



Seminar 2020 Schedule

8:00-8:45 Social/Continental Breakfast

8:45-9:45 **“Planning for the Invasion: Soccer as an Invasion Sport”** John Dingle

10:00-11:00 **“Help me rondo; help help me rondo”** Bill Stara

11:15-12:15 **“Ball Possession-Back to basics”** Lincoln Phillips

12:15-1:15 Lunch

1:00-1:45 Social by age group/Meet the Clinicians

1:45-2:45 **“Training Transition and the Moment of Tension”** Roy Dunshee

3:00-4:00 **“Developing Good Footwork for Goalkeepers”**
Mike Curry





2020 Coach Development Seminar

February 9, 2020 8:45

Howard Community College

8:45-9:45

Objective:

- Show the game of soccer as an invasion game.
- Demonstrate the roadmap to a successful invasion through player actions.
- Demonstrate how the soccer tools that players use vary depending on the stage of the invasion.
- Show how player decisions vary on their abilities and situation.

Activity: 7v7

Equipment Needs: Two Goals, field markers, player vests, soccer balls

Observer Tools:

- US Soccer Roadmaps- Follow Along
- Field Map Chart- Observe player actions by stage of invasion

ATTACKING GRASSROOTS ROADMAP



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	• 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"> 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
Opponent's half Build up	• Create Chances			
Close to the goal Scoring	• Score goals			



Player with the ball actions:

Own half

	Most used	Used more	Used less	Least Used
Passing skills				
1 st Touch skills				
Dribbling				

Opponent half

	Most used	Used more	Used less	Least Used
Passing skills				
1 st Touch skills				
Dribbling				
Shooting				

Close to Goal

	Most used	Used more	Used less	Least Used
Passing skills				
1 st Touch skills				
Dribbling				
Shooting				



Tactics Manager



Coach: Bill Stara
Club: Broomfield Soccer Club
Role: Director of Education
Qualif: USSF 'A' (United States)

Date: 9/02/20	Duration: 1:00 hour	Session Reality based training
Time: 10h 00m	Age/Level: U11 - U14	Objective:

Help me Rondo

Reality based training using Rondo's to teach a system of play



Description:
 Reality based training to teach a system of play using Rondo's.

Help me Rondo



Description:
 Rondo translated means: Player(s) in the middle with players around them. The question to all coaches is "How do we relate Rondo's to the game? How do we make this activity reality based?"

Coaching Points:
 Angles of support , Player movment, Playing the ball early with out have restrictions, Body shape of players

Stage 2 of Help me Rondo



Description:
 A second box is added to make a rectangle with an additional attacking player. The blue team has the task of finding the attacking player at each end of the rectangle (4/9, 9/4)

Coaching Points:
 Shape, Playing the ball early, Body shape, Training a central MF to find space inbetween defenders and switch the point of attack, Wide players supporting the play along the length of the rectangle.



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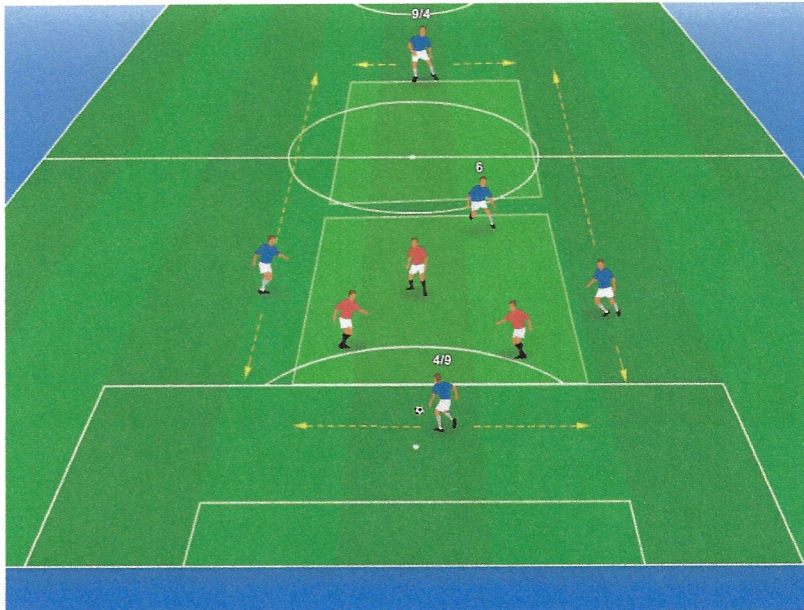
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Objective:

