

SO YOU WANT TO BE A  
VOLUNTEER SOCCER  
COACH WITH THE  
TTCC?



**GREAT!!**

Volunteers are the backbone of the TTCC, and are always  
needed to help run Soccer & many of their programs

# TTCC Philosophy

The TTCC Recreational Soccer Program is a **developmental** soccer program (in contrast to “**competitive**” soccer) for all youth players, without regard to skill level.

**Everyone** deserves a chance to play, and by using Skills Assessment Day, teams can be balanced and distributed with a range of talent levels in each division.

# TTCC has a Vision Plan:

- where people of all ages are engaged, encouraged, & nurtured,
- that everyone is welcome on the Team,  
and
- stewards and volunteers lead with honesty, integrity, and transparency.

As a volunteer, your willingness to Coach (or assist coaching), is more important to the players than your skill level, provided you abide by the TTCC Philosophies, and the Coach/Player Manual.

# Personal Philosophy

\*Please note, these are MY thoughts and philosophy, and not those of TTCC

Practices and Games should conform to the Players Needs, & not necessarily the Coaches Wants

- The point of practices is to build skills that can be used in this Division, and to be enhanced in the next Division
- Games should be for experience, skill testing/building, and most importantly should be **FUN!**

## Special notes for Practices:

- Be on-time and ready to go for practices (and early to games). Players will follow your example.
- Bored, unengaged players don't want to play, and certainly won't win games!
  - If players are not paying attention, wandering off, joking around, or rough-housing, they need to be engaged more
  - Whenever possible, use No-Que techniques (explained further on)

## Special notes for Games/Scrimmages

- Always publically highlight the good (stole the ball, throw-ins, goals) and not the bad (tripped, too slow, passed to opponent), especially after a game
- Self scrimmages are important, and fun for the players. Make sure to have a few as a team building exercise.

**Finally, and most importantly, JOIN IN! In other words, show, don't tell.**

- **Players will be excited if you are the “Final Boss”, playing defense, goalie, “Shark” in Sharks and Minnows, etc.**

# Remember... they are just kids

**Even if your child is a *Soccer Star*, not everyone's kid is**

Some players are in year 5 with siblings who play in HS or College, and some are brand-new and just learning how to play

- Not everyone has the same abilities, or learning curve, but they all deserve to love the sport they are playing
- Yelling at, belittling, and berating players for their lack of skill (or for any reason) is **NOT** acceptable
- Every player should play 50% of each and every game (or more!)
  - Even if this means you might lose the game!

