



US Youth Soccer Coaches Workshop - St. Louis 2007

Physical Education in the Soccer Environment

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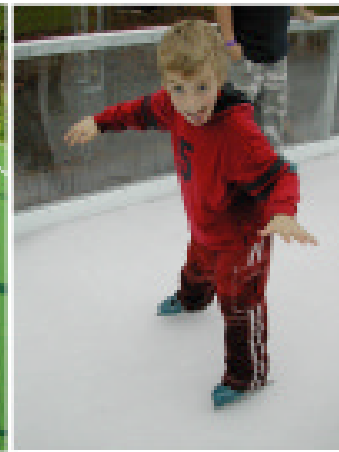
Physical Education vs. Sport



- A Good Physical Education Program:
 - Teaches how to lead healthy active lifestyles.
 - Develops the skills needed to put these concepts into practice.



- Exposes individuals to a variety of activities.
- Teaches the benefits of leading a healthy / physically active lifestyle.



- Often allows for a different social environment than that of sport.



- It is a mistake to believe sport should replace quality daily physical education.



- The two programs share some characteristics but ultimately play different roles.



Common Components



- Psychomotor
 - Skill development



Pictures from www.ussoccer.com

- Fitness - Health Related
 - Cardiovascular Endurance
 - Muscular Strength
 - Muscular Endurance
 - Flexibility
 - Body Composition



Pictures from www.ussoccer.com

- Fitness - Performance Related
 - Speed
 - Agility
 - Reaction Time
 - Power
 - Balance
 - Coordination



Pictures from www.ussoccer.com



- Affective
 - Enjoyment of activity
 - Enjoyment & passion for soccer / activity



Pictures from www.ussoccer.com

- Psychosocial
 - Appropriately competitive attitude
 - Good sportsmanship
 - Cooperation with and understanding towards others



Pictures from www.ussoccer.com

- Cognitive
 - Individual and group problem solving
 - Creative Thinking
 - Multitasking
 - Developing neural networks



Pictures from www.ussoccer.com

Why Incorporate PE Concepts?



- To give high level athletes the tools needed to succeed.
- To give other players the tools needed / desired to play recreationally.



- To create a fun, interesting, enticing, exciting environment.



Health Considerations

- Reduce
 - Diabetes
 - Stress
 - Cardiovascular disease
 - Obesity
 - Back pain
 - LDL Cholesterol
 - Osteoporosis
 - Depression / Anxiety
- Increase
 - Self esteem
 - Ability to deal with emergencies
 - HDL Cholesterol
 - General Function (Older adults)



- Help solidify healthy lifelong habits.



How to Incorporate the Concepts



- General
 - Dynamic Environment
 - Eliminate Stagnant Lines
 - Use appropriate competition



- S.A.I.D. Principle
- Short and Intense often effective



- Psychomotor
 - Environments where they get lots of touches of the ball.
 - Give technical “challenges” for players to try.



- Fitness - Health Related

CV Fitness	Flow - Session and players keep moving.
M. Strength	Players own body weight. Getting down and up off ground. "Sneak in" calisthenics.
M. Endurance	Keep players moving. Gross motor movements.
Body Comp.	Activity will burn calories and positively affect body composition.
Flexibility	Stretching exercises.

- Fitness - Performance Related

Speed	“Steal the Bacon” / Racing type games.
Agility	Tagging / dodging games.
Balance / Coordination	Different movement sequences. (<i>Hop / Skip / Shuffle / Rolling / Tumbling / etc.</i>)
Power	Jumping, hopping, leaping and bounding movements to activities.
Reaction Time	Starting signals (Auditory / Visual).

- Affective
 - Use games and appropriate competition.
 - Make sure everyone treats others inclusively and with respect.



- Balance player success with new challenges (Not too easy and not too hard).
- Keep an appropriate demeanor.



- Psychosocial
 - Treat people and property with respect.
**Hold everyone (Players / Parents / Coaches) to this.*



- Help players “mingle.” Get them to work with everyone on the team.
**I.e.. Different partners or members of a small group activity.*
- Teamwork and cooperation



- Cognitive

- Use games with multiple elements, roles or objectives.
- Use dynamic games where the problems automatically change. This forces players to find multiple solutions.



