



# Coach Seminar Program

## Schedule

|                    |   |
|--------------------|---|
| <b>8:00-8:45</b>   | <b>Continental Breakfast</b>                        |
| <b>8:45-9:45</b>   | <b>Scoring Goals by Bill Stara</b>                  |
| <b>10:00-11:00</b> | <b>Purposeful Possession with Katherine Vettori</b> |
| <b>11:15-12:15</b> | <b>Defending by Alan Lydiate</b>                    |
| <b>12:15-1:15</b>  | <b>Lunch Break</b>                                  |
| <b>1:15-2:15</b>   | <b>Transition with Roy Dunshee</b>                  |
| <b>2:30-3:30</b>   | <b>Soccer Talk with John Dingle</b>                 |
| <b>3:45-4:45</b>   | <b>Goalkeeping with Lincoln Phillips</b>            |



**Coach Seminar**

**Bill Stara-Scoring Goals**

**US Soccer Coach  
Educator**



# Tactics Manager



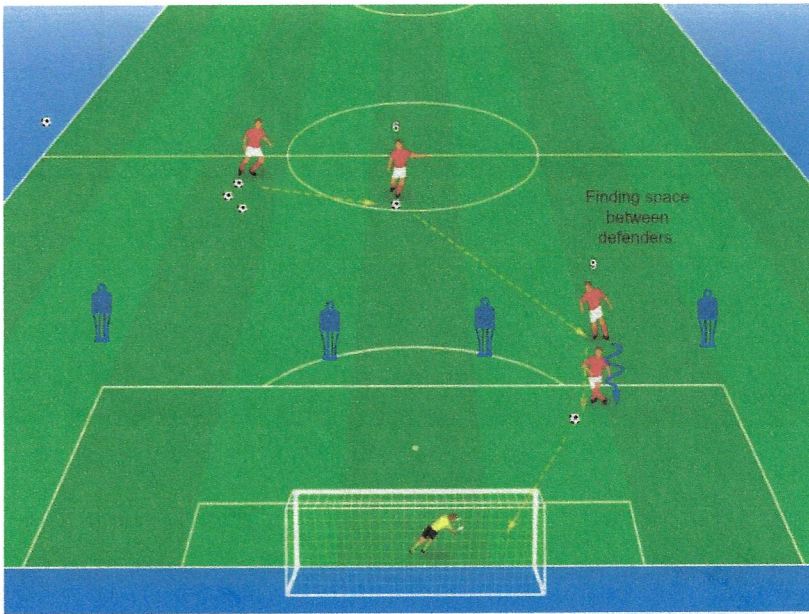
**Coach:** Bill Stara  
**Club:** Director of Education, Broomfield Soccer Club  
**Role:** US Soccer Instructor  
**Qualf:** USSF 'A' (United States)

**Date:** 3/02/24      **Duration:** 1:00 hour  
**Time:** 08h 30m      **Age/Level:** U11 - U18

**Session:** Funtional Training  
**Objective:**

## Scoring Goals Part 4

### Finding space between defenders.



**Description:**  
 Funtional training for the goal scorer. The #9 finds space inbetween one of the center backs and an outside back as the ball is played from the number 8 to the number 6. The #6 plays the ball to the #9. The #9's first touch should put them in position for their second touch to be a strike on goal.

**Coaching Points:**  
 Notes:

### Getting behind the defense with either a wall pass, or a double pass.



**Description:**  
 Funtional training for the goal scorer. The #9 works a double pass with the #10 to get in behind the back line. #9's run turns away from the direction they passed and bends thier run in behind the back line to receive a penetrating pass from #10.

**Coaching Points:**  
 Notes:



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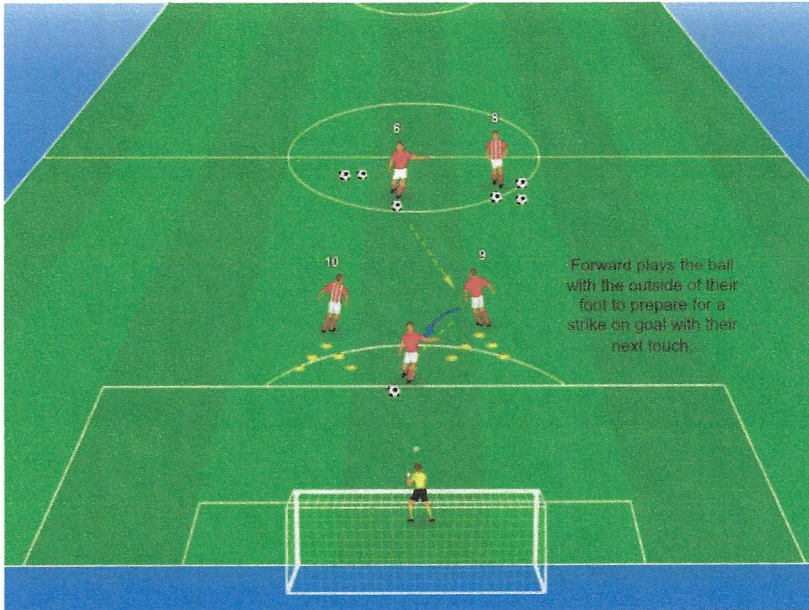
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## Scoring Goals Part 3

### Functional training with your back to the defender.



**Description:**  
 First option: Ball is played into the forward from an angle who has posted up the defender. Ball is played past the defender with the outside of the foot and then struck with the next touch if possible.  
**Coaching Points:**  
 Notes