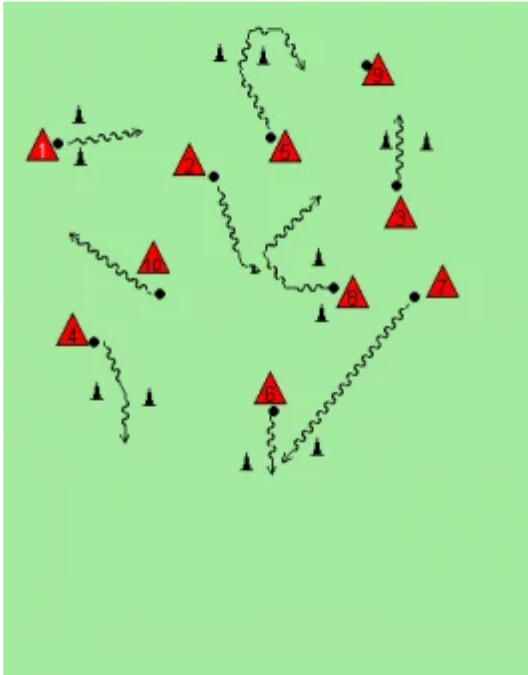


# Avoiding Long Lines: Why Use “No Que” Games?

**IF YOU WERE A KID AND PLAYER # 8 WHICH GAME WOULD YOU WANT TO PLAY?**

## GAME #1

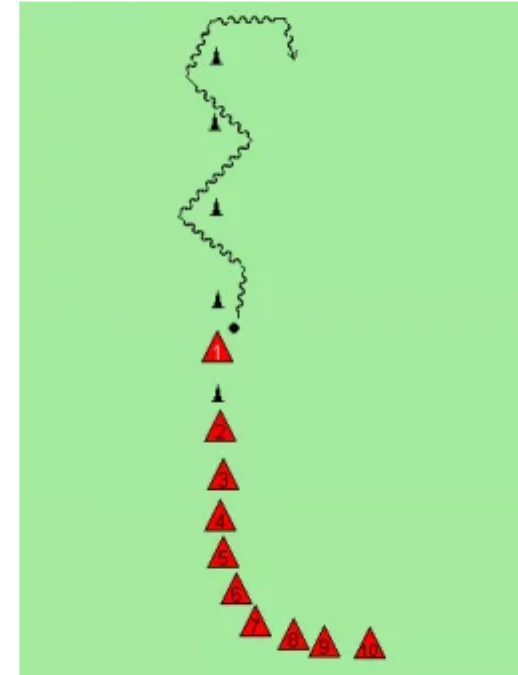
The Game- 10 players with soccer balls try to dribble through as many gates as possible in 5 minutes. If two players balls touch, players do five push ups. Continue dribbling.



This game Player #8 dribbles soccer ball for all of the 5 minute activity.

## GAME #2

The Game- 10 players each take turns dribbling through the cones. The first player in line has a ball. The coach uses stop watch to keep track of times.



This game Player #8 dribbles soccer ball for about 30 seconds.

**Both games use the same amount of cones and set up time. A lot of soccer balls and a little planning makes the difference.**



# Group K/1 (Learning the Game)

Welcome to the world of ants chasing the sugar cube!

These groups are all about BASICS, such as:

- How to kick (yes, there is a right/wrong way)
- How to dribble
- Passing/trapping (if possible)
- Field Boundaries
- NOT USING HANDS
- Good Sportsmanship

A great way to get the kids to learn and remember how to kick is to talk about mini-golf (really, no joke)

- The soccer ball is the “golf ball” and your foot is the golf club
- I sometimes go as far as to tell them that the “cut-out” on the inside of their shoe is the place for the ball to hit your foot