Help me Rondo - Page 2

Stage 3 of Help me Rondo



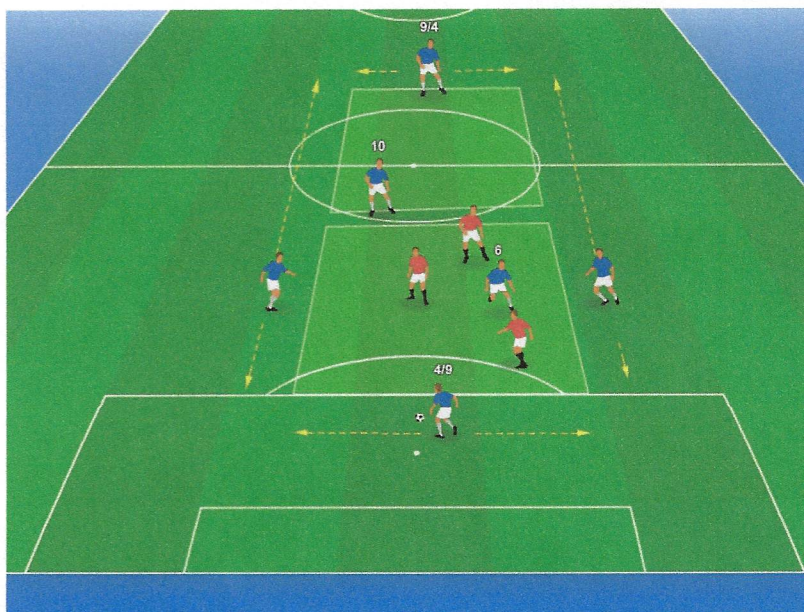
Description:

Another red defender is added to the activity to try and close down passing lanes. The blue team has the task of finding the attacking player at each end of the rectangle (4/9, 9/4)

Coaching Points:

Shape, Playing the ball early, body shape, Training the central MF to find space inbetween defenders, Wide players supporting the play along the length of the rectangle.

