



# CSA COACHES GUIDE



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[Start Page](#) 



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# 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, assistant 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.





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# 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 in a new position they don't normally play, and behave as team leaders whose job is to "pump up" their teammates, encouraging them throughout- negative comments towards other players should never be tolerated and should 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. Keep it fun and engaging!





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# 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
- You are allowed one assistant coach who must qualify under the same requirements as yourself. **No more than one head coach and one assistant coach are allowed on the coaching side.**
- Encourage players and parents to listen to their coach, **not** to those on the sidelines.





# WHAT DO WE EXPECT OF YOU?

## MATCH DAYS

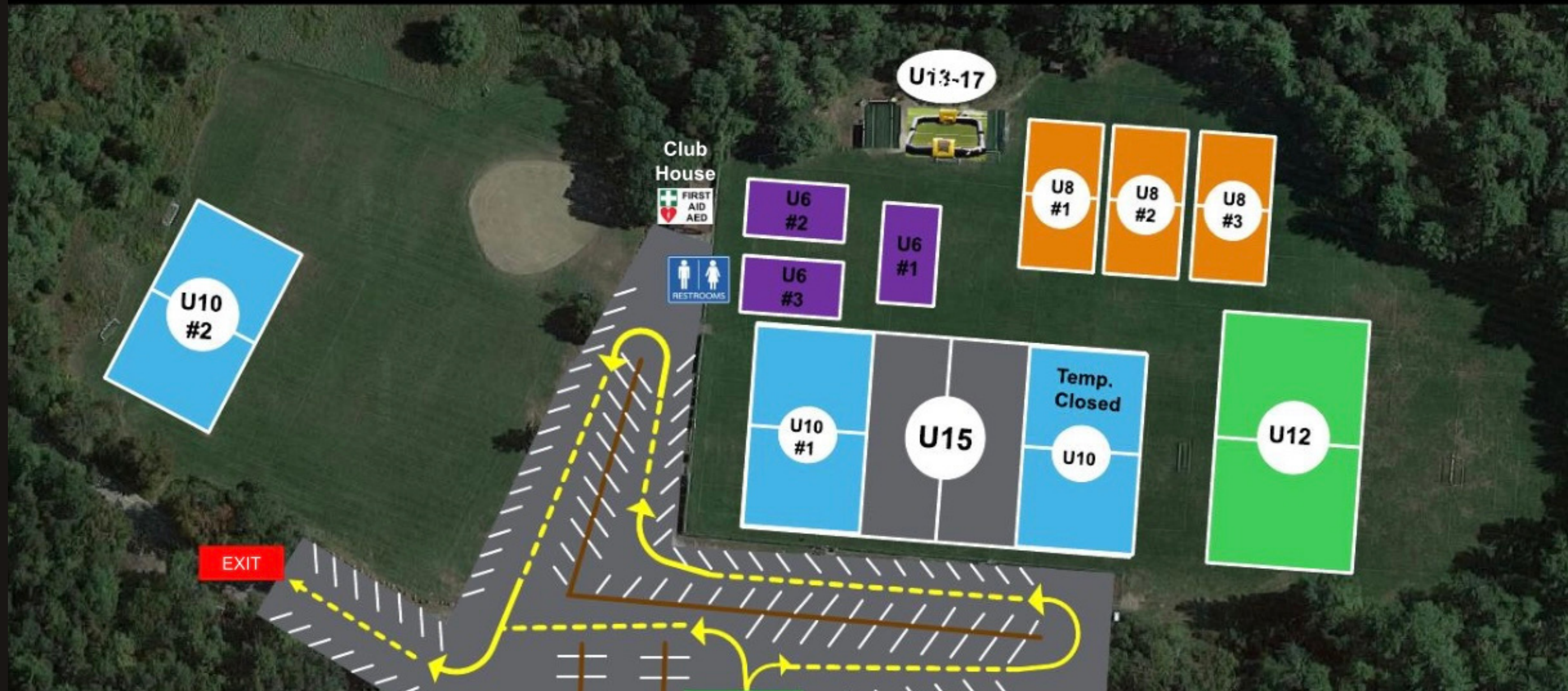
- If you are the first match of the day, you are responsible for set-up.
- If you are the last match of the day, you are responsible for breakdown.
- Match schedules are available at the field house and at the fundraising tent; just ask.
- During games, it's common for the coach to want to dictate almost 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.



# WHERE ARE MY MATCHES? FIELD MAP



## Coventry Soccer Fish Hill Complex 2024 Field Layout





# 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
U10	7 v 7 (6 + GK)	2 x 25 mins	4	Midweek
U12	9 v 9 (8 + GK)	2 x 30 mins	4	Midweek



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# MATCH DAY RULES



Type of Age Division	Ball Size	Program	Target Game Length # of (periods x minutes) the Field	Maximum Players on	Target Minimum # of Goalkeepers? Players on the Field	Offsides	Headers allowed?	Throw-ins or Kick-ins	
Under 6 (U6)	3	Instructional/ Non-Result	4 x 8	4	4	No	No	Kick-in	
Under 8 (U8)	3	Instructional/ Non-Result Instructional	4 x 12	4 (5 if needed)	3	No	No	Throw-in	
Under 10 (U10)	4	results Oriented	2 x 25	7	6	Yes***	Yes	Throw-in	
Under 12 (U12)	4	Developmen tal/Result Oriented	2 x 30	9	8	Yes***	Yes	Throw-in	
Under 14/15 (U14/15)**	5	Developmen tal/ Result Oriented	2 x 35	11	7	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)		**NOTE: Spring 2024 will utilize inflatable; game length, target maxium players,. Refer to schedule fro Spring							







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# NOTEWORTHY RULES FOR MATCH DAY

## U6

## U8

- 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.

