Best Practices
Coaching Guidelines for U15 to U18

Mission:
• Provide players an opportunity to play soccer
• To foster a love of the game of soccer

Style of Play:
• Have Fun! - Attacking soccer!
• Make soccer decisions only - dribble, pass, shoot
• Defending - Where does your team want to win the ball?

Practice Guidelines:
• Use Play - Practice - Play or 4 Stage Model
  o Play 1 is 1v1 to 5v5 games
    ▪ Can be played in various game types - 2 goal, 4 goal, endlines, endzones, etc
  o Practice should be realistic to 11v11
  o Play 2 is 11v11 or smaller
• High Energy - Have Fun!
• NO LINES - NO LAPS - NO LECTURES
• Set up all your activities before training begins
• Short quick transitions and water breaks (if needed)
• Training topics should focus on attacking 75% of the time
• Positive Reinforcement, Guided Questions, Key Words, and Constructive Feedback are the preferred coaching toolkit options

Game Guidelines:
• Games should be played 11v11 or smaller
• Can play in a 4-2-3-1, 4-3-3, 4-4-2, 3-4-3, 3-5-2 formation
• Work towards 75% playing time for all players

Goals:
• Focus on technique and tactics
• Define positions and their roles and responsibilities
• Creativity
• Retention rates above 75% for next season

Coaching Points:
• Creativity is encouraged and celebrated
• Take players on, it's okay to be selfish
• Use both feet
• Dribbling Technique
• Spread out
• Support the attack
• Create Passing Options
• Passing Technique
• Create 1v1 and 2v1 situations
• Switching the point of the attack
• Shooting Technique
• Switch Positions
• Change the pace/rhythm
• Change
• Steal the ball
• Protect the goal
• Make it compact
• Pressure, cover, balance
• Stay involved
• Mark the player/mark the area
• Outnumber the opponent