### Functional training with your back to the defender.



**Coaching Points:**  
 Notes



# Tactics Manager



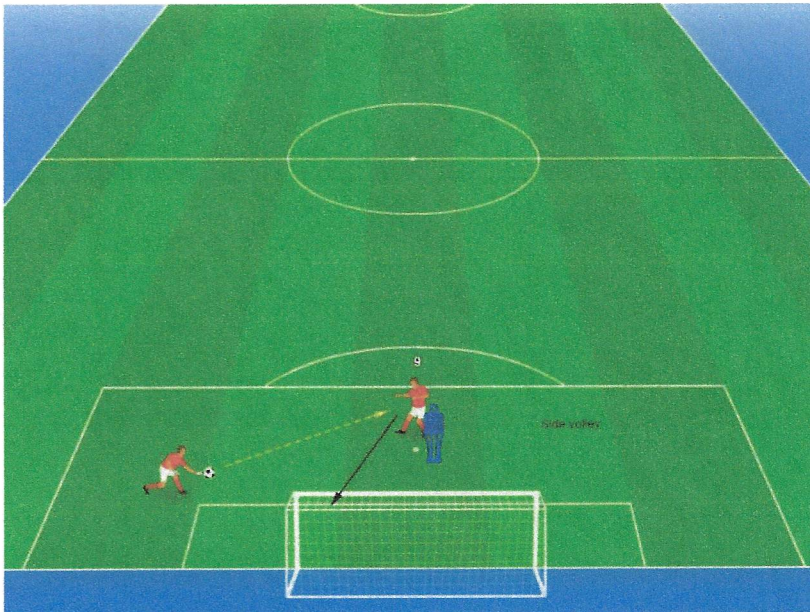
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## Scoring Goals Part 2

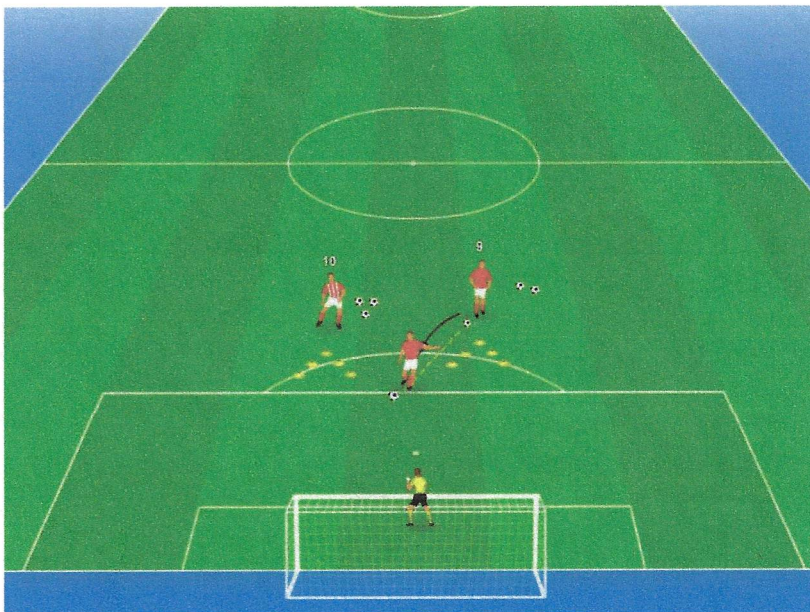
Working on side volleys inside the 18 yard box.



**Coaching Points:**

Funtional training for the goal scorer: The #9 works on side volleys from the flank. Coaching points: position of the plant foot, Laces of the striking foot pointed into the goal. Opposite shoulder is pulled toward the ground to help lift the striking foot. Balls should be played waist high in a line drive.

## Attacking moves



**Description:**

The cones represent the defending radius of one defender. The attacking player takes minimal touches to get past the defender and get a strike on goal.

**Coaching Points:**

The forwards (9 & 10) in a 4-4-2 formation will work on the following: Attacking moves, first touch, ball striking, landing on the kicking foot, positionaing of the plant foot and shoulders.



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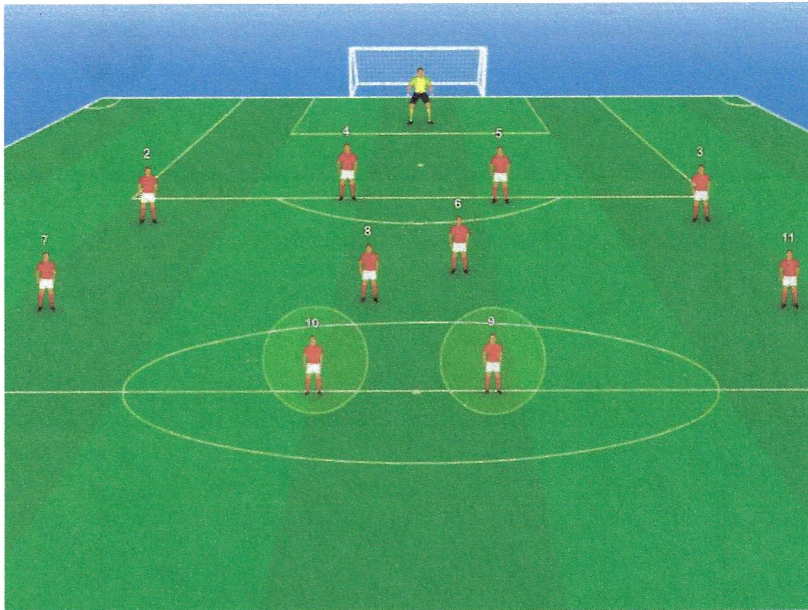
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**Objective:**

## Scoring Goals Part 1

### Scoring goals using Funtional Training



#### Description:

Functional training is the key to players development. Functional training involves the training for specific roles of the player in the team's system of play. Today's functional training will focus on the technical development of a forward in or around the 18 yard box. This is one form of Reality Based Training.

#### Coaching Points:

The forwards (9 & 10) in a 4-4-2 formation will work on the following: Attacking moves, first touch, ball striking, landing on the kicking foot, positioning of the plant foot and shoulders.

