



WYSA Indy Eleven  
Academy Recreational  
Soccer Coaching  
Methodology

# WYSA Approach to Training Philosophy



- Our players sign up for WYSA soccer because they want to PLAY SOCCER or try it out
- Our job as Recreational Coaches is to create an environment in which they can play and have a lot of fun regardless of level of experience
- Competition is important, even at recreational soccer, but if it reaches a point of significantly uneven scores, exceedingly dominant players, uneven playing time, and overcompetitive coaching then we are no longer in line with our Mission.

The purpose of this presentation is to provide a framework to achieve increasing time playing the game, player time on task, technical skill development, fundamental principles of play, teamwork and creativity. Included in this presentation will be the format for training that all WYSA coaches will attempt to follow, core skills and principles of play to be taught and encouraged, core activities for various age groups, and methods to maximize each player's time on task and time on the ball.

## Definition of Terms



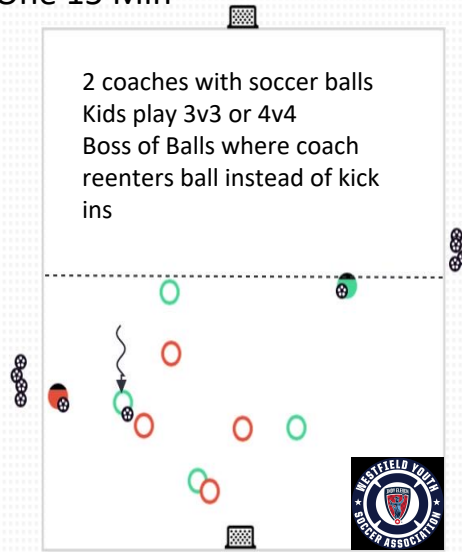
- WYSA Mission Statement found here <https://www.indyelevenacademy.com/recreationalsoccer>
- Training – Organized session with team that are not official matches. Practice in other sports but in soccer ‘Practice’ is something players do on their own at home
- Training Methodology – the manner in which training is organized and which skills and principles of play will be emphasized
- Technical Skill – any manipulation of the ball executed by an individual player for example feints, turns, running with the ball, passing, receiving, and shooting.
- Principles of Play – concepts focused on individual decision making or group decision making given “Tactical Cues”
- Tactical Cues – weaknesses in the opponents that individuals or groups of players can take advantage of through decisions they make.
- Lead In Games – activities designed to address certain principles of play or technical skills during the “Teaching Phase” of training.
- Time on Task – pedagogical concept essentially stating that we need to maximize a player’s or a team’s time executing skills or decision making during training. Basically, limited stoppages, downtime, ball out of play delays, time without access to the ball, time spent standing in lines, or essentially any time in training without skill execution and movement.
- Whole - Part – Whole Methodology – For WYSA purposes it’s the idea of beginning training with a scrimmage, Teaching Phase or the breaking down to an activity or two to teach or emphasize certain skills, then returning to a scrimmage to finish training.

# Organization of Training



- Phase 1: Coaches should have small fields set up as players arrive at practice and let them begin playing a scrimmage in some format anywhere from 1v1 to 9v9 depending on playing format and partner teams availability
- Phase 2: Lead in games such as those shared in adjacent presentations for example for U5 to U8s Sharks and Minnows, Hunters and Rabbits, Gates Games, and for U9s and up “Keep Ball” activities, shooting and finishing, team shape, individual and team defending.
- Phase 3: Play 3v3 for U5/6, 4v4 or 3v3 for U7/8, 4v4 to 7v7 for U10s, 4v4 to 9v9 for U12s, 4v4 to 9v9 for U14/U19. The phase should very closely resemble the game as played by the laws of the game but with some flexibility to maximize time on task.

