# 2nd Annual
# Coach Development Seminar
## February 10, 2018
## Howard Community College Gym

| Time | Event | Location |
|---|---|---|
| 8:00-2:00 | Registration | HCC Gym Lobby |
| 9:00-10:00 | 'Effective transition activities to use in practice' Rob Ryerson | HCC Gym |
| 10:15-11:15 | 'How to use a whole-part-whole progression to teach technique' John Dingle | HCC Gym |
| 11:30-12:30 | 'Integrating disguise and unpredictable play in technical development sessions' Keith Tabatznik | HCC Gym |
| 12:30-2:00 | Lunch Break Featuring the: 'Landscape of Youth Soccer in Maryland' presentation, John Dingle | HCC Gym |
| 2:00-3:00 | 'Filling the gaps; the progress from small sided to large sided team formation' Bill Stara | HCC Gym |
| 3:15-4:15 | 'Technical Skills for the Youth Keeper' Lincoln Phillips | HCC Gym |
| 4:15 | Seminar Closing | HCC Gym |

NAME: Rob Ryerson TEAM: Soccer Source 360 Clinic

DATE 2/10/2018 Time: 9:00am Team Ellicott City SC 05 Black

**TRAINING SESSION: "Effective transition activities to use in practice"**

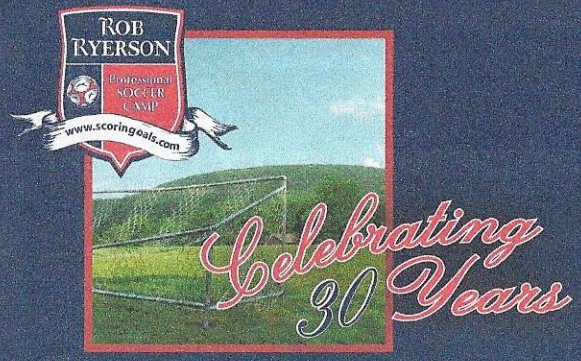
## OBJECTIVE:

To teach the players to react quickly in transition both tactically and technically into the offensive end of the field.

| | |
|---|---|
| Players are split into two teams, passing the ball In a confined area to begin to learn about player Awareness with teammates by off the ball movement, change of pass and finding open area's to move with the ball. Technical aspects are also covered during this time to make sure players are learning how to receive and play the ball properly. | **I. WARM-UP**<br>DURATION:**10 min** INTENSITY: **low-medium** INTERVALS: **4x90sec** WORK:REST: **1:1**<br>**ORGANIZATION (Players / Equipment / Space)**<br>5v5 (+1 neutral if needed) and confined coned off space at 10 x 10 or larger<br>**COACHING POINTS / KEY CONCEPTS:**<br>• Tactically: Movement off the ball into open space, teammate/field awareness<br>• Technically: Receiving the ball, pace of the pass, limit touches |
| Players must stay in designated grids and keep the ball in possession for a period of time or number of touches. The opposing team must send in defenders into the grid to win the ball, gain possession and play the ball back into their own grid for teammates to then also begin to keep possession for a period of time or # of touches. | **II. SMALL-SIDED ACTIVITY**<br>DURATION: **12min** INTENSITY: **medium-high** INTERVALS: **4x2min** WORK:REST: **1:1**<br>**ORGANIZATION (Players / Equipment / Space)**<br>5v5 (0r 6v5) in confined space at 10 x 10 or 15 x 15 spaced grids<br>**COACHING POINTS / KEY CONCEPTS:**<br>• Tactically: Players must recognize movement to play the ball quickly w/pressur<br>• Technically: 1st touch emphasis, pace of pass, receiving ball properly w/feet |
| Two teams look to play the ball to the target players on each end of the field thru combination play. Once successful, they must then look to play the ball to the opposite side target player with combination play and an emphasis on speed of play. Once a team wins the ball, they can start off in any direction. **During this phase an introduction of** | **III. EXPANDED ACTIVITY**<br>DURATION: **18min** INTENSITY: **high** INTERVALS: **5x90sec** WORK:REST **2:1**<br>**ORGANIZATION (Players / Equipment / Space)**<br>(5v5 +2) or (7v7 +2) Two teams play within larger space of 30 x 30 grids<br>**COACHING POINTS / KEY CONCEPTS:**<br>• Tactical: Players must play the ball up to the highest player (target) with suppc<br>• Technical: Short passing, long passes, pace of the pace and receiving |
| **PRE-GAME**: Two teams play to goal with players coming onto the field from different areas to transition quickly to goal once the ball is played past the end line.<br><br>**The Game**: Final emphasis is that players must be in their own half in order to score. Take out restrictions of all players and have them play to goal. | **IV. Pre-Game and THE GAME**<br>DURATION: **18 min** INTENSITY: **HIGH** INTERVALS: **4x3 min** WORK:REST **1:1**<br>**ORGANIZATION (Players / Equipment / Space)**<br>Full team, two keepers (or play to two small goals) limited spacing 30 x 30 grid<br>**COACHING POINTS / KEY CONCEPTS:**<br>• Tactical: Introduction of all team concepts, wall pass, overlap, support, etc.<br>• Technical: Speed dribbling, accurate passing, finishing |

*New Location!*
Rob Ryerson Presents

# SUMMIT LAKE
## EMMITSBURG, MARYLAND




### CAMP PHILOSOPHY

These residential camps are designed to teach each player how to fully reach his or her potential through a demanding week of functional training exercises that teach individual techniques, skills and tactics. Each evening, exhibition matches will challenge players in a competitive environment. This camp will prepare players for higher levels of competition.

***Register Now At:***
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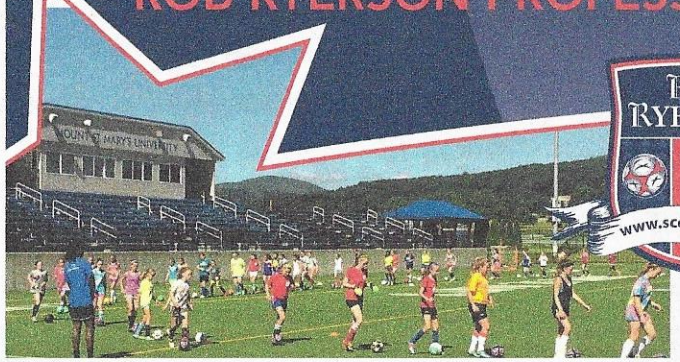


## RESIDENTIAL CO-ED CAMP SESSION

*JUNE 20-23, 2018*

***Girls Advanced Players:*** Ages 10-16
***Boys Advanced Players:*** Ages 10-16
***Advanced Goalkeeping:*** Ages 10-16

**Gender specific training and accommodations, match play at night with unique daily training sessions led by professional coaches.*

***"Rob Ryerson Soccer Camps are one of the best programs on the East Coast and will prepare players for higher levels of play"***

### Rob Ryerson
*Camp Director*

- US Soccer Player Identification Scout
- Former Mount St. Mary's University, Soccer Coach (13 years)
- USSF "A" License Coach
- NSCAA "Premier" License
- NSCAA "Youth" License
- MSYSA ODP Boys Director
- MSYSA Coaching Education Instructor, Former ODP u/17 Head Coach
- Former US National Soccer Team Member
- Former professional player: Baltimore Blast, Maryland Bays, Washington Warthogs
- "Hall of Fame" Inductee: Oakland Mills High School and University of Nevada, Las Vegas
- Maryland Soccer "Hall of Fame" Inductee 2006
- Two-time All American at UNLV
- Former Head Coach, DeMatha HS
- Potomac Soccer Association Director of Coaching
- Ellicott City, Director of Player Development