### Finishing ground balls inside the 18 yard box.



#### Description:

Functional training for the goal scorer: The #9 works on the timing of thier run. If possible shoulders should be pointed in towards the goal. Run is away from the ball then a strong run across the face of the defender to attack the ball played on the ground between the six yard box and pk mark.

#### Progression:

- After the first 3 balls, the player and coach will Reflect on what went well and what needs to be corrected with the next 3 balls
- The next 3 balls the player works on Correcting the issues from the reflection.
- The final 3 balls the player will try to Prefect the activity



## Coach Seminar

**Katherine Vettori**

**Towson University- Head Coach  
Towson United Director of Coaching**

## **Session Overview—Purposeful Possession**

Level—U12-U16

### **Session Objectives**

- \*Recognizing when to play the ball forward and when to keep the ball
- \*Becoming comfortable with and dealing with pressure when in possession
- \*Technically clean to improve speed of play
- \*Using the link player

### **Part 1—Triangle Passing**

- \*Opening up and receiving across standing leg
- \*Combination Play
- \*First touch and proper weight on passes

### **Part 2—Combination Play**

- \*5 v 2, 4 outside players and 1 inside vs 2 defenders
- \*10 x 10 Grid
- \*Team in possession gets a point if they get 8 passes
- \*Points for an in-and out combination
- \*Combine the two and 8 passes equals a point, or two points for in-and-out
- \*Defenders can do block of work for 90 seconds. Or they can swap in for player who gave up possession
- \*You can limit touches of offensive players, but not link player so you can get switches
- \*Need movement and angles of supporting players on the outside
- \*The team in possession can be challenged in different ways by asking the defenders to vary how they defend. For example, if you are getting points from in-and-out combos, the defending team should be encouraged to press the ball as well as protect the middle area

### **Part 3—Possession Small-Sided Game**

- \*7 v 4 for team in possession
- \*Possession team is 4 outfield players, 1 neutral, and 2 GKs
- \*The team in possession can use either GK, but the GKs must use their feet
- \*The possession team's goal is to keep the ball for 60-90 seconds without any opponent touching the ball
- \*The defending team is trying to press to win the ball. When they win the ball, they can go to either goal to try to score.
- \*Once the play goes dead, the possession team starts again. If the coach thinks the possession team kicked it out because of the defensive pressure, the defensive team may be given the ball.
- \*Once the possession team loses the ball, they will be asked to hunt the ball to win it back.
- \*Keep score. The teams will swap roles halfway through.
- \*We want to address playing through pressure, expanding the offensive team space, and transition from offense to defense, and defense to offense.



#### **Part 4—Zonal Game**

\*9v9 plus 2 GKs. This activity is to encourage the creation of overloads in order to play through the middle of outside spaces. Both teams are set up with a 2 v 1 in their defensive zone. The middle zone is central and a 3 v 3. The two wide zones are 1 v 1.

\*When a team is in possession, an extra player can join the middle zone to make a 4 v 3. When the ball goes wide, and middle player can join to create a 2 v 1. If the ball goes into the offensive zone, two middle supporting players can join to create a 3 v 2.

\*Make it, take it. If a team scores, they get to start from the GK with a new ball.

\*As soon as the team in possession loses the ball, they should be encouraged to immediately press and hunt the ball.



# Coach Seminar

## Alan Lydiate

Director of Coaching at Liverpool FC International  
Academy America

US Soccer Coach Educator



## FND\_P4 1v1 Defending

**Category:** Technical: Defensive skills  
**Skill:** U10

Pro-Club: LFC IA Global  
(MAR) Alan Lydiate, Hagerstown, United States of America

### Description

Learning Objectives: Phase 4: Out of Possession: Defending: - Keep opponent out of the red,- Deny shots - Clearances - Win the ball back

Training session Objective: Goal: Improve 1v1 Defending

Principle: DON'T GET OUTPLAYED 1v1

Sub Principle(s): Deny: nearest player to the ball deny the ball carrier space by closing the distance between themselves and the opposition player

on the ball. Destroy: dispossess the player on the ball

Player Actions: Pressure, Body Work, Tackle

LFC Role Model: Virgil Van Dyke

LFC Value: Unity

LFC Terminology:

3 SECONDS: Encourage players to react quickly and win the ball back after losing possession

DON'T GET OUTPLAYED: To not let your opponent play or run past you with the ball

PINCH THE BALL: Try to take the ball without fouling the opponent

### TECH: 1v1 Defending (10 mins)

**THE SESSION OBJECTIVE:** pinch the ball or force mistakes.

**Number of Players:** - 4v4

**Space/Dimensions:** 30 x 20yds

**Work/Recovery:**

**# of Sets:**

**Rules:**

- Split into partners
- Start by getting your players to practice ball mastery within the area.
- 1 player will be passive defender until coach yells OUTPLAY
- On OUTPLAY, the attacker will try to keep the ball away from the defender who is trying to steal the ball.
- If you lose ball, both defender and attacker must exit pitch.
- Coaches will time active 1v1, and player who keeps ball the longest is CHAMPION.

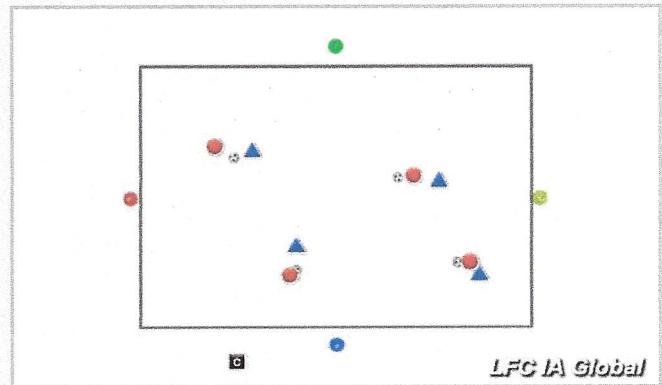
**PROGRESSIONS:**

- Defenders can remain active and help their teammates.
- Coach calls a color and attackers must get to the line for a point

