

AYSO Intermediate Coaching Course

Instructor Notes



**Developed by
The AYSO National Coach and the AYSO
National Coaching Commission**

AYSO INTERMEDIATE Coaching Course

The Intermediate Coaching course is a fifteen hour course designed to link the technical aspects of the game with the ability of players to read the game.

The teaching plan is the Intermediate Coaching Manual - the instructor notes are your presentation guide.

This course also links short sided play to the full 11 a side game.

Players must be used as demonstrators for this course.

The AYSO National Coaching Program has been developed by the AYSO National Coaching Commission to provide AYSO coaches with the best possible instruction that reflects and fulfills the vision and mission statements of AYSO.

AYSO Vision Statement: To provide world class youth soccer programs that enriches children's lives

AYSO Mission Statement: To develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies:

In addition, the AYSO coaching program is accredited by National Council for Accreditation of Coaching Education (NCACE).

NCACE grants accreditation to educational programs that meet or exceed the minimum requirements outlined in the National Standards for Athletic Coaches developed by the National Association for Sport and Physical Education.

All AYSO instructors should present the National AYSO Coaching program.

Coach instructors must understand how the AYSO National Coaching Program was developed.

All AYSO courses are designed to be presented using a combination of players and coach demonstrations. Coaches in attendance should see how a professional works with a particular age group and experience the rigors of the game.

AYSO Instructors must:

Use the AYSO materials

Teach what is in the manuals

Support the AYSO National Coaching Program.

As the instructor of the Intermediate Coaching Course you will be responsible for preparing your own teaching plan. The lesson plan is the Intermediate Coaching Manual.

Think twice about passing the manual out right away. Coaches will tend to browse through it and may miss a very important coaching point being made. This is your call. Keep in mind that a lesson plan is a plan for learning. As is true in most activities, the quality of planning affects the quality of results.

An effective AYSO coach instructor must devote as much time and energy in carefully planning and preparing, much like you would prepare to coach a soccer game or practice. The manual is your lesson plan; your instructor notes will help you personalize the course.

This course is also designed to use U-14 and U-16 players as demonstrators.

This allows the coaches in attendance to view real U-14/16 coaching conditions. You will find that while coaches want to demonstrate their soccer talent, they often don't have the skills and stamina to achieve the desired outcome or that they are above the true playing level of the average U-14/16 player.

Time will be your number one enemy when presenting the Intermediate Coaching Course. Constantly - ***be aware of your time.***

The recommended time schedule is on page 3 of the Intermediate Coaching Manual. The 15 hours is designed for 4.5 hours of lecture work and 10.5 hours of field work. Remember that the lecture sessions of this course should cover the main points and allow the coaches to read the details. Model on the field all of the lecture sessions when working with coaches and players. Cover the main points and move on. You don't have time to **clean** techniques in this course. Again your main enemy will be shortage of time. Time management is essential to a successful course

Stick to your plan and teach the manual.

All coaches at this level must understand how they can incorporate the four elements (listed below) into their training sessions.

1. Skills
2. Tactics
3. Conditioning
4. Psychological motivation

At this level coaches must:

1. Develop a proper attitude with their players
2. Make each player feel important
3. Make training enjoyable and rewarding for players
4. Understand each player's strengths and weakness
5. Provide proper role model

Helpful hints:**AYSO History and Philosophy**

Don't assume that all in attendance understand their role in modeling Everyone Plays, Balanced Teams, Open Registration, Positive Coaching, and Good Sportsmanship. Spend time explaining the importance or modeling the AYSO Philosophies and maintaining the organization's history.

Qualities of a Coach

Stress that all coaches at this level should have a good working knowledge of the game; continue to develop good observational skills and be able to communicate in a language appropriate to the age they are coaching.

Psychological Motivation

This session is about coaches and players working together. Give the coaches in attendance an understanding of how the coach and the player working together can develop the proper foundation on which to build skills, tactics, and conditioning necessary for a team to be successful.

Highlight that it is the coach's responsibility to integrate the following ideas into every training session (practice). Give examples of how a coach can and should:

- a. Develop a proper attitude with his/her players
- b. Make each player feel important
- c. Make training enjoyable for all players
- d. Understand each player's strengths and weaknesses
- e. Provide proper role model

Do not spend a lot of time on the Characteristics of Various Age Groups or Personality Traits of Successful Athletes; recommend that the coaches read this portion of the manual before the season starts.