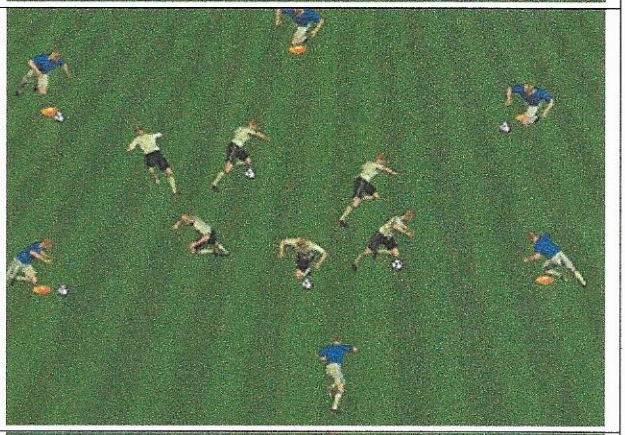
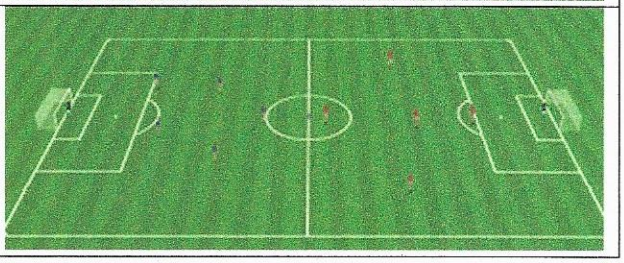
**How to use a Whole-Part-Whole progression to teach technique?**

**John Dingle**
**SS360 director**

Changes are coming! US Soccer is now advocating a play-practice-play progression for developing players. Today's session will demonstrate how coaches can use this teaching method to get players to understand the need for good technique (and improve) to meet the demands of the game.

The player will be faced with two challenges during the session:

- Own Your Development (standards/psychological)
- Don't let the ball slow you down (technical/tactical)

| | | |
|---|---|---|
| 3v3 | Two games of 3v3 to be played on 30 by 20 yard fields | |
| Circle Passing | Team is divided into two groups. Once group spreads out in a circle with a ball. The other group starts in the middle of the circle.<br><br>Each player in the middle checks to an open ball and receives a pass and then plays the ball to a different server. |  |
| 2v2/3v3 to targets | Groups of eight are subdivided into groups of four. Two players start as neutral players and are placed on the narrow sides of a 15 yard by 15 yard grid. | |
| 5v5/6v6 | It is all about connection. Can the players connect the lesson plan into the game?<br><br>Has your session had an impact on the players? |  |

www.soccersource360.com
john@mdsoccer.com
443-851-0844

# SUMMER CAMPS AND PROGRAMS

## "Own Your Fun" Camps

### Boys and Girls Ages 5 to 10

- Curriculum encourages players to maximize their fun, while developing skills for lasting soccer enjoyment.
- Play - practice - play progression each day.
- Goal of program is to challenge players to be their best and "own their fun" through self-motivated attitude and enthusiasm.

| Week | Camp | Location | Time | Early Bird Fee |
|---|---|---|---|---|
| June 18-22 | Frederick | Urbana District Park | 9:00 - 12:00 | $170 |
| June 25-29 | Greenbelt | Youth Memorial Park | 5:00 - 8:00 | $150 |
| July 9-13 | Fallston | Reckord Road Park | 9:00 - 12:00 | $150 |
| July 16-20 | Freedom Optimist | Freedom Park | 9:00 - 12:00 | $150 |
| July 23-27 | Pikesville | Wellwood Elem. | 9:00 - 12:00 | $150 |
| Aug. 13-17 | Frederick | Ballenger Creek Park | 9:00 - 12:00 | $170 |
| Aug. 20-24 | St. James Academy | St. James Academy | 9:00 - 12:00 | $150 |
| Aug. 27-31 *Ages 8 to 14* | Cecil Soccer | Chesland Park | 9:00 - 12:00 | $150 |

## "Own Your Development" Camps

### Boys and Girls Ages 8 to 14

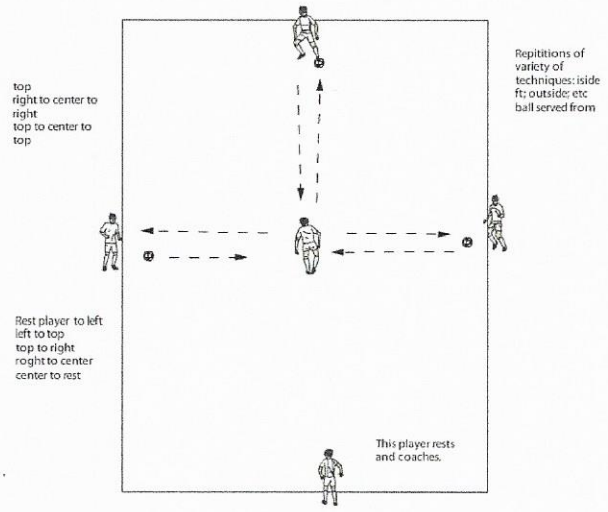
- For more committed and enthusiastic players.
- Curriculum addresses position play and soccer rules.
- Camps take deep dive into specific topics, then integrate lessons into play.
- Goal of program is to challenge players to maximize their effort for maximium results, and learn to take risks.

| Week | Camp | Location | Time | Early Bird Fee |
|---|---|---|---|---|
| June 25-29 | SCYA | Traceys Landing Elem. | 9:00 - 3:00 | $250 |
| July 16-20 | Frederick | Utica District Park | 9:00 - 3:00 | $245 |
| July 23-27 | Fallston | Reckord Road Park | 9:00 - 3:00 | $250 |
| July 30-Aug. 3 | Freedom Optimist | Freedom Park | 9:00 - 3:00 | $250 |
| Aug. 13-17 | Cecil | Chesland Park | 9:00 - 3:00 | $250 |

Created by Keith Tabatznik, Last Update: Jan 22, 2018

## TRAINING EXERCISE

# Developing Touch and Disguising Passes




**Passing and Receiving**
**Ball Control**

**U12 to U19**

**20 to  Players**

**16 cones; 3 balls per 5 players**

**Intensity: 6**

**30:00 min**
(10 x 02:30 min, 00:30 min rest)

### Objective

Improve short passing technique and disguise of passes

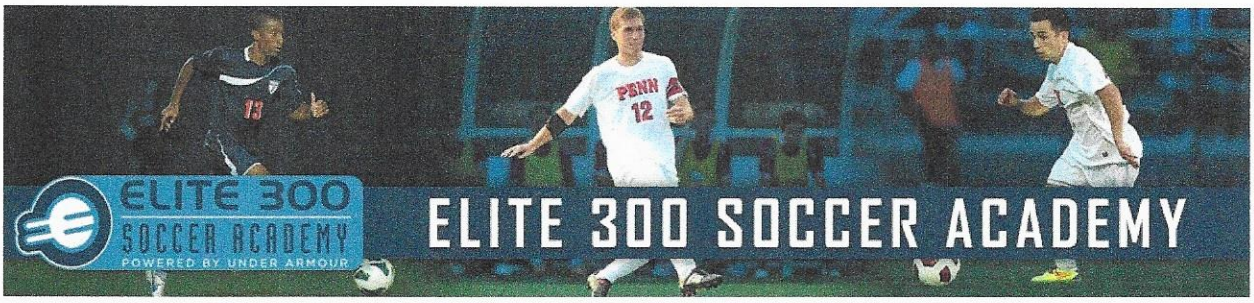
### Description

Progression from multiple touch technical warmup to keep away to game application

.

### Key Points

Body balance, shoulders forward, plant foot balance; Surface areas to use on ball. Weight of pass.




