

CSA Developmental Coaches Guide

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Director of Coaching



Thank you for Volunteering to coach CSA Developmental Soccer

- CSA's Developmental program would not be able to run without the dedication of our coaches and trainers.
- We thank you for volunteering your time to help coach and train the player in this program.
- Whether you're a seasoned veteran or a new coach you will all have something to offer this season.

Thanks!

What to Expect?

- Developmental soccer is an inclusive program open to all abilities of soccer players.
- The likelihood is your team will be comprised of varied levels of skills.
- Whether first time or returning players, you should expect all players to be enthusiastic and excited to learn and play.
- For some of your more experienced players, encourage them to participate as team leaders whose job is to “pump up” their teammates, encouraging them throughout- negative comments towards other players should never be tolerated and can be addressed directly by the coach as a leader, themselves.
- Some players may be a little shy at first, but that’s okay! They will warm up to you quickly.

What do we expect of you?

- This can be age-specific, which we cover in later sections, but factors that span across all age groups are:
 - Be organized and prepared
 - Be on time
 - Be presentable (athletic/coaching wear)
 - Be a good role model for your team
 - Be enthusiastic and at times patient (especially for younger groups)
 - Involve the parents and enlist their support
 - Encourage players and parents to listen to their coach, not to those on the sidelines

What do we expect of you? U6 Coaches

- At the U6 age group focus should be on the individual player.
- Practices should be focused on dribbling and ball control.
- Having the player become comfortable with controlling the ball, dribbling it towards a target and being able to stop and turn it around.
- By the end of the season players should be able to accurately dribble to a desired location with a moderate degree of speed.
- Some focus should be placed on the team, specifically allowing other team members to possess the ball and not stealing it from each other. You may want to do a fun game of “Unglue” to reinforce this, where players from the same team should ensure they space out, so that they don’t get stuck together!

What do we expect of you? U8 Coaches

- Increased emphasis on the team while still encouraging the individual.
- Passing and build up play should start to be introduced, instead of one player dribbling straight to goal each possession.
- Team positions and roles should be worked into games too.
- Players with more developed dribbling ability should be encouraged to try skills to create space.
- By the end of the season players should have a good grasp on the role of defense vs the role of offense. Teams should be able to possess the ball while sharing possession through passes between players.

What do we expect of you? U10 Coaches

- At this level, formations and team tactics should be more advanced. Working on transitions in play and changing the formation to suit needs of the game.
- After already grasping passing it should be expanded to knowing the correct time of when to pass and when to dribble.
- A well rounded player at U10 should be able to confidently dribble and pass to create space.
- Goalkeepers are now part of the equation at U10 so identifying any players with an interest in the position is recommended.
- We understand specific goalkeeper training is difficult to manage but incorporating a goalkeeper in practice sessions/scrimmages is strongly recommended.

Organization

Age Group	Total Players on Field	Game timing	Ball Size	When Should Practice Be Conducted?
U6	4 v 4	4 x 8 mins	3	Half time
U8	4 v 4	4 x 12 mins	3	Midweek/Half time
U10	7 v 7 (6 + GK)	2 x 25 mins	4	Midweek
U12	9 v 9 (8 + GK)	2 x 30 mins	4	Midweek

What Should I Be Targeting at Each Age Group?

 PLAYER DEVELOPMENT PATHWAY www.thecoachingmanual.com					
0-6 Active start Intro to physical activity. Touches on the ball in a fun, unstructured environment. Dribbling, turning, receiving and striking the ball. Focus on the individual.	6-9 FUNDamentals Skill development in a structured, positive and fun environment. Technical development of passing, receiving, dribbling and finishing. Focus on 1v1 actions and promote game understanding and technical execution in small sided games.	9-12 Learning to train Acquire & develop football specific skills in a fun and productive environment. Introduce competition. Focus on refinement of movement skills. Develop skills in and out of possession as well as transitions. Intro to basic tactical concepts and continue to develop game understanding through 7v7/9v9 games.	12-16 Training to develop Continue to develop football-specific skills as players transition to 11v11. Competition makes players want to win and give 100%, but the main focus still on training & developing skills. Introduce position specific roles & responsibilities and meeting physiological demands of the game.		
16-19 Training to compete Develop the player to meet physiological, technical and tactical demands of the game. Competition is provided to challenge and develop. Training targets development and maintenance of technical & tactical skills. Understanding position specific roles in relation to the game.	19+ Training to win Maximise the the physiological, technical and tactical skills of the player so they peak in competitions. Focus in training around performance and winning games, as all athletes capacities should be fully established. Training = high volume + high intensity.	Any Age Active for life Positive experiences in football. Focus is less on winning and more on social aspects, having fun and completing for the love of the sport, whilst still being challenged as an individual or group.			
FOOTBALL-SPECIFIC STAGES:		GAME FORMATS:		WINDOW OF TRAINABILITY:	
4-9	Pre-Academy Phase	4v4 U6-U8	7v7 U9-U10	 Speed 1 6-8 years	 Fine Motor Skills 7-11 years
9-12	Foundation Phase			 Speed 2 11-13 years	
12-16	Youth Development Phase			 Aerobic Endurance 11-14 Years	 Flexibility 6-10 Years
16-21	Pro Development Phase	9v9 U11-U12	11v11 13+		
16+	First Team Football			 Anaerobic Power 12-16 Years	