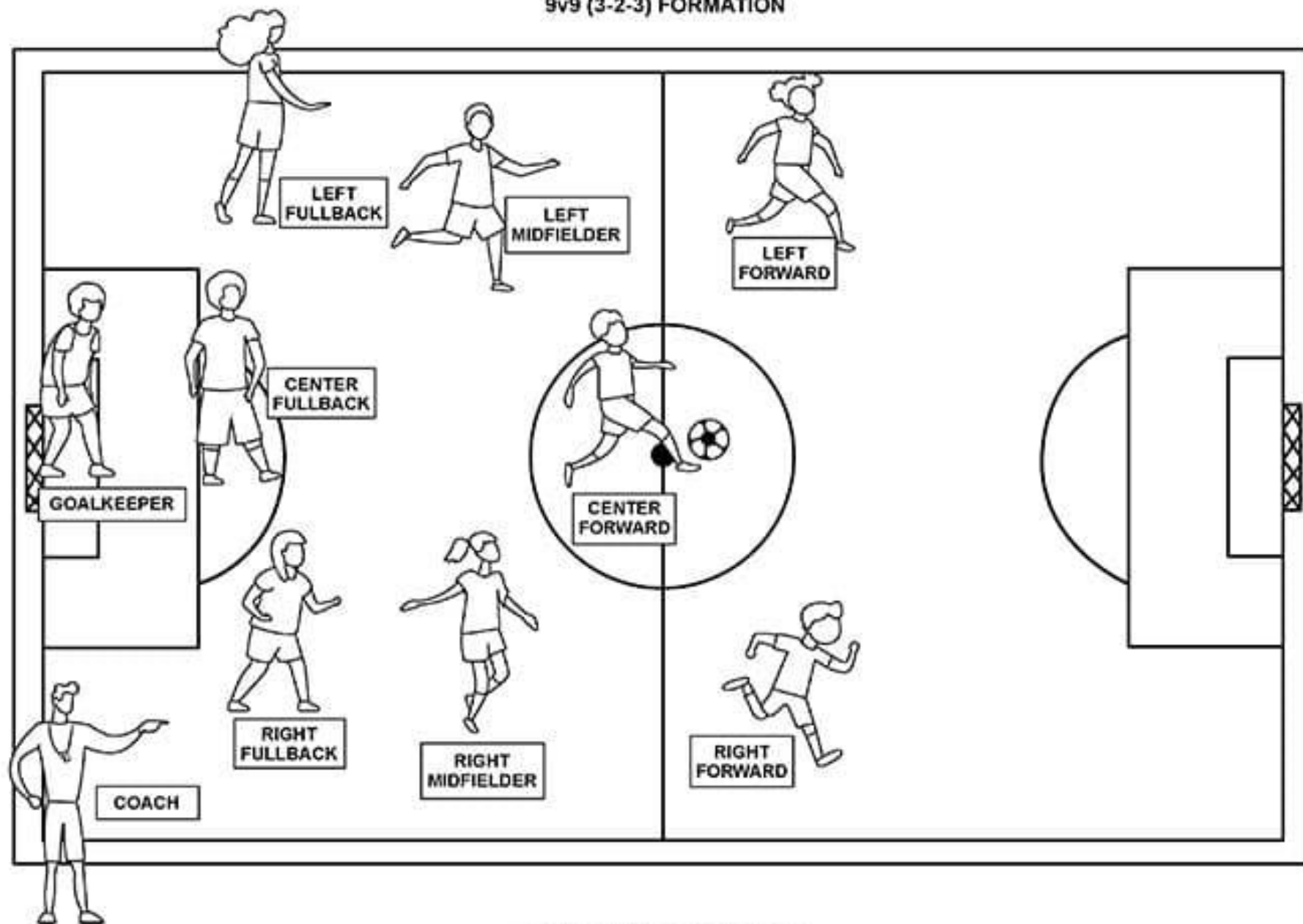
For practices/drills, remember that lines are your enemy, games are your friend!!

- Sharks and Minnows (defense)
- Red-Light Green-Light (dribbling)

Don't forget to have them work in pairs or triangles!

# SOCCER FIELD POSITIONS

9v9 (3-2-3) FORMATION





# Group 2/3 (Playing as a Team)

*Play your position! Where is your position? Who is on defense?*

In addition to the BASICS, teaching them:

- Accuracy
- How to dribble with both feet
  - Using the Inside & Outside of foot too!
- Passing/trapping
- Field Positions
- NO HANDS OR HEAD
- Sportsmanship

A great way to get the kids to learn how to dribble/pass/kick accurately is:

- Looking up or at your target, not the ball
- Look at/aim for the rear bar of the goal
  - Don't look at the goalie!

For practices/drills, remember that lines are your enemy, games are your friend!!

