

# AYSO Intermediate Coaching Course

## Instructor Notes



12/20/10 John Ouellette

## **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 your 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 teaching plan is the Intermediate Coaching Manual, your instructor notes are your presentation guide.

The classroom portion of this course is a very important component of this course however the field portion is what makes this course what it is. Don't spend a lot of time reviewing material that was covered in other AYSO courses. For the most part you should have coaches who have some experience.

### **Facilities required**

Classroom  
Soccer Field (gymnasium for weather issues)

### **Materials**

Course roster  
Power Point Presentation  
Copy of Instructor notes  
Course Manual  
Tests

### **Equipment**

LCD projector and screen  
Flip chart and markers  
Marker board  
Balls  
Cones  
Whistle  
Scrimmage Vest

### **Key Instructor Notes:**

- Time is your enemy!
- Teach from the Power Point Presentation that has been created for this course.

Keep in mind while teaching this course that much of the classroom information is not new for the majority of your students. However it is still very important that you talk about the following (sometime during the course):

The AYSO National Coaching Program has been developed by the 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

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

Open Registration  
Everyone Plays  
Balanced Team  
Positive Coaching  
Player Development

**AYSO Coaching Program is Accredited**

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 with at game and at practice.

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.

### **Laws of the Game**

To truly understand officiating, we recommend strongly that you "walk a mile in his shoes". That is, try your hand at actually refereeing some matches. Experience as a referee can only improve your skills as a coach and is well worth the effort. Thank you again for volunteering your time and talents.

### **Law 1:Field of Play**

#### **Essential Facts About the Field of Play:**

- Regular season play: Goal dimensions and field size at discretion of the region.
- Post-season play-off games: The field must conform to all requirements of Law 1.
- A coaches' area shall be marked, where possible, ten (10) yards on either side of the halfway line, and at least one yard from the touch line.
- Touch lines: Define sides of the field.

- Goal lines: Define ends of the field.
- Goals: 8 feet high and 8 yards wide.
- Halfway line: Divides field in half and belongs to both halves.
- Center mark: Location for kick-off.
- Center circle: 10-yard radius from center mark.
- Penalty area: Area in which goalkeeper may use his hands and where certain fouls result in a penalty kick.
- Penalty mark: 9-inch spot 12 yards from goal line indicates location for penalty kick.
- Penalty arc: 10-yard radius from penalty mark.
- Goal area: Defines location for goal kicks.
- Corner area: 1-yard arc defines location for corner kicks.
- Corner flag: Locates corner of field. May not be moved or removed during corner kicks.
- Optional equipment: Goal nets, halfway flags (1 yard outside touch line).

## **Law 2: The Ball**

### **Essential Facts Regarding the Ball:**

- The referee approves the game ball.
- Ball cannot be replaced without the referee's permission.
- The size used in AYSO matches is regulated according to age division.

## **Law 3: The Number of Players**

### **Essential Facts Regarding Number of Players:**

- 11 a side is the norm. 3 a side, 5 a side, 7 a side, and 9 a side are the AYSO recommendations for U-6, U-8, U-10, and U-12 respectively.
- A player who has been sent off may not be replaced.
- Substitutes come under the jurisdiction of the referee.
- One player on each team must be designated as the goalkeeper.
- Field players may change places with their goalkeeper at any normal stoppage in play. The referee must be notified that the change is taking place.
- In AYSO, each team member must play a minimum of one half of the match.
- Play may be stopped at any time by the referee to attend to an injured player. An injured player may be replaced or the team may play short while the injured player

recovers. Only the injured player receives credit for playing that quarter. A dropped ball is used to restart play, if the ball was in play at the time of the stoppage.

## **Law 4: The players' Equipment**

### **Essential Facts Regarding Players' Equipment:**

- Jersey, shorts, footwear, and shinguards covered by stockings are required. Sleeveless jerseys are permitted as are rolled or tied up sleeves provided, in the opinion of the referee, it is done in a safe manner.
- Shinguards are required in all practices and games.
- The goalkeepers must be distinguishable from all other players on the field.
- Players may not wear anything that could endanger either themselves or another player.
- Casts or splints, jewelry, watches and articles of adornment are not allowed.