**TERMINOLOGY:** Eyes Up, Arms and Thighs, Pinch the ball

**KEY POINTS/MESSAGES:**

- Be aggressive try to pinch the ball
- Use arms and thighs to try to get between the ball and attacker
- Stay low and move your feet to stay close
- Touch tight when the attacker has their back to you



## AD: Tag Attack/Defend (15 mins)

**THE SESSION OBJECTIVE:** To read body movements and catch the attacker.

**Number of Players:** 6 Divide players into 2 teams for competition give each team LFC Role Model name (Nunez, Salah).

**Space/Dimensions:** 30 x 20yds - 4 gates on the side (2 per team). Box comprised of 4 different colored cones (Red, Yellow, Green, White) x2

**Work/Recovery:**

**# of Sets:**

**Rules:**

1. First player in each line steps into box. Coach will call a series of colors, and players must touch cone for each color called.
2. When coach yells a team name, that team is Attacker and player must dash through gate without being tagged.
3. Other team is defender and tries to tag attacker.

**PROGRESSIONS:** Secondary Tag - Defense transitions to Attack and tries to race through opposite gate!

**KEY MESSAGES/POINTS:**

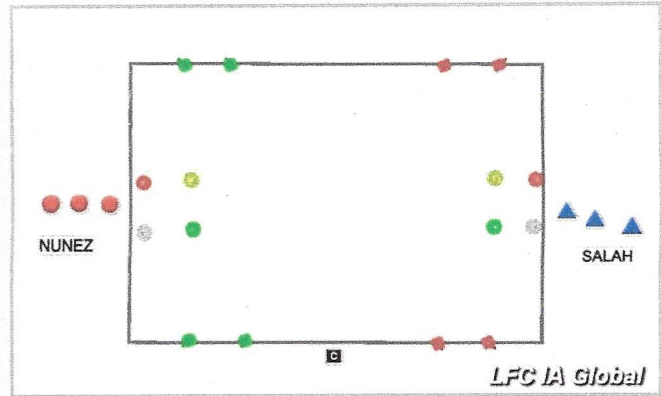
Quick Reactions! Players need to react immediately to stimulus on the field.

Listening - Players are listening to communication on the field, and need to react quickly.

Focus - Be ready for the different directions...hear them and react!

Transitions - Need to turn on mindset.

LFC Role Model - Salah (Quick Reactions)



## 1v1 - Line with 2 Gates (15 mins)

**THE SESSION OBJECTIVE:** To read the play and stop the attacker moving forwards.

**Number of Players:** 1v1

**Space/Dimensions:** 10yds x 5yds

**Work/Recovery:**

**# of Sets:**

**Rules:** Coach plays into red (in diagram) and red has to beat green through the gates. blue must stay behind the line and block the gate when red arrives.

1. defend the line only
2. defender can defend across the line on reds first touch.

**PROGRESSIONS**

- Defender comes beyond the line and can score in counter goals

**KEY MESSAGES/POINTS:**

**Scanning:**

Watch attackers hips

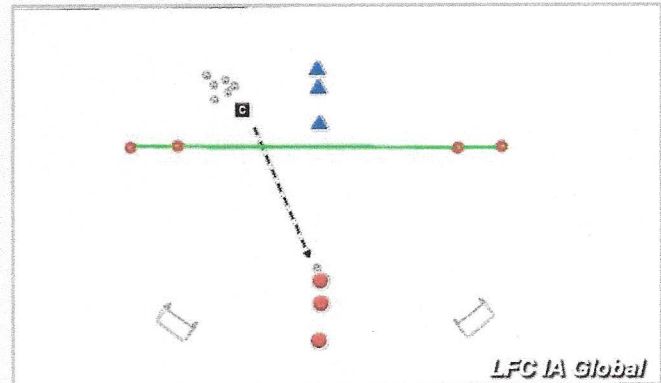
Don't Get Outplayed

**Body work:**

Stay open your toes

**Block the Shot:**

Anticipate and be ready to block



## SS: 4v4 Defending (20 mins)

**THE SESSION OBJECTIVE:** In a 1v2 situation create a 1v1 Defending opportunity.

**NUMBER OF PLAYERS:** 8

**SPACE/DIMENSIONS:** 15x10yds

**WORK/RECOVERY:**

**# OF SETS:**

**RULES:** Reds keep possession and try to score in end goal with a one touch finish. Blue defender looks to win the ball back and play to team mate at top of the area.

Work with blues defending swapping individual roles then reds and blue's swap roles.

**PROGRESSIONS:**

Introduce more players

Join both pitches

**KEY MESSAGES/POINTS:**

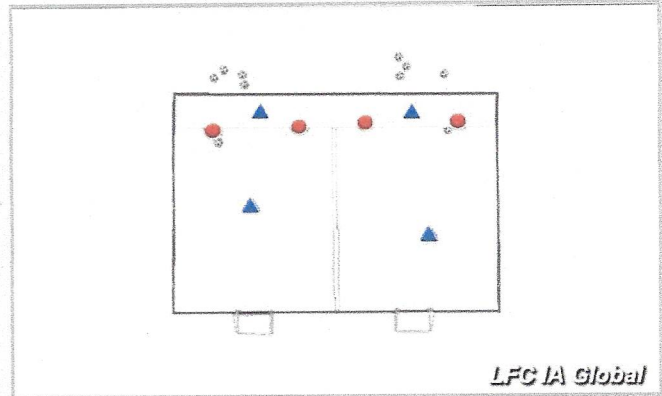
Body work, see the ball and spare man

Force play away from goal, cut off the pass

Distances (ball, spare man, goal)

Footwork, don't cross over

LFC ROLE MODELS - Van Dijk, Niamh Fahey



## SSG - LFC Strikers Tournament (30 mins)

**THE SESSION OBJECTIVE:** 1v1 defending recover the ball and start the attack.

**NUMBER OF PLAYERS:** 4v4 (3 Teams of 4)

**SPACE/DIMENSIONS:** 30x20yds

**WORK/RECOVERY:** 4 Minute Game 1minute Recovery

**# OF SETS:** 3

**RULES:**

Small sided game tournament. Winner stays on!