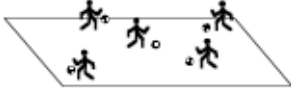

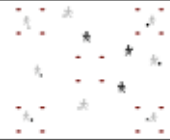

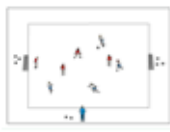
- Use “Guided Discovery.” Ask questions instead of giving answers.



The Practice Plan



• Age Appropriate Practice Plan

Dribbling Session		Topic: ...Dribbling/Shielding.....
Author: Mark Ruest.....		Age: ..U8 +.....
Activity Name & Description	Diagram	Purpose / Coaching Points
1 DRIBBLING WARM UP Every player with a ball in a marked grid area. Dribble in the space without "crashing" into others. Possible Tasks: 1. Use inside of foot only. 2. Use outside of foot only. 3. Use instep only.		
2 ROCK / PAPER / <ul style="list-style-type: none"> • Get in pairs with a ball to share. • Ball is placed between partners. • Each partner must be close enough to strike the ball. • Players stand with their legs open to make a goal or "wicket." • Players play Rock / Paper / Scissors • The winner gets to kick the ball to try and score a point. (The quicker they react the more likely they catch their opponent off guard.) 		Areas Refined: Reaction Speed; Speed of thought; Winning vs. Losing; Strategy
3 RUNNING BASES <ul style="list-style-type: none"> • Players try to dribble their ball without being tagged. If they get tagged, they change places with the 'tagger' • Have 'taggers' carry a pinnie to distinguish themselves. Hand pinnie over to the player that is tagged, and set their ball to dribble. • Players are 'safe' in any one of the four bases. Only one player allowed in a base at any one time. If new player enters the base, the old player must leave. 		
4 PARTNER PULL UP <ul style="list-style-type: none"> • Partners sit facing each other with knees bent, feet flat on the ground and together, and toes touch partner's toes. • Grasp hands • Try to pull each other up without moving your feet. • If successful with two people, try with three, etc. 		Areas Refined: Balance; Coordination; Strength; Teamwork; Problem Solving
5 4 vs. 4 <ul style="list-style-type: none"> • ~ 20 x 30 yard grid • 1 Cone goal at each end • Play for 4 - 5 minutes max. 		<ul style="list-style-type: none"> • All points previously listed

• Age Appropriate Practice Plan

Shooting / Finishing		Topic: ...Shooting / Finishing.....
Author: Mark Ruest.....		Age: U12 +.....
Activity Name & Description	Diagram	Purpose / Coaching Points
1 SHOOTING - CIRCLE •Half on circle w/ ball others in middle w/o ball. Players check to target -> Target tosses -> Instep back -> Players Switch. •1 pt. accurate touch / 2pts. weak ft. •Variations: Half Volley; 2 Touches		•Body forward, Small adjusting steps. •Watch contact pt. of ball, Head Steady, •Balance, Land on kicking foot, Toes curled inside shoe / ankle locked, Accuracy before power.
2 THE SHOOTING GAME •5 v 2 -> 2 v 5 •The five 'light colored shirts' keep possession in their own half, looking for opportunities to score a goal. •They may pass to their two 'strikers' if they want. •If shot is taken, and 'dark jerseys' get the ball by blocking the shot and gaining possession, then it is their turn to attack in the opposite direction. •Out of bounds rules apply.		•Angle and distance of support. •Looking for and taking shooting opportunities. •Looking for rebounds. •Getting in good defending positions to block shots.
3 FEEDERS GAME •Field players may move freely about the grid. •'Feeders' must remain outside of grid, but may move freely along the line. •'Feeders' are limited to 2 touches at first, then progress to only 1 touch. •Switch field players and 'feeders' periodically •Can also play where field players and 'feeders' can exchange positions when the pass is made. However, the coach must designate which 'feeders' belong to which team.		•Shooting •Passing and receiving •Combination play •Offensive and defensive principles of play. •Keeper play: Shot saving, Distribution
4 4 vs. 4 • ~ 20 x 30 yard grid • 1 Cone goal at each end • Play for 4 - 5 minutes max.		• All points previously listed
5 Cool Down - Jogging / • Slow jogging and various movements across the field. • Include periods of stretching.		• Move slowly to bring body work rate down. • Static stretching • Hold for 30 seconds or more • Redo a stretch if needed