## Phase One 15 Min



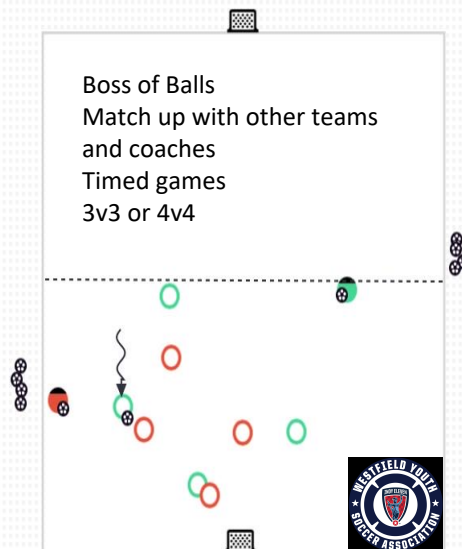
### DO:

- Let them play without stoppages to instruct
- Encourage all players to move up in attack and all to pressure and chase to win the ball back in defense
- Encourage dribbling to goal
- Use \*Boss of Balls technique to keep play constantly going
- Encourage, cheerlead, get excited
- Encourage the kids to compete

### DON'T:

- Play with goalkeepers
- Try to correct "bunch ball"
- Teach passing .. If it happens great but primary focus should be on individual technique while in possession of the ball
- Use Laps, Lines and Lectures
- Criticize

## Phase Three – remaining time



# U5/U6 Training Organization and Sample Activities

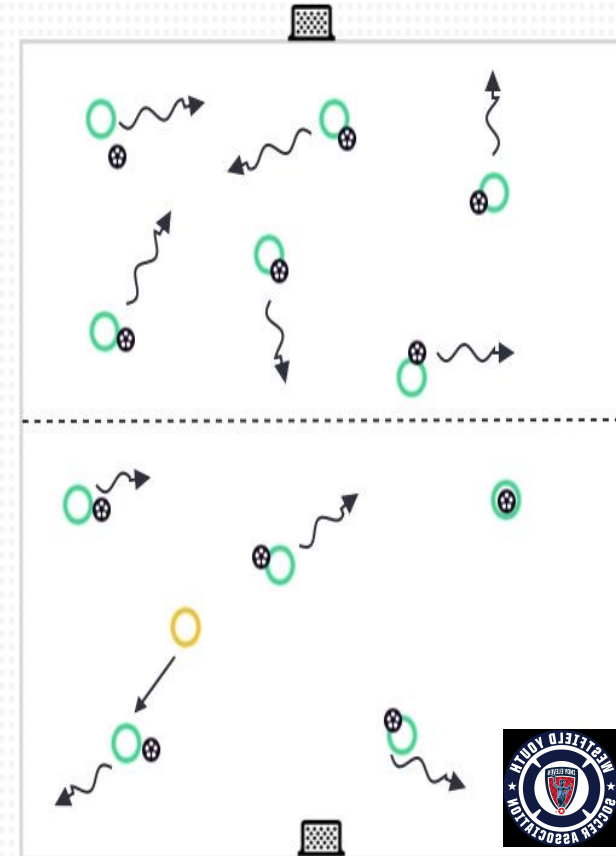
## Phase Two 20 Minutes Max

Activity One is "Paint the Pitch" where each kid tries to use the ball as a paint brush to paint as much of the field as possible in a set time

Technical Cues: Using most surfaces of the feet to manipulate the ball  
Dribbling at speed

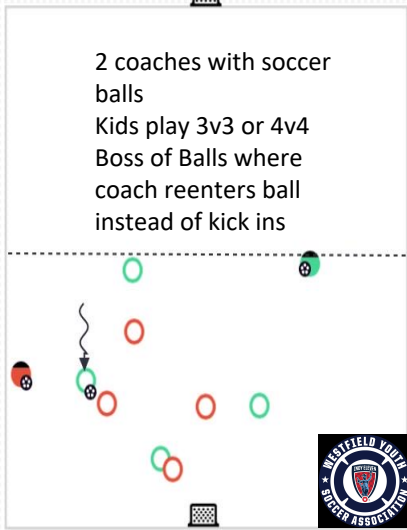
Activity Two is "Freeze Tag" where kid with soccer ball dribble to avoid a hunter who can tag them to freeze them, other players with soccer balls can unfreeze them with a tag

Technical Cues: dribbling at speed, dribbling with head up, changes of pace and feints





