

Summer Soccer Clinic #4

JULY 30, 2004

Finishing

Trainer: *Jorge Olalde, Santa Fe Soccer League

5:30PM – 6:00PM

Registration & Coaches Session

6:00PM – 6:15PM

Warm-Up (Wakes the muscles up and stretches all the major muscles)

6:15PM – 6:25PM

Coordination drills –10 min (Gets kids sweating and muscles ready for exercise)

-----5 Minute Water Break-----

6:30PM – 6:45PM

Focus: Instep Drive—Proper Shooting Technique for Maximum Power

Provide instruction on form and technique including:

- A. Shoulders and hips are square with target
- B. Kicking leg remains cocked until planted foot is placed beside ball
- C. Lock the ankle and strike the ball cleanly with the instep (laces), keeping toe down
- D. Watch the ball as it leaves the kicking foot
- E. Follow through completely, keeping the leg pointing toward the goal well beyond the point of impact.

Players pair up and use instep drive to play the ball between two cones spaced apart. Increases distance from cones as needed.

Coaches: Toe kicking is still common at this age, but it is the least accurate. If players are having a hard time changing to the instep drive, use shorter kicks and no approach. This focuses attention on the locked ankle and follow through.

6:45PM – 7:00PM

Focus: Simulates fast action and quick ball movement typical of scoring opportunities

Striker initiates with pass to player on goal line. Ball is returned and striker uses two-touch to finish. Alternate sides and use of inside and outside of foot for first touch

Players switch places

-----5 Minute Water Break-----

★ ***About the Trainer—Jorge Olalde** ★

- ★ • Played High School soccer in Mexico and US Men’s Leagues ★
- ★ • More than 15 years experience coaching youth soccer and holds USSF ‘E’ License ★
- ★ • Trainer/Coach for Division II U-12 and U-13 boys and U-14 girls ★

Finishing cont.

7:05PM – 7:20PM

Focus: Use of one touch instep drive

Striker initiates with pass to player on goal line. Ball is returned goalside of the striker who uses a one touch drive for the finish.

7:20PM – 7:30PM

Focus: Practices technique for receiving passes with back to goal and finishing

Striker initiates play with a back pass to the midfielder. Ball is returned and striker controls the pass and turns to finish. Vary by adding a defender and a neutral zone.

-----5 Minute Water Break-----

7:35PM – 8:45PM

Focus: Finishing from volley

Server initiates play with a volley to the striker. Striker uses any part of body to control and finish including inside and outside of foot, instep, sole of foot, thigh, knee, or chest.

Scrimmage

6v6 Scrimmage – Name Teams after countries ex: Brazil, USA, Mexico, England, Portugal, etc.

Coaches Ethic

Source: Santa Fe Soccer League Website

Safety

1. My first responsibility is the health and safety of all participants.
2. Be prepared to handle first aid situations as well as medical emergencies at all practices and games, both home and away:
3. Location of nearest emergency medical facilities
4. Always carry emergency medical release forms and team safety and information cards

Player Development

1. Develop the child's appreciation of the game.
2. Keep winning and losing in proper perspective
3. Be sensitive to each child's development needs.
4. Educate the players to the technical, tactical, physical and psychological demands of the game for their level.
5. Allow players to experience all positions.
6. Players need to have fun and receive positive feedback.
7. Practice should be conducted in the spirit of enjoyment and learning.
8. Provide the appropriate number of training sessions and games according to the player's stage of development.
9. Strive to help each player reach his or her full potential and be prepared to move to the next stage of development.

Ethics

1. Strive to maintain integrity within our sport.
2. Know and follow all rules and policies set forth by clubs, leagues, state, and national associations.
3. Work in the spirit of cooperation with officials, administrators, coaches and spectators to provide the participants with the maximum opportunity to develop.
4. Be a positive role model
5. Set the standard for sportsmanship with opponents, refereed, administrators and spectators.
6. Keep sport in proper perspective with education.
7. Encourage moral and social responsibility .
8. Coaches should continue their own education in the sport.