Sample Activities



Partner Tag



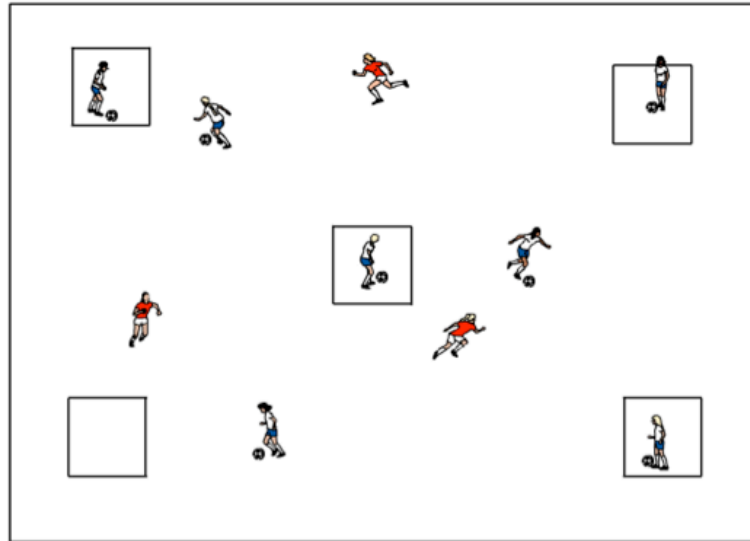
DESCRIPTION

- Players get in pairs
- One player is "it"
- On the coaches signal "it" tries to tag his partner. If successful, the two change roles. New tagger does two push ups before chasing.
- * Give a ball to One OR Both players and play.

COACHING POINTS

- Improve Agility / Dodging
- Spatial Awareness
- Foot skills when soccer ball is added to the game.

Running Bases



DESCRIPTION

- Players dribble from base to base and avoid being tagged.
- If they get tagged, they change places with the 'tagger'.
- Have 'taggers' carry a pinnie to distinguish themselves. Hand pinnie over to the player that is tagged, and use their ball to dribble.

COACHING POINTS

- Head Up to see defenders and empty space
- Change of pace
- Deception if defender approaches
- Penetrate or Escape moves as appropriate

Team Knock It Off



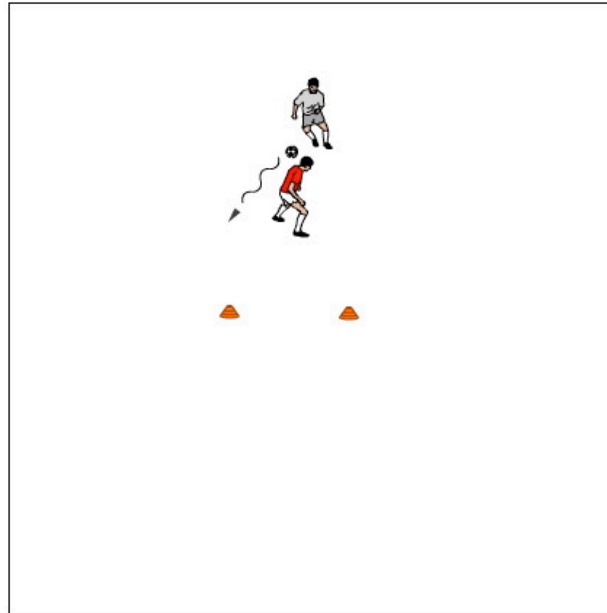
DESCRIPTION

- Two rows of several "tall" cones.....
- Use small cones as "Line Markers".....
- No "out of bounds".....
- Each team defends a row and tries to use soccer balls to knock over opponent's cones.....
- If cone is knocked over the kicker stands the cone up on his team's line.....
- Team with all the cones wins.....

COACHING POINTS

- Always be involved in the game.....
- How can you always be helping?.....
- Tackle to keep ball for yourself.....
- Take a good "shot", make a good pass.....
- keep ball for yourself until you can do something good.....