Stage 4 of Help me Rondo

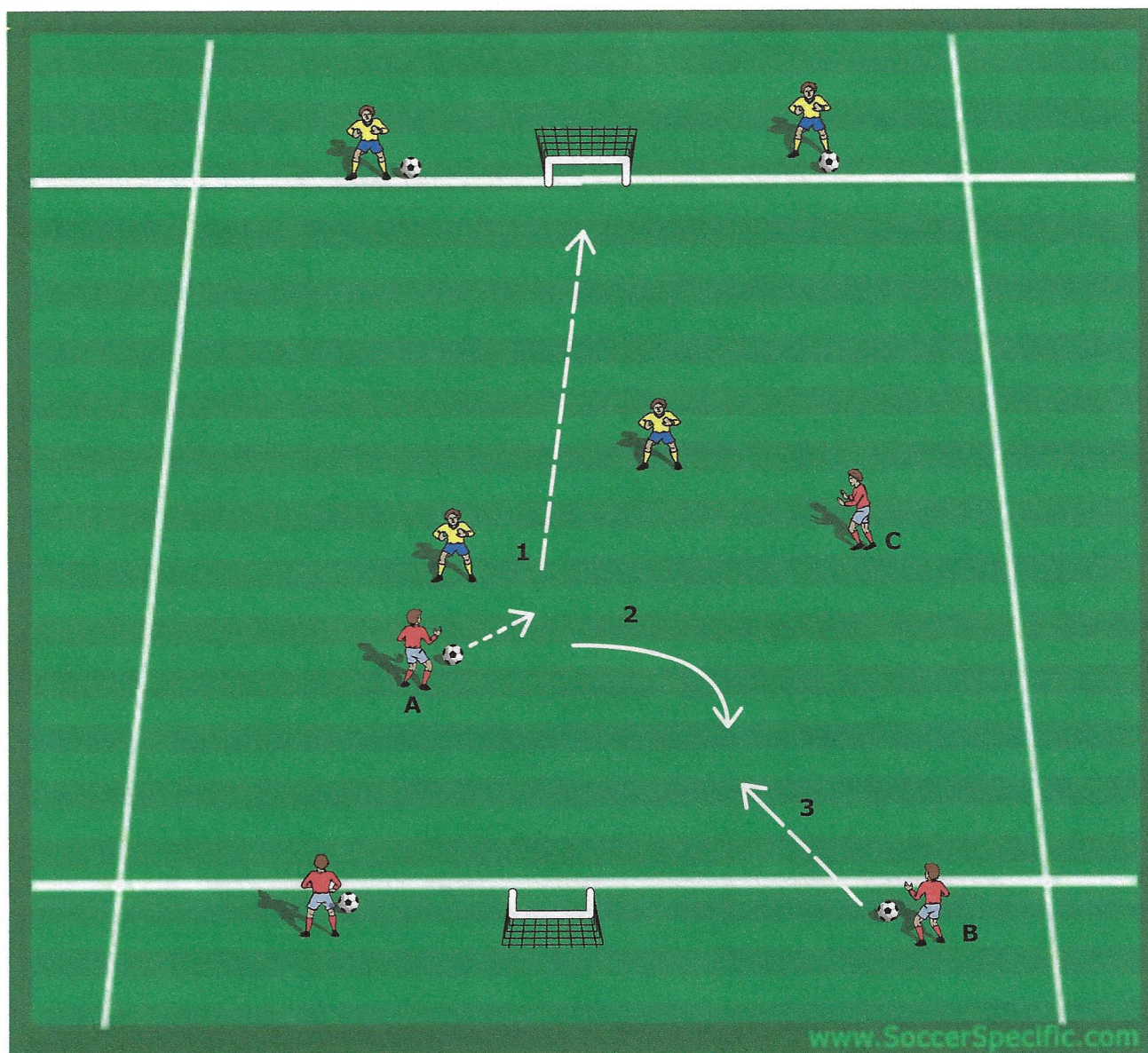


Description:

Another blue attacking players is added to complete the midfield block of midfielders. The two central MF's for blue must learn to work together to find space and to find ways to service the ball to #9The blue team has the task of finding the attacking player at each end of the rectangle (4/9, 9/4)

Coaching Points:

Shape, Playing the ball early, Body shape, Training the central MF to find space inbetween defenders, Wide players supporting the play along the length of the rectangle.



2v2 Make It Take It

2v2 to goals as shown. If team scores a goal (1) they check back to teammates (2) on end line and get another ball (3) and continue playing. If shot misses then defending team gets a ball from teammates. Whenever ball goes out of play it is restarted from the end line. Play for 2 minutes and switch teams.

Variation:

1. **FLYING CHANGES:** When a player plays the ball in, she joins the attack and one player steps off to take her place on the end line. These flying changes will provide rest to players who have been in the middle and allows for longer games.
2. **FREE BACK PASS;** Allow players to play back to teammate on end line (security pass) and switch with them to establish a tempo of patient attack.

