



**National Soccer Coaches
Association of America**

SPECIAL TOPICS COURSE

COACHING METHODOLOGIES

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Advanced Methodology

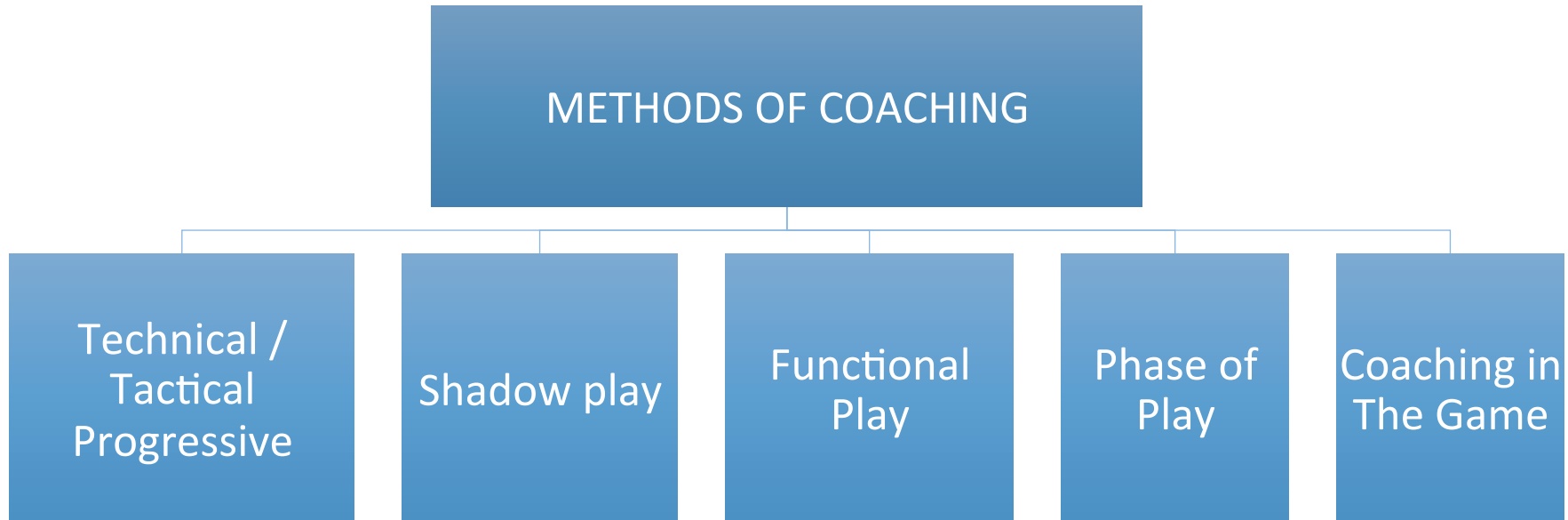
- What do you want to leave this course knowing?



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Coaching Methodologies Overview

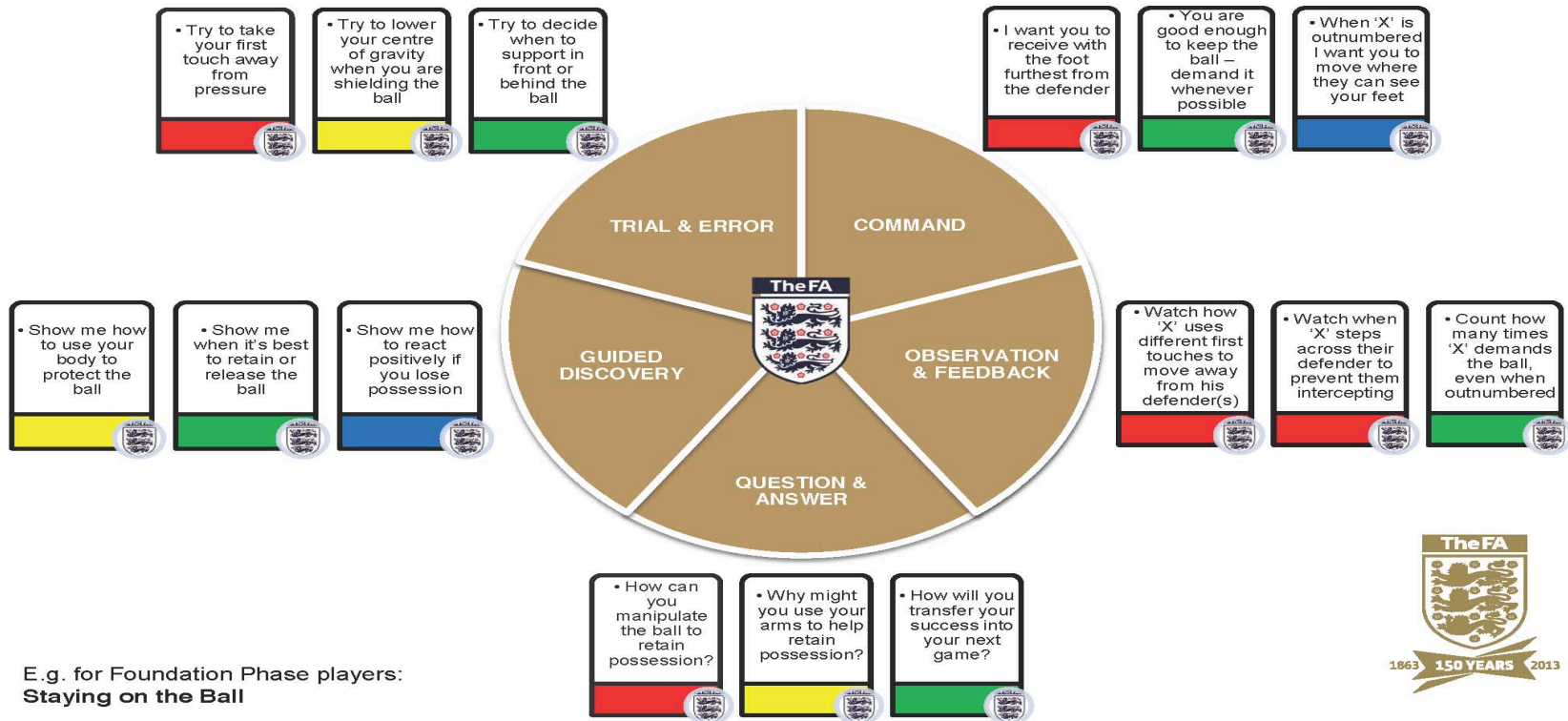
Depth in each area can be gained thorough NSCAA Diplomas



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Coaching Moment Intervention Styles

'INTERVENTION WHEEL'



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Why Use Coaching Methodologies?



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Key Factors in Advanced Methodology

- Purpose
 - Clear idea of the team's purpose.
- Objectives
 - What will it look like when we are done?
 - a. Match analysis – Must be able to accurately assess your team's performance.
 - b. Team, group, individual awareness – Be able to understand how individual decisions impact the group and team.



Key Factors in Advanced Methodology (cont.)

- Priority and Sequence
 - a. Prioritizing the key factors – What is the starting point? Prioritize the key coaching points.
 - b. Sequence of activities – Session should progress from simple to complex.



Key Factors in Advanced Methodology (cont.)

- Planning and Organization
 - a. Area of the field – Where does it happen on the field?
 - b. Players involved – Individual, small group, team? Numbers up or down?
 - c. Realism – Does the activity have an impact that will be useful in a game?
 - d. Starting/re-starting – How can you start/re-start the exercise to maximize opportunities?
 - e. Clarity – Do the activities and coaching points paint a clear picture to the players?
 - f. Simplicity – Are the activities simple in form, but sophisticated in content?
 - g. Flow – Do the activities have the feel, intensity, and focus that allow the players to find a rhythm?



Key Factors in Advanced Methodology (cont.)

- Control of the Environment
 - a. Starting – Brief introduction (< 60 seconds)
 - b. Action – Advanced training is characterized by action punctuated by occasional coaching points.
 - c. Intervention – Use of coaching points to address your topic.
- Observation
 - a. Organization correct
 - b. Attitudes
 - c. General performance
 - d. Individual performance



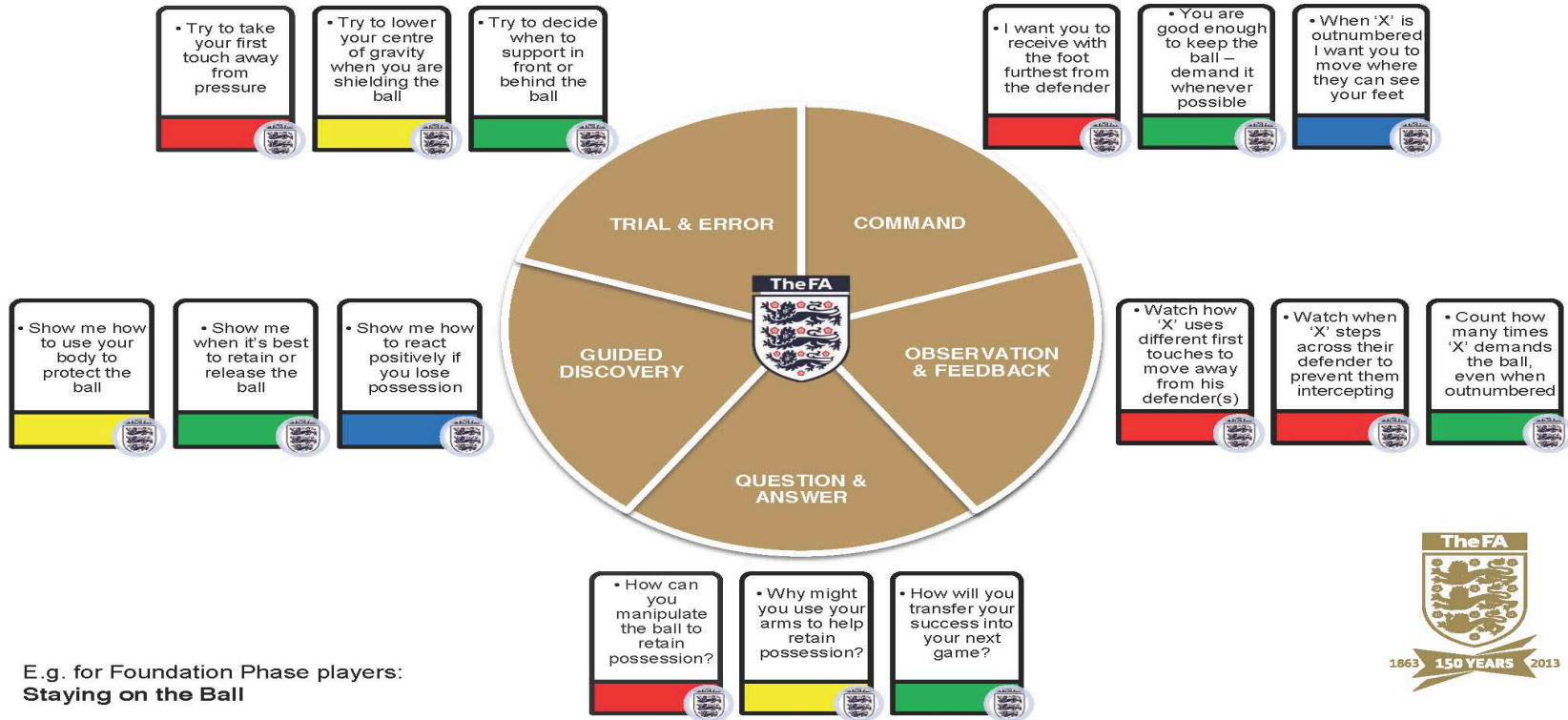
Key Factors in Advanced Methodology (cont.)