Rotate sides with Liverpool Team Names (Salah, TAA).

Win the ball in attacking half and score = 3 points. All other 1 point.

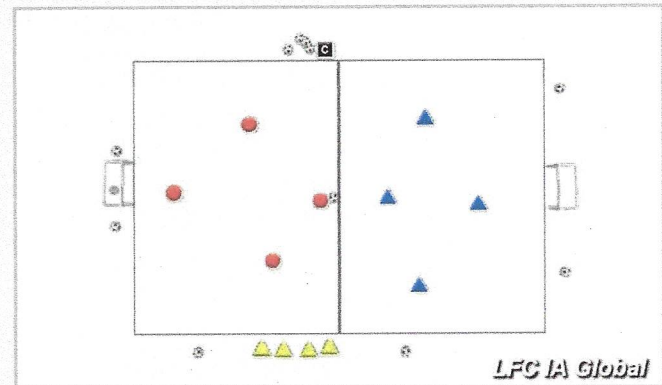
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**Pressure:** Get the players head down quickly

**Body Work:** Get there get low

**Scanning:** Be aware of 2nd attacker

LFC Role Models - VVD





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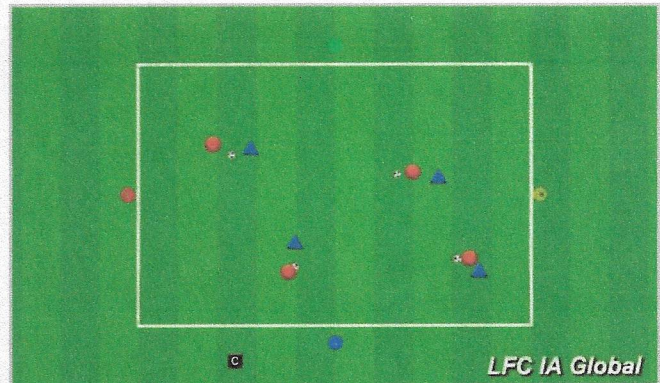
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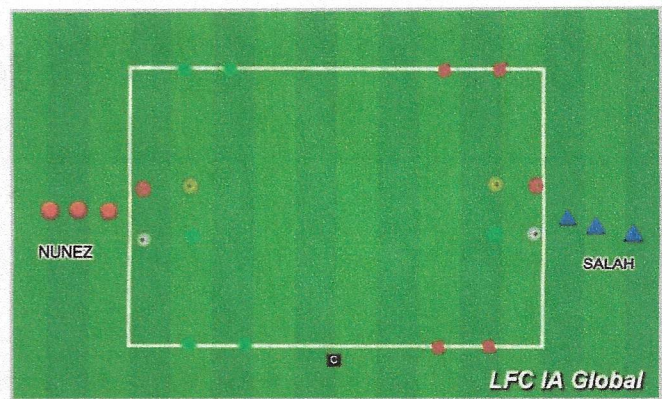
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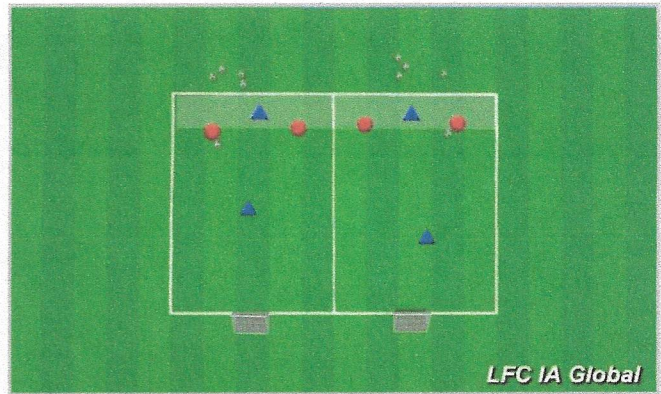
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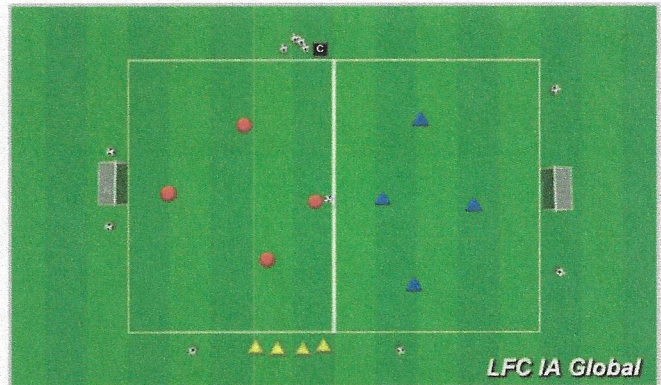
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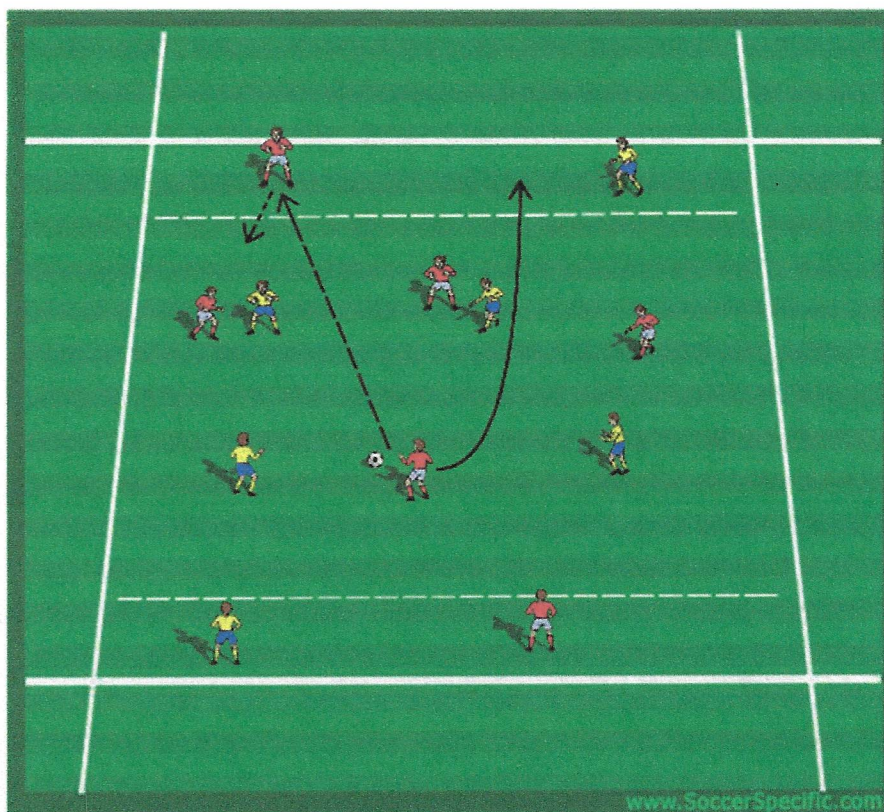