America's Top Advanced Soccer Camp for Boys: Two Sessions: June 30-July 4 & July 4-8
For Boys Entering 6th-12th Grade www.elite300.com

The Elite 300 Soccer Academy, hosted at Swarthmore College, is the longest running national elite training camp for boys in grades 6-12. Elite 300 is for teams or individuals looking to be challenged in a highly competitive soccer environment, while being coached and seen by top college coaches. High school boys will gain exposure to college training and coaching techniques, learn more about the recruiting process, the psychological part of the game and experience the atmosphere and expectations of top college programs.

We also offer a great opportunity for middle-school players (entering 6th - 8th grades). The Elite 300 Juniors is a unique program that coincides with the High School Elite 300 Soccer Academy and provides the same high-level training and atmosphere for the middle school players as we do for the college-bound high school boys.

Elite 300 Soccer Academy participants will...
- Be coached by some of America's top college and National coaches
- Train and compete with and against top talent from around the country as well as international players
- Attend an introductory Sports Psychology Seminar to learn about the mental aspects of the college game
- Attend a College Soccer Recruiting session to learn more about navigating the college search process
- Experience the college-level training and playing atmosphere created by our first-rate coaching staff

Group and Team discounts are available.

Top players who attended Elite 300 include US National Team player and MLS Defender of the Year Ike Opara as well as one of our first Junior Academy campers Ian Hoffmann who is a US Youth International and plays in Germany for Karlsruhe's U-18 team!

Directors of Elite 300 are:
RUDY FULLER – HEAD COACH U. OF PENNSYLVANIA
KEITH TABATZNIK – US SOCCER SCOUT AND FORMER HEAD COACH GEORGETOWN UNIVERSITY
ERIC WAGNER – HEAD COACH SWARTHMORE COLLEGE.

WWW.ELITE300.COM

"Landscape of MD Youth Soccer"

| Recreation Track ?–U18 Travel Development Track-U14 | Local Travel Track ?-U17 & Development for Metro/National Track ?-U12 | Metro Travel Track U12-U19 Region/National Track U12-U14 | Regional/National Track U15-U19 |
|---|---|---|---|
| • USYS/MSYSA affiliated recreation programs<br>• USYS/MSYSA affiliated development programs<br>• USYS affiliated Super Clubs<br>• HAYSL & BAYSO<br>• Recreation Council Sponsored programs<br>• Boys and Girls Club<br>• YMCA/PAL<br>• Religious affiliated<br>• Civic Sponsored<br>• Ethnic affiliated<br>• School programs | BBSL<br>NCSL Division 2-?<br>CMSSL<br>OBSL<br>PAGS<br>Delco<br>CCL Division 2<br><br>EDP 2-?<br><br>CMSL | NCSL Division 1<br><br>Club Champions League<br><br>Region I League<br><br>ODP<br><br>EDP Division I<br><br>ECNL Boys? | USSDA<br><br>ECNL Girls<br><br>National League |

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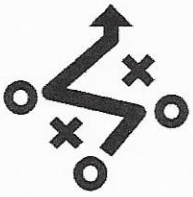
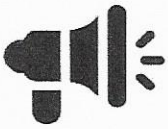
# TEAM DEVELOPMENT



## Customized Camps for Teams

### Get a jump on the competition!

- Soccer Source 360 works with teams to develop a customized curriculum that meets the unique needs and goals of the team.
- Choose from 20 topics, from fundamentals to goal scoring to advanced strategy and tactics.
- Camps available to all levels (from novice to State Cup champs) and can be scheduled year-round to meet the needs of the team.
- Fee: **15 hours, up to 16 players: $1,200**



**Parents: Talk to Your Coach about these Unique Team Training Opportunities!**

## Club-Wide Functional Player Development Camps

### Enhance Your Team Training with Functional-Based Instruction!

- Customized camps allow clubs to enhance the training of their teams.
- 4-session evening camps develop players' technical and tactical abilities specific to the situations they face in each game.
- Players train with nationally licensed coaches based on their primary role.
- **Three options available: defending, attacking or goalkeeping.**
- Camps designed for age groups from U11 to U16.

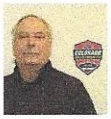
# CLUB MANAGEMENT AND OPERATIONS

## Helping Clubs Build and Optimize their Operations and Player Development

### Expertise in:

- Buidling age-group training programs.
- Developing player development programs and camps.
- Developing coaching education programs, including clinics, mentoring, newsletters, etc.
- Developing player growth and retention strategies.
- Developing parent education program.
- Managing volunteers.
- Defining club-wide mission, vision and values.

# Tactics Manager



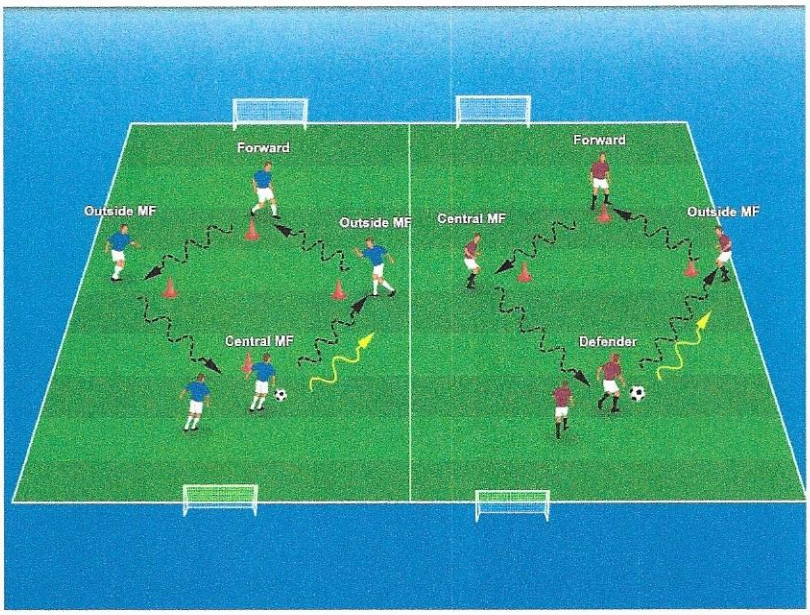
**Coach:** Bill Stara
**Club:** Colorado Youth Soccer
**Role:** Director of Coaching - Grassroots
**Qualf:** USSF 'A' (United States)

| | | | |
|---|---|---|---|
| **Date:** | 10/Feb/2018 | **Duration:** | N/A |
| **Time:** | N/A | **Age/Level:** | U8 - U10 |

**Session Objective:** Progression from 4 vs 4 to 7 vs 7

## Filling in the gaps from small sided to full sided

### Step 1 - The foundation



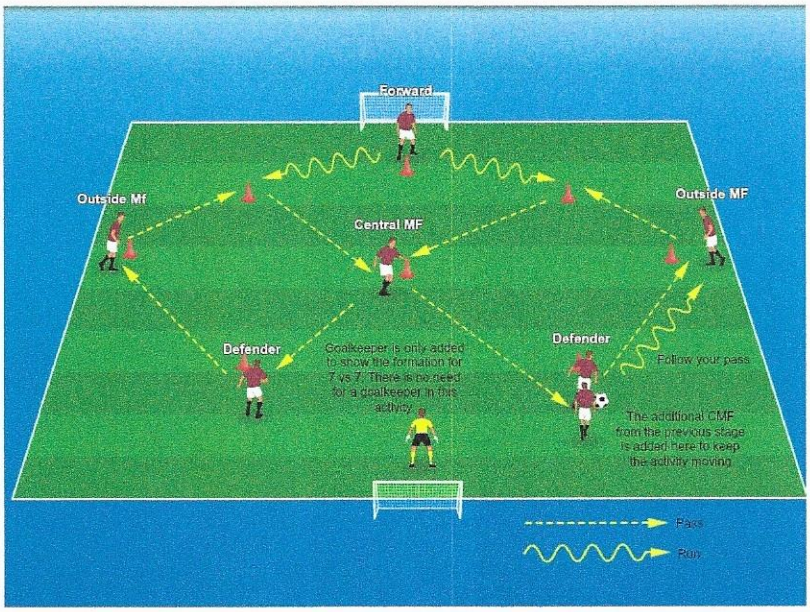

**Description:**

The Foundation provides the players with the functional shape to evolve from 4 vs 4 to 11 vs 11.