What do we expect of you? Match Days

- If you are the first match of the day, you are responsible for set-up.
- If you are the last match of the day, you are responsible for breakdown.
- During games it's common for the coach to want to dictate almost every aspect of the game.
- What has been found to be most helpful is that, in the long run, players benefit from less instruction and the process of them figuring it out by themselves is greatly beneficial.
- Quite clearly almost all age groups need some form of instruction, whether it's positionally or to even make them pay attention. But what we ask is that (as best as possible) we leave it up to the players.
- This makes it more fun for the players and helps their development.

Match Day Rules

Age Division	Ball Size	Type of Program	Game Length (periods x minutes)	Target Maximum # of Players on the Field	Target Minimum # of Players on the Field	Goalkeepers?	Offsides	Headers allowed?	Throw-ins or Kick-ins
Under 6 (U6)	3	Instructional/ Non-Result	4 x 8	4	4	No	No	No	Kick-in
Under 8 (U8)	3	Instructional/ Non-Result	4 x 12	4(5 if needed)	3	No	No	No	Throw-in
Under 10 (U10)	4	Instructional/ Non-Result	2 x 25	7	6	Yes***	Yes	No	Throw-in
Under 12 (U12)	4	Developmental/ Result Oriented	2 x 30	9	8	Yes***	Yes	Yes	Throw-in
Under 14/15 (U14/15)	5	Developmental/ Result Oriented	2 x 35	11	7	Yes***	Yes	Yes	Throw-in
*** Field player numbers include the keeper (For example, if the maximum players is 9, it's 1 keeper + 8 other players)									

Noteworthy Rules for Match Day

U5 & U6

- On the fly substitutions are permitted.
- Each team is allowed to have 1 coach on the field of play for instruction.
- The players must be played as equal amount of quarters as possible. All players must play 3 quarters before one player is allowed to play all 4 quarters.
- After a goal is scored or for a goal kick, the ball is placed on the end line of the team that the goal was scored against. The opposing team must wait on their side of the field until the ball is brought past the mid field line before engaging in play.

U8

- On the fly substitutions are permitted
- On a goal kick, the opposing team must wait on their side of the field until the ball is kicked into play before engaging in play.

U10

- When the goalkeeper has possession of the ball or a goal kick is being taken, the opposing team must move behind the build out line. The goalkeeper does not have to wait for the players to retreat before playing the ball.
- Goalkeeper cannot punt or drop kick the ball.
- The opposing team may cross the build out line on a goal kick when the ball is put into play, after clearing the penalty area.
- When the goalkeeper distributes the ball, the opposing team may cross the build out line.
- If the goalkeeper places the ball on the field and kicks or dribbles it, the opposing team may cross the build out line.

Sportsmanship

- Please help by asking your parents to move to the spectator side of the field. Not on the coaches' side; not behind the goal or to the side of the goal. You need to be able to coach and allow the parents to enjoy the game separately.
- Scores (as applicable): While we are certainly trying to do our best, nobody enjoys being on either end of a lopsided score. Things to consider might be:
 - to change the groups of players so that you are not fielding all top players at once,
 - play with one less player if you don't have too many subs, offer the other team to play with one extra (U5/6 -perhaps 4 vs. 3 players makes it work),
 - move goal scorers to defense or goaltender,
 - ask players to pass a number of times before attacking (especially older groups could benefit here by working on ball control/possession/passing.)
- I understand that it does get difficult, but we can try ways to make it a bit more even in certain places.

