

Welcome

AYSO



Section 2/ Area N/Region 1

U10/U12 Coaches Clinic

Five Philosophies



- **Everyone Plays**
 - At least half of every game. In U6-U14, Redwood City goes further than the national regulations by requiring that "no player will sit out 2 quarters until all players have sat out 1 quarter."
- **Open Registration**
 - AYSO has sign-ups, not try-outs. As long as there is space on a team, every child who signs up will play.
- **Balanced Teams**
 - Skilled/talented players are evenly distributed among all teams in a league to promote balanced competition.
- **Positive Coaching**
 - AYSO believes in building soccer skills and self-worth through encouragement and teaching.
- **Good Sportsmanship**
 - AYSO has active programs to promote positive behavior on the fields and on the sidelines.

Aspects of Coaching

- **In AYSO all coaches must understand that each athlete is an individual with unique needs.**
- **Benefits associated with athletics**



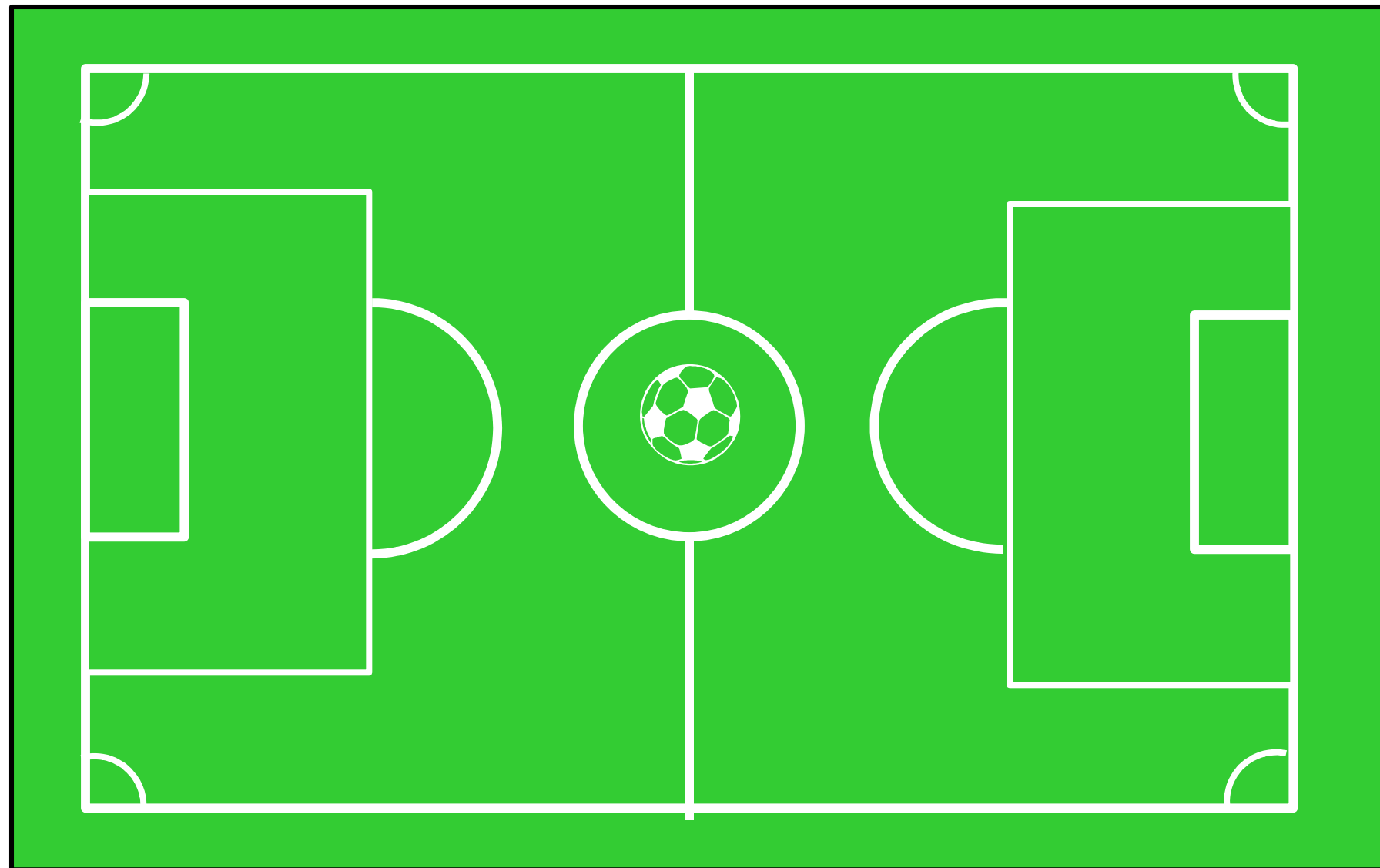
The Laws of the Game

- **Law 1... The field of play**
- **Law 2... The ball**
- **Law 3... The number of players**
- **Law 4... The players' equipment**
- **Law 5... The Referee**
- **Law 6... The assistant referees**
- **Law 7... The duration of the match**
- **Law 8... The start and restart of play**
- **Law 9... The ball in and out of play**

