSING TO TARGET

Players play 2v2 and try to get a pass into a Coach or 5<sup>th</sup> Player

#### 2V2 PASSING TO ONE GOAL

Players play 2v2.

Variation: Require a minimum number of passes before you can shoot.

### Phase 5: Minutes 30-75 "4 v 4" Game: Self-explanatory