**Coaching Points:**

How to play "side on" from wide players. Playing to the front foot, Recieving the ball with your back to the goal. Instead of teaching postions, teach functional positioning.
As the goals moves from the left diagram to the right diagram the postions change but the funcational shape does not.

### Step 2 - Combining to get to 7 vs 7




**Description:**

The natural progress is to combine the two diamonds in Step 1 to move from 4 vs 4 to 7 vs 7. The set up is the same however the one forward must now move between the two diamonds and the CMF must be able to switch the point of attack through the two defensive players.

**Coaching Points:**

Teaching to play side on, Movement of attacking forward, Spacing, Playing to the front foot, Address what happens if the ball is played to the back foot. Keep in mind these activities are perfomred over a number of seasons and are not intended for one training session.

# Tactics Manager

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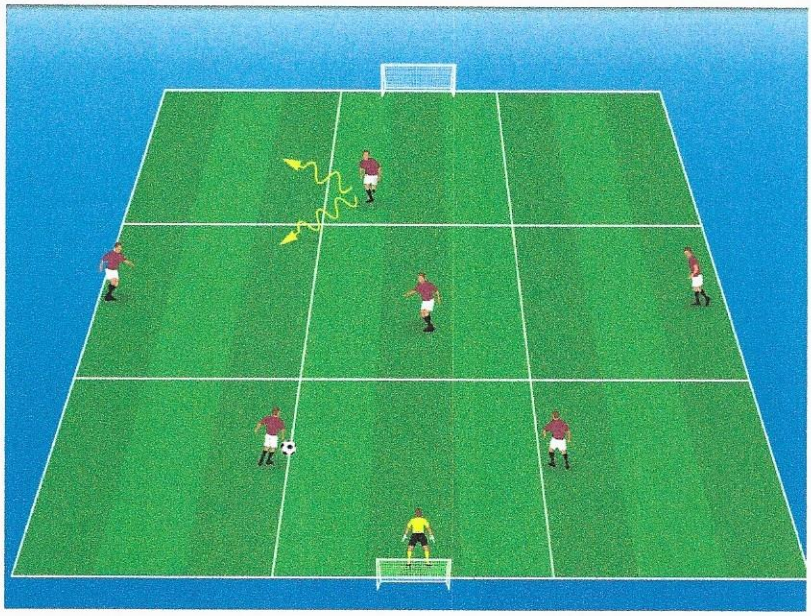
**Club:** Colorado Youth Soccer
**Role:** Director of Coaching - Grassroots
**Qualf:** USSF 'A' (United States)

| | | | |
|---|---|---|---|
| **Date:** | 10/Feb/2018 | **Duration:** | N/A |
| **Time:** | N/A | **Age/Level:** | U8 - U10 |

**Session Objective:** Progression from 7 vs 7 to 9 vs 9

## Filling in the gaps part 2

### Step 3 - Grids are now added to show movment



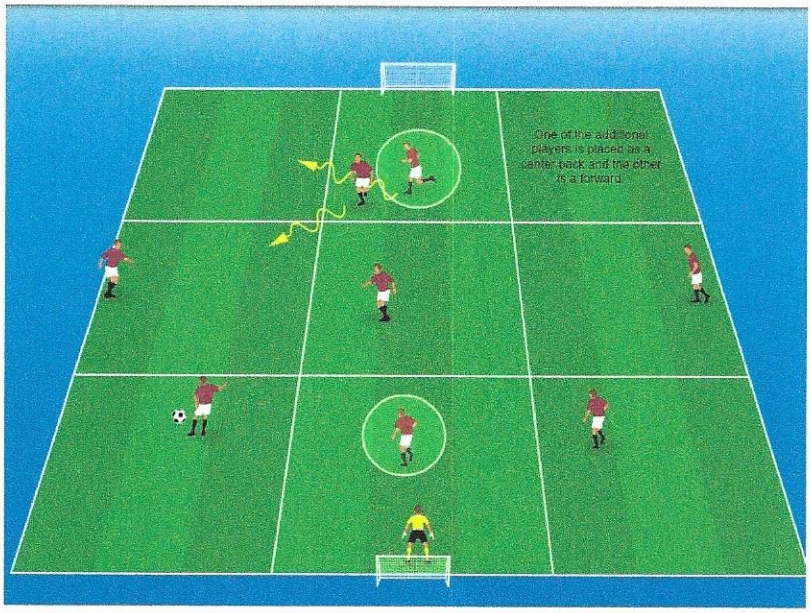
**Description:**

Spacing and runs for the group of seven. The grids are now added to show the players the proper spacing for each position.

**Coaching Points:**

Check back or diagonal run for the forward
Supporting postions and spacing for players

### Step 4 - Going from 7 vs 7 to 9 VS 9




**Description:**

The two players in blue have been introduced to the team as we progress from 7 vs 7 to 9 vs 9.

**Coaching Points:**

Dual stikers must work together making the different types of runs.
Supporting postions and spacing of players
Central defender is now added to the group to fill the central channel.
Only one player per block except for the forwards. Forwards may oocupy the same block as another player.

# Tactics Manager

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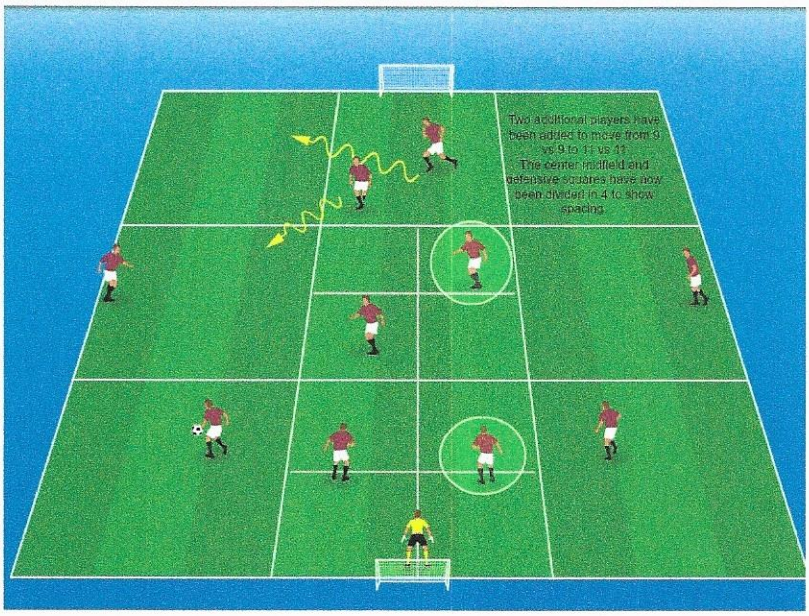
**Club:** Colorado Youth Soccer
**Role:** Director of Coaching - Grassroots
**Qualf:** USSF 'A' (United States)

| | | | |
|---|---|---|---|
| **Date:** | 10/Feb/2018 | **Duration:** | N/A |
| **Time:** | N/A | **Age/Level:** | U11 - U14 |