## **Law 5: The Referee**

### **Essential Facts Regarding the Referee:**

- Should interfere with the game as little as possible, penalize only deliberate breaches of the Law, and not whistle for trifling or doubtful offenses.
- Authority includes all pre-match, half-time and post-match activities.
- May refrain from penalizing if it is to the advantage of the team against which the offense was committed.
- Is the official record and time keeper, and may add any time lost through accident or other cause.
- May stop the match and suspend or terminate play for any reason deemed necessary such as: the elements, interference by spectators, or other cause.
- Shall submit a detailed report of any misconduct.
- Allows no person other than the players and assistant referees to enter the field of play without permission.
- May stop the match to have an injured player attended.

## **Law 6: The Assistant Referees**

### **Essential Facts Regarding the Assistant Referees:**

- Indicate when the ball is out of play.
- Indicate which side is entitled to a goal kick, corner kick or throw-in.
- Indicate when a player may be penalized for being in an offside position.
- Indicate when a substitution is requested.

- Assist the referee in the control of the match in accordance with the Laws.
- May signal any misconduct, incident, or breach of the Laws which occurred out of view of the referee
- Assistant referees' decisions may be overruled by the referee.
- Referee decisions may not be overruled by an assistant referee.
- Referees may consult with and accept the decision of neutral assistant referees to determine whether or not a legal goal was scored.

## **Law 7: The Duration of the Match**

### **Essential Facts Regarding the Duration of the Game:**

- The match is divided into two equal periods (halves) which varies with age group.
- The teams will defend each goal for one period (half).
- Players have a right to an interval at half-time, which, in AYSO, shall be a minimum of five and maximum of ten minutes.
- Allowance shall be made, at the discretion of the referee, for time lost due to injury, substitution, time wasting or other cause.
- Time shall be extended to permit a penalty kick to be taken at or after the expiration of the normal time period.
- The referee is the sole time keeper for the match.
- If the referee terminates a match for any reason, the referee submits a game report to the governing body (Region) who will determine whether or not the game will be replayed, if the score will stand, or if a team shall be declared in forfeit. In AYSO, the referee submits a game report to the governing body (Region) who will determines whether or not the game will be replayed, if the score will stand, or if a team shall be declared in forfeit.

## **Law 8: The Start and Restart of Play**

### **Essential Facts Regarding the Start of Play:**

- Play is started with a kick-off from the center mark
  - at the beginning of the match.
  - at the beginning of the second half – following a goal.
  - at the beginning of overtime periods.
- Play is restarted with a dropped ball where the ball was when the play was stopped while the ball was in play:
  - following an injury where no foul occurred.
  - for outside interference.
  - for needed repairs to the ball or field equipment.

- for any cause not mentioned in the Laws.
- The team winning the coin toss chooses which goal it will attack in the first half. The other team must kick off. The team winning the coin toss takes the kick-off to start the second half.
- The ball is in play from a kick-off once it has been kicked and moves forward.
- Every player must remain in his own half of the field, and players of the team not taking the kick-off must remain at least ten yards from the ball until the ball is in play.
- The player taking the kick-off shall not touch the ball a second time until it has been touched by another player. The penalty for this “double touch” is an indirect free kick.
- A goal may be scored directly from a kick-off.
- The kick-off shall be retaken for any infringement of the kick-off procedure.
- The dropped ball is in play once it has touched the ground.
- The dropped ball is retaken if it is touched by any player before it has touched the ground or if it goes out of play without being touched by a player.

## **Law 9: The Ball In and Out of Play**

### **Essential Facts Regarding Ball In and Out of Play:**

- The ball remains in play until the entire ball has crossed the outside edge of either the goal line or touch line either on the ground or in the air.
- It is the position of the ball and not the player playing the ball which determines whether or not the ball is out of play.
- The ball is out of play when the referee has stopped play.
- The referee may also signal the ball out of play.