- 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.





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# SIDELINE BEHAVIOR RULES

1. All children deserve the right to participate in soccer environments free from abuse.
2. It is the responsibility of coaches to ensure that spectator behavior is supportive and not distracting or hostile.
3. Give players the opportunity to make their own decisions on the field!
4. All participants and spectators should be aware of Coventry Soccer Association Codes of Conduct and Zero Tolerance Policy.





# 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.





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# COACHING PHILOSOPHIES BY AGE GROUP

## *General Principles Across All Ages:*

### **Inclusivity and Positive Reinforcement:**

Ensure all players feel valued and included, providing positive reinforcement to foster confidence and enjoyment.

**Player-Centered Approach:** Focus on the developmental needs and well-being of each player, adapting coaching methods to meet these needs.

**Lifelong Love for the Game:** Aim to instill a lifelong love for soccer, emphasizing enjoyment, respect, and sportsmanship above all.





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# 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!





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# COACHING PHILOSOPHY: U6



## Focus: Fun, Introduction to Soccer, and Basic Motor Skills

- Philosophy: Create a positive, fun, and engaging environment where children can fall in love with the game. At this stage, activities should focus on basic motor skills like running, jumping, and changing direction, alongside introducing simple soccer concepts through games.
- Key Elements: Emphasize play and enjoyment. Use games that allow multiple touches on the ball, encourage creativity, and avoid structured soccer drills.





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# 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.





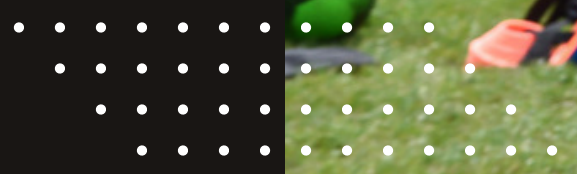
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# COACHING PHILOSOPHY: U8

**Focus: Fundamental Soccer Skills and Team Play**

- Philosophy: Continue to prioritize fun while introducing more structured soccer skills and basic team play concepts. Players should start learning about positions, basic rules, and teamwork, with a continued emphasis on individual ball skills and small-sided games.
- Key Elements: Keep sessions engaging with a mix of skill-building activities and games that promote teamwork. Focus on dribbling, basic passing, and shooting techniques, ensuring each player has ample time with the ball.







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# 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.





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# COACHING PHILOSOPHY: U10

- Philosophy: Develop technical skills while introducing tactical concepts. Coaches should focus on improving players' soccer skills (dribbling, passing, shooting) and begin teaching basic tactical awareness (spatial awareness, basic formations, roles of different positions).
- Key Elements: Balance between technical drills and small-sided games that encourage players to apply skills and tactics. Introduce the concept of positional play but allow flexibility for players to experience different positions.



*Focus: Skill Development and  
Tactical Awareness*



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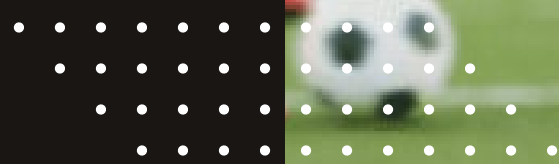


# COACHING PHILOSOPHY: U12

Focus: Advanced Skills and Tactical Understanding

**Philosophy:** Enhance technical skills and deepen tactical understanding. Players should work on refining their soccer skills and understanding more complex tactical concepts, such as moving without the ball, defensive organization, and transitioning from defense to attack.

**Key Elements:** Implement more structured training sessions focusing on team tactics, set plays, and positional responsibilities. **Encourage players to start specializing in positions but remain flexible.**





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# COACHING PHILOSOPHY: U13

- **Philosophy:** Focus on positional specialization and physical development. As players begin puberty, addressing physical conditioning, agility, and strength becomes important. Position-specific skills and roles should be emphasized alongside team tactics.
- **Key Elements:** Introduce more detailed positional training, advanced tactical play, and physical conditioning programs. Continue to foster a team environment and competitive spirit while ensuring a positive developmental experience.



**Focus: Positional  
Play and Physical  
Development**





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# COACHING PHILOSOPHY: U14

*Focus: Technical Mastery and Tactical Complexity*

- **Philosophy:** Aim for mastery of technical skills and introduction of tactical complexity. Players should refine their technical abilities to a high level while being introduced to more complex tactical situations and game strategies.
- **Key Elements:** Focus on high-level technical skills, complex tactical scenarios, and mental aspects of the game. Begin to tailor training to the competitive demands of soccer, emphasizing decision-making and soccer intelligence.





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# COACHING PHILOSOPHY: U16

*Focus: Advanced Tactical Play, Physical Peak,  
and Mental Toughness*

- **Philosophy:** Prepare players for the competitive and physical nature of advanced levels. Focus on advanced tactical understanding, peak physical conditioning, and mental toughness to handle the pressures of competitive play.
- **Key Elements:** Implement advanced tactical training, intensive physical conditioning, and mental preparation strategies. Encourage leadership, responsibility, and a strong work ethic, preparing players for higher competition levels or potential collegiate play.





# 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

# CONNECT WITH YOUR OTHER COACHES! COACHES CONTACT LIST

Link to Up to Date Contact List:

[https://docs.google.com/spreadsheets/d/  
1SMsFt0ez01H1yNT3cVdh-  
NllG6mSB44lpwHYJ6ST610/edit#gid=0](https://docs.google.com/spreadsheets/d/1SMsFt0ez01H1yNT3cVdh-NllG6mSB44lpwHYJ6ST610/edit#gid=0)



# ASKING FOR HELP- DON'T BE AFRAID TO **COACHING** ASK! **MENTORS**



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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.

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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.



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# 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](mailto:cmoore0207@gmail.com)**





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# THANK

# YOU!