One vs. One Battles



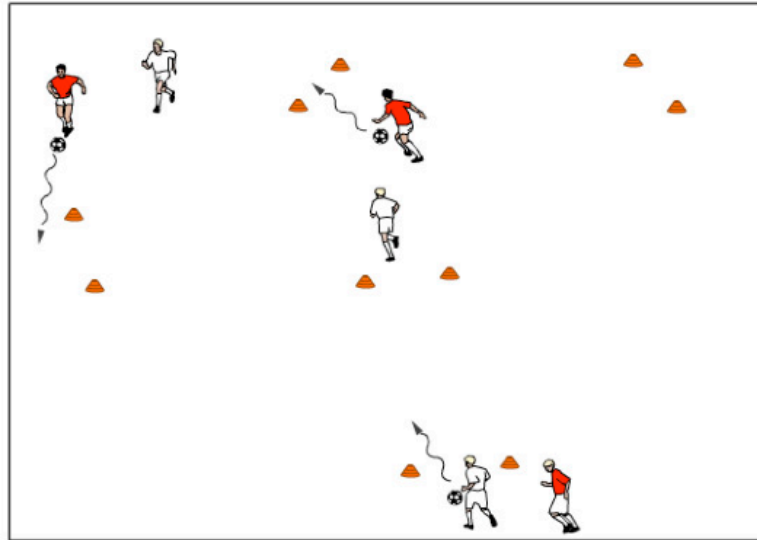
DESCRIPTION

- Play one vs. one, trying to score through a 'two-sided' goal.
- There is no out-of-bounds.
- The player in possession of the ball is the attacker, the other player, the defender.
- Play games of one minute in duration.

COACHING POINTS

- Individual defending: steer attacker away from the goal, tackle when ball is exposed, get goal side when possession is lost.
- Individual attacking: try to face the defender whenever possible; change of speed, change of direction; shield when trying to maintain possession.
- Dribbling

One vs. One - Many Goals



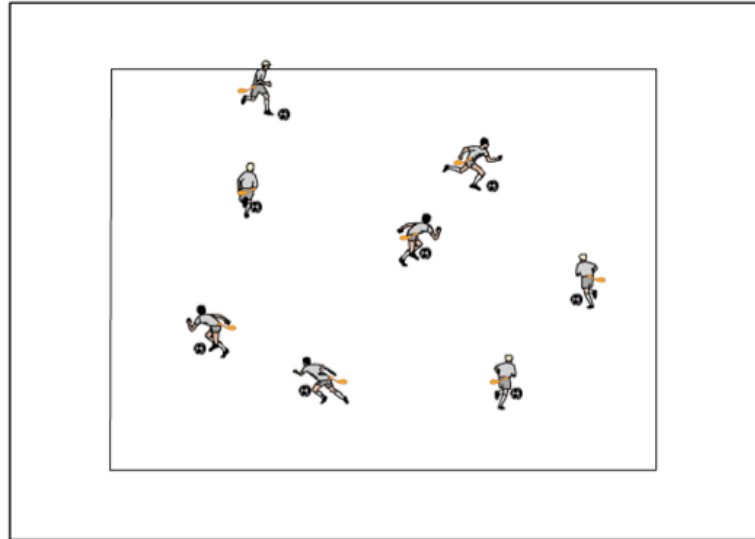
DESCRIPTION

- Each player on the team is with a partner.
- Whoever has the ball is attacking.
- The player who dribbles the ball through either side of any of the goals gets a point.
- The game keeps going after goals are scored.
- Play for ~1 minute.

COACHING POINTS

- Individual attacking and defending
- Fitness
- Dribbling

Tiger by the Tail



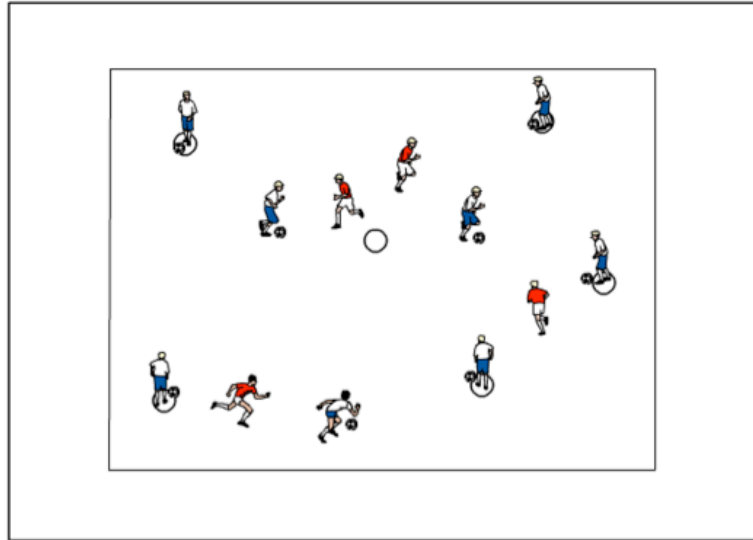
DESCRIPTION

- Players in a grid.....
- Every player with a pinnie tucked into his waistband.....
- Every man for himself.... Try to grab other "tails" while "sheilding" yours to keep it safe.....
- Who has the most after 1 minute.....
- Give everyone a ball and require them to dribble while playing.....