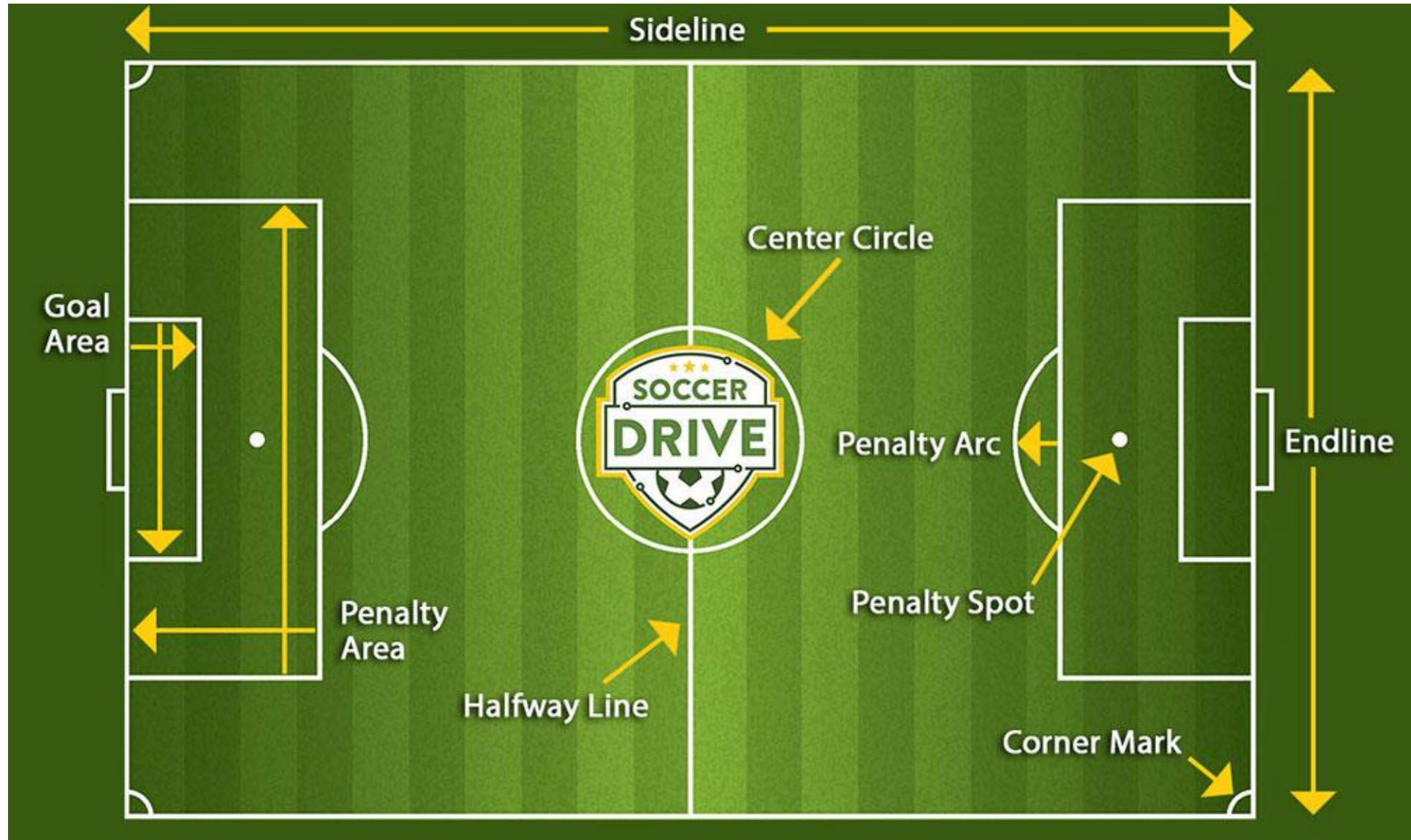
- Sharks and Minnows (defense)
- Jousting (ball control, looking up)
- Red-Light Green-Light (dribbling)
- Scrimmages

Don't forget to have them work in pairs or triangles!

# Soccer Field: Dimensions



# Soccer Field: Identification



Goalies, throw-ins, and off-sides; oh my!

## Group 4/6 (Added Skills)

In addition to everything else, working on:

- Working as a team, communicating
- How to shoot with both feet
  - Using the Inside & Outside of foot too!
- Footwork and maneuvering
- Field Position
  - Including offsides
- NO HANDS OR HEADING
- Sportsmanship

A great way to get the kids to learn “fancy foot-work”:

- Using smaller areas to force them to maneuver
- Make the drills lop-sided (2 vs 3)
- Show them!