Systems of Play

Stress that any system of play must fit the players; the players cannot fit the system of play. Emphasize that at this age it is far more important that a player be able to read the game as apposed to being able to play a position.

Principles of Play

Review the Principles of Play and the objectives of the game quickly. They should become more important when you begin training on the field. You must relate how the Principles of Play and the Objectives of the Game are incorporated into every training session conducted by each coach.

Coaching Cycle

An understanding of the coaching cycle is critical in the development of all coaches. Spend the time required to develop an understanding of the Coaching cycle chapter and reinforce the coaching cycle when you take this course to the field for training.

Team Management

Most coaches at this level have been coaching for a few years and have a good understanding of Team Management so stress to them that good team management is still very important even at this level.

Injury Management

Because AYSO is committed to a program that benefits youth injury prevention, injury prevention needs to be one of the coach's main concerns. Many factors influence the number and severity of injuries.

You might want to introduce the concept of overuse injuries but do not spend a lot of time. A simple statement like "don't forget to let your players have some down time" may be sufficient.

Remind the coaches that they are required to carry each player's medical release form to all games and practices.

Stress to the coaches that they must ***never***:

Rush any player back into a game. The player's long-term welfare is much more important than any game. If there is any question, sit them down!

Allow non-AYSO players to participate in your training sessions and games

If an injury occurs, call their Regional Safety Coordinator

Report any unsafe condition that could cause an injury

Warm-Up

A proper warm up is very important and must not be ignored. Demonstrate several types of warm-up when you get to the training field.

In this course you should highlight the techniques listed below but do not try and clean technical problems (you do not have time). You must get the players you are using as demonstrators demonstrating the technical activities that are in the manual.

Use the activities in the manual to teach the techniques of:

Dribbling

Dribbling is a skill used by a single player to penetrate the opposition, maintain possession of the ball while never releasing the ball.

Ball Control

Receiving or trapping is one of the most important skills in soccer. Quality begins with a quality first touch. The first touch sets up the second touch which in turn opens the entire field.

Passing

Passing is a skill that goes hand in hand with ball control. Passing is also an age specific skill. For example: while a 10 year old may be very “schooled” in push passes, they will not be able to hit lofted balls, crosses, etc.

Shooting

Shooting is one skill that all players have in common. Everyone wants to shoot but they may not know how to strike a driven ball.

Heading

Heading is an opportunity to play an early air ball, either on goal, or clearing a dangerous opportunity of your opponents.

Defending Methods

Build up defending methods by applying principles of play and exercises from the coaching cycle. Remember it starts at individual defending or functional defending and evolves into small group defending and finally into full team defending (only cover up to small group defending). Use the defending methods activities from the Intermediate Manual.

Attacking Methods

Build up attacking methods by applying principles of play and exercises from the coaching cycle. Remember it starts at individual attacking or functional attacking and evolves into small group attacking and finally into full team attacking (only cover up to small group attacking). Use the attacking activities from the Intermediate Manual.

Restarts

Time is critical and there is not enough time to cover all the laws of each restart and the defending and attacking tactics of each restart. Recommend that each coach attend a referee clinic or at a minimum you can supply each coach with a copy of the Laws of The Game. The official laws may be obtained from the AYSO Supply Center (1-800-USA-AYSO, ext 5490). You must cover the defending tactics and attacking tactics of each restart.

Goalkeeping

The goalkeeper is the most unique position on the field. Goalkeepers are the only ones on the field who can use their hands. Stress that Goalkeepers have 3 major responsibilities:

1. Stop shots and crosses
2. Support the defense
3. Initiate the attack

Stress that at this level a keeper must read the game, communicate with their teammates and have a good understanding of keeper angles. As the instructor, focus the attention of the coaches on Goalkeeper decision making and positioning.

Key Points for you to Remember:

Use AYSO U-14/16 players (both boys and girls) as demonstrators

Remember you are modeling how a professional AYSO Coach should work with AYSO U-14/16 players (both boys and girls)

Use AYSO materials

Teach what is in the Intermediate Coaching Manual

Stay on track

Support the AYSO National Coaching Program

As the instructor of the Intermediate Coaching Course you are responsible for preparing your own teaching plan

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Constantly be aware of your time. You have 15 hours in which to teach this course.

Always keep in mind the level of coach you are working with

Keep it simple

Administer the test

Complete the roster. Keep a copy of the roster and submit a copy to the National Support and Training Center staff along with any recommendations you might have for improving this course:

Coaching Department
12501 S. Isis Ave.
Hawthorne, CA 90250

GOOD LUCK and have FUN!