COACHING POINTS

- Watch for others.....
- Decide when to "attack" and when to "defend".....
- When dribbling... Must have ball to count if you steal a pinnie.....
- If you leave your ball to evade... must give your a pinnie to the chaser.....

Base Tag



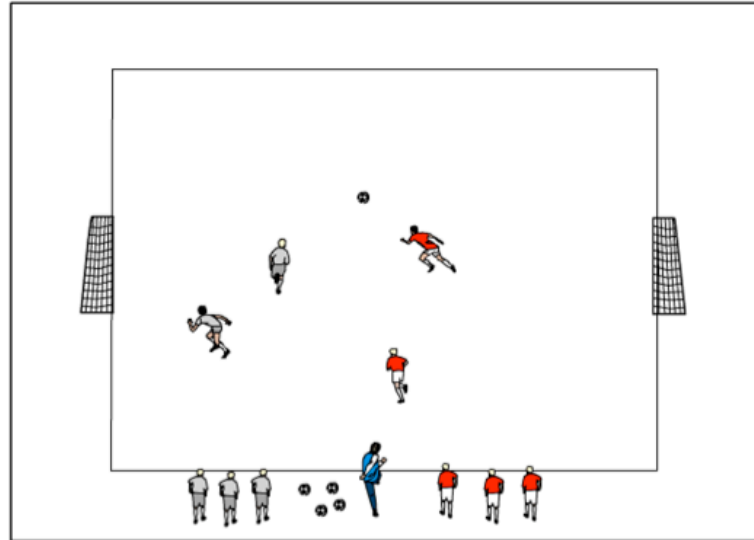
DESCRIPTION

- Several hoops or circles of cones are scattered to create bases.
- Dribblers each have a ball.
- No ball for taggers.
- Taggers try to tag players. If successful, change jobs and keep playing.
- Dribblers can stand on any base to be safe.
- If a player is standing on a base

COACHING POINTS

- Don't be "It" at the end of ~1 minute.
- Vision.
- Use space away from taggers.
- Penetration / Escape dribbling moves.
- Can you figure out an easy way to use the rules to keep from being tagged?

Boss of the Balls



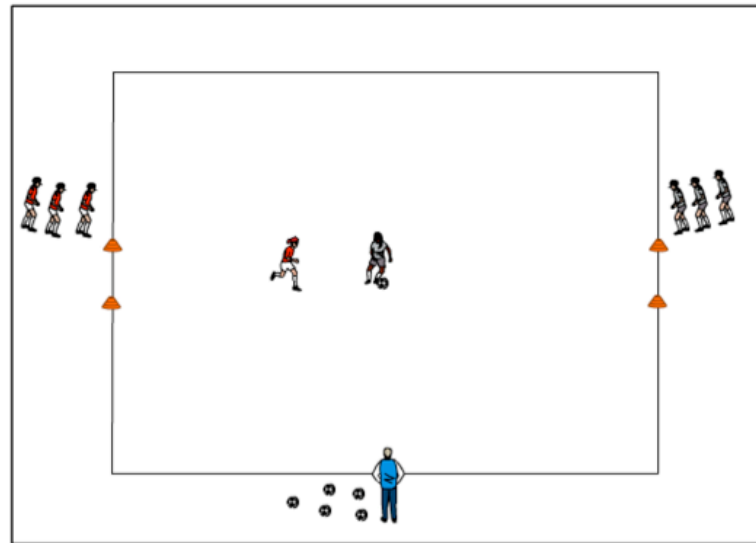
DESCRIPTION

- Two teams
- Each lines up on either side of the coach
- Coach has a pile of soccer balls
- Coach plays a ball in and the first two players from each team go in to play 2 vs. 2
- * Can increase the number of players (3 vs. 3, etc.)