For practices/drills, remember that lines are your enemy, games are your friend!!

- Aliens (footwork)
- A vs B (shooting drill)
- Tug of War (accuracy)
- Scrimmage

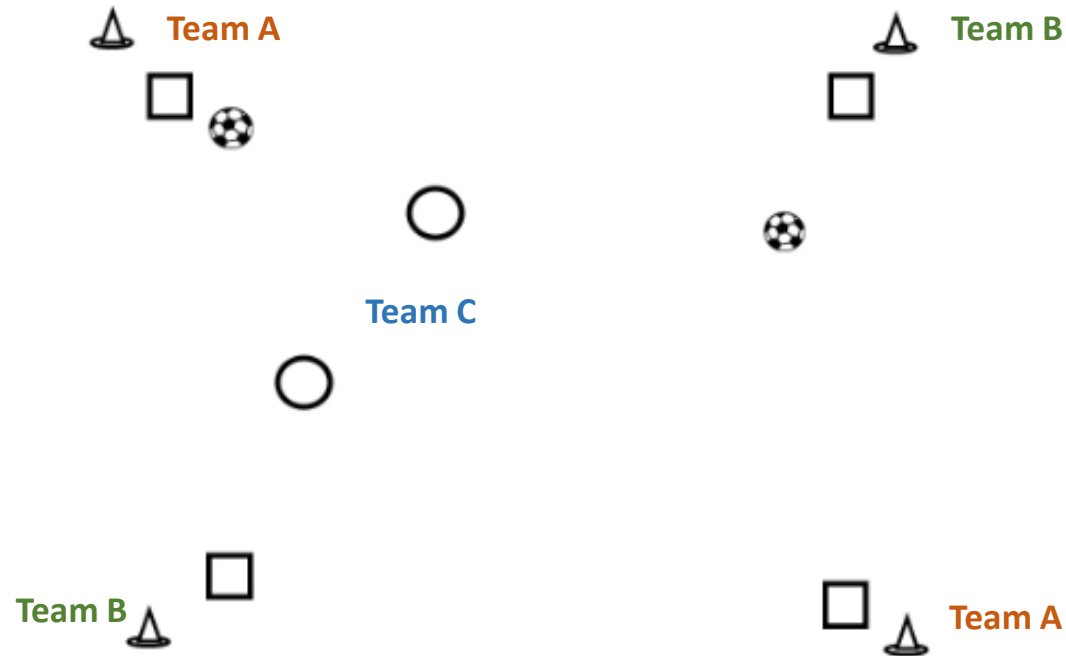
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# Use these suggestions to generate a simple, well rounded practice format

SIMPLE PRACTICE LAYOUT (1hr)					
Dribbling Drill (10 mins)	Water & Reset (5 Minutes)	Passing Drill (10 mins)	Water & Reset (5 Minutes)	Shooting Drill (10 mins)	Water & Reset (5 Minutes)
Column A		Column B		Column C	
Team Game (15 Minutes)					

Column A	Column B	Column C	Games
Inside and Outside of Dominant & Non-Dominate foot (No Toes!)	Inside and Outside of Dominant & Non-Dominate foot (Staying in Control & Why)	Aiming for Corner of Goal Net, use Dominate & Non-Dominate Foot	Jousting
Ball Handling (Ball Lifting, Quick -Turns, & Stops)	Passing while running, Dominant & Non-Dominate foot (Leading & Distances)	From only Left and Right side, and/or outside of the Penalty Box	Aliens
Racing down field (while remaining in control of the ball) & skirting the lines	Monkey in the middle, Slow & Rapid (must pass within 5 seconds)	2 vs 2 (2 defenders, 4 queue lines in total)	Sharks and Minnows
<b>*Abstract Topic*</b> What is "offsides" and how do you avoid it	Corner Kicks & Throw-Ins (Proper Form and Aiming)	Assists (When and How to Set one up, how to perform, & when NOT to attempt)	Scrimmage
This is not a complete list, just suggestions to get you started!			Tug of War
			Red-Light Green-Light
			Split the Defender