Encourage fast transitions from both teams. Recognize when to turn and face (check to the ball sideways on and look over shoulder) and when to shield and hold ball up. Passer should provide info: "Hold" "Turn" or "Turn and Go"

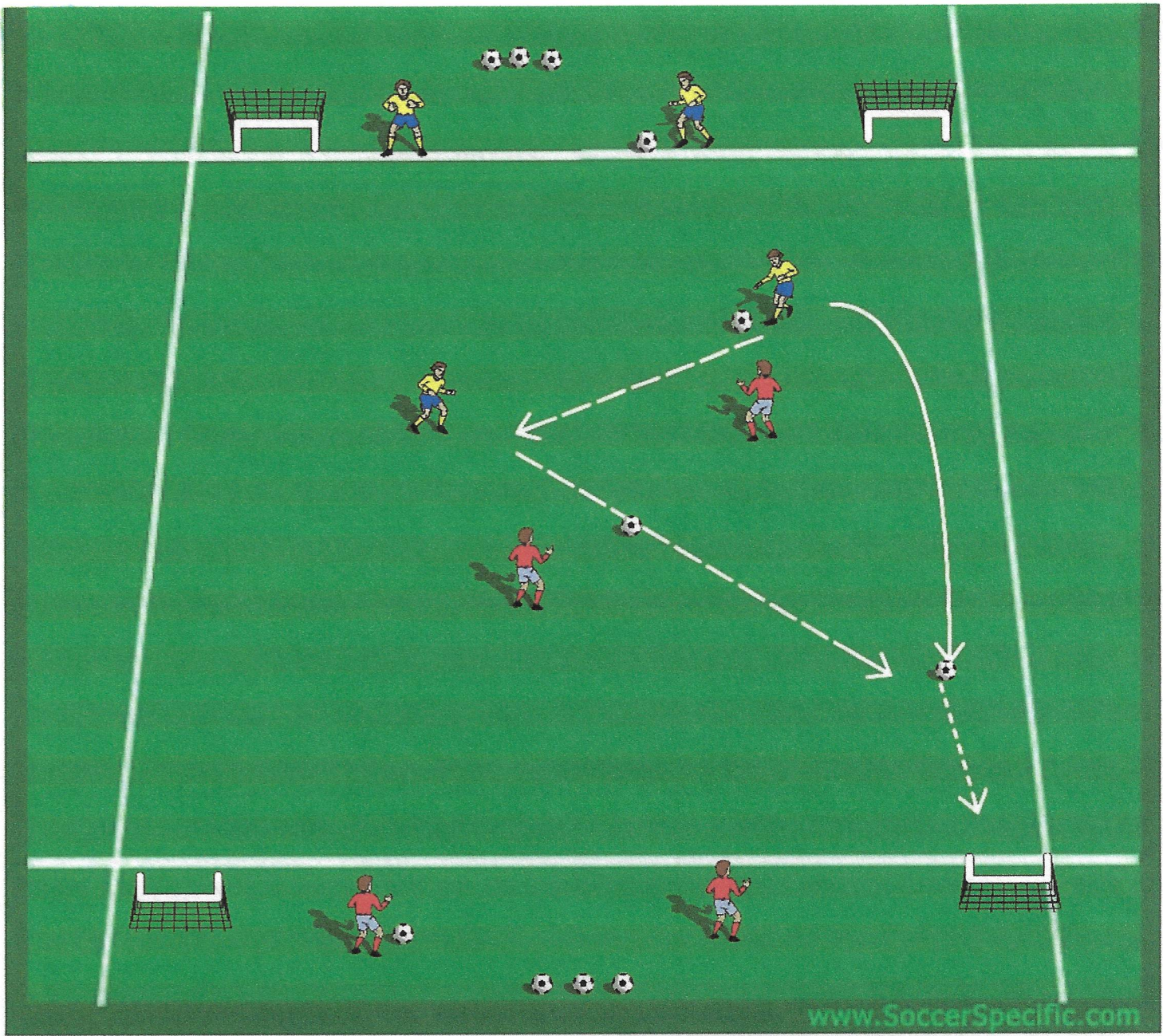
In Attack:

Look for combo passing opportunities and chances to "spin off"

In Defense:

Closing space from behind and from the front can be taught.

