



LAKEWOOD SOCCER

COACHING CLINIC
SUNDAY JANUARY 14, 2018

2018 - LAKEWOOD



- Currently just over 400 registered players
- 35 teams from U7 to U19
- Close to 100 volunteer coaches/managers
- Plans for outdoor program include:
 - Registration February 26th to March 2nd
 - Evaluations tentatively March 4th and 10th
 - Mini and youth programs for U7 to U19
 - Pre-season Camp and Development Program

Coaching Requirements



- Respect in Sport
- Criminal Record Check
- GoalLine Registration
- Making Ethical Decisions
- *Concussion Protocols – Making Headway*
 - U7 - FUNdamentals
 - U9/U11 – Learn to Train
 - U13/U15/U17/U19 – Soccer For Life



Coaching Courses

- Upcoming Course Offerings
 - RIS - <http://www.sasksport.sk.ca/RiS/>
 - MED - <https://www.coach.ca/-p156128>
 - January 26th and March 23
 - FUNdamentals, Learn to Train and Soccer for Life courses TBD sometime in April/May 2018
 - Soccer for Life April 13th - 15th
 - C-License April 7th – 8th
 - This is a 3 part course

Upcoming Deadlines



- Indoor Season Completion...
 - SISCO Girls Premier January 19th - 21st
 - S4L Provincials Rosters Deadline February 1st
 - Mini SISCO February 9th - 11th
 - S4L 6v6 Provincials (Moose Jaw) Feb 23rd - 25th
 - S4L 9v9 Provincials March 2nd - 4th
 - 9 Lakewood teams currently entered in both...
 - U9 Player Jamboree March 13th
 - Referee Clinic April 21st - 22nd

LAKEWOOD COACH

- The Role of the Coach
 - Teacher – *technical*
 - Mentor – *life...*
 - Role model – *life...*
 - Cheerleader – *life...*
 - Parent – *life...*
 - Occasional disciplinarian – *life...*

- **COMMAND:** Coach tells the player what to do and demos it (“I want you to pass the ball to your partner.”).
- **Q & A:** Coach leads with a question and requests an answer from players (“Which one of your teammates could you pass the ball to?”).
- **OBSERVATION & FEEDBACK:** Coach and players observe an activity and discuss the outcome (“Let’s watch and see what happens.”).
- **GUIDED DISCOVERY:** Coach asks a question and issues a challenge (“Can you show me how you would get the ball past the defender?”). The player then demos how.
- **TRAIL & ERROR:** Players or coach decide on a challenge, and the players are encouraged to find their own solutions with minimal support from the coach.

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- U7 teams currently through CA partnership
- U7 program currently 1 game through SYSI and 1 to 2 training sessions per week
- U9D program currently 1 game through SYSI and 2 training sessions per week
- U11-U17 program 1-2 SYSI games and 1 turf training and 1 gym training session per week.

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- Lakewood attempts to provide a turf time per week for all teams and at least 1 gym training session time per week.
- Lakewood is also piloting Development sessions, aimed at providing U11 and U13 players an extra session a couple of times per month.
- Lakewood provides equipment and support for all coaches and managers.

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- For the 2018 outdoor season and ongoing, Lakewood would like to provide:
 - More support for coaches and managers
 - More development opportunities for all of the players and coaches
 - More fun and consistent environment for the players
 - More resources for coach development
 - More resources for player development

SYSTEM OF PLAY



Central Defenders

- Play without a sweeper, but always in communication to ensure that they are never caught flat. If one pinches-up/supports or challenges (near-side Center Back) then the other (far-side Center Back) drops/pivots back in a sweeper role. They must maintain tremendous composure on the ball in order to not panic when starting our play out of the back lines. Look to play Center Mid's when they are able to half-turn... if unavailable look to roll the outside wingbacks.
- They must push our defensive lines up the field as we forward, in order to squeeze our opponents.