## Coach Seminar

Roy Dunshee

Washington College- Head Coach



### END ZONE GAME

Two teams set up as shown. End zones should be six to ten yards deep. Field should be big enough to accommodate end to end running with space.

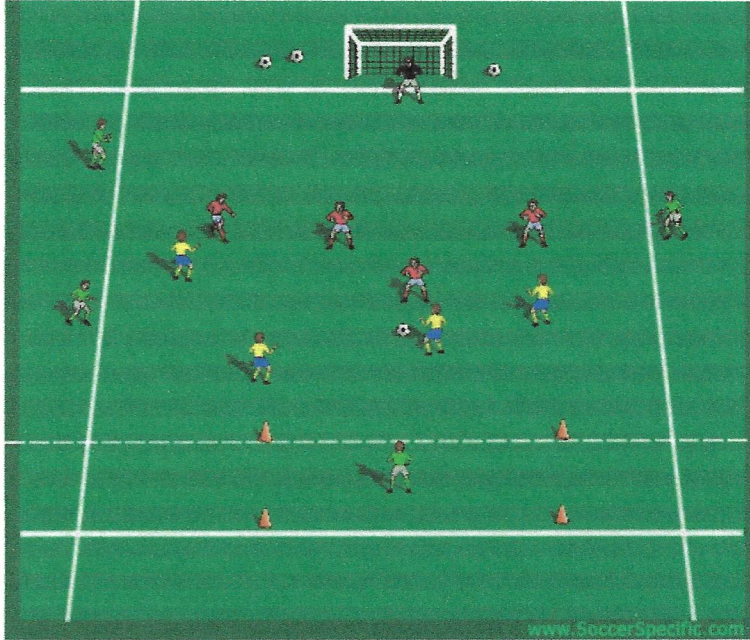
Possession game with the object to go end to end. End zone players must stay in zone until teammate plays them a ball. Player playing ball into end zone switches places with end zone player. No defending in end zone. Player coming out of end zone then tries to work ball to opposite end zone. If a team goes end zone to end zone without losing possession, they get a point.

Encourage End Zone players to stay active and show for the ball anywhere in the end zone. Don't force the ball forward if there is no space, go back to the end zone and switch again until something opens up.

Don't turn into pressure. Support players should present a "Security Pass" option to the player in possession and players should play the way they are facing rather than turning into pressure.

Stress finding targets down field (end zone players) by taking good first touch and lifting head. Transition attack and defense is also critical.

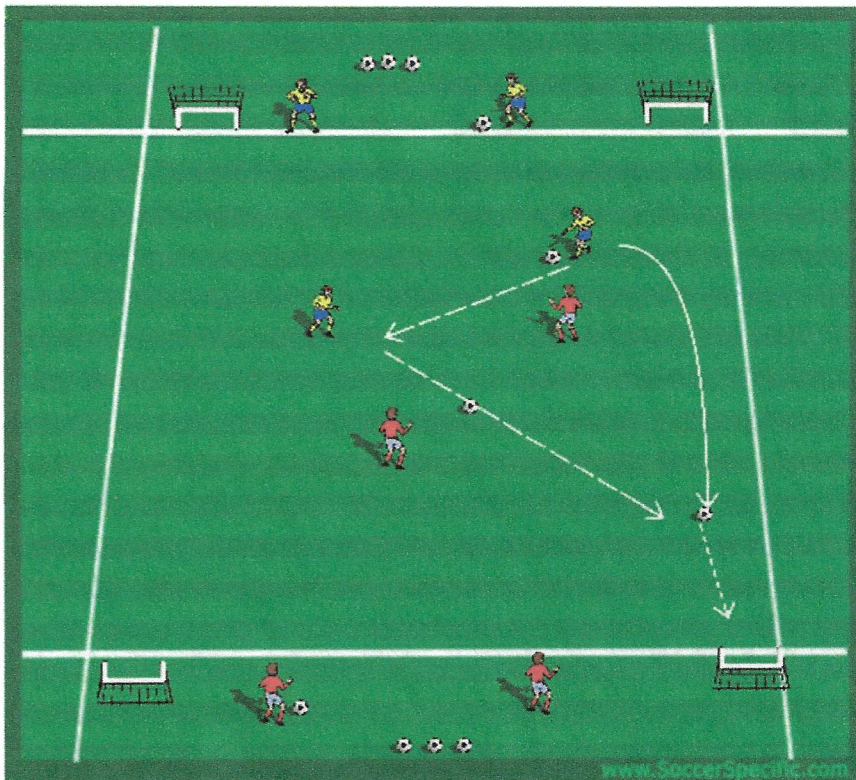
Variation: Designate a "holding" player for each team. That player stays on the field permanently and does not switch with end zone player if she plays the ball in to an end zone. She should stay near one of the end zones and act as a security pass in support of the ball when in possession. When defending, she should always check her shoulder to know where the end zone player is and shield her off so she can't receive a pass. Stay between the ball