The Laws of the Game

- **Law 10... Method of scoring**
- **Law 12... Fouls and misconducts**
- **Law 13... Free Kicks**
- **Law 14... The penalty kick**
- **Law 15... The throw in**
- **Law 16... The goal Kick**
- **Law 17... The corner kick**
- **Law 11... Offside**

The Field



Positions

Forwards Attackers

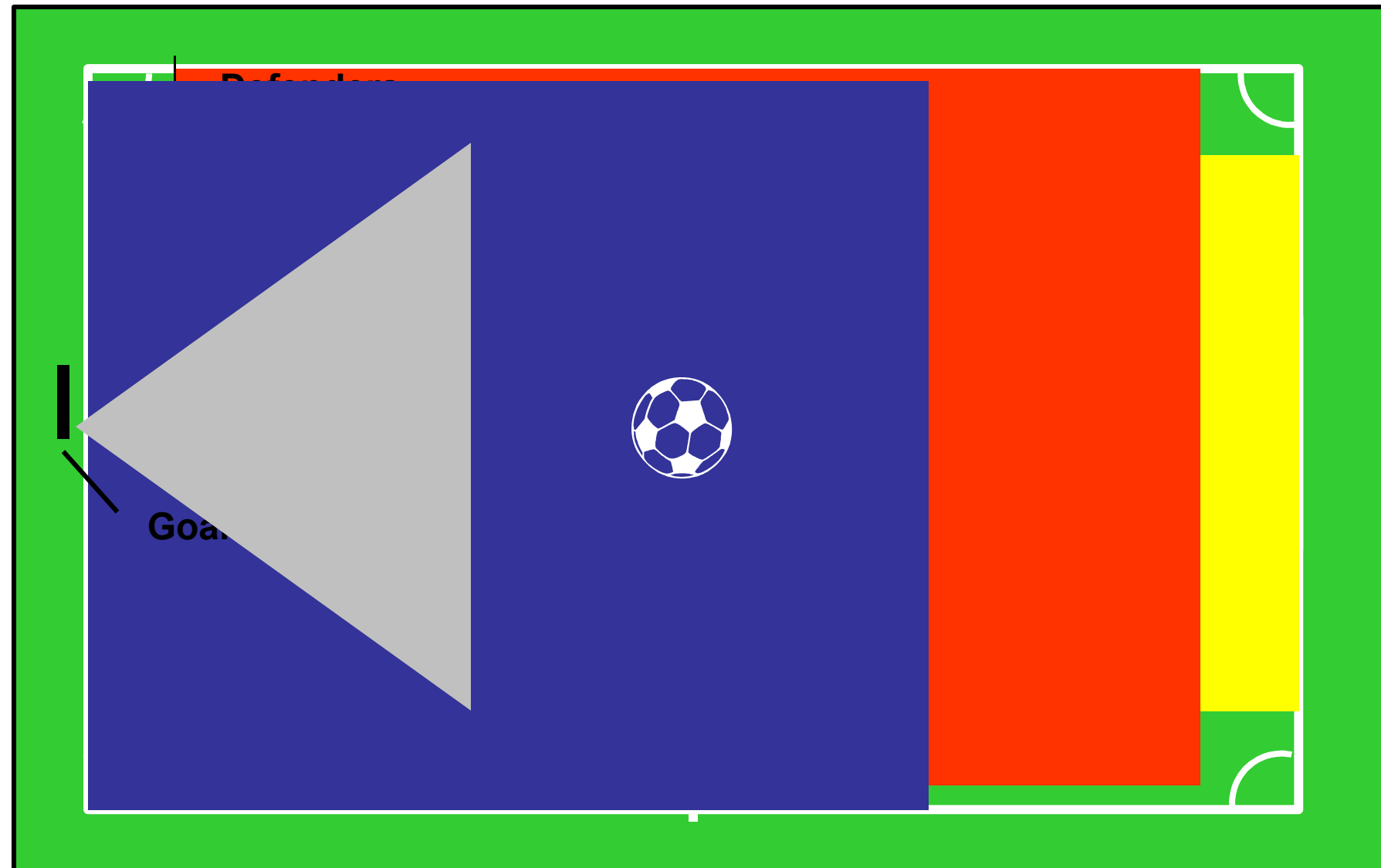
Midfielders

Defenders

Goalie



Positions Responsibility



Objectives

Attacking and Defending

- Attacking Objectives:
- Defending Objectives:

- » Score
- » Advance
- » Maintain possession



- » Stop scoring
- » Delay attack
- » Regain possession

Principals of Play

- Are the Rules of action that support the basic objectives of soccer..
 - » **Attacking Principle**
 - » **Defending Principle**



Attacking Principle



- **Penetration**
 - Advancing the ball past opposing players by shooting , dribbling, running, passing.....
- **Depth**
 - Supporting teammates by reading the game, providing communication, creating safe options for advancement, numerical superiority
- **Mobility**
 - Creating attacking opportunities through change in position, movement off the ball
- **Width**
 - Attacking on a broad front stretching the defense and creating space
- **Creativity**
 - Individual Flair achieved by takeovers, overlaps, diagonal runs.....