- Communication
 - a. Visually
 - i. Demonstration – Coach or player
 - ii. Technology – Use of video to provide detailed feedback
 - b. Verbally
 - i. Sincerity
 - ii. Positive and negative feedback
 - iii. Simplicity
 - iv. Clarity
 - v. Concrete
 - vi. Brevity
 - vii. Persuasion
 - viii. Optimism



Coaching Moment Intervention Styles

'INTERVENTION WHEEL'

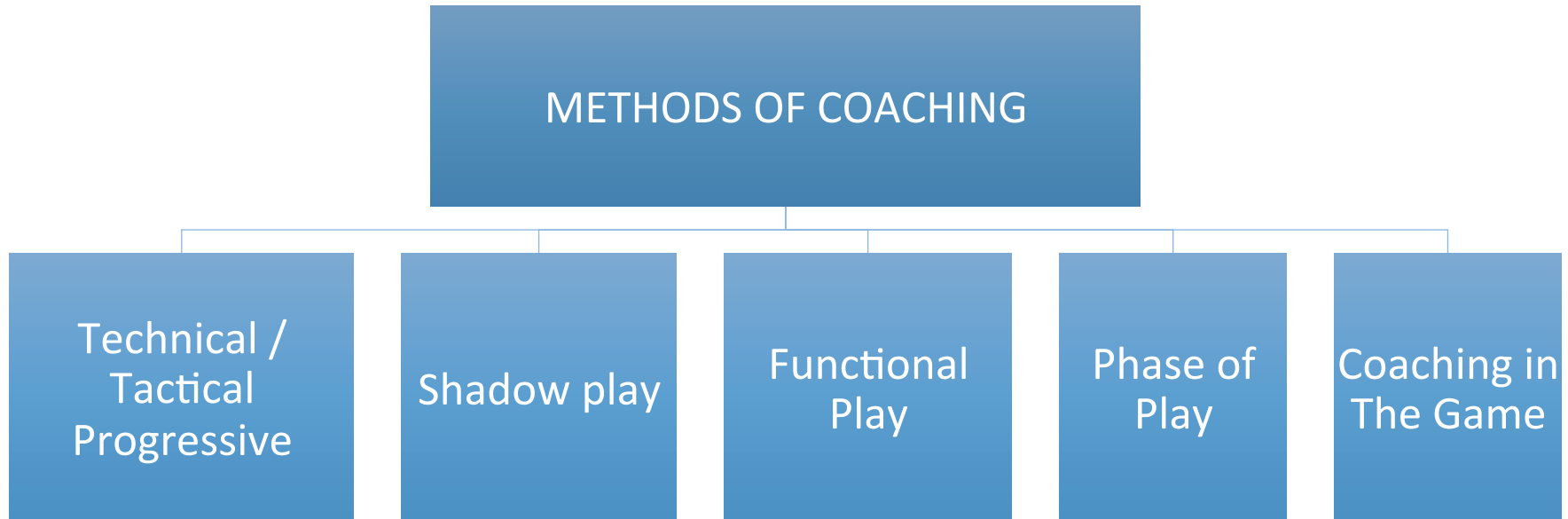




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Coaching Methodology

Coaching Methodologies



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Options for Training Organization

1. Technical & Tactical Progressive

- **Technical Progressive:** Continual incremental addition of Pressure
- **Tactical Progressive:** (Possession)-One direction-One direction with counter goals-Two direction open game

2. Functional Training

- Isolates one aspect of and individual or small group's function within the team
- Occurs in the in area(s) of the field in which an individual or group usually operates
- Opposed play in 1/3 of the field only, progress to opposed in training 1/3, unopposed in 2nd third, final progression opposed in both 1/3s.

3. Phase of Play

- A competition, often uneven-sided, between members of groups that typically oppose one another during a game (midfielders and forwards vs defenders and midfielders)
- Opposed play in both thirds of the field at all times building numbers finishing in a game.

4. Shadow Play

- A coaching technique used by an instructor to reinforce some general patterns of play by groups within the team or to coordinate the movements of the whole team.
- Imprinting a style of play (attacking or defending)

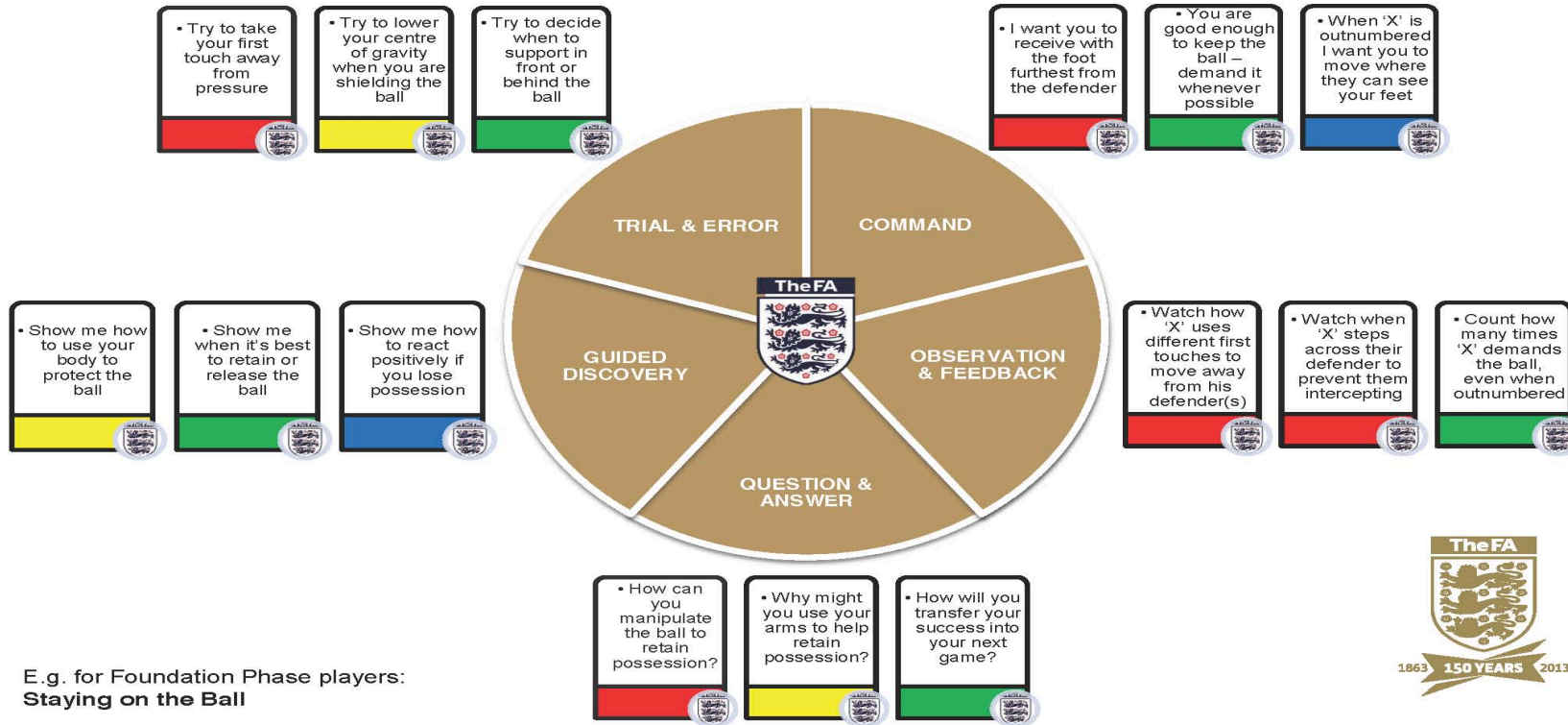
5. Coaching in the Game

- Coach will focus on a topic to instruct during a free-flowing, realistic, 8v8 game.



Coaching Moment Intervention Styles

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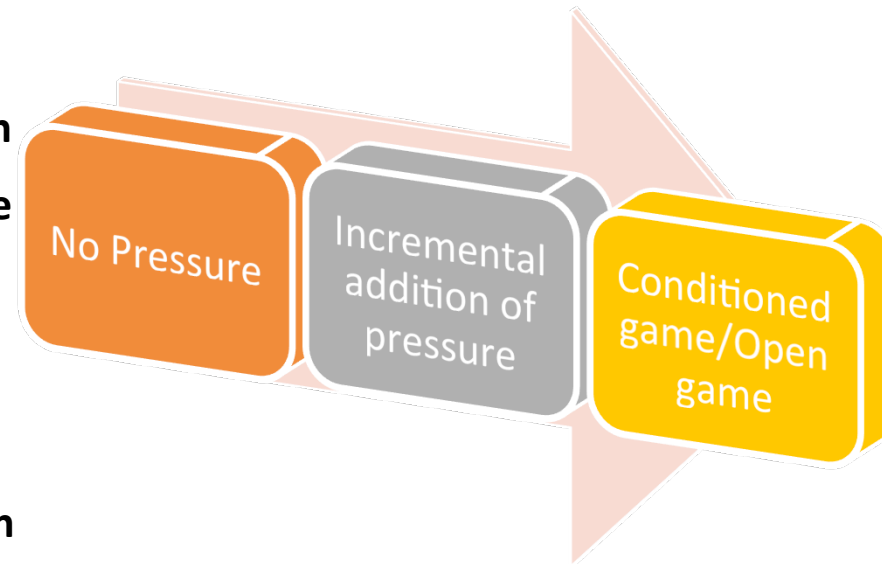


Progressive Methodology for Teaching Technique

- **Warm Up: Physical – Mental – Environmental**
- **Fundamental Stage—no pressure from an opponent, though can have movement and complicated environment: Technique teaching phase**
- **Game-Related Stage—Incremental addition of Pressure. Adding pressure from opponent(s) or playing environment, in a series of activities/ exercises SSGs.**

Can Be a two stage process dependent on needs

- **Game Condition Stage—Realistic, free-flowing play, usually with even numbers and large goals with goalkeepers**
Possible use of conditions



Coach Session date Team/Age Group

Theme

Time available



NOTES

Passing Warm Up: Same Color Different Color
Set Up: As Shown in a 30x30 or as required for numbers.
Directions:
If pattern is difficult start with hands. Players pass to their same color then a different color. Follow the number sequence. Blue to blue to red to red to blue etc. Use right and left foot. Bring a neutral player in as a disrupter, shaded. Or use GKs. Create a condition to ensure max movement or introduce two balls
Coaching Points:
Vision, communication, accuracy of pass, making yourself open and in space to create time. Number of touches, receiving foot playing foot. Follow through. Plant Foot. Impact point on ball

Fundamental 1: Three Color Keep Away
Set Up: As shown or on a half field or appropriate size to numbers and age.
Directions:
Teams play off in a 2 color v 1 color format, as shown red and black v blue. As teams lose possession they become the defending team looking to win back the ball. Condition game to receiving foot and boot surface. Vary style of pass: Driven-placed-lofted-creative.
Coaching Points:
Look for the early pass, play your first pass in your mind. Choice of surface to pass with. Pass to safe space prior to team pass. Correct choice of pass. Think possession rather than penetration. Players off the ball: How can i support the pass? Tactical movement off the ball to create/open the pass

Fundamental 2: End Zone PASS.
Set Up as shown in a 30x40 grid with 10x30 end zones coned off at each end. Note positioning of players.
Directions:
In center area play 3v3 offering a variety of passing options to both teams. Teams can score in either end zone by passing to their color players.
As shown in red interconnecting passes (1,2), red player (2) makes run into end zone to receive pass from (1). He then plays a pass into outside passive red player (4). This red player now enters the field as a new mid field player and the passing red (5) becomes an end zone player. Make game competitive and keep score!
Coaching Points:
Look for quick 2 touch passing. Move to new open space after your pass. Use visual clues for attacking forward passing. Try to find the 'killer' pass. Timing of PASS and supporting run.