COACHING POINTS

- Pay attention when in line
- Don't miss the service / cue to start
- Can you score right away?
- Create a scoring chance?
- Find your partner?
- Team spacing / shape / cooperation

Forward or Back



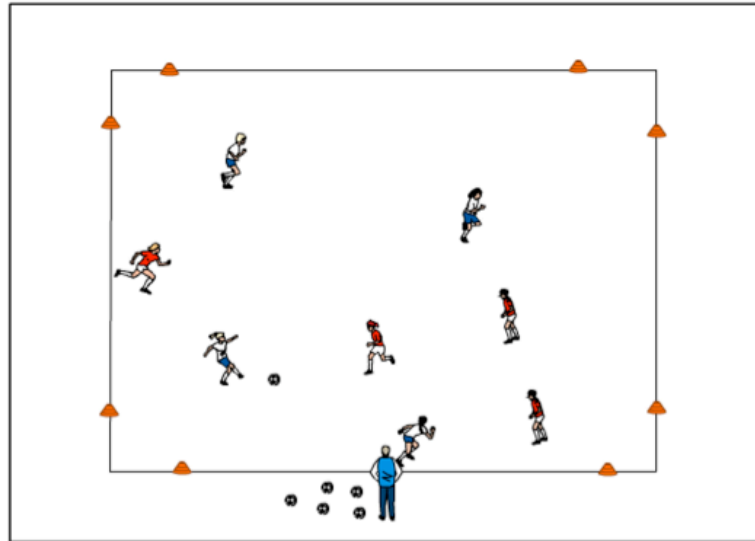
DESCRIPTION

- Coach on side with pile of soccer balls...
- Two teams, each lines up at opposite ends of grid (near the goals)
- Coach plays ball in and first player from each team comes to play 1 vs. 1.
- The first person to the ball can score in EITHER goal.
- Other player tries to steal ball and get a pass to coach.

COACHING POINTS

- Pay attention / Fast reaction time
- Assess pressure while moving to ball
- Go forward with a penetrating move or back with an escape move
- Transition quickly if ball is turned over

Shut Down



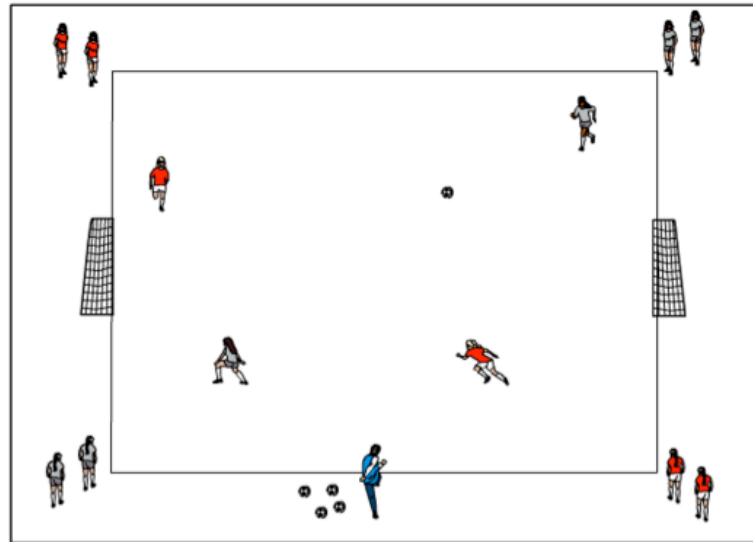
DESCRIPTION

- Small goals placed in corner of grid.
- Either team can score on any goal to start.
- When goal is scored, that team places a pinnie of their team's color in the goal because they have closed that goal for their team.
- First team to shut down three goals wins.
- * Can play where they must shut all four.

COACHING POINTS

- Vision
- Team shape
- Communication
- Rhythm / Flow / Ball Movement
- Defending - Push opponents away from "open" goals.

Two vs. Two by Diagonals



DESCRIPTION

- Coach on side with pile of soccer balls...
- Two teams half at diagonal cones
- Gray tries to score on goals to the left of the diagram and Red tries to score on goal to right
- Coach serves ball to any line -> First player from each line comes in to play 2 vs. 2
- At end of turn switch lines...

COACHING POINTS

- Get a peek as ball is traveling
- Can you shoot?
- If not, can you pass?
- If not, keep it for yourself