



*BOOKLET DEVELOPED BY
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Soccer Camp 2009 Hartah, OK

COACHING STAFF BOOKLET



Coach's Name:

Inside this booklet you will find some general guidelines for the Harrah Soccer Camp. Emphasis is based on some important factors: Short and simple instructions, less “coaching” while players are performing sessions, and positive reinforcement.

These guidelines are meant to augment your knowledge and is not meant to be the totalitarian approach for you to be guided by. Rather it hopes to augment your experience as you help us make this a successful and meaningful soccer camp.

The sessions are based on two skill levels: those who are towards the beginning and intermediate stages and those who are more advanced. This is based more on abilities than age.

The advanced and some intermediate players will complete all sessions, while the beginning and remaining intermediate group will only do sessions designed for them.

Hans Willemse

Notes

Continuation play with allowed body parts with speed and resistance. (All)

- Player must collect and quickly move the ball from a number of allowed received places on the body, such as feet, legs, chest, head, etc.
- Coaches or other players may toss, chip or throw the ball for collection purposes. The kickback net can also be utilized for this.

Passing with laces and instep - long ground and in air. (All)

- This is a simple passing session. Players pass the ball using the instep only, both long ground passing and lofted balls.
- First session is done from a fixed position (like set play).
- Next session is done by moving ball, passed to the player.

Friday—Day 5 (Tactical)

Passing ball with different surfaces -Inside, instep, laces, outside, Volleys, Chips, serves, etc. (All)

Players must pass the ball using the various surfaces of the feet.

This concludes the soccer camp scheduled sessions.

Additional drills may be done at the discretion of the coaches if time permits.

Individual rating and performance review may be done, either by word or in written format.

Tuesday—Day 2

One Two/touch passing. (Advanced)

Players set up in a non-moving Delta formations. Balls are passed from one player to another within the Delta, first by using two touch, then one touch. The objective is to ensure that passes are made such that the receiver can easily handle the ball.

Next the ball is passed from one Delta to another.

Next the Deltas are assigned letters (A,B,C, etc.). The Deltas start to move around the field.

Players repeat the previous passing drills, but this time within and to the moving Deltas.

Delta A passes to B, B to C, etc. The last lettered Delta passes to A.

Players within the Deltas, when passing from one to another must have two players who are ready to receive the passed ball.

Tuesday—Day 2 Tactical

Goalkeeping (Advanced and players who wish to be goalkeepers)

- Goalkeepers are taught the basics of goal keeping.
- Angle reduction
- Positioning
- Diving
- Parrying
- More

Goalkeeper and Defenders Cooperation (Advanced and players who wish to be goalkeepers)

Goalkeepers are taught how to direct and work with the defenders.

This is done in a scrimmage situation.

Friday—Day 5 (Tactical)

Defenders learning to make themselves available for the Goalkeeper (Advanced and Intermediate)

Players are taught to coordinate efforts with the goalkeeper, including pass backs, receiving thrown balls, communicating and shielding an opponent for keeper collection.

Making spaces larger or smaller (All)

Players increase or reduce the space between other players depending on the plays.

Players must continuously move to do so while judging the ball and other players.

Friday—Day 5

Basic Striking technique (All)

Players are taught the basics of a striker position.

Additionally players are taught the supporting role to a striker inside the Delta formation.

Friday—Day 5 (Tactical)

Techniques for taking corner kicks, free kicks, goal kicks, kick-offs, etc. (All)

Players are taught the various techniques for the above.

Players learn from a standpoint of those taking the kick, supporting the kicker and defending the kick.

Wednesday—Day 3

Passing with laces and instep - longer ground and in air (All)

- Players pass the ball to another player using the instep.
- First a long ground pass.
- Then a lofted (long air) pass.
- The first set is done from a set position.
- Then the next set is done with a moving (passed) ball.

Creativity of feigning and fakes (Advanced)

Players are taught the various ways to feign and fake moves .

Wednesday—Day 3

Shielding with and without resistance. **(Advanced)**

Players are taught to shield the ball.

- First without resistance , i.e. away from opponents who are close by.
- Next with resistance, where another player attempts to take the ball away.

Wednesday—Day 3 Tactical

Winning the ball back (Advanced)

- Players are taught the foot/ball relationship of the opponent and recovering the ball when the opponent s off-balance.
- Players are assigned 1v1 scrimmage. The objective is to win back a lost ball.
- Next players are assigned a 2v1 scrimmage. The single player is given the ball and the other two defenders work together to squeeze and win the ball.

Thursday—Day 4 Tactical

Learning how to mark and the fundamentals of defending (All)

- Players are taught to properly mark an opponent while the game is active and non-active.
- Players must learn the proper distance for marking opponents.
- Players must know how to defend in the different areas of the field, such as own penalty area, the “dead” zone and the center of the field and beyond.

Thursday—Day 4 Tactical

Playing from their own position/Zone
(Picking runner who comes into zone)
(Advanced and Intermediate)

- Defenders must properly judge which offensive player to track inside position zone.
- Decisions are based on
 - Where the play is on the field,
 - Priority of which player to chose,
 - How the team needs to shift, sag or expand.

Learning to play different positions (All)

Depending on small sided divisions or 11v11, players are taught the various positions and their movement and responsibilities during a game.

Wednesday—Day 3 Tactical

Individual tactics (Shielding the ball. Beginning to recognize options, etc.) (All)

While shielding the ball, the player must consider options based on conditions. A player may need to pass, bolt, take a shot, etc.

Beginning players need to be shown some simple options. Advanced players must recognize all available options.

Coaches need to place opposing players and set conditions such that players must choose the appropriate option.

Switching Fields (Advanced)

- Players are taught and practice filed switching of ball.
- Receivers are in position for the switch.
- Passers must accurately place the ball into the proper area.

Thursday—Day 4

Throw-in Delivery (All)

Players are taught proper throw in techniques including:

- Legal and proper throw
- Placement of throw
- Being ready for an immediate returned wall pass from the receiver.
- Stepping onto the field quickly after the throw.
- Quickly moving to a advantage position after the throw

Throw-in Reception (Advanced and intermediate)

- Players place themselves such as to be in the most advantageous position to receive and continue offensive play.
- Players must be aware of the opponent's

Thursday—Day 4

Penalty kick (Advanced and Intermediate)

- Players take penalty kicks into the called quadrants of the goal.
- Goalkeepers are instructed on defending the penalty kick

Thursday—Day 4 Tactical

Pushing on in attack or dropping back as team (All)

- Discuss and perform the “whole team offense and defense” approach during games.
- Players are assigned positions at scrimmages and must attack and defend as a team.