Add rule where end line players put ball in play and take the place of the player who is not needed to. In example above, after Red scores, Red B plays a new ball to Red A and Red B



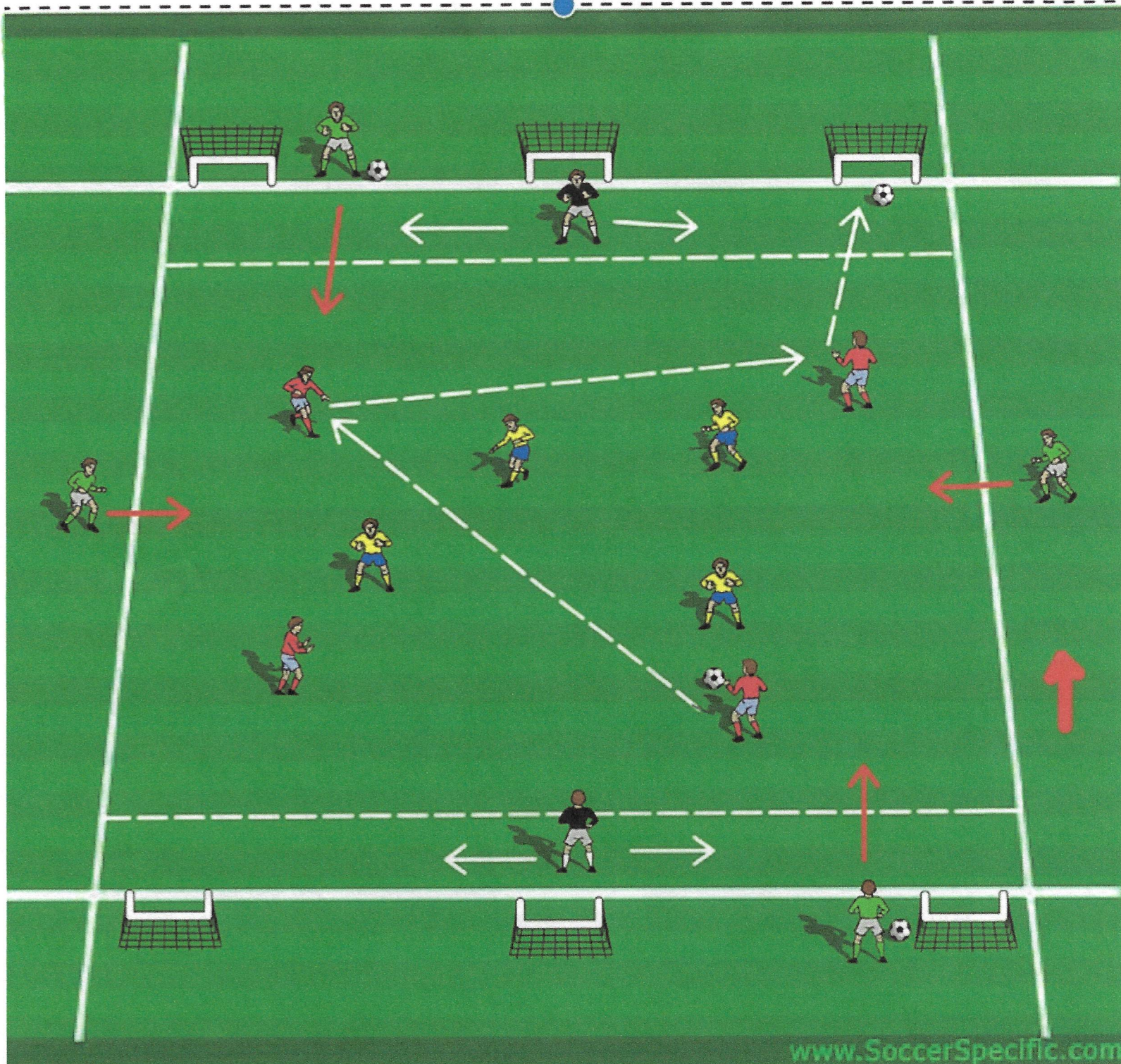
2v2 TOUCH THE GOAL

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.