Defending Principle



- **Delay**
 - Slowing down the attack by closing the gap and denying to allow the defense to get organized
- **Depth**
 - Assisting the defense by providing strong communication, creating numerical support
- **Balance**
 - Reading the attack and providing an equal or greater number of defenders than the attackers
- **Concentration**
 - Comprising or restricting (shepherding) the attack into a confined area
- **Composure**
 - Patience to delay and wait for support, discipline to play ball side and goal side.

Systems of Play

- **The evolution of soccer has made it crucial that a soccer coach understand the different systems of play to determine which system best fits the team. Simply put suit a system to available talent.....**

» **2-3-5**

» **3-4-3**

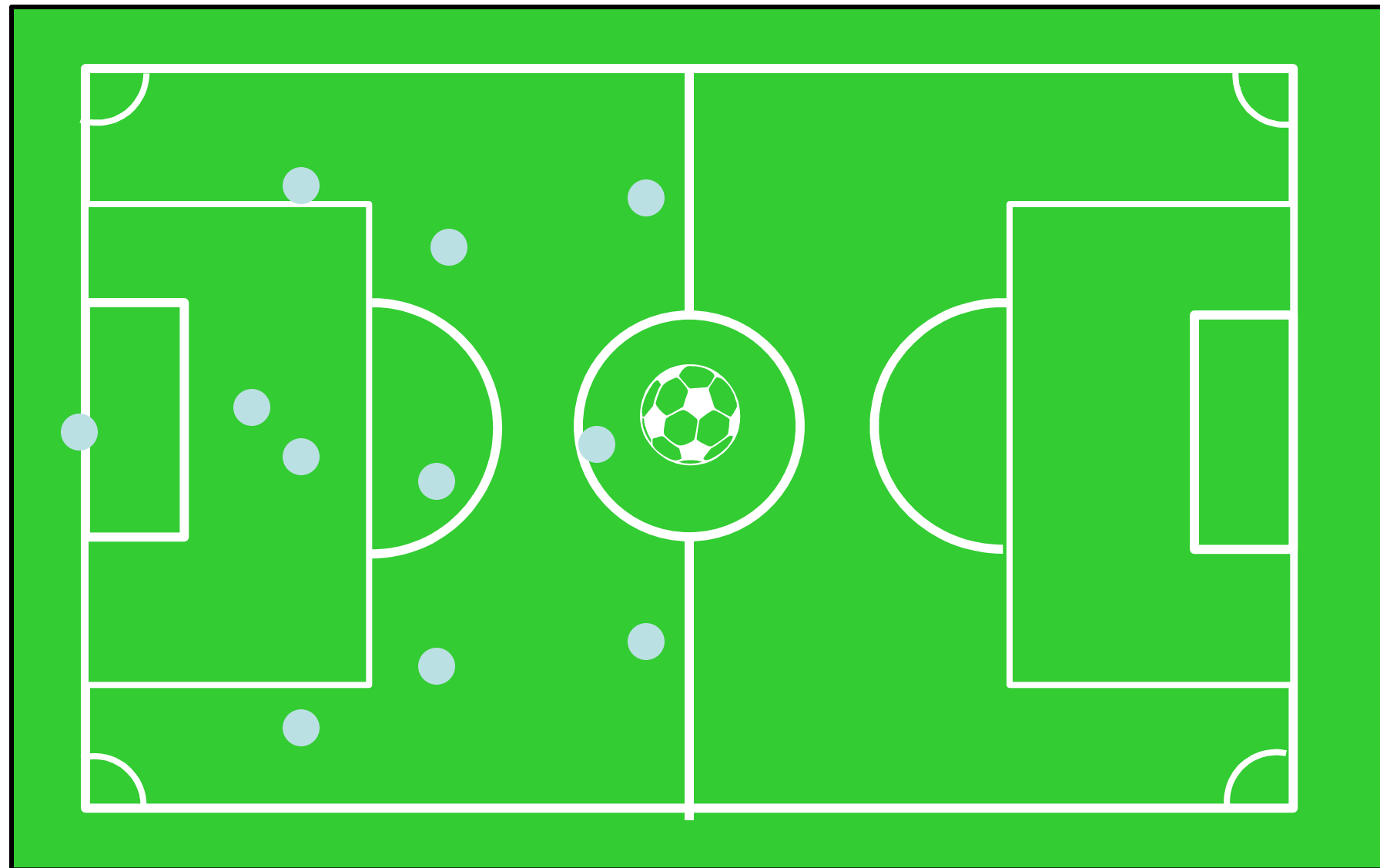
» **3-3-4**

» **4-4-2**

» **4-3-3**

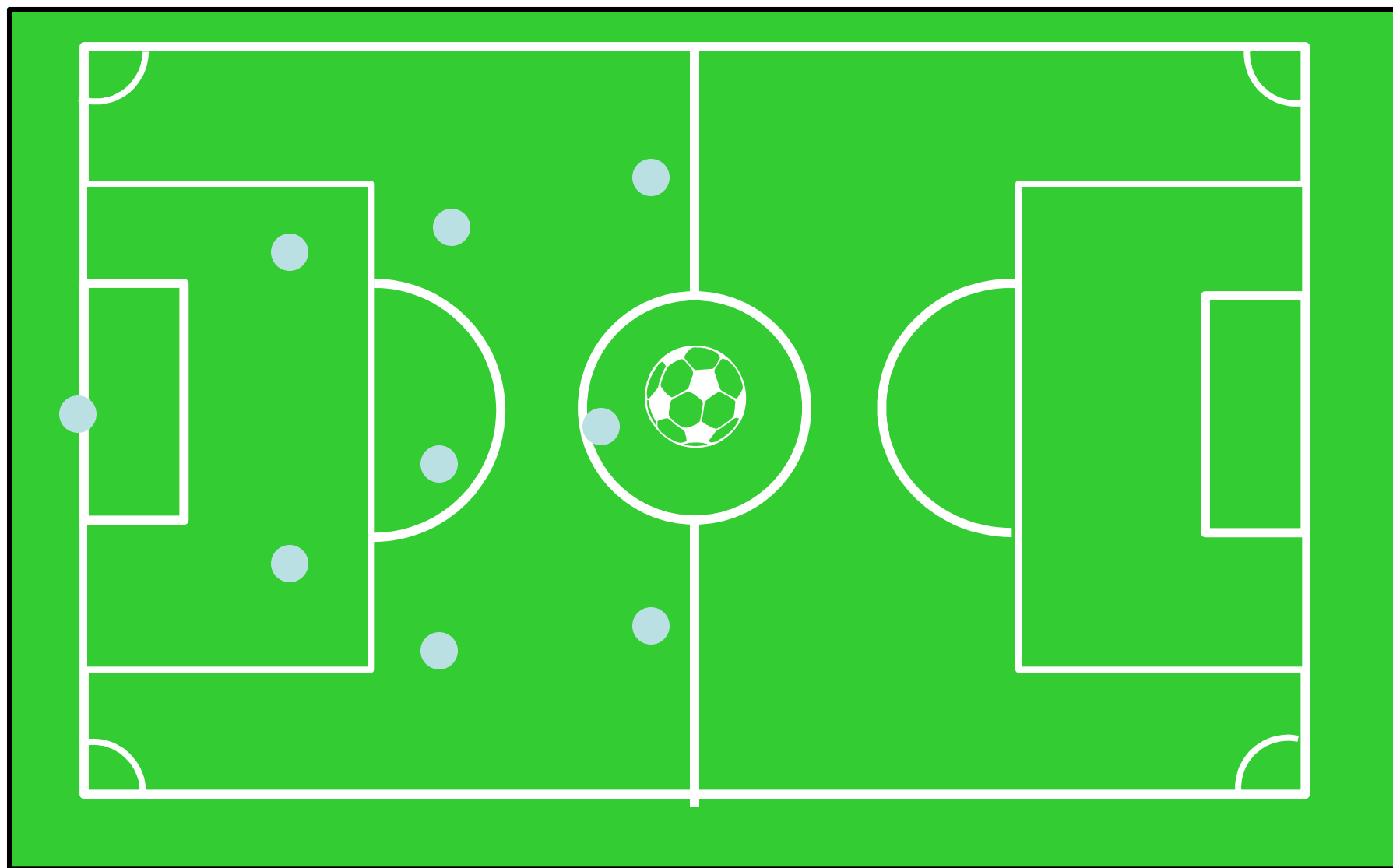


Systems of Play



Systems of Play

Short Sided Games



Coaching Cycle

- **Techniques, Tactics, and Conditioning**
- **Buildup**
- **Speed, Space, and Opposition**
- **Evaluate Performance**

Saturday

6/18

8:30 am

Bring

**Comfortable shoes, and clothes
to run in.**

Water and a ball if you have it