Final Game: 1-2-1-2 v 1-1-3-1
One team set up for indirect play and one for direct play.
Condition: If necessary use 2 touch receive and pass.
Triggers: Use half way line as a line of confrontation.
Coaching points: Technical / Tactical
Choice of pass, use of combination and 'Killer' passes

Progressive Methodology for Teaching Tactics

- Possession
- One Direction
- One Direction with Counter Goals
- Open flowing game going to two large goals



Coach

Session date

Team/Age Group

Theme

Time available



NOTES

Warm up
Focus on introduction of the Combinations: Wall Passes, Take Overs, Overlaps, double passes etc.
Ensure the body and the mind is warmed up. Use of Dynamic and personal stretching. Increase Tempo and environment as warm up progresses

Four Corner Boxes Possession Game.
Coaching Points:
Vision, reading ahead of the game, shape of teammates and positions on the field, available use of space, Speed of play.
Keep score as a competitive way to condition the use of combinations

One Direction.
Red team attacks the main goal using combinations. Offer ideas through coaching points and methodologies, shadow play etc.
Correct use of attacking combinations in the correct area of the field. third man runs off and away from the combination. Re start each time from the coach

Multiple Directions.
Advance to open play using counter goals. Coach the attacking team Looking for ways in which correct choice of combinations can advance and incorporate the principals of attack.
As play progresses remove counter goals and progress to full open game.



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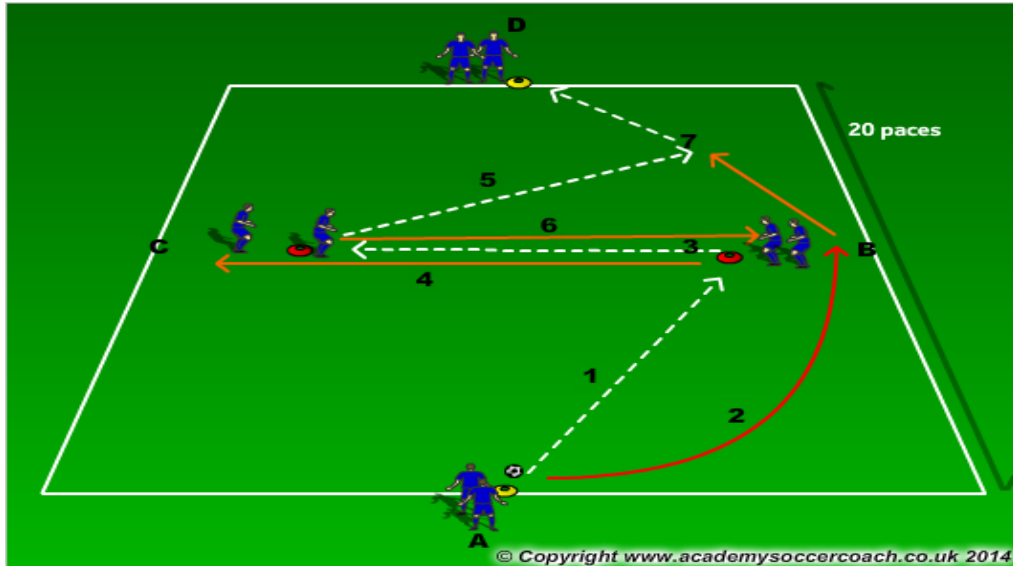
Shadow Play Coaching Methodology

Shadow Play Methodology

- **Low intensity**
- **Less physically demanding**
- **More mentally demanding**
- **Imprints a style of play**
- **Introduces new concepts**
- **Build patterns / Demonstrates activities**
- **Minimal/unopposed/ build of play**
- **Pre game activities**
- **Use of hands**



Shadow Play



Ball Mastery Passing Overlaps

Set Up: As shown. cones in a diamond formation 10 paces from cone to cone.

Directions: Set up players in a diamond formation with 2-3 players at each cone. Player (A) passes ball (1) then proceeds to run overlap (2). Receiving player (B) passes across to his opposite player (C) (3) and follows the pass (4). New (C) receiving player passes to overlapping player (5) and the runs off the ball (6) to exchange positions with (B).

Next play starts at point (D) with his pass to player (C). Follow the rotation pattern.

Coaching Points: Speed of play. One or two touch. Different methods of receiving the ball and passing surfaces

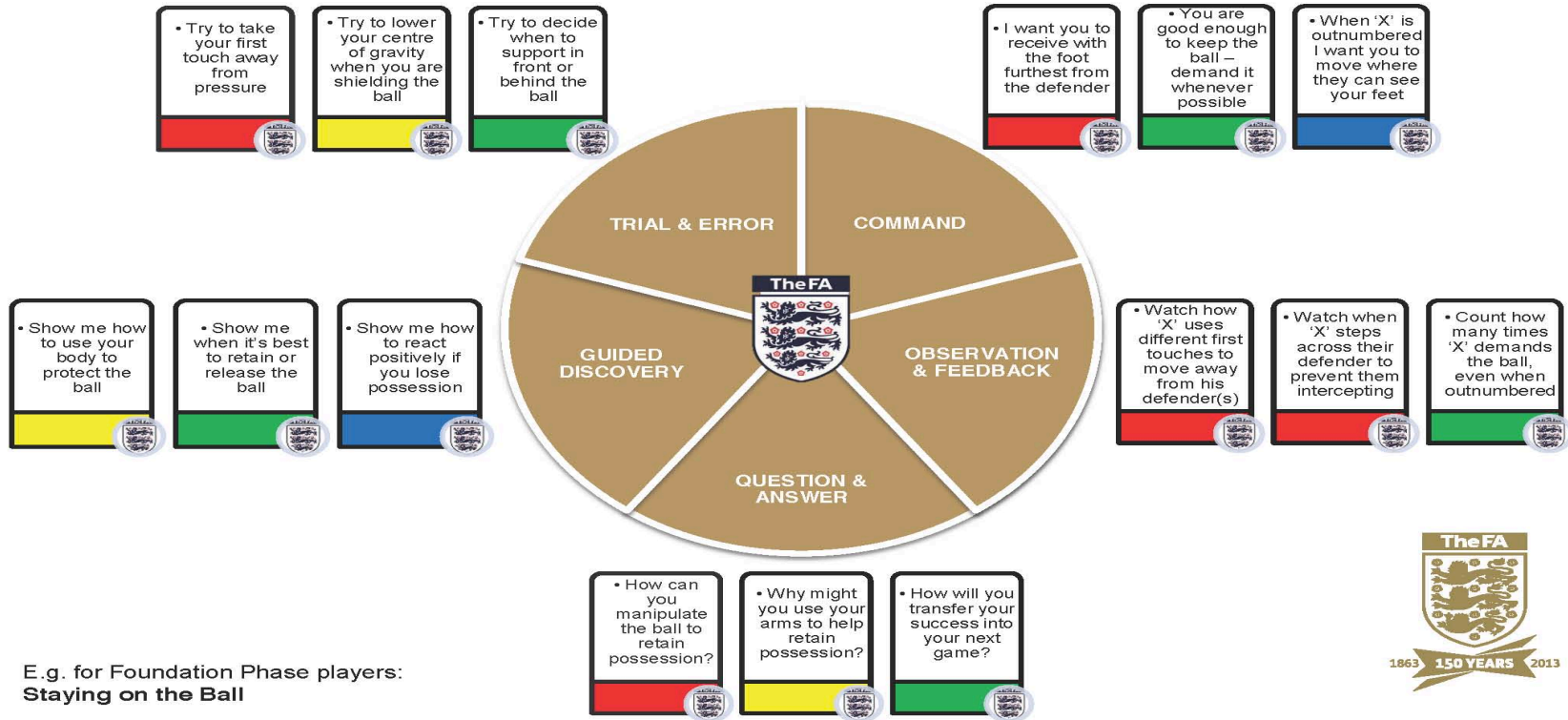
- Imprint a style of play
- Introduce patterns of play
- Rehearse patterns of play
- Establish a rhythm of play



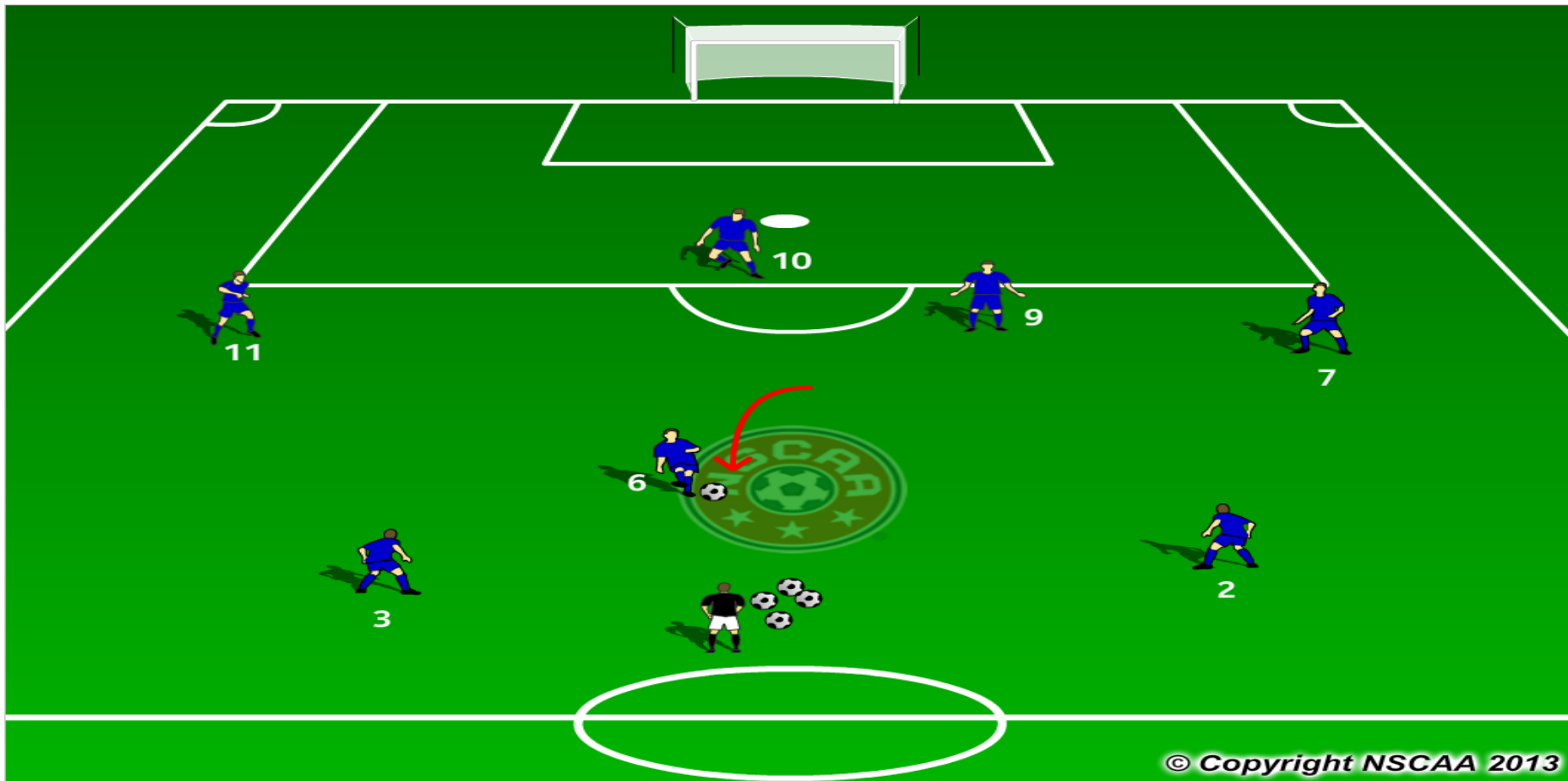
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Coaching Moment Intervention Styles