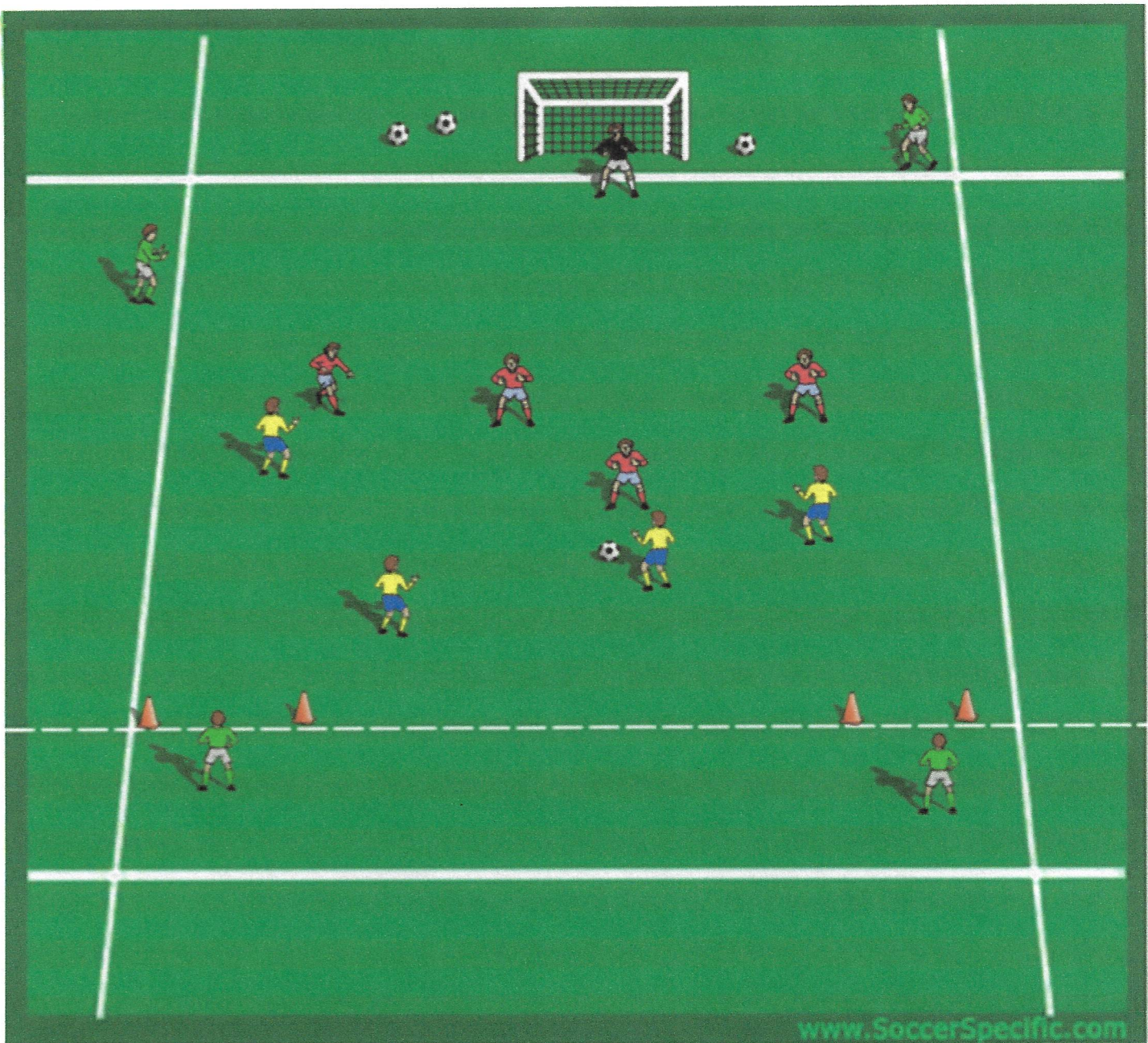
Encourage:

- 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



Six Goal Transition Game - Three teams

Three teams set up as shown. Reds attacking Yellows with Greens resting on the outside (not as bumpers). When a goal is scored, the Greens enter with a new ball from the end line where the goal was score. Team that scores stays on and conceding team leaves. In the example above, Red scores, Green enters and Yellow goes to the outside. Goalkeepers are only ones allowed in channel unless there is a back pass in which case they can be pressed. Stress quick transition and organization. In attack, be patient and move the ball to open up channels to attack. In defense, move as a unit as the ball travels side to side and deny penetration.