Official Hand Signals

Source: [Firstbasesports.com](http://www.firstbasesports.com/soccer_signals.html), http://www.firstbasesports.com/soccer_signals.html



Penalty Kick

Referee points to penalty mark from which kick is to be taken



Corner Kick

Linesman points his flag at the corner area from which kick is to be taken



Caution or Expulsion

Referee holds yellow card or red card above head



Goal Kick

Linesman points his flag at the goal area from which kick is to be taken



Throw-In

Linesman holds flag out to his side, pointing in the direction the throw is to be taken



Offsides Location

After linesman signals offside, he then shows location of infraction by holding his flag out in front of him

Secrets to Coaching U-10 Soccer Players

Available at: <http://www.padresoccer.com>

THINGS YOU CAN EXPECT Some coaches say that the 9 and 10 year-old players are beginning to "turn the corner" and starting to look like real soccer players. However, games are still frantically paced and unpredictable for the most part. These players are starting to find out how much fun it is to play the game skillfully, but they will still stop and laugh if the referee gets hit in the backside with the ball during a game.

- They start to understand offsides, but still forget when the goal is in front of them.
- You might actually catch them practicing on their own.
- Parents are telling them to do one thing during the game, you are telling them another thing, but what they end up doing might be what their friend is telling them to do.
- You will see a pass that is deliberate. You might even see a "back pass".

CHARACTERISTICS OF U - 8 PLAYERS

- Gross and small motor skills becoming more refined and reliable. Boys and girls begin to develop separately.
- Ability to stay on task is lengthened. They have the ability to sequence thought and actions.
- Greater diversity in playing ability and physical maturity.
- Skills are emerging. Becoming more predictable and recognizable.
- Some children begin moving from concrete thinking to abstract thinking.

- Able to pace themselves, to plan ahead.
- Increased self-responsibility. They remember to bring their own equipment.
- Starting to recognize basic tactical concepts, but not exactly sure why certain decisions are better. Repetition of technique is very important, but it must be dynamic, not static.
- Continued positive reinforcement needed.
- Explanations must be brief, concise, and mention "why"
- Becoming more "serious". Openly, intensively competitive, without intention of fouling.

COACHING RATIONAL

Some of the U-10 players are seasoned veterans of the youth soccer. Others are brand new and might be very nervous about the whole process. It is our job to keep things in perspective for these young, developing players. True, some of them are becoming quite skillful and are seeing how fun it is to play the game when they can really control the ball. However, many of them are still learning the ropes. Even the more experienced players need to have the game be fun!!! Emphasis is still placed on having players learn how to control the ball with his/her body, but now, they need to find themselves in more game-like situations. Training is more dynamic and starting to have players make simple, basic decisions such as "Which way is there more space?" or "Who should I pass to?".

CBYSA Coaching Clinics

Portland, Texas

Age Modules

(Minimum requirement for all coaches)

U/6-8 Friday, August 27th 6—9:00 PM
Saturday, August 28th, TBA
U-10 Friday, August 27th 6—9:00 PM
Saturday, August 28th, TBA
U-12 Friday, August 27th 6—9:00 PM
Saturday, August 28th, TBA

Cost: \$20

E Clinic

Site to be determined

(Required for Div. II and above coaching)

Friday, August 13th, 6—9 PM
Saturday, August 14th, 8 AM—5 PM
Sunday, August 15th, 8 AM—5 PM

Cost: \$50

Please mail check to:

CBYSA,

P.O. Box 8907, Corpus Christi, TX 78468

Include Name, Address,

Phone number and e-mail address

Bring a friend to the next Soccer Clinic

For more information see also: www.santafesoccer.org or www.padresoccer.com

Padre Soccer League Members

Make checks payable to: Padre Soccer League-Summer Clinic

Send registration form and fees to:

Padre Soccer League—Summer Clinic
PO Box 270453
Corpus Christi, TX 78467

Santa Fe Soccer League Members and All Others

Make checks payable to: Santa Fe Soccer League-Summer Clinic

Send registration form and fees to:

Santa Fe Soccer League—Summer Clinic
3636 South Alameda, Suite B-142
Corpus Christi, TX 78411

Padre-Santa Fe Summer Soccer Clinic

Registration Form

Name _____ Phone _____ Alt Phone _____
Last First

Date of Birth _____ Male Female

Address _____
Street City State Zip

Parent Name(s) _____ Email _____

Emergency Information

Person to notify in an emergency _____ Phone _____

List any medical problems _____

Players:

Last season played was U-6 U-7/8 U-9/10

Registered member of Padre Soccer League
 Santa Fe Soccer League
 Other _____

*Coach Registration:

I am a coach for U-7/8 or U-9/10 and will participate in the sessions indicated.

*Note: fees for coaches are waived if coaching in the Fall.

Clinics Attending

#1-5 \$20

Individual Clinics \$5 Each

#1 Fri. July 9th #4 Fri. July 30th
 #2 Fri. July 16th #5 Sat. August 7th
 #3 Sat. July 24th