'INTERVENTION WHEEL'



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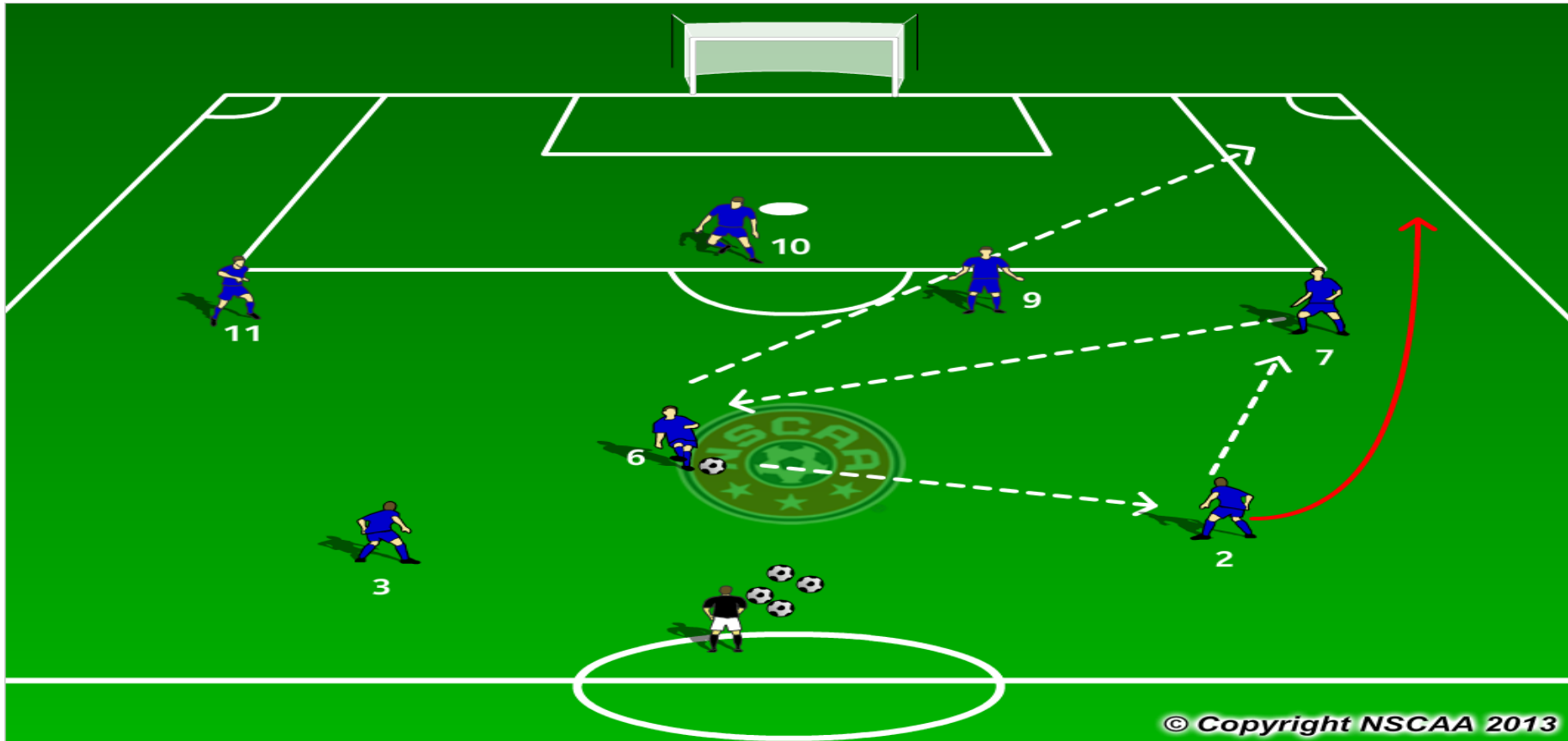


SHADOW PLAY - Individual

- 1. Check to ball - receive ball coming across field, head comes up then find either 2, 7, or feet of 9**
- 2. Flip and go the other way - find 3, 11, or disguised pass into 10**



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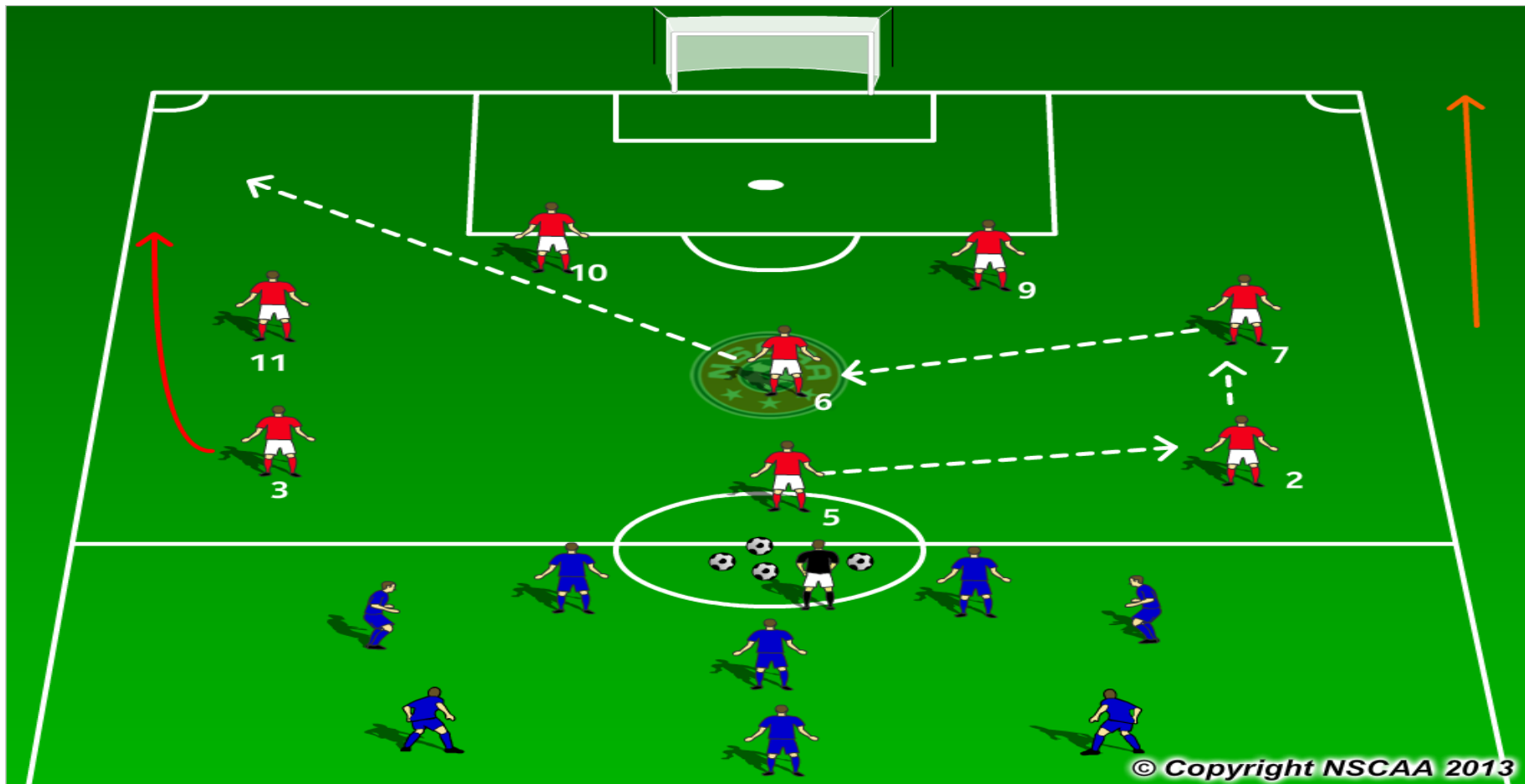
SHADOW PLAY - Group

Third Man Combo and Cross

- Coach plays into 6, who plays 2.
- 2 plays forward to 7 and takes off on an overlap.
- 7 sets 6 who plays first time into the path of 2 for a cross



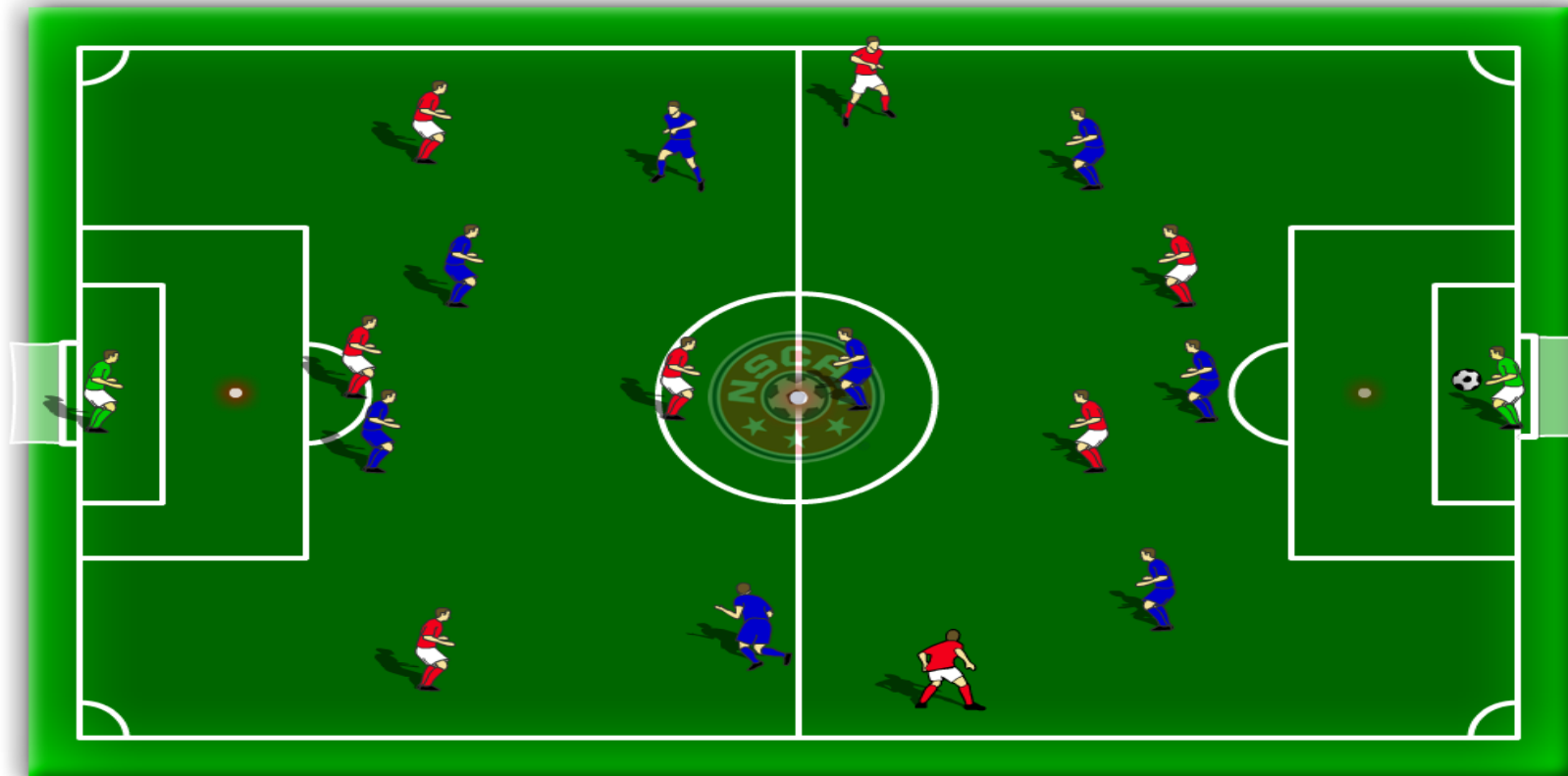
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TEAM SHADOW PLAY - 1 Direction, unopposed
- 1 team waits (blue) while red team attack the goal unopposed
- looking for 6 to change the point of attack. 5 to 2 to 7 to 6 who plays an overlapping 3 for cross