## **Law 10: The Method of Scoring**

### **Essential Facts Regarding Method of Scoring:**

- The ball must completely cross the goal line between the goalposts and under the crossbar for a goal to be scored.
- Only the referee may award or disallow a goal.
- The referee may accept the opinion of a neutral assistant referee regarding a possible goal that the referee did not see.
- The position of the ball is relevant when determining whether a goal has been scored, not the position of the goalkeeper.
- A goal should not be awarded if an outside agent (spectator, dog, etc.) has interfered with play prior to the ball entering the goal.

- A goal should not be awarded if the goalkeeper was incapacitated (injured or unable to play) immediately prior to the ball entering the goal.
- A goal should not be awarded if the Laws of the Game were violated by the attacking team immediately prior to the ball entering the goal.
- The referee may reverse his decision regarding the scoring of a goal as long as play has not yet been restarted.

## **Law 11: Offside**

### **Essential Facts Regarding Offside:**

- You are offside if, in the opinion of the referee, you gain an advantage by being ahead of the ball when it is passed to you by a teammate, except if you are...
  - in your own 1/2 of the field.
  - even with or have at least 2 opponents between you and their goal line.
  - first to receive the ball from one of these 3 restarts: throw in, corner kick or goal kick.
  - not ahead of the ball at the moment it is played not when it is received. “The Moment of Judgment” (4 little words).
  - not interfering with play or an opponent. “Not Involved in Active Play” (5 little words).
- A player in an offside position is not eligible to participate in play.
- The punishment for being offside is an indirect free kick for the opposing team.
- The indirect free kick is taken from the location of the offside player.
- Being in an offside position is, by itself, not a violation of the Offside Law and should not be penalized.
- It is the referee's responsibility to determine whether or not, in his opinion, the player in an offside position has participated in the area of active play by
  - interfering with play,
  - interfering with an opponent, or
  - gaining an advantage by being in that position.
- The referee may or may not declare a violation of the Offside Law depending upon his judgment of the circumstances.

## **Law 12: Fouls and Misconduct**

### **Essential Facts Regarding Direct Free Kick Fouls:**

The ten direct free kick fouls are divided into two groups.

- Seven require that the fouls be committed carelessly, recklessly, or with excessive force.
  - Kicking or attempting to kick an opponent
  - Striking or attempting to strike an opponent
  - Pushing an opponent
  - Charging an opponent
  - Tripping or attempting to trip an opponent
  - Jumping at an opponent
  - Tackles an opponent
- The other three require only that they be committed.
  - Spitting at an opponent
  - Holding an opponent
  - Handling the ball deliberately
  - The referee is the sole judge of whether an action is careless, reckless, or involves excessive force
  - The punishment for committing a direct free kick foul is a direct free kick for the opposing team at the point of the infraction. If a direct free kick foul is committed by a defender in his or her own penalty area, the opponents are awarded a penalty kick.

### **Essential Facts Regarding the Indirect Free Kick Fouls:**

The seven indirect free kick fouls are divided into two groups.

- Four are committed by the goalkeeper.
  - Goalkeeper taking more than six seconds to release the ball into play while controlling the ball with his hands.
  - Goalkeeper, having released the ball into play, touching it again with his hands before it has been touched by another player.
  - Goalkeeper touching the ball with his hands on any occasion when a team mate has deliberately kicked the ball to him.
  - Goalkeeper touching the ball with his hands when a team-mate has thrown the ball in directly to him.
- Three may involve any player.
  - Plays in a dangerous manner.
  - Impedes the progress of an opponent.
  - Prevents the goalkeeper from releasing the ball from his hands.

- The punishment for committing an indirect free kick foul is an indirect free kick for the opponents at the point of the infraction. If the indirect free kick foul is committed by a defender inside his own goal area, the indirect free kick is taken at the nearest point on the goal area line that is parallel to the goal line.

### **Essential Facts Regarding Cautionable Offenses:**

There are seven reasons a player may be cautioned and shown a yellow card.

- Unsporting behavior.
- Dissent, by word or action, with decisions of the referee.
- Persistently infringes the Laws of the Game.
- Delays the restart of play.
- Fails to respect the required distance during corner kicks or free kicks.
- Enters or re-enters the field of play without permission of the referee.
- Leaves the field of play without the permission of the referee.

