**Revolution Football Club**

**Recreational Coaching Support**

**Best Practices**

Here are some guidelines and resources to help you create a better environment for your players:

* **Have a Training Theme/Topic**
* **Keep your Training Session Active:** Don’t have kids in long lines
* **Ball is the best teacher:** Work to get 1,000 touches on the ball per session for each player
* **Have players on the ball as much as possible**. Encourage Dribbling/Confidence with the Ball. Use of Both Feet.
* **Numbers Up Games to build possession confidence**: 2v1, 3v1, 4v2…Use Neutrals (ie 3v3+2) The +2 are two players that are always on offense so whichever team is in possession they join to make it 5v3.
* **Be positive**, find moments to reward achievement
* **Don’t run laps with younger players!!**
* **Players play multiple Positions**
* **Players Attack and Defend as a group** (don’t have players sitting back to defend on top of 18)
* **Progression/Routine in Training**
  + Warm Up (10 Min)
  + Individual Technical Development (15-25 Min)
  + Numbers Up Possession (15-25 min)
  + Scrimmage (15-25 min)
* **Set Team Rules Up Front**
  + Be on time
  + Cleats and shin guards required
  + Bags lined up
  + No talking when the coach or a teammate is talking.
  + Ball is not moving when Coach is talking
  + Make Eye Contact
  + Jog In and Out of Water Breaks
  + Players support each other
  + No Parent Coaching/Only Cheering
* **Fun Game/Exercise**: When you find a game or element that they really enjoy, use it as encouragement and reward for good behavior and work ethic in training.

**Great resources online for helping plan your activities.**

[**https://www.usyouthsoccer.org/resources/**](https://www.usyouthsoccer.org/resources/)

U6 Games/Exercises: <https://www.mojo.sport/coachs-corner/10-best-u6-soccer-drills>

U8 Games/Exercises: <https://www.mojo.sport/coachs-corner/10-best-u8-soccer-drills/>

U10 Games/Exercises: <https://www.mojo.sport/coachs-corner/10-best-u10-soccer-drills/>

**Juggling Progressions:** Important to have players set individual goals and build their skills. Using both feet/thighs is critical. <https://www.youtube.com/watch?v=SzZ7Ecql-sg>

* + Have them set small goals (1, then 2…....)
  + **Beat your score-** Juggle for a minute (or more) and count your total touches. If you drop it at 2, start your next touch at 3. Get their scores then have them go again trying to beat their 1st score.
  + “Coach Says” Game: Like Simon Says… you say ‘Coach Says Right Thigh/Right Foot' Those that complete successfully, move on. Those that drop are out. Give kids 2nd chances...
  + As they get better, have them try and juggle with a partner (6 ft apart). How many passes back and forth can they get?

**Dribbling Exercises/Working on Moves** <https://www.youtube.com/watch?v=XekcKc1pQJo>

* + Have players use all four surfaces (top, bottom, inside, laces) on both feet when dribbling/changing directions.
  + Figure 8’s: Dribbling around two cones in a Figure 8 pattern.
    - Right foot only
    - Left foot only
    - Inside only
    - Laces/outside only
    - Can make it competitive: how many times can they get through an 8 in 90 seconds? Try and beat their score with 2nd round.
  + Moves: Players should work on/learn:
    - Pull Back : <https://www.youtube.com/watch?v=cWa4c6jfiTc>
    - Lunge: <https://www.youtube.com/watch?v=m-OMewLnB_o>
    - Scissors: <https://www.youtube.com/watch?v=2UwRk0jasTQ>
    - Step over: <https://www.mojo.sport/coachs-corner/soccer-101-the-step-over>
    - Cut: <https://www.youtube.com/watch?v=96WT8S9Us4w>
    - Cruyff: <https://www.youtube.com/watch?v=K4JR-gK1SXU>
  + **1v1’s:** 
    - **End Line Dribbling (15x10 grid):** <https://www.youtube.com/watch?v=epOq-E1gfP8>
    - **1v1 Transitional Box Exercise:** <https://www.youtube.com/watch?v=kmmDtmfgos0>

**Passing Exercises:**

* + **Technique:** 
    - Plant foot pointed at target (not ball)
    - Toe is up to pass and receive (not down)
    - Follow through after striking ball (not into ground or across plant foot)
  + **Competitions:** 
    - Passing through 2-cone gate.
    - Gate is wider/smaller depending upon skill level
    - Players closer/farther apart (5 yards to 30 yards) depending upon skill level
    - 1st player to 10 passes through gate wins. Have new match ups an play again.

**Passing Exercises-Rondo’s**

**What is a Rondo with ideas:** https://www.360player.com/blog/7-fun-competitive-rondo-variations#:~:text=In%20simple%20terms%3A%20A%20rondo,re%20on%20the%20right%20rack**.**

**Rondo Technique:** <https://www.youtube.com/watch?v=gWtS3AHioFI>

**Rondo Variations:** <https://www.youtube.com/watch?v=DfsY9sf-gc4>

* Rondo Variations:
  + 3v0
  + 3v1
  + 4v1
  + 4v2

**Heading the Ball:** <https://www.youtube.com/watch?v=O7HnWFUPoQM&t=80>s

* **Technique:**
  + Make contact with the proper surface (forehead). Do not close your eyes where you might make contact with your nose; or, drop your chin and hit it with the top of the head.
  + Can build from sitting, to kneeling to standing.
  + Can start with a softer ball to build confidence. Throws should be from close together and underhand when starting out.

To observe Revolution FC Competitive Coaching sessions. Contact Tom Ginocchio, doc@revolutionfc.org for more information and to attend training sessions.