#### ROY'S TRANSITION GAME - With Targets

Yellow's attack Red. If Red win the ball they try to spring a counter attack by playing to the Green player in the target zone. If Red's can play out then they switch with the Green team. Green then attack and Yellow transition to defense and Reds move to the transition zone to recover and prepare to attack. Resting team puts two players in counter-attack goals and the other two players can start from anywhere else on the side of the field. Team entering game should look for penetrating pass in quick transition. If a goal is scored, the defending team plays from the GK's hands and tries to build out to player in neutral zone. GK may play out directly to targets so attacking team must drop quickly if GK gets possession to prevent the quick counter attack.

If attacking team loses possession, they should screen the passes out to the targets and press to win the ball back. One player may be designated from each team as a "holding" player. They present themselves as support in possession and to switch play and prevent the ball out when team loses possession. If the opponents successfully play out, the holding player presses the ball to prevent a quick counter attack to the target player and buys time for the



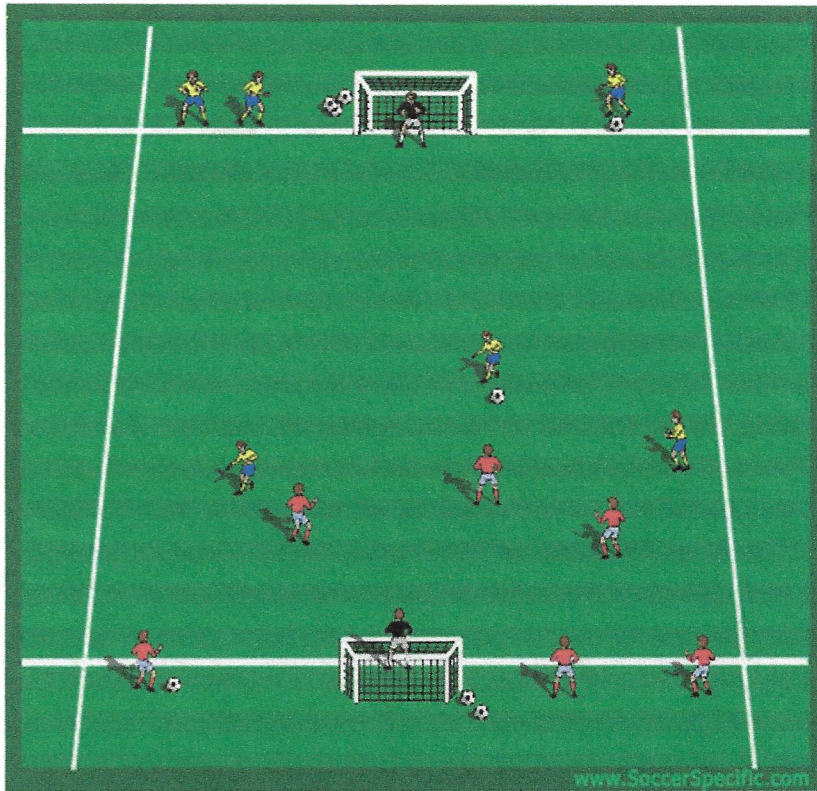
### 2v2 TOUCH THE GOAL

2 v 2 to Pugg goals on 20 x 20 field. New players come on with a ball when ball goes in goal or over end line. (ex. 2 new Reds come on with a ball when ball goes in their goal or over their defensive end line... Yellows stay on to defend) When players grasp the rotation proceed with the following progression:

1. Player who shoots cannot defend. This gives a 2v1. Stress running at the defender to make defender commit. When defender commits, dish the ball or make a move.
2. Add rule that last attacking player to touch the ball before it crosses end line must touch a goal before defending. New pair coming on will therefore have a 2 v 1 with a trailing defender if they attack quickly.
3. Play straight up 2v2 and encourage players to recognize when they have defense out of shape and then attack quickly.

#### Encourage:

- Fast break attack
- Running at defender
- Recognizing #s up situations and taking advantage
- Use of attacking moves to get past defender or set up a pass or a fake pass to set up a move.



### 3v3v3v3

Thirty by twenty-five field with Coerver goals and goalkeepers. Teams play 3v3 to goal. When ball crosses end line or goes in goal, defending teams leaves field and new team enters immediately with a ball to attack. Shooting team stays on to defend.

Emphasize:

- Fast break attack to take advantage of numbers up
- For teams coming on, take first touch past first defender if there is space
- Isolate 1v1 and use move to create space for shot
- Enter game from different points on the end line to be unpredictable
- Quick transition from attack to defense and visa versa



## Coach Seminar

John Dingle

**Director-Soccer Source 360**

**US Soccer Coach Educator**

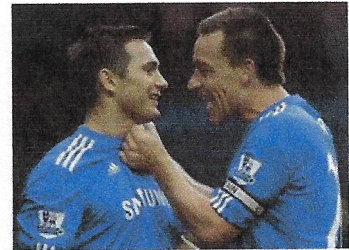


## Soccer Talk-The Fastest Way to Improve a Team By John Dingle

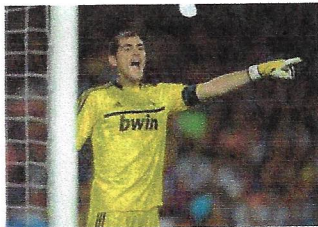
Teams that talk more on the field play better. When a team communicates with each other on the field they are exuding confidence that can be contagious. This talk can also put the opponent into an emotional shell.