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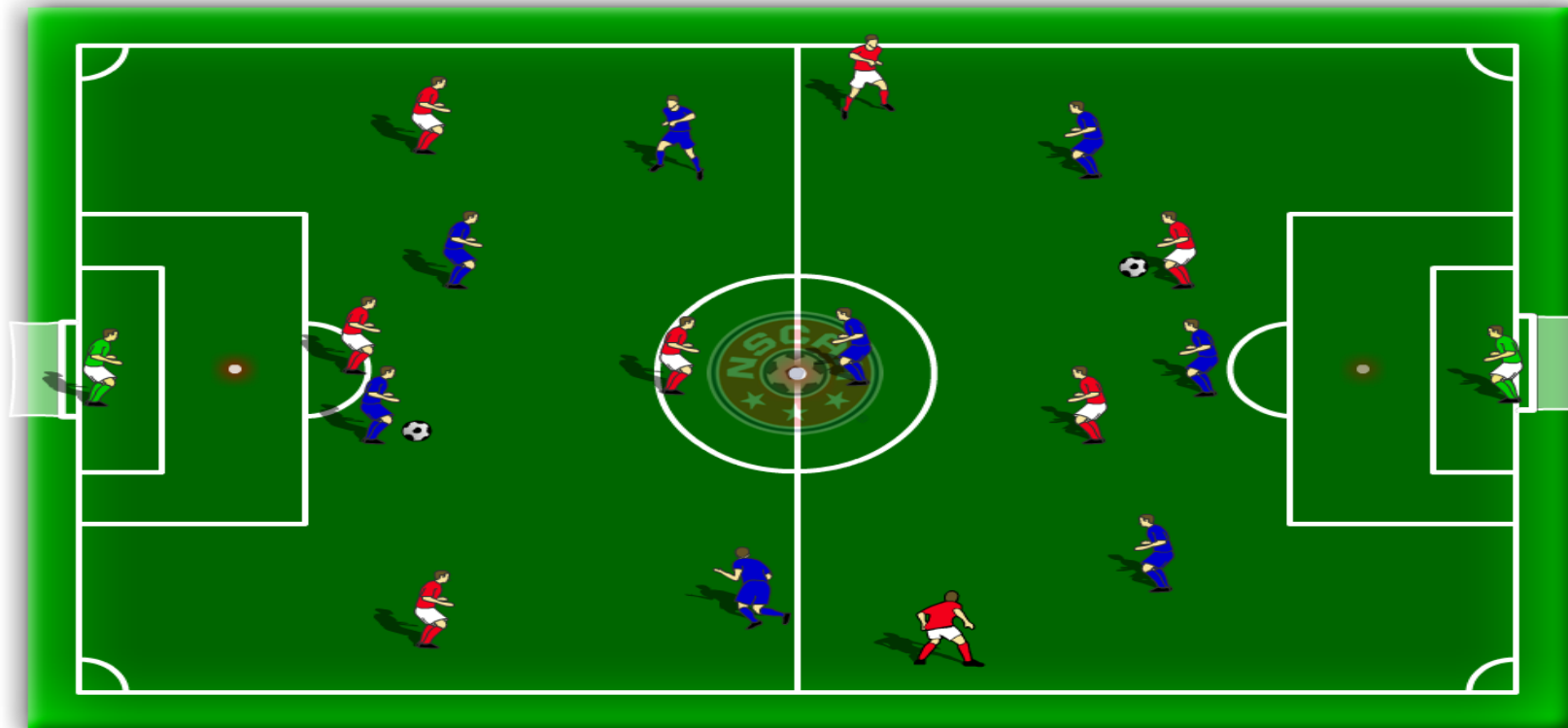
CIRCULATING SHADOW PLAY

- 2 teams of 8 (3-3-2)

- one team attacks unopposed, when they score or miss other team attacks



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2-TEAM SHADOW PLAY

- 2 teams of 8 (3-3-2), both teams have a ball
- 2 directions, both teams play at the same time



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Functional Coaching Methodology

Functional Methodology

AIMS:

- To expose player(s) to a game's situations
- Improve the quality of decisions made during the practice
- Create a better understanding of a player's role
- And the team's collective function

EFFECTIVE SESSIONS

- Are Manipulated but Realistic



Technical - Defensive Heading



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Functional Training Breakdown

TECHNICAL

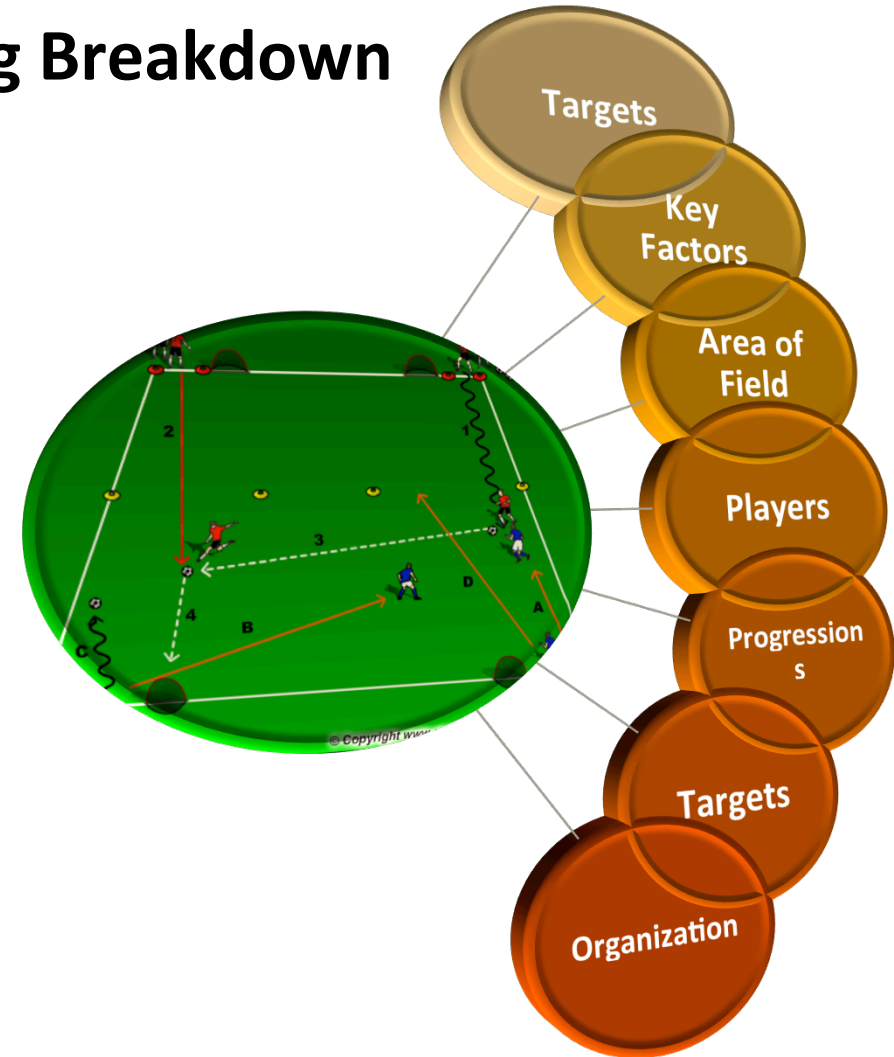
- Applicable to role, function of the player / position

TACTICAL

- Decision making as it relates to role, function of the player / position

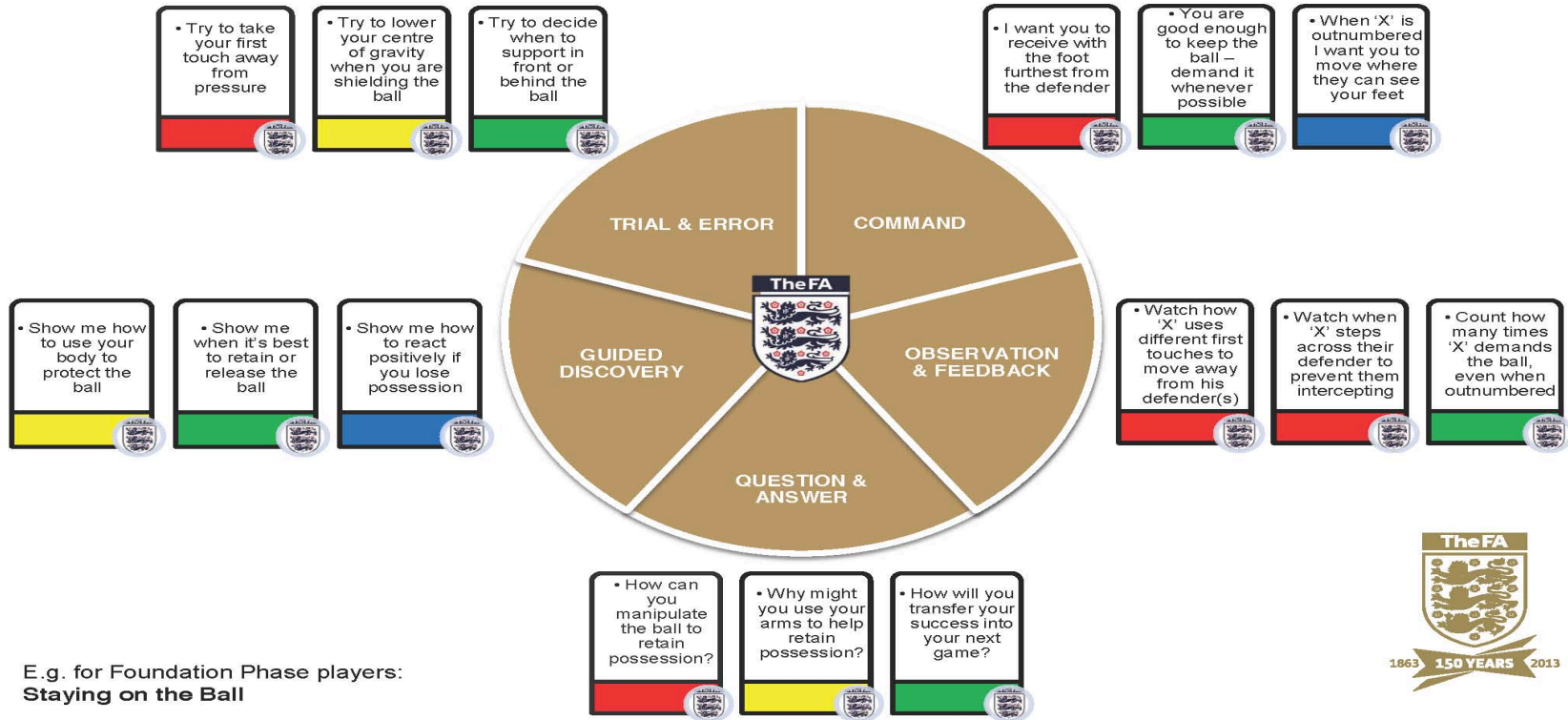
Technical - Tactical

- specific specialized skill repeated over and over



Coaching Moment Intervention Styles

'INTERVENTION WHEEL'





Functional Training Phase 1.
Teaching CB's when and how to provide pressure and cover.
Training in specific third of field.
An over load environment
Counter targets for red to play out to through.