ROY'S TRANSITION GAME - With Targets

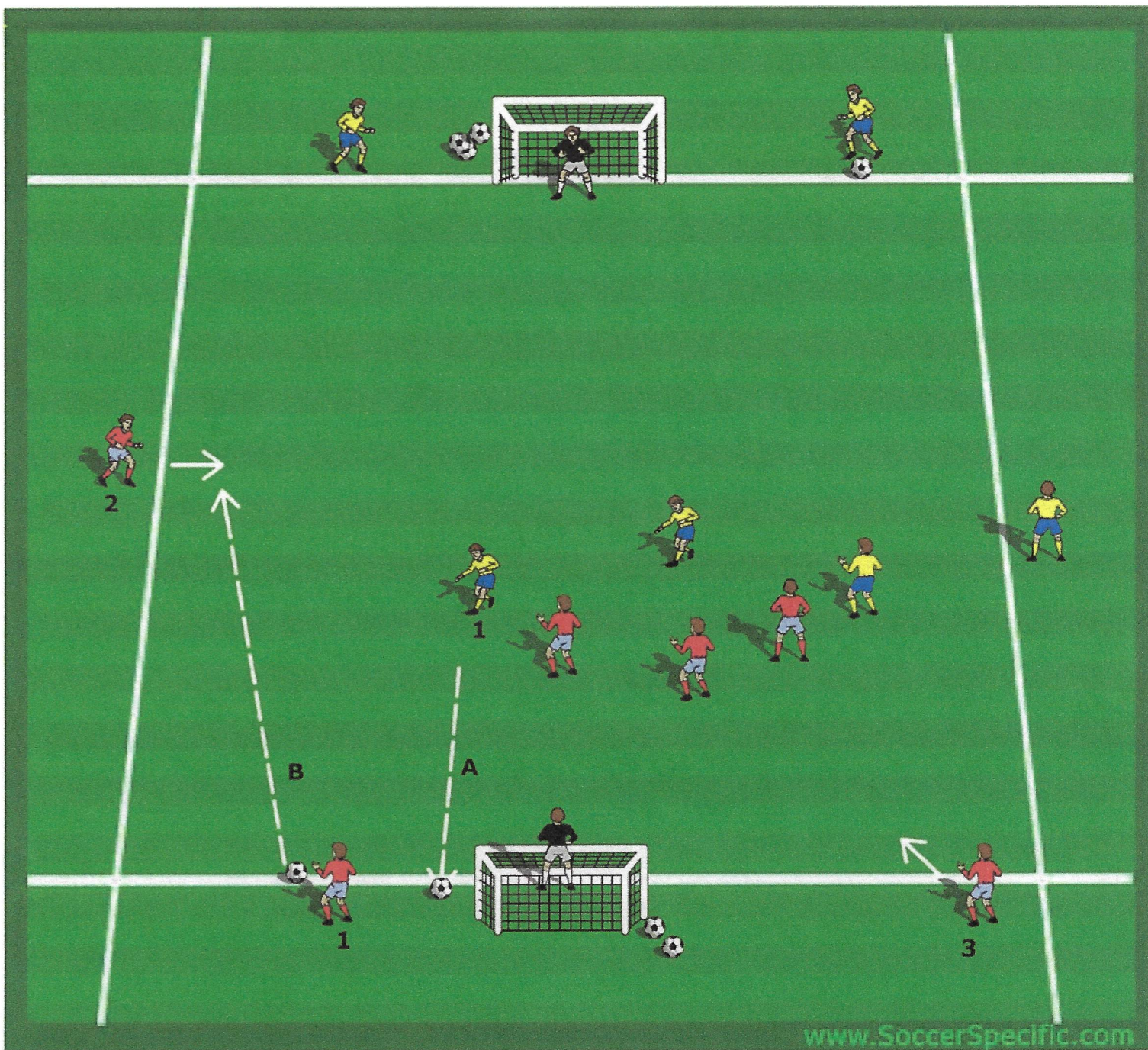
Yellow's attack Red. If Red win the ball they try to spring a counter attack by playing to a Green player through one of two goals. (three counter goals can also be used) If Red's can play out then they switch with the Green team. Green then attack and Yellow transition to defense and Reds move to the 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.