Flankers/Wingbacks

- Close down wingers early in attacking half (high pressure). When ball is on the other side of field, must tuck in alongside our central defenders.
- When opposition wide player, on their side is in possession, they must provide pressure and prevent the opponent and/or ball to be played down the line/channel. Emphasis that the opponent and/or ball do not get between the line and the flanker. Objective is to force opponents to play into the middle of the field, where we should be congested and marked tightly in order to force transition opportunities.
- In possession they must enjoy and excel at the outside run. Must go up and down the wing and provide width. Always important to give width and stay in line with the ball. Look to clear feet and deliver penetrating balls into the channel, when in defensive half and opponents pressuring high.



Midfield

- Central midfielders are placed just in front of the back 4 and their main responsibility will be to shut down the opposition's midfield and protect/shield our central defenders. When one Central Midfield (near side) pressures, supports or challenges (near-side Center Midfield) then the other (far-side Central Midfielder) drops/pivots to provide balance and shield to Center Back's.
- They will be responsible for disturbing opposition attacks in the midfield. One Center Midfield must always provide support to the ball, and the other must drop and provide balance/safety in case possession is lost.
- Center Midfield's must maintain possession of the ball and are asked to keep the play simple and release passes to the easiest of options.



Forward Line

- Attacking Midfield find spaces between the lines of the opposition midfield and defenders. They must provide composure, confidence, creativity in attacking areas of the field, and most importantly ensure we maintain possession.
- Defensively, must identify the opponents' deepest lying midfielder and make certain the opposition is unable to play into that player (force opposition to play dangerous passes).
- Striker – SCORE GOALS! Play centrally, be a target, make penetrating runs down the channels when wing backs clear their feet and be a threat for all balls played into the box.
- Defensively, responsible for cutting off half of the field and funneling the opposition attack up the side... 1st Defender. Prevent opponent defenders from playing Center Back to Center Back or outside fullback to Center Back.

PHILOSOPHY



ATTACKING

- In possession of the ball we will be expected to keep the ball for long periods of time. It will not be abnormal for us to string together attacking moves that will force our opponents to mark the entire field, which will consist of upwards to at least 5 or 10 passes.
- Composure on the ball is a must, as well as keeping things simple. If we see an open player, we will give that player the ball, no matter the distance. Demonstrate patience. This will frustrate our opponents into becoming very loose defensively and drastically increase our opportunities to score. This will also limit our time in defending. The other team cannot score if they do not have the ball.



ATTACKING - contd

- Out of the back, our defenders will look to play passes as early as possible. Our midfield will be responsible for orchestrating our buildup. They will look to link our possession from the defenders into the attack. If our midfield is shut down, space will be available to play directly through to the attacking midfielder and attackers.
- Once we enter the attacking 3rd, creativity and the ability to take players on 1v1 is strongly encouraged. Again we must remember that the opponent will not be able to score if they do not touch the ball.



DEFENDING

- Lose the ball, work diligently in order to win the ball back.
- First principle is to delay our oppositions' attack by getting all outfield players in behind the ball. Once we have delayed any transition, we will apply organized and composed (do not go flying in) pressure upon the opponents' first touch. Our defending will always begin from our front-lines.
- Apply pressure in order to force the other team into playing into areas where we exploit mistakes. We do not necessarily need to win the ball, but force our opposition into making poor decisions or into playing laterally or negatively (backwards). It is vital we not give attackers the occasion to square their shoulders towards our goal.
- Use our defensive pressure as an element of attack.
- Again – we will always need to defend.



DISCUSSION

STRUCTURE:

- What else do you need as a coach?
- What is not being provided adequately currently?
- What are we wasting time on currently?
- Are your players/families enjoying the season?
- Are you, as a coach, enjoying the season?

DEVELOPMENT:

- How can Lakewood help you be a better coach?
- How can Lakewood help players be better players?
- What can be done to ensure success over the longer term?
- What is success over the long term?



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Next Coaching Clinic:
Hopefully February 2nd and 5th