# Split the Defender



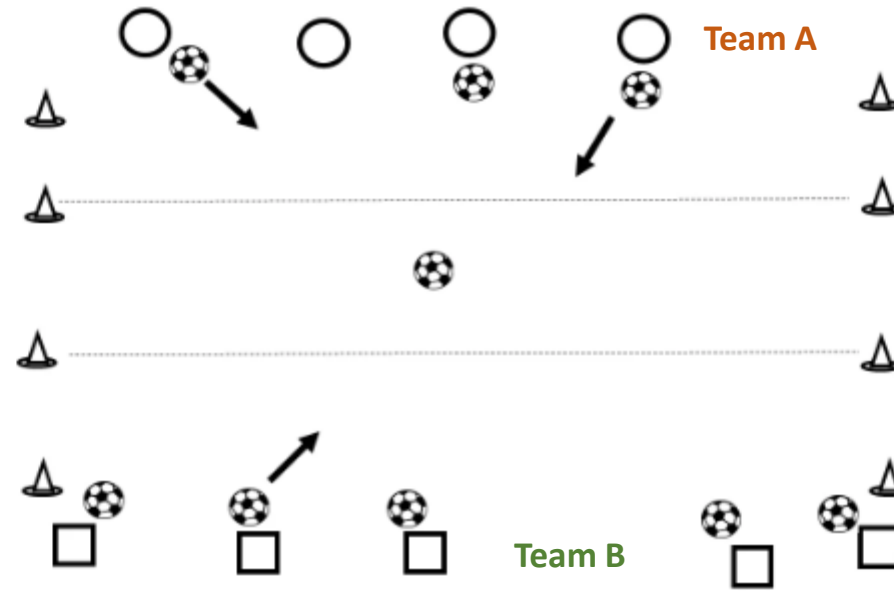
**Setup -** Form 3 teams of two players and a 10-20 yard square with cones.

**The object** of the game is for the four outside players to keep possession and keep the ball away from the O team. Teams score a point when they see an opportunity to pass the ball in between the two defenders and the pass reaches their team-mate who is diagonally across the grid.

If a team makes a mistake, those two go in the middle and the two defenders go to the outside cones.



## Tug of War

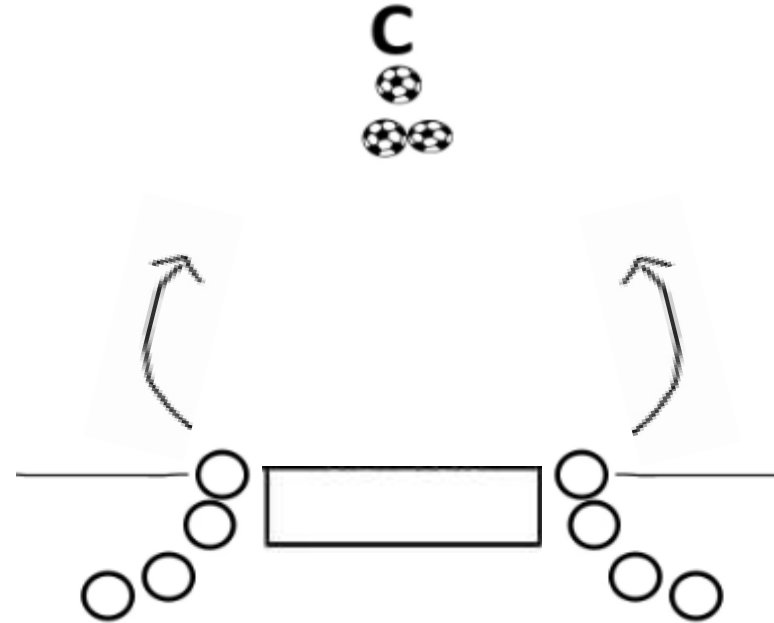


**Setup** - create four imaginary lines with cones. The inside lines about 20 yards. Put a unique colored soccer ball (target ball) in the middle.