**Session Objective:** Full sided team of 11 playing against a group of 8 or 9

## Filling in the gaps Part 3

### Step 5 - Full Sided - 11 vs 11



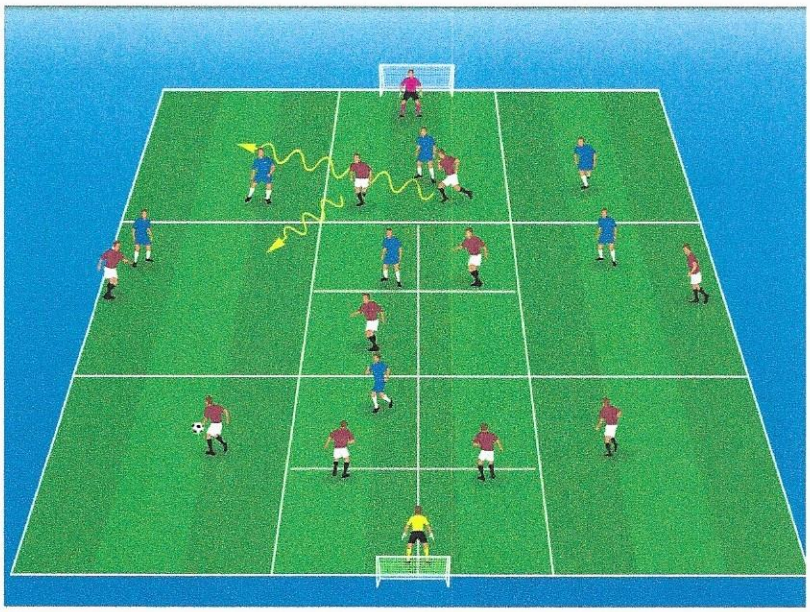

**Description:**

Two additional players are now introduced to the group making it a full sided squad. The new players are placed in one of the central MF and central defender roles. 1--4-4-2 formation.

**Coaching Points:**

The central MF and defensive blocks are now divided into 4 quadrants. Central players must now learn the proper supporting angles for thier parnter in the square.

### Step 56- Full Sided - 11 vs 8



**Description:**

Full sided team plays against a team of 8 or 9 depending the sucess rate of the full sided group.

**Coaching Points:**

Spacing, timing of runs, supporting angles

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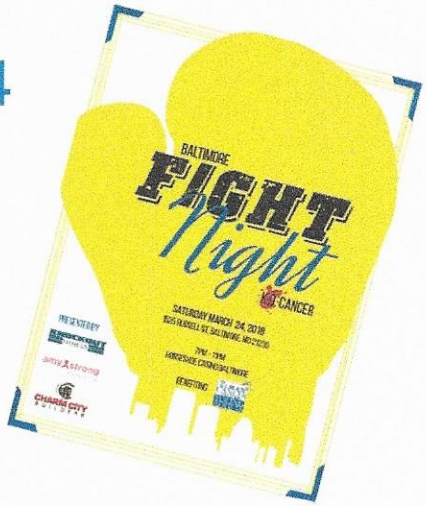


# Effective and Safe Methods of Training The Goalkeeping ....By Lincoln Phillips

**Goalkeeping** is the most **decisive position** on the field and yet not enough is done to improve their training regimen as compared to the outfield players. Even though there has been much improvement in the social media on goalkeeping **DRILLS** what is lacking though, is the proper **knowledge** of the techniques/tactics and their correct a relationship to the game.
The Purpose of this session is to walk you through some of the **nuances** of the technical and Tactical aspects of Goalkeeping....coupled with their application to the Game.

## Goalkeeping Warm-ups with the Team

In practice sessions, Goalkeepers should not be forced to do the same warm up drills as the outfield players. There are several warm up exercises goalkeepers can be involved with along with.... the rest of the team ( **The team trains the Goalkeeper**)

**A. <u>Technical Development</u> –** Basic fundamental technique is usually over looked but when most goals are scored (even on the highest level) they are usually due to faulty ball handling

1. **Fielding Ground shots –** Get the body behind the Flight of the Ball (GBBFB)
   Proper position/angle of the hands (pinkies touching)
   Positioning of second safety barrier
   Use of various techniques: Kneeling, Standing and dive and scoop. All are acceptable methods of fielding ground shots

2. **Fielding Waist High Shot -** GBBFB
   Hands and forearms outstretched, forearms parallel to each other.
   On contact, absorb ball against body while moving backwards to absorb the impact of the shot...curl hands around ball and pull against the body

3. **Catching Head High Shots -** GBBFB
   Proper position of the hands behind the ball...Thumbs near to each other and pointed upwards...arms bent at the elbows. On contact pull ball **backwards** to cushion impact of the shot. Avoid pulling ball downwards on contact with hands.

4. **Jumping to Catch High Ball -** GBBFB
   Two techniques are involved in the completion of this technique...the **timing** of the jump and **catching** the ball at the **highest point of the jump.** Land on take off foot or simultaneously on both feet. Both techniques are commonly accepted