### **Essential Facts Regarding Sending-Off Offenses:**

There are seven reasons a player may be sent off the field and shown a red card.

- Serious foul play.
- Violent conduct.
- Spits at an opponent or any other person.
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball.
- Denies an obvious goal-scoring opportunity to an opponent moving toward the player's goal by an offense punishable by a free kick or a penalty kick.
- Uses offensive, insulting, or abusive language and/or gestures.
- Receives a second caution in the same match.

## **Law 13: Free Kicks**

### **Essential Facts Regarding Free Kick:**

- Direct free kicks are awarded for penal fouls and a goal may be scored directly against the opponents.
- Indirect free kicks are awarded for non penal fouls and certain technical infractions. After the ball is in play, it must touch or be played by a second player from either team before a goal can be scored.
- The opposing team must remain at least ten yards from the ball until the ball is kicked into play

- The ball is in play from a free kick once it has been kicked and has moved or, in the case of the defending team taking the kick from within their own penalty area, when the ball completely leaves the penalty area.
- The player taking the free kick may not play the ball a second time until it has been touched by another player. The penalty for violation is an indirect free kick for the opponents from the point of the infraction.

## **Law 14: The Penalty Kick**

### **Essential Facts Regarding Penalty Kick:**

- A goal may be scored directly from a penalty kick.
- The kick is taken from the penalty mark located twelve yards from the goal line.
- The ball is in play once it has been kicked and moves forward.
- All players must be on the field of play, outside the penalty area, ten yards from the ball, and must stand behind the penalty mark, except for the kicker and the opposing goalkeeper.
- The defending goalkeeper remains on the goal line between the goalposts facing the kicker until the ball has been kicked.
- The kicker must wait for the referee's signal before taking the kick.
- The player taking the penalty kick may not play the ball twice in succession (penalty is an indirect free kick for the opposing team).
- For infringements of the Law by the defending team, the kick shall be retaken if a goal has not been scored.
- For infringements of the Law by the attacking team, except for the kicker playing the ball twice in succession, the kick shall be retaken if a goal was scored.
- For infringements of the Law by both teams, the kick shall be retaken regardless of the outcome.

## **Law 15: The Throw-In**

### **Essential Facts Regarding Throw-In:**

- The throw-in shall be taken from the point at which the ball left the field.
- The opposing team players may be no closer than two yards from the thrower until the ball is put into play.
- The thrower must face the field and part of both feet must remain on or behind the touch line.
- The ball must be thrown with both hands from behind and over the head.
- The ball is in play as soon as it is both released and has entered the field of play.

- The thrower may not play the ball a second time in succession (penalty is an indirect free kick for the opposing team from the point of the infraction).
- If the ball is improperly thrown in, it shall be retaken by a player of the opposing team.
- A goal may not be scored directly from a throw-in.
- Exception to the Offside Law is permitted for the first person to receive the ball from a throw-in.

## **Law 16: The Goal Kick**

### **Essential Facts Regarding Goal Kick:**

- The ball may be placed anywhere within the goal area.
- The ball is in play once it has been kicked beyond the penalty area.
- Opposing players must remain outside the penalty area until the ball is kicked into play beyond the penalty area.
- A goal may be scored directly from a goal kick, but only against the opposing team.
- The player taking the goal kick may not play the ball twice in succession (penalty is an indirect free kick for the opposing team).
- Exception to the Offside Law is permitted for the first person to receive the ball from a goal kick.

## **Law 17: The Corner Kick**

### **Essential Facts Regarding Corner Kick:**

- The ball is placed within the corner arc at the nearest corner flag post.
- A goal may be scored directly from a corner kick.
- The ball is in play after it has been kicked and moves.
- Opposing players must remain ten yards from the ball until it is kicked into play.
- The corner flag must not be moved or removed during the taking of the corner kick.
- The kicker may not play the ball twice in succession (penalty is an indirect free kick for the opposing team).
- Exception to the Offside Law is permitted for the first person to receive the ball from a corner kick.

## **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 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.

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 your instructor notes are your presentation guide.

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

Time will be your number one enemy when presenting the Intermediate Coaching Course.

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!**