**The Game** - Players on each side try make the target ball cross the opposing teams line by kicking (push passing ) their soccer ball at the target ball.

Trains power and accuracy.

# Shooting Drill (A vs B Variation)

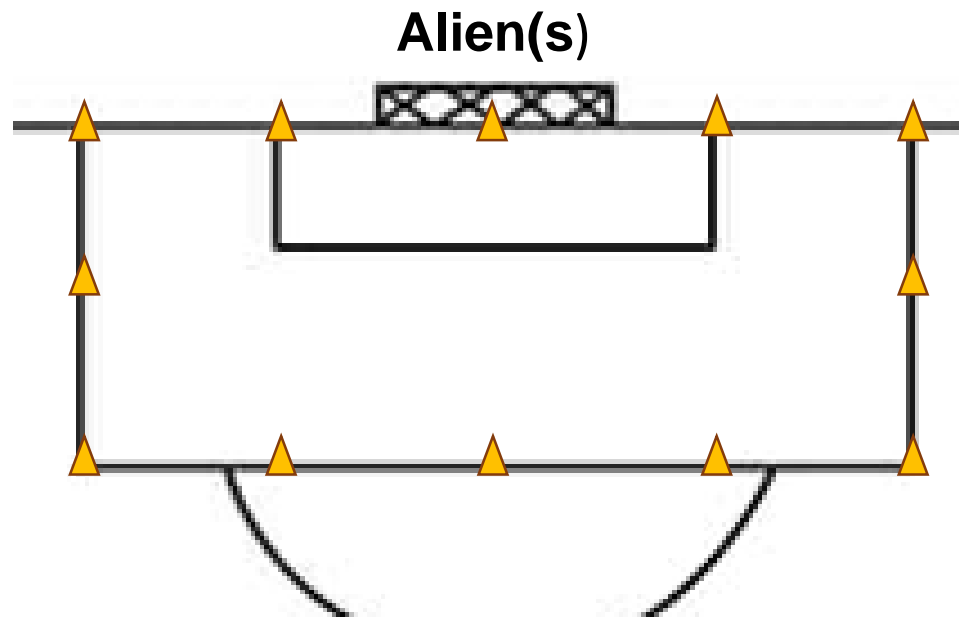


**THE GAME:** split the team into 2 lines on either side of the goal, with the coach and a large number of balls in the penalty arc

When the coach yells “1 on 1”, the first players in each line sprint for the ball, which the coach tosses into a random location in the penalty box. The first player to get the ball tries to shoot a goal, and the other player is the defender. If the defender steals the ball, the roles switch.

If the ball goes out of bounds, or when roughly 2 minutes have elapsed, the coach will blow his whistle and the drill ends with the players going to the end of their respective lines.

For added variability, or if players aren’t paying attention, change up the rules and call-out “2 on 2”, “3 on 3”, or make the drill unbalanced and call “2 on 3”, or whatever you can image. I like to end this drill with “all on all”!



**THE GAME:** The game is essentially freeze tag, and runs for 2-3 minutes. It can be mixed up by having a second Alien.

One player is designated as the Alien and given a pinny to use to tag “humans”. Everyone else on the team gets a ball and gathers in the goal net (to contain them with all those balls). The coach blows the whistle once for the humans to scatter, while staying in the coned area. On the second whistle, the Alien is let loose on the humans.

When tagged with the pinny, the human must stop, pick up their ball over their head, and stand with their feet apart slightly. Other players can un-freeze them by dribbling their ball and kicking it between the freezed player legs.

Pass the pinny on to another player (possibly one that lasted the longest). As the last round, I like to have myself as a 2<sup>nd</sup> (or 3<sup>rd</sup>) Alien!