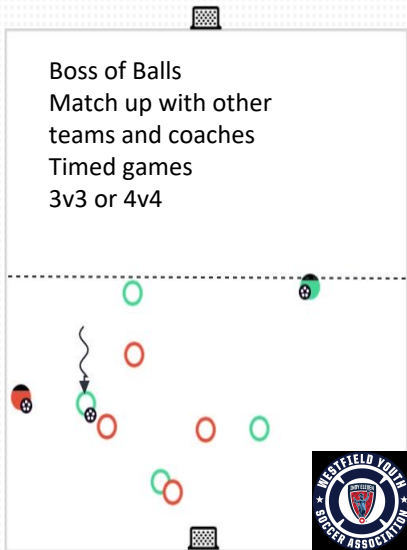
Phase One 15 Min



DO:

- Let them play without stoppages to instruct
- Encourage all players to move up in attack and all to pressure and chase to win the ball back in defense
- Encourage dribbling to goal
- Encourage players to work with one other player to pass and move
- Use \*Boss of Balls technique to keep play constantly going
- Encourage, cheerlead, get excited
- Encourage the kids to compete
- Some emphasis on having a diamond shape in both attack and defense

Phase Three – remaining time



DON'T:

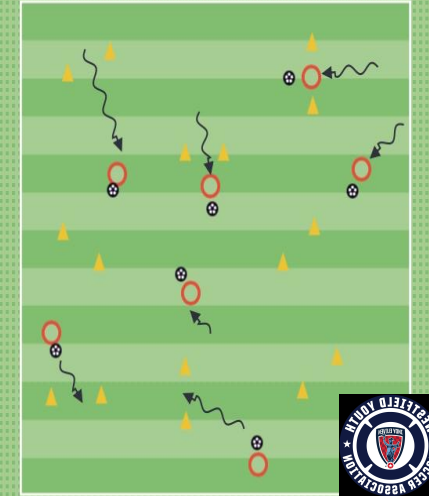
- Play with goalkeepers
- Teach any Tactics or gamesmanship. If they figure those things out on their own that's fine.
- Use Laps, Lines and Lectures
- Worry about kick-ins, knowledge of the rules, getting "organized"
- Be concerned with Winning – if the kids begin to care then great.
- Criticize

U7/U8 Organization and Sample Activities

Phase Two 20 min

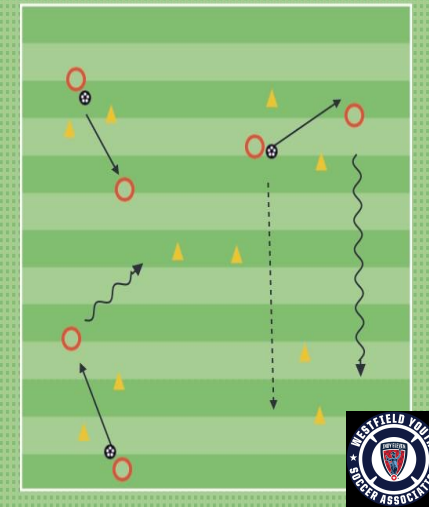
Activity One – Gates Game Dribbling

Each Player has a ball  
 Dribble through as many gates as they can in a certain time  
 Technical Cues – dribbling with head up, turns, use of multiple surfaces of the foot  
 Problem Solving – Do players find way to "cheat the game"  
 Progression – "Sharks and Minnows" version in which sharks are added to win the ball off minnows and become minnows again and then can accumulate points