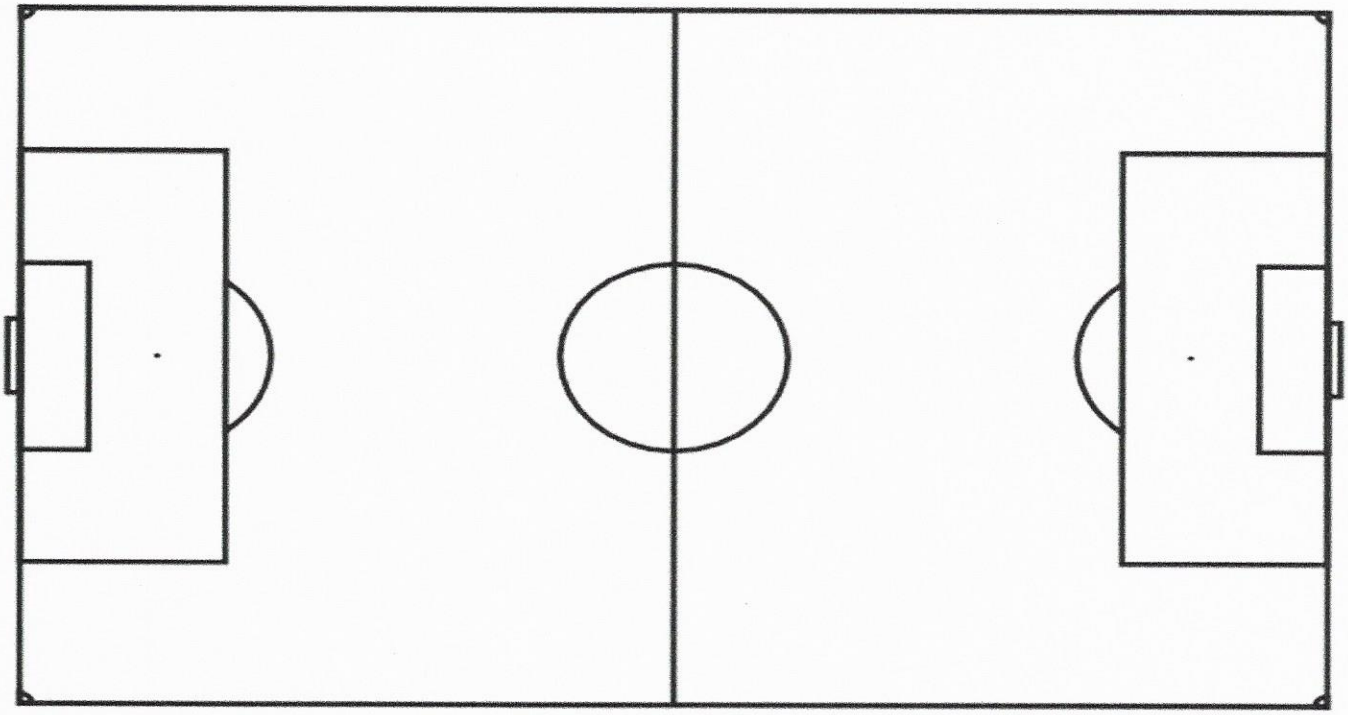
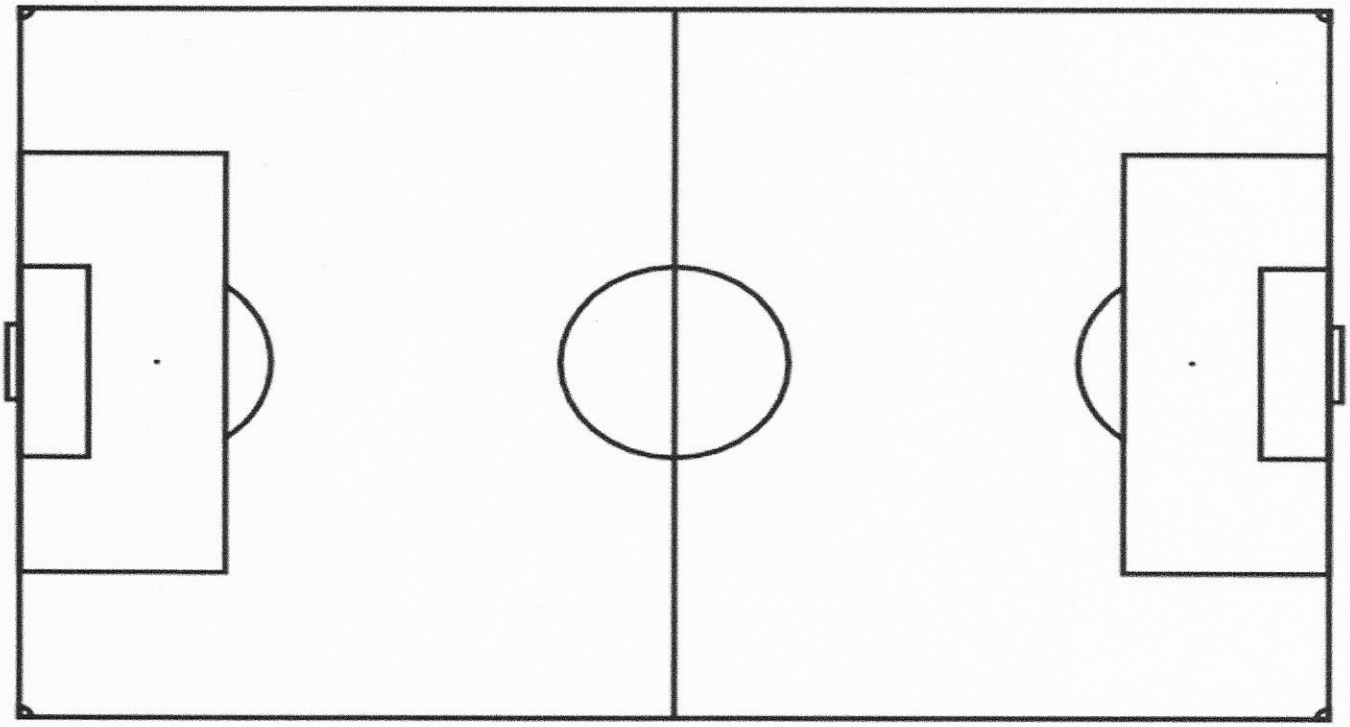
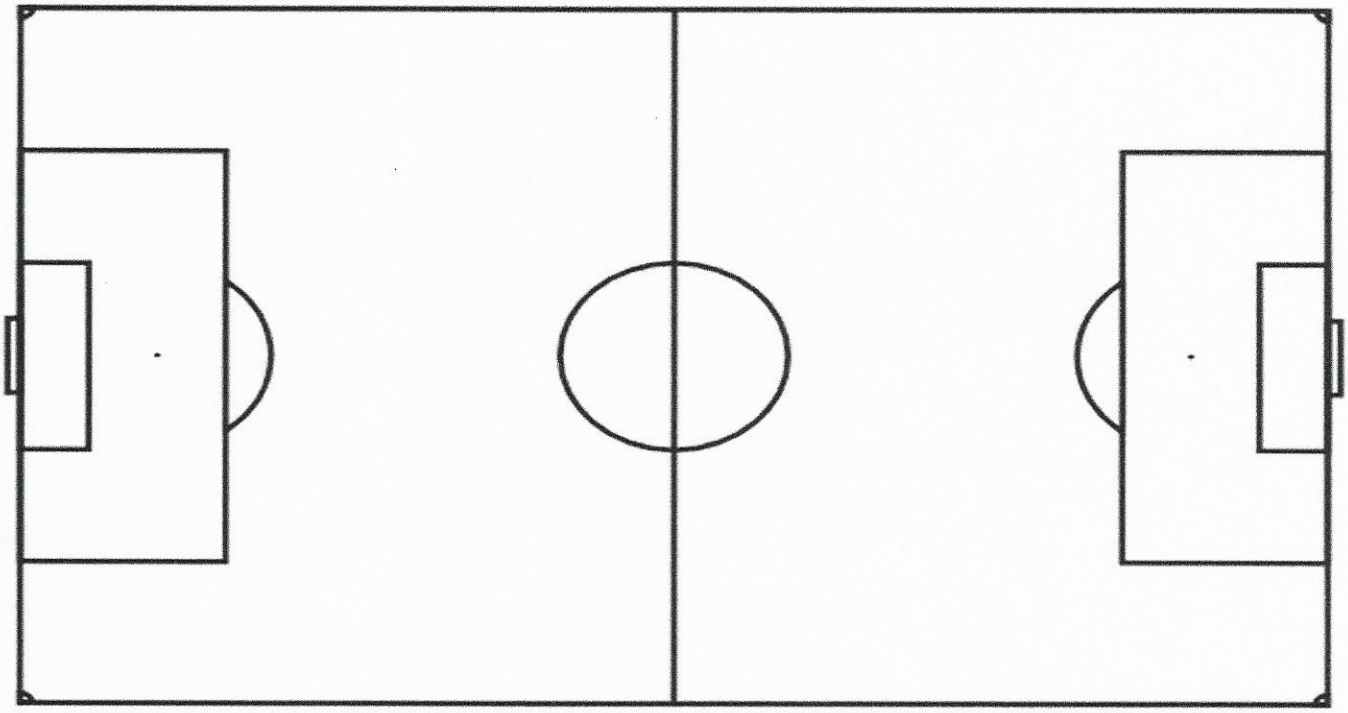
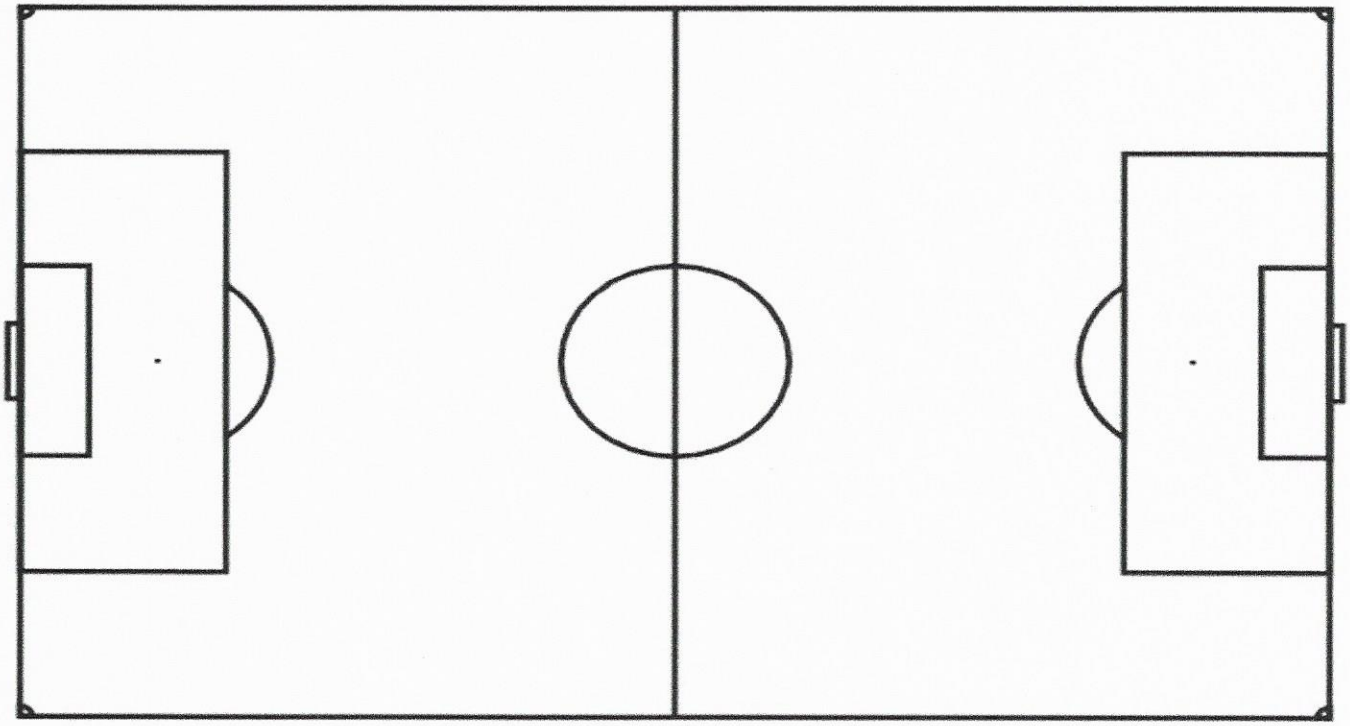
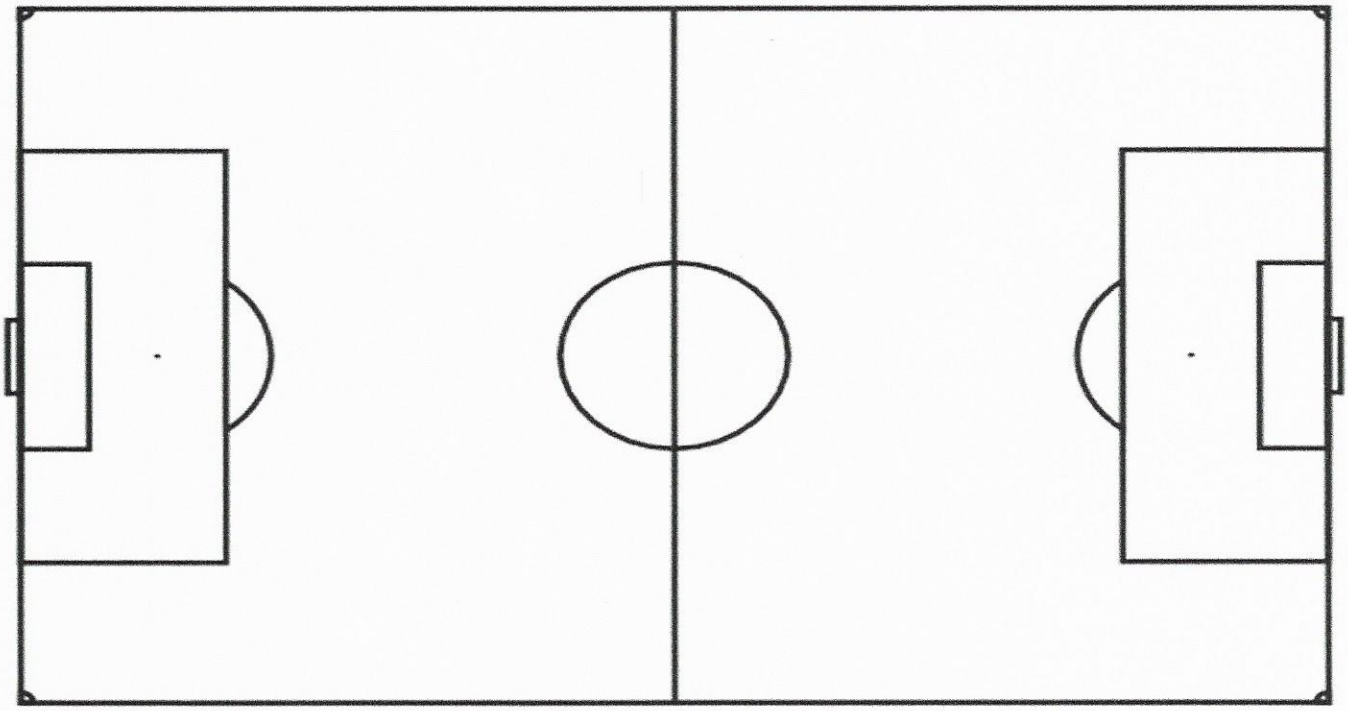
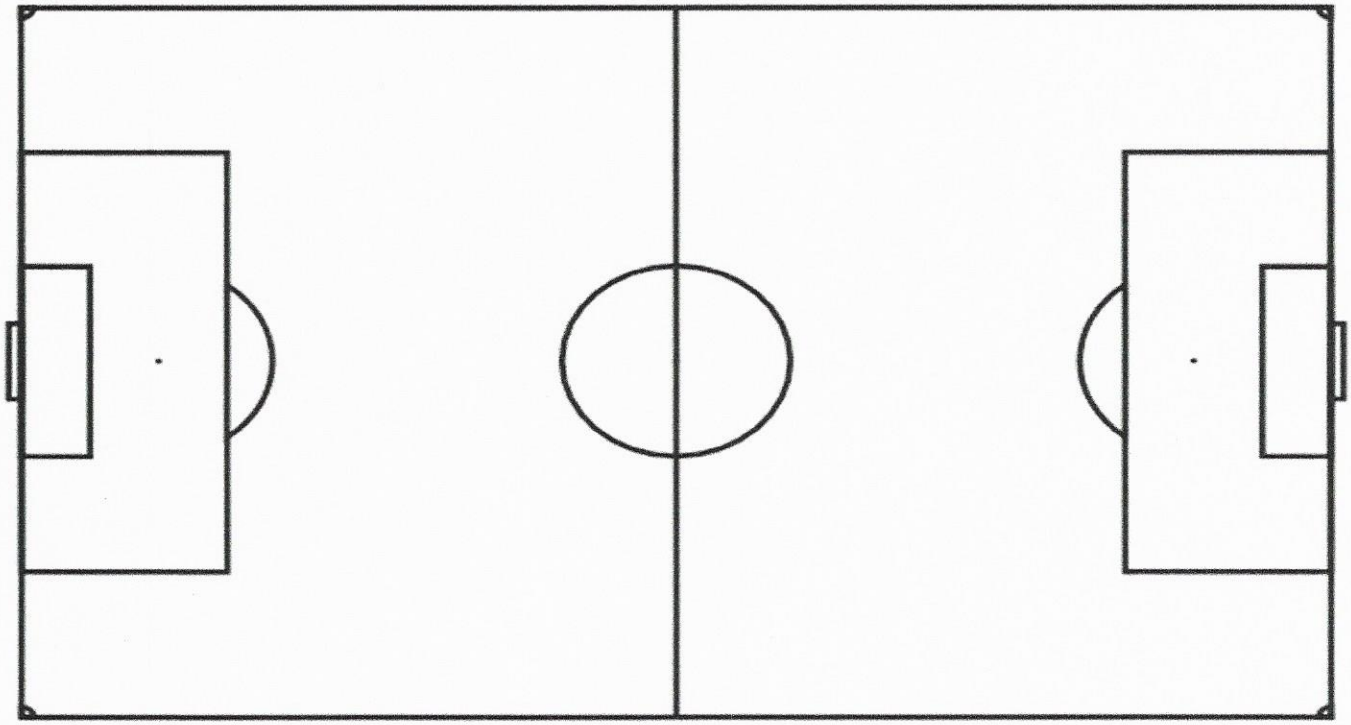
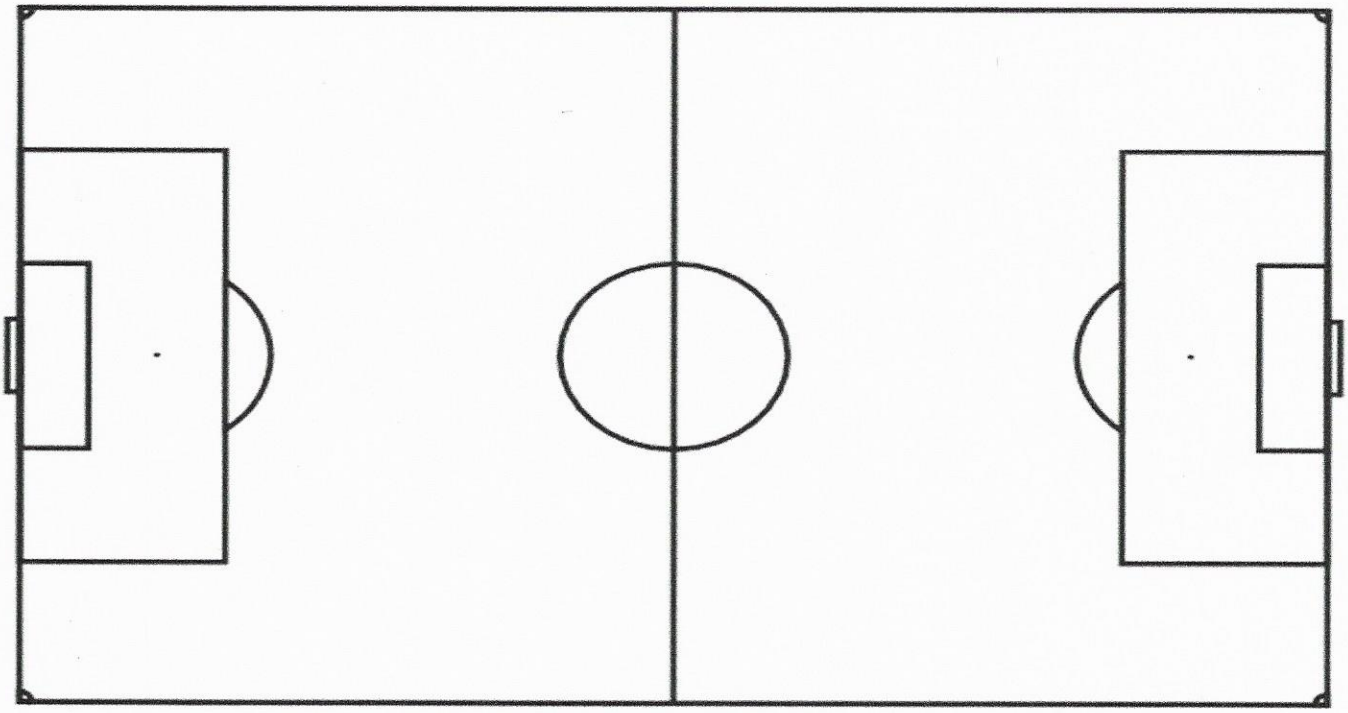
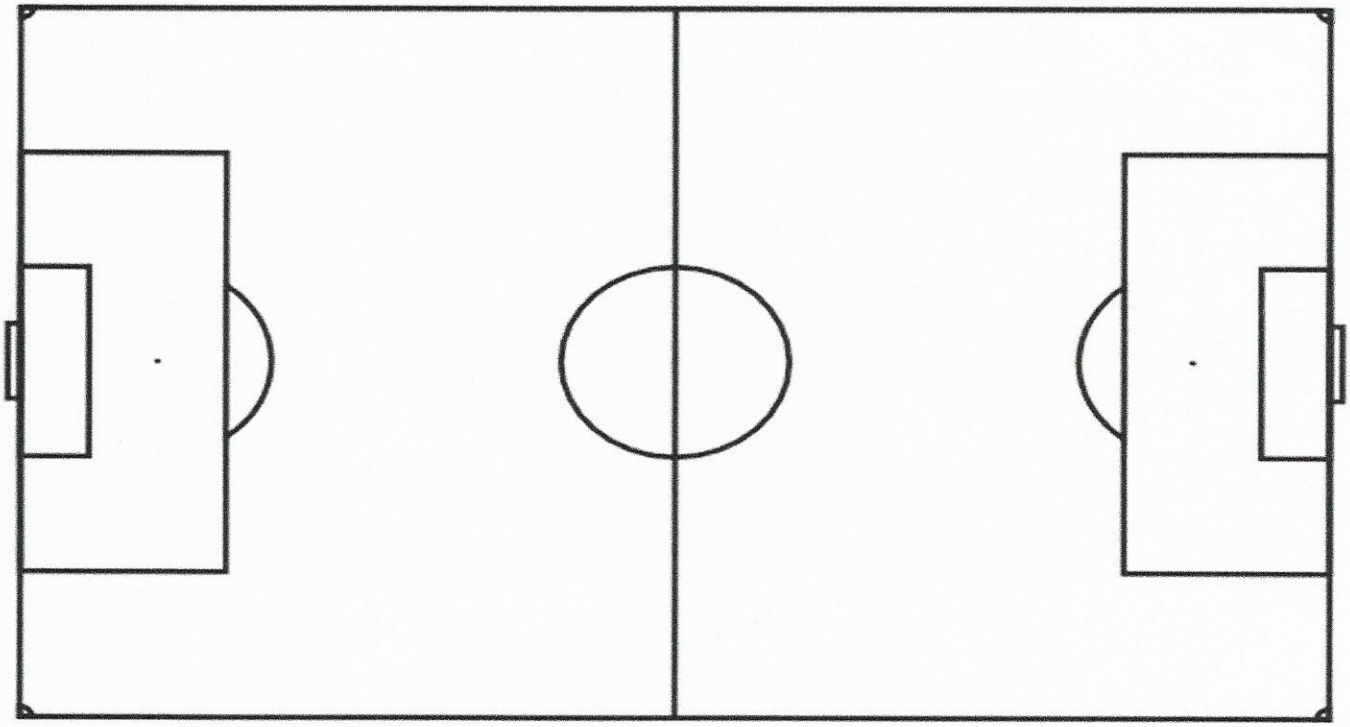
5. **Diving – GBBFB**
   The toughest technique to master because it involves the body making contact with the ground ( ouch! if done incorrectly)
   Prior to take off, the feet are pointed to the front,....Step sideways/forward towards the ball....landing on the side of the upper leg followed by the rest of the body....Avoid landing on stomach (ouch), using hand to break the fall (broken wrist), and applying the elbow when landing (dislocation of clavicle)

## B. <u>Tactical Development</u> –

1. **Proper Ready Position**
   Feet comfortably apart (approx.. shoulder width)... arms held at the either side of the body... palms facing the sides of the upper legs... body bent at the waist with head leaning slightly forward ahead of the knees ...and body resting on the balls of the feet.(**Please! Not on the toes!!)**

2. **Angle Play**
   Having the body positioned at an angle where the goalkeeper has equal chance to make a save**....**starting position, approx.. 3 yds off the line. Just prior to when shot is taken, goalkeeper makes 2-3 quick steps forward thereby reducing the available space to the shooter **(Playing Big)**

3. **Coming off the Line (Breakaways)**
   The most dangerous goalkeeping maneuver to perform. Prior to when shot is taken, body is thrown to the ground perpendicular to the oncoming ball/player... hands/arms towards the ball is the most accepted method of saving the breakaway shot but at times the legs are used quite effectively....the hands to the ball is more effective and safer. The head must be kept close to the ground and between the arms for safety and clearer vision of the ball.

## C. <u>The team Trains the Goalkeeper</u>-

Exercises involving the goalkeeper and the team