This game should train players to stay mentally sharp as they must quickly transition from attack to defense and get organized on the fly.



3v3v3v3 WITH TARGETS

3v3 to big goals. Each team has three reserve players with two on end line and one at mid-field as target for entry pass during transition. (in example above, Reds 1,2 and 3 are reserve players).

When ball crosses end line or goes in goal, the defending team leaves and the new three come on with a ball either with a pass to target player or on the dribble.

Above, when Yellow 1 shoots wide (A) Red 1 plays to Red 2 (B) and new Red team attacks as old Red team exits. Yellow team must stay and defend in transition.

Emphasize quick counter attacks, vision up field on entry pass and runs off target player.

Tell target player to "Hold" "Turn" or "Turn and Go"



Soccer Source 360 4th Annual Winter Coaching Development Seminar
 Sunday, February 9, 2020, Howard Community College, Columbia, MD

“Developing Good Footwork for Goalkeepers”, Mike Curry, Goalkeeping Academy

<p>Session Objective</p>	<p>Good footwork is essential to effective goalkeeping. This session will offer training exercises to develop footwork, balance, first step quickness and body shape -- all critical to maintain good positioning and for making saves. In addition, these exercises will provide coaches with some creative ways to use a gymnasium surface to improve the movement of all players.</p>
<p>Training Activity</p>	<p>Coaching Points</p>
<p><u>Warm-up Grid</u></p> <ul style="list-style-type: none"> • Ladders • Hoops and hurdles • “Cyclops” reaction device 	<ul style="list-style-type: none"> ✓ Include the goalkeepers in all field player development activities. ✓ Reemphasize good goalkeeping techniques: footwork, balance, body shape, alignment and “attacking” the ball ✓ Training must be “game realistic” ✓ Always encourage and support your keepers ✓ Plan time for “mental” recovery along with physical recovery especially after demanding exercises
<p><u>Combined Technical and Tactical Skills</u></p> <ul style="list-style-type: none"> • GK reaction exercises: <ul style="list-style-type: none"> ○ Six-sided balls ○ Ups and downs • Directional Relays: <ul style="list-style-type: none"> ○ Movement without ball ○ Movement with the ball 	<ul style="list-style-type: none"> ✓ Develop GK mental toughness and composure by changing training situations and conditions ✓ Always help to keep a “tough job” desirable and fun – “goalkeepers can make the difference....”
<p><u>Small-sided Situations</u></p> <ul style="list-style-type: none"> • Group dribbling with limited touches • Players and GKs “Mixed Bag” Game: <ul style="list-style-type: none"> ○ Combinations, 4v4v4, or relevant variations ○ With limitations ○ Unrestricted play 	<ul style="list-style-type: none"> ✓ These activities create intense activity with ample opportunities for attacking, defending, shot-stopping and movement ✓ Goalkeeping observations: <ul style="list-style-type: none"> ○ Footwork, positioning and angle play ○ Re-stand and recovery ○ Shot-stopping technique ✓ Final Thoughts: Encourage and reinforce the role of the goalkeeper to dominate the penalty area: <ul style="list-style-type: none"> ○ Good starting position ○ “Goalkeeping = Decision-making”, making a decision and making the right decision ○ Communicate, communicate, communicate ○ Create “first attack” opportunities after every save and emphasize distribution that maintains possession