Preventing and Addressing Bullying

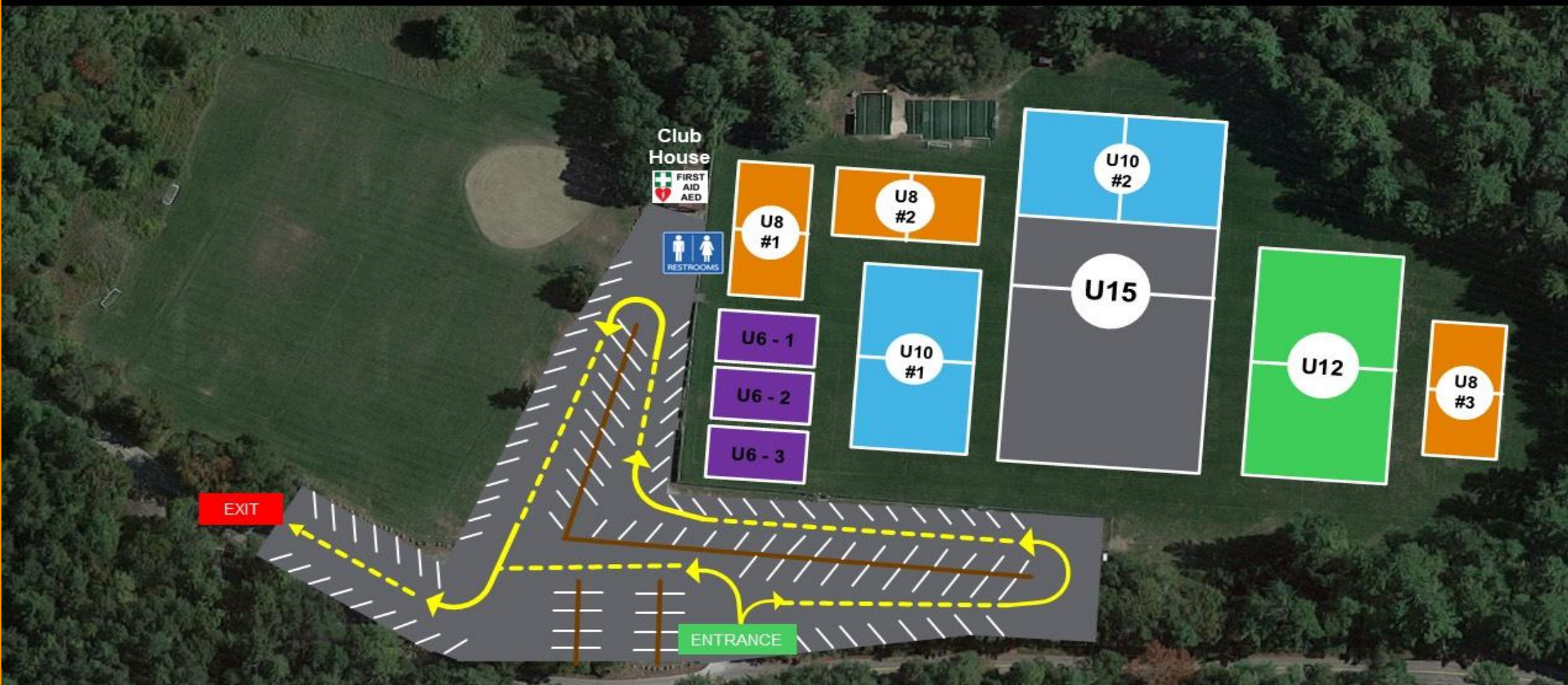
- **Be an Anti-Bullying Role Model:**
 - Convey that bullying is unacceptable.
 - Foster good relationships with all players.
- **Encourage Open Dialogues & Reporting:**
 - Discuss acceptable behaviors regularly.
 - Create a safe environment for reporting bullying.
- **Set Clear Consequences:**
 - Transparently outline the consequences for bullying.
 - Ensure no blame is placed on victims.
- **Maintain Supervision & Protect All Athletes:**
 - Supervise, especially during unstructured play, to prevent bullying.
 - Provide equal protection and support to all athletes.
- **Promote Team Unity:**
 - Break up cliques and emphasize mutual respect.
 - Discourage aggressive behavior and teach constructive responses.

Remember: Foster a respectful and united team environment where every player feels safe and valued

Where are My Matches? Field Map



Coventry Soccer Fish Hill Complex Field Layout



Connect with Your Other Coaches!

Coaches Contact List

Link to Up to Date Contact List:

https://docs.google.com/spreadsheets/d/1EMTru2SYXVgD_1PGTN1C4_-dDa5iLPel/edit#gid=1791065918

Asking for Help- Don't Be Afraid to Ask!

Coaching Mentors

In addition to our other volunteer coaches and myself, the following individuals can serve as your coaching mentors during this season. Feel free to reach out to them or to any one of us at any point for guidance, practice ideas, etc.

David Andre

401-742-2955

shocker9@gmail.com

Jesse Shibley

401-952-6026

jesse.shibley@gmail.com

Questions?

- Feel free to reach out to me at any point during the season for any assistance with coaching.
- Whether it's you're stuck with a session idea or want to advance your knowledge on a certain topic, I'm here to help.

Email: cmoore0207@gmail.com