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Functional Training Phase 2. 3v2 with 3 bumpers

Teaching CB's when and how to provide pressure and cover.

Training in specific third of field.

An over load environment

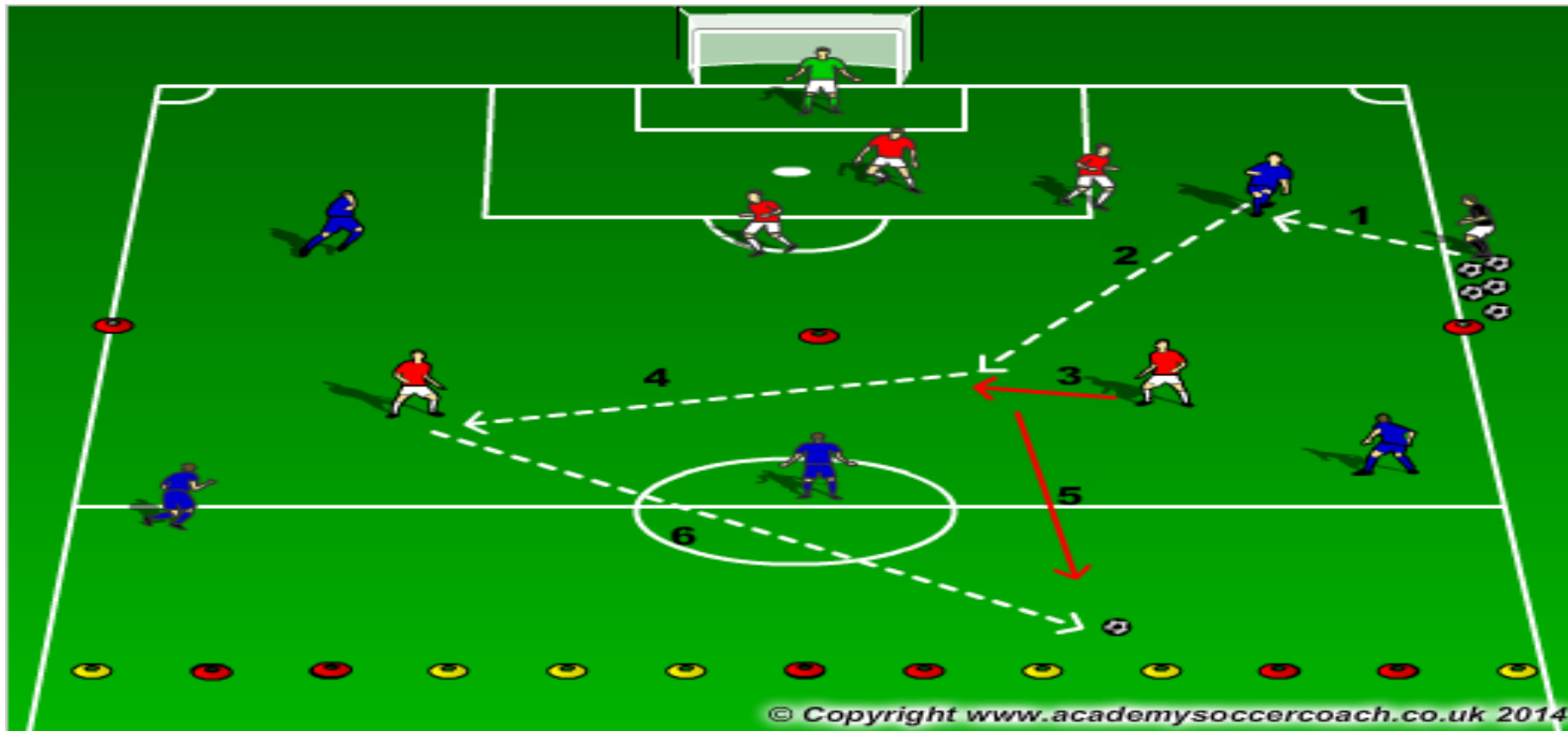
Counter targets for red to play out to through.

unopposed blue bumpers in second 1/3 play balls back into blues

Opposed play only in training third



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Functional Training Phase 3. 5v5 through 2/3s
Teaching CB's when and how to provide pressure and cover.
Functional training in specific third of field, opposed training in 2/3s
Counter targets for red to play out to / through at end of 2/3
Opposed play in both thirds
Game like as possible, focus still on CB's technical and tactical roles



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Phase of Play Coaching Methodology

Phase of Play Methodology

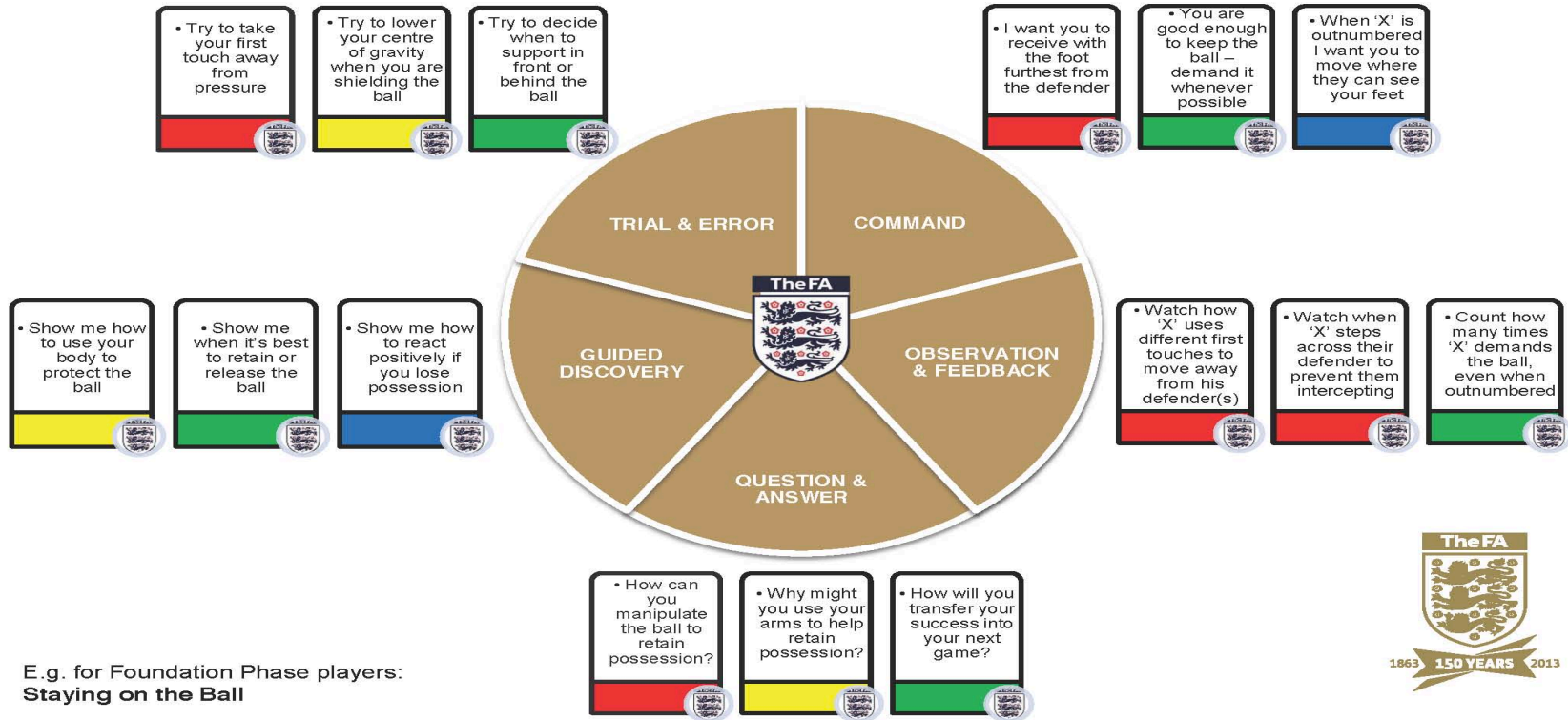
- Deals with more than one aspect of the game.
- It is aimed at players experiencing the flow of play through blocks of players and thirds of the field.
- Natural extension of Functional Training
- Practice over 2/3rd of the field
- # added to complicate the environment
- Involves 2 blocks (units) of players
- Concludes with a 2 way game



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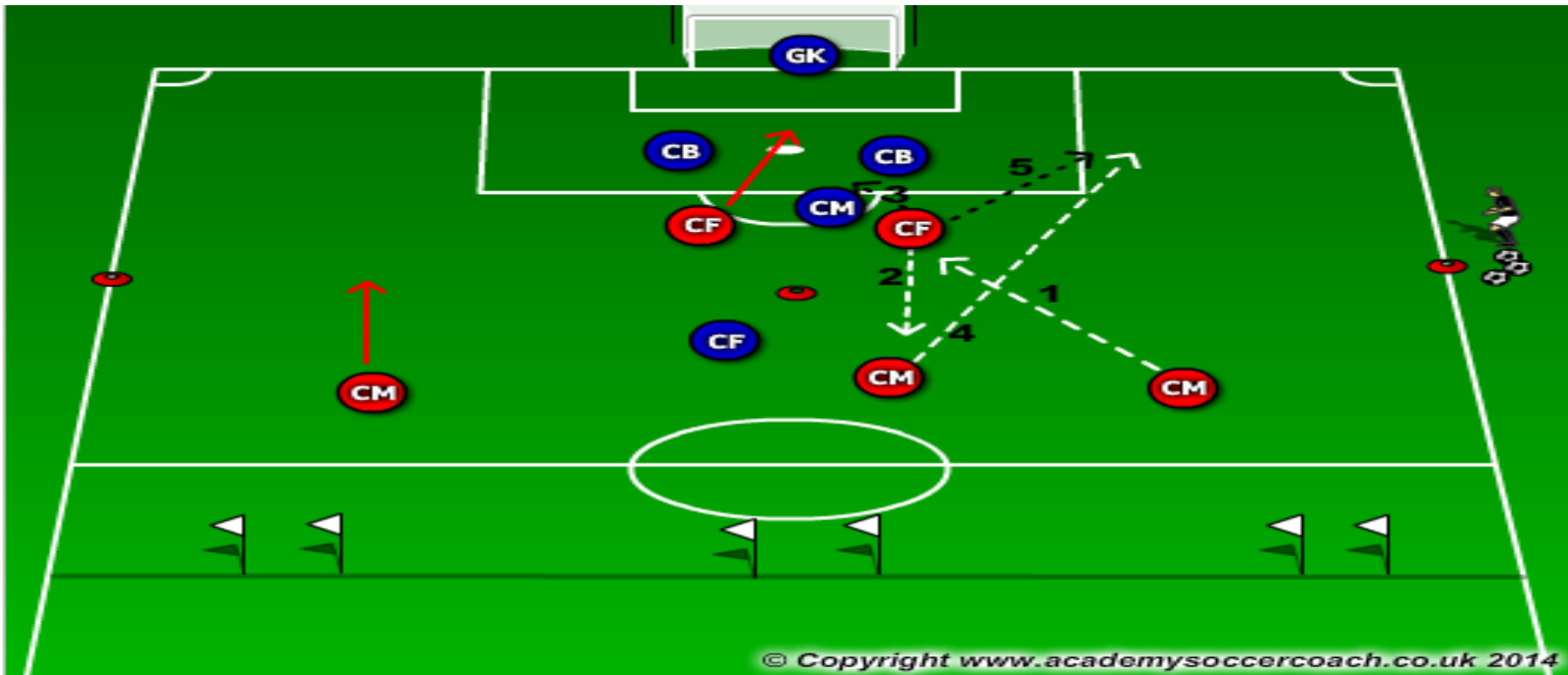
Phase of Play