### What is soccer talk; the three types:

- Information to an individual- turn, hold, force to inside, and take them on are a few examples.
- Information to a group or team- push, shift, drop, play faster, and possess the ball are some examples.
- Emotional talk-who is going to win this ball, we are creating chances, you are better than that, and great stuff are some of the emotional phrases you hear on the soccer field.



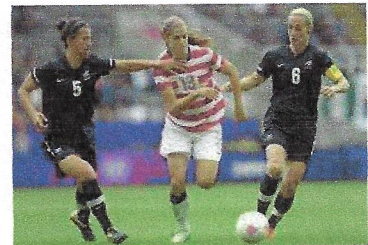
### Who does the soccer talk:



- Every player is capable of providing information to other players and needs to be expected to contribute. All players can contribute information to individuals.
- Each team is made up of players with a variety of personalities. You will have some natural leaders that do the majority of the group/team talking and emotional talking.
- It is critical to have defenders and the keeper who provide all three types of soccer talk. These players can see the entire field during most parts of the game and their perspective needs to be used to help the team.

### Why does a team need to talk:

- Information can simplify the complex. Visual signs determine the player's options. Other players can see things the player with the ball can't and deliver this information in real time.
- To stay organized defensively.
- The game of soccer can be unrewarding. Your team can do many things correct and still not score. Good teams focus on the positive and build on these positives so that they are rewarded with emotional talk.



### When do soccer players need to talk:

- When players are in trouble they need individual talk.

- When your team creates a chance but does not score and when the opponent has taken control of the game, emotional talk is needed.
- Many good teams use group/team talk to keep the team playing together through the commands of drop/push/shift. Every time the opponent plays the ball back the team push forward with a push call, each time the opponent plays a ball across the field, square ball or diagonal ball the shift command alerts the team to move with the ball, and when a forward ball is played by the opposition the drop command gets each player to drop back. This keeps the team compact in relation to the position of the ball.

**How you can get your team to use all three types of soccer talk:**

**Warm Up**

Groups of three or four players passing and moving in a 15 by 20 yard grid concentrating on combination play: coaching point to include is give the ball, give information

**Game 1 6v6**

The first game begins with the restriction that talking is prohibited. The coach must make sure the players appreciate how soccer talk helps their play.

**Game 2 6v6**

One player is chosen from each team to be the team talker. This is the only player that can speak. Play this game for 5-10 minutes and switch the team talker, but be sure to have a conversation with the team on both players communication level, quality, and style before putting new players in the talker role. Which types of soccer talk did they use? How did their position effect the amount of talking? Did they talk too little or too much?

**Game 3 6v6**

Unrestricted play; the coach must now evaluate the team talking and continue to recognize opportunities to make corrections and give positive feedback. Ask yourself the question: Has the session improved the area of soccer talk?

**Considerations**

- How much talk is too much? If one player is constantly chatting, it can become background noise that is ignored.
- How much negative talk can your players handle from each other? This is often a factor of age, maturity, and gender.
- Can emotional talk be used in a way that holds players accountable without being overtly negative?
- Can you get your team to know what each call means? Can they all use the same terminology?

**You will need to follow up on this topic throughout the season and beyond so that the players assume the habit of communicating on the soccer field. Use this method in a warm up before a game or vary the method to focus on soccer talk.**





## Coach Seminar

Lincoln Phillips

USC Hall of Fame

Pasadena Soccer Club Goalkeeping Coach

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Goalkeeping is a very DECISIVE position. Goalkeepers can win or lose games on their OWN! Sound goalkeeping will WIN championships.

This session is designed to help ALL COACHES OBSERVE COACHING points to observe when training their goalkeepers.

Defensive Goalkeeping is about efficient/effective MOVEMENT OF BODY WEIGHT (footwork) and clean one touch BALL HANDLING skills

#### 1. Moving Body weight-

a. drill- set up cones to expose goalkeepers to move forward, laterally, and forward/backwards

b. Drill- Five - Ten five: Designed to help goalkeepers improve speed and agility especially inside the 6 yd area.

#### 2. Ball Handling Skills-

Here are some Coaching points to observe

##### A. Receiving Ground Shots -

- Body BEHIND the flight of the ball
- Palms FACING the ball with fingers apart
- Pinkies TOGETHER
- Forearms PARALLEL to each other
- Hands/Forearm form a RAMP behind ball
- Eyes on the ball with head directly over ball
- Kneeling leg: held with knee facing inwards
  - Lower leg: positioned sideways
- Opposite leg: knee facing heel
  - of opposition foot.
- Lower leg turned sideways

##### B. Receiving Mid Range shots-

- Body behind the flight of the ball
- Arms outstretched, palms facing
  - Upward with pinkies touching.
- Allow ball to pass the wrist of both arms before bringing it onto body
- Pull mid-section back (concave)to absorb shot.

##### C. Head High Shots-

- Body behind the flight of the ball
- Head behind the ball
- Eyes fixed intently on the ball until contact  
Is made with hands
- On contact, Palms are facing ball with  
Fingers pointed upward and forearms  
Slightly bent.
- The Thumbs are touching and pointed  
Upward forming a "W".
- Head behind ball

#### D. Jumping to Catch High Balls-

This technique is a bit complicated. The goalkeeper has two tasks to perform this technique: Jumping and catching the ball.

- Jump off of one leg ( land on same leg),
- Opposite leg bent at the knee, in front  
Of the body ( for protection)

#### E. Diving- The most difficult technique to perform.

- Landing: Goalkeeper must land on the  
Side of the body
- Palms facing the ball
- Eyes fixed intently on the ball with the  
Head held between the arms
- Arms bent slightly at the forearms
- Hands Behind the ball ( thumbs  
touching each other