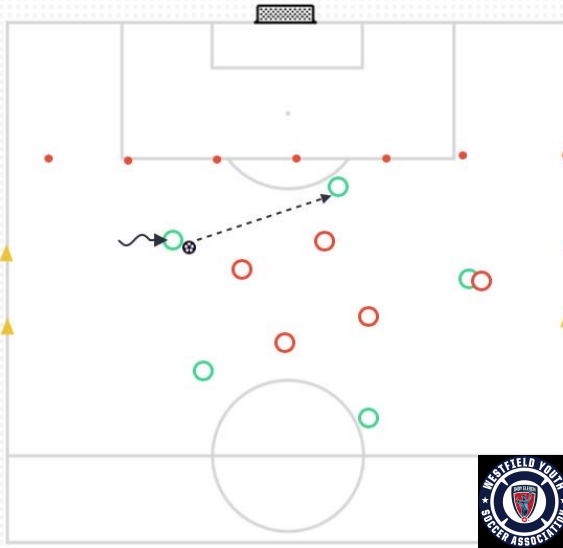
Activity Two – Gates Passing

Partner each kid up with a ball between 2. Pairs to pass through as many gates as they can in an allotted time.  
 Technical Cues – use instep to strike ball, lock ankle, plant non-kicking foot next to ball, hips toward target and then move



Phase One 20 Minutes

# U10/U12/U14 and U19 Organization and Sample Activities

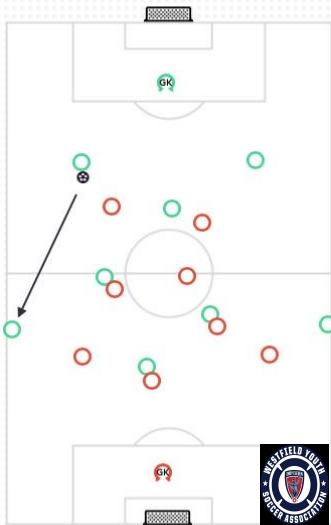


Play 4v4 to 6v6 crossways or to goals if you have enough 4v4 plus goal keepers  
 Let them play without coaching for 5-7 minutes  
 Begin to make a few coaching points as needed during the next 13 minutes  
 Limit to 2-3 stoppages to coach  
 Coaching Points should be consistent with the general topic for the training (i.e. Individual Defending)

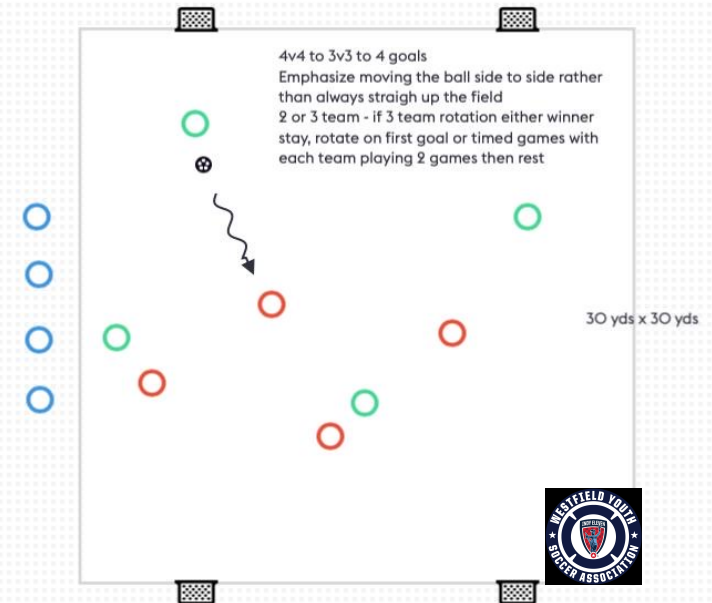


1v1, 2v2, 3v3 to goals with Keepers  
 Attacking Concepts:  
 Combination play, Finishing  
 Defending Concepts: 1v1 defending, transition from defense to offense and vice versa, Final 3rd Defending

Phase Three 25 Min



Match up with another team if possible to play 7v7 (u10,U14, U18)  
 9v9 (u12,U14)  
 If not play 5v5/6v6 to goals  
 Coaching within the game  
 Only 3-4 stoppages during this phase to make coaching points



4v4 to 3v3 to 4 goals  
 Emphasize moving the ball side to side rather than always straight up the field  
 2 or 3 team - if 3 team rotation either winner stay, rotate on first goal or timed games with each team playing 2 games then rest

30 yds x 30 yds



## In Conclusion



Keep it light, fun and active



No Laps, No Lines, No Lectures



Return to our Coach and Commissioner page for more resources to help you be successful as a volunteer coach