- Improving and coordinating a group of players
- Organize opponents to achieve clarity
- Freezing play is the clearest coaching method



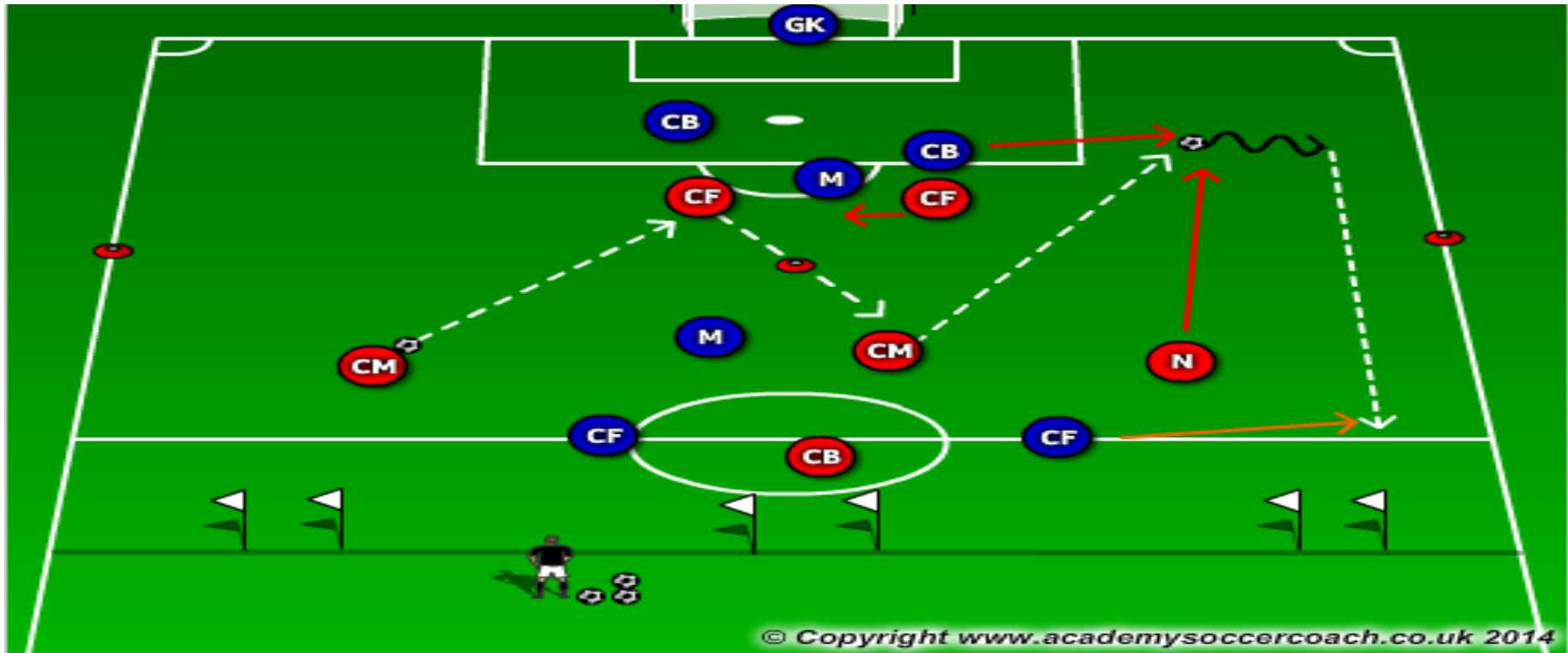
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Phase of Play 1. 5v4 + GK.
 Topic: Teach combination play:Up Back and Through in a 1-2-3-2
 Opposed play in 2/3s
 Simple numbers to paint simple pictures.
 Ball dist. point varies. Coach looks for onside/offside movement
 Counter targets for blue
 Space to create repetitions



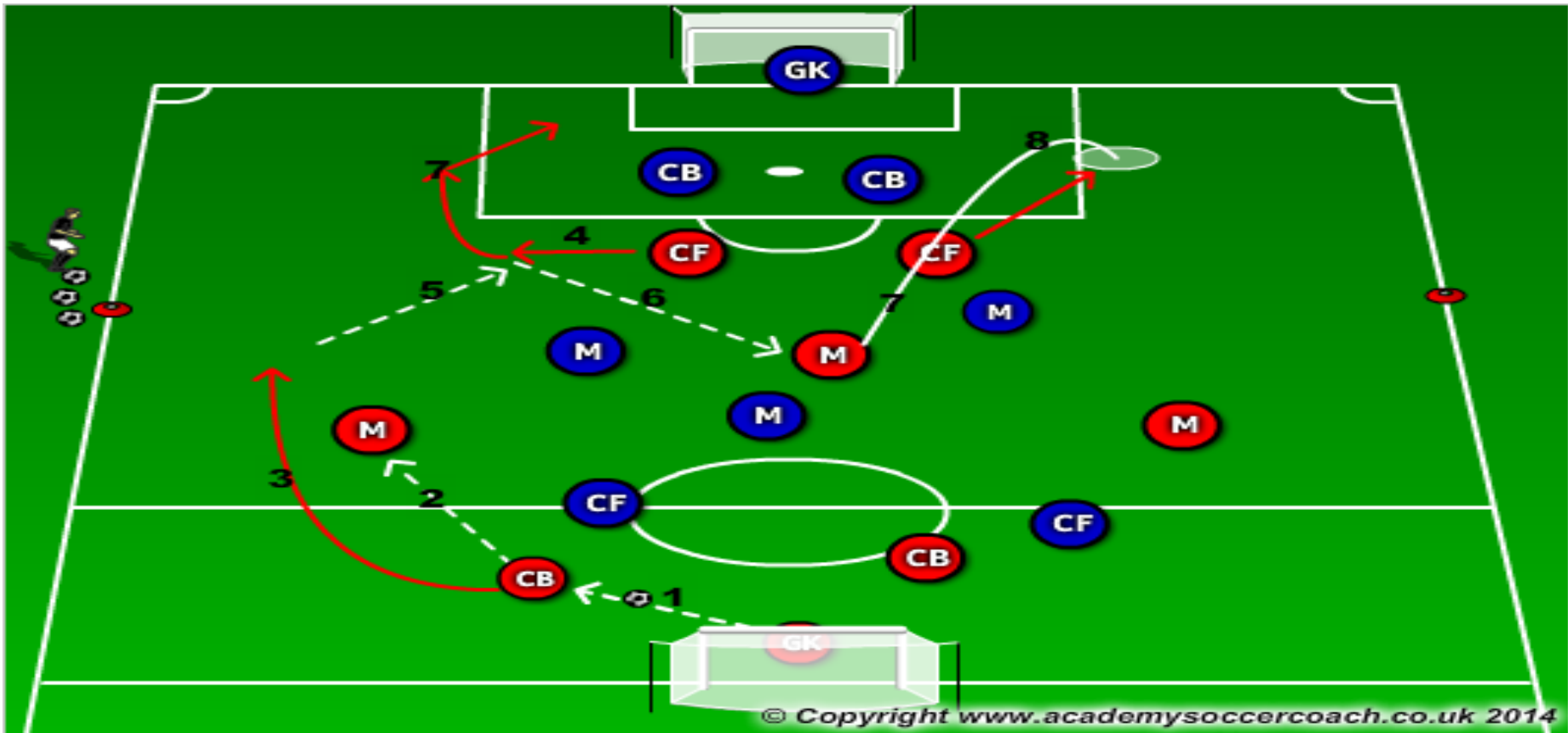
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Phase of Play 2. 6(N)v6+ GK.
Topic: Teach combination play:Up Back and Through in a 1-2-3-2
Opposed play in 2/3s
Addition of players to complicate environment.
Ball dist. point varies. Coach looks for onside/offside movement
Use of red neutral (N) player allowed to enter both thirds to create overload and increase mobility
Counter targets for blue



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Phase of Play 3. 8V8.

Topic: Teach combination play: Up Back and Through in a 1-2-3-2

Opposed open play

Playing system on the field

Ball dist. point varies. Coach looks for onside/offside movement

Look to see the pictures built from previous phases of play



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Coaching In The Game Coaching
Methodology

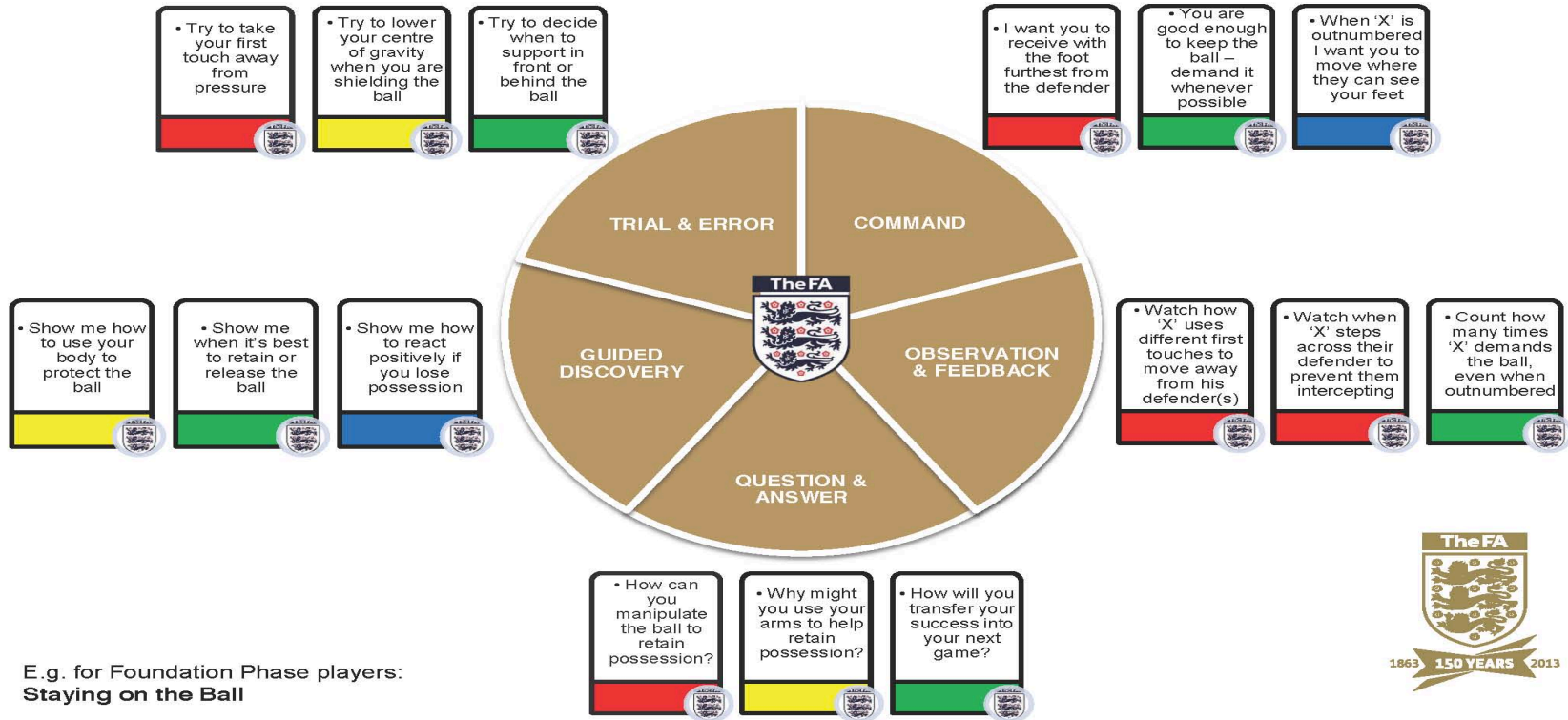
Coaching in the Game (CIG) Methodology

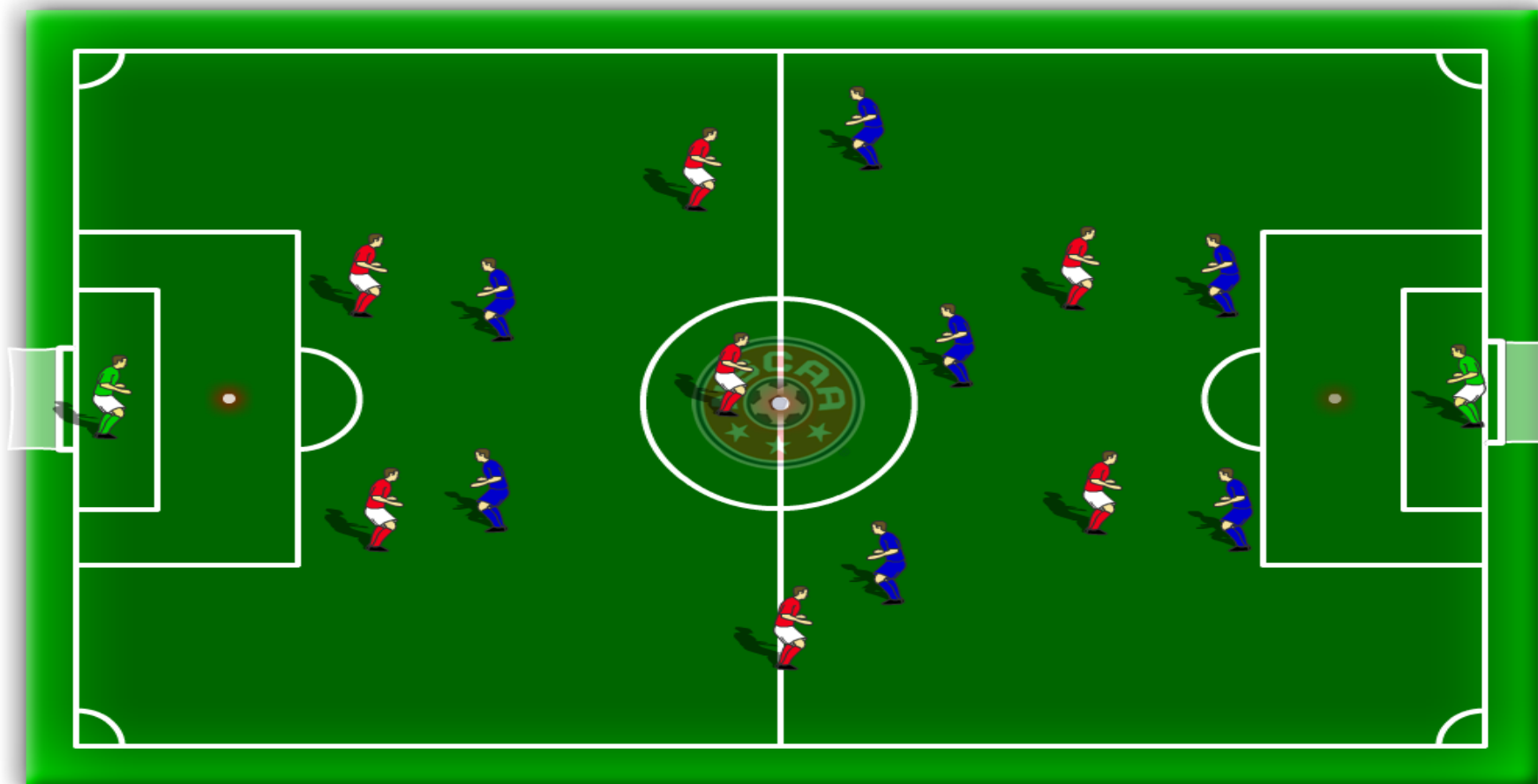
- Used to Imprint a style of play – offensively & defensively
- Facilitates team work & tactical understanding.
- Tactical and technical use of conditions
- Based around the team as a group.
- Knowing what you are looking for.
- How to see the needle in a stack full of needles!
- Understanding potential coaching scenarios
- How to use and implement ‘Triggers’



Coaching Moment Intervention Styles

'INTERVENTION WHEEL'





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COACHING IN THE GAME (8v8)



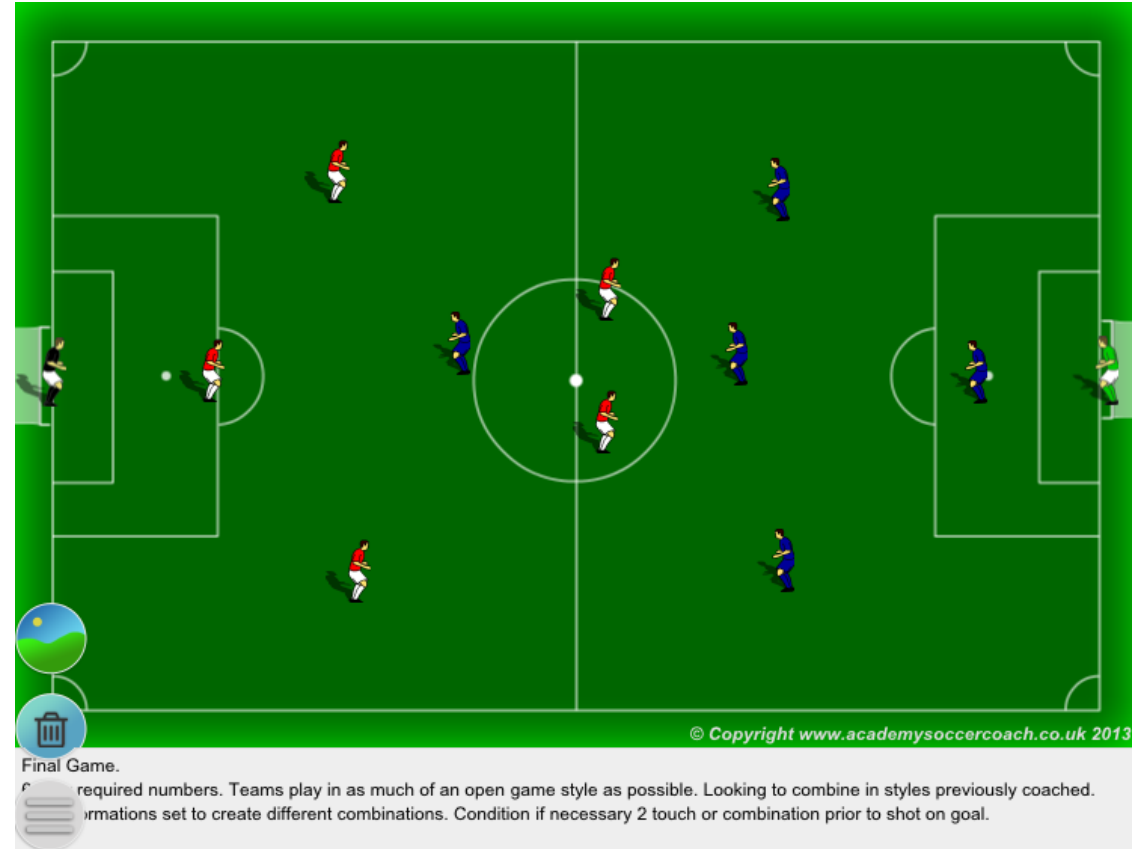
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- The CIG session is the ultimate test of a coach's knowledge and expertise as it tests an individual's ability to analyze the game and addresses very specific areas, areas which are directly related to the actual game and the needs of the players within the game.



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CIG frequently is used at the culmination of a practice to reinforce the theme(s) of practice or highlight an issue from a past or previous game. Is generally used for about 10-20 minutes and is rarely used for a full practice.



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Restarting Technique : The restarting technique involves the identification of 'triggers' or 'trigger' player. The coach indicates to both teams or to the specific players.

We are live when (#3) takes his first touch of the ball. As the session progresses and becomes more game like, the coach may say We are live when (#9) passes to (#3). The coach may eventually progress the instructional portion of the session to the point where the players are live when (#5) releases the ball to (#9).



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Method of Attaining Repetition : Obviously, if the theme is defending one versus one it is imperative that the opposition have the ball so defending scenarios can constantly be created. One way to accomplish this is by giving the defending team an easy goal scoring option, which puts them back on the defensive. The goal for the defending team, in this session, is to drive the ball to the opposing goal in the air so the goalie can catch it and re-start the exercise.


Other options we can give the defending team could be to pass the ball to the coach, run ball over a line, or try and kick the ball into a predetermined target area.



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- LOOK FOR THE ACTIONS AND CROSS THEM OFF.
- FILL IN THE ? WITH ACTIONS YOU PERSONALLY SAW, YOU LIKED / DISLIKED

Intervention	Coach movement	Positive Actions	Painting Pictures	Freeze Methodology	?	Coaching Position	Feedback Ratio
Functional	Coaching At Natural stoppage	Tech Stop.	Ability Groups	Environment	Facilitation	Negative Actions	Recreation Of Technique
Use of Overloads	Imprint Style of Play	Flow			Shadow Play	Communication	Observation Feedback
Neutral Players	Tactical Stoppage	Clarity	Phase of Play	Eye Contact	Coach In The Game	Methodology Blend	Restarts
Speed of Coaching point	Incremental Pressure	Playing Blocks	?	Guided Discovery	Body Language	Question & Answer	Command Intervention

FURTHER REMARKS / OBSERVATIONS HERE:



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- Level 5 Diploma – Technical Tactical & Planning
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