

How the UK Trainer Program was implemented in the Region: Fall 2016

UK International is the official Player Development provider to AYSO and we have had a relationship with Region 177 for a number of years now. In 2016 we brought Spring and Summer Camps to the region, with over 250 players attending, and we provided coaches for the very successful second annual Spring Academy. The past couple of years have seen UK Trainers work with the Waves EXTRA program, for the tryout process and training during the league season.

We are very proud of our relationship with your innovative and forward-thinking region.

Here is how we have implemented unique programs in your region over this 10-week fall season, to provide your players and coaches with the Best Possible Soccer Experience...



CORE U6-U12, Monday - Thursday. Coach Conor (Scotland), Ryan (England), Arturo (USA), Aloysius (Nigeria)

Coach education is a primary focus of the region, good coaching filters down to the players. Seeing as many coaches as possible, and developing their skills of instruction will have a lasting impact on the technical ability of players.

It was therefore our goal to see as many of the core coaches as possible this fall, placing an emphasis on teaching them how to structure a session, provide ideas for innovative activities, and educate them on basic coaching points. In order to best achieve this we wanted change the format of how we structured the program for the U6-12 divisions.

In the past we scheduled 1 UK trainer to work with 1 team at a time. While the coaches learned a lot from the sessions, and the kids had a lot of fun, we felt we could maximize our time a little better.

We arranged a schedule to enable a collection of teams to train together (sometimes up to 4 teams per UK

Trainer). We built a demonstration area which the participating coaches/teams set up next to. After brief introductions the UK trainer demo'd the drill/skill for the players and coaches. Then it was down to the coaches to “carry out” what the UK trainer had demonstrated. This plan carried thru all 4 stages of the session:

- 1) Warm Up/Technique in isolation
- 2) Passive Pressure
- 3) Real Pressure/Conditioned Game
- 4) Game (In-game coaching points)

The sessions concluded with a quick de-brief and answering of any questions.

Our trainers put together a curriculum for the U6, U8, U10 and U12 divisions; ensuring a universal message was being delivered (see below).

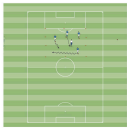
We saw teams twice each cycle, and we had 2 rotations per season. We also included a final week of “make up sessions”, to make up for rain-out days, holiday (Halloween) and a chance for anyone who wanted to see the UK trainers one more time.

Created by Connor Ward Last Update: Oct 14, 2016 9/22/2016 U6_Session_1.jpg


TRAINING SESSION: PASSING & RECEIVING

Objectives
Work on and improve passing and receiving techniques.


(Older) WarmUp




(Older) Passing through gates



Passing & Receiving



(Older) Small sided game P&R



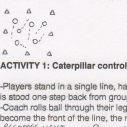
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U6 Session 1

Session length: 1 hour (remaining time outside activities is for demonstrations and water breaks)
Session Theme: Ball control (1)
Learning objective: For players to track ball and get their bodies behind it to stop it running past them.

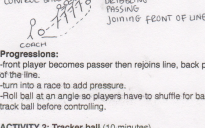
WARM UP (10 mins)

- Dribble inside of cone area- little touches to keep ball close.
- Introduce 1skill/trick/turn: Toe tap/Scissor/Roll back (can change each session)
- Add in coach or assistant (Monster/Zombie) to dribble round or do their trick/turn past.



ACTIVITY 1: Caterpillar control (10 minutes)

- Players stand in a single line, hands on person in front's shoulders, arms straight, legs wide. Last player is stood one step back from group.
- Coach rolls ball through their legs for last player to control, they dribble up to the front to coach, they become the front of the line, the next last person moves one step back from group to control.

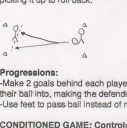


Progressions:

- Front player becomes passer then rejoins line, back player controls, dribbles then passes then joins front of the line.
- Turn into a race to add pressure.
- Roll ball at an angle so players have to shuffle for ball to pass through their legs and last player has to track ball before controlling.

ACTIVITY 2: Tracker ball (10 minutes)

- Pair up players 5-10 yards apart with a goal (cones) behind each of them.
- Players have to roll ball to try and score past opponent, opponent tracks ball and stops with feet before picking it up to roll back.



Progressions:

- Make 2 goals behind each player, one either side of them so there are two targets for the attacker to roll their ball into, making the defender have to shuffle laterally to track the ball and get their body behind it.
- Use feet to pass ball instead of rolling it.

CONDITIONED GAME: Control/goal (10-15mins)

- Normal scrimmage set up. If a player tracks the ball and has control of it before making a decision they score their team 1 goal.

Left: Our U12 Curriculum (First cycle)

Right: Our U6 Curriculum (First cycle)



Comments from the UK Trainers:

"We got around to seeing coaches and their teams more than once, unlike in the past. Coaches got to see how to progress one session onto another (when the trainers came back for the second rotation) and how to progress games and drills instead of picking their most comfortable sessions at random each session. All coaches love having the UK trainers around. I ran coach education classes and the feedback was great. They see us as an invaluable resource". Coach Conor

"The players benefited from being introduced to the philosophy of the 1,2,3 during their fall season (typically only seen during the Spring Academy), this enabled teams to replicate a more similar game to what they see on TV compared to the game of kick ball that is often spectated and cheered for every Saturday". Coach Ryan

"Players seem to love working with you. They like to see coaches that can demonstrate really cool skills. They learn a lot from us as we train in a different way to how many volunteers do". Coach Arturo.

Challenges:

The main challenge we found in the first two weeks of the season was implementing the new layout. A lot of coaches were unaware of the new system, so it took some time to educate them on how we wanted things to run. In the future we need to let everyone understand the system, to avoid any confusion. Once we had completed the first rotation, everyone understood the idea of what we were trying to achieve and it ran a lot better. We should look to include a mandatory coaching clinic (or coaches meeting), where we can explain to all the coaches the format of the trainings and the reasoning behind why we are doing it this way.

Getting thru (up to) 4 teams and therefore 8 coaches (with assistants) in one hour is challenging. Next year we will look at making the sessions 1.5 hours, and allowing for a longer introduction and especially a longer de-brief.

U14-U19 First Two Weeks of Program, Included in Rotation 1 of Core, Friday's

The first two weeks of the fall season all of our UK trainers solely worked with the “older divisions”. We then included the older teams into our first rotation of core trainings.

As the season developed we kept in touch with coaches of the older divisions and asked them “what did they want to see from the UK trainers”. The overwhelming response was goalkeeper training, so we ran GK clinics (see pictures below). We included coaching clinics for our final few Friday sessions (see pictures below).



Top: FREE Coaches clinic ran in October.

Bottom: One of our GK Clinics for the older divisions.

Jamboree U5, Saturday's: Coach Conor (Scotland), Coach Ryan (England), Coach Aloysius (Nigeria), Coach Mickey (England)*Injured

This fantastic introduction to soccer proves a very rewarding experience for our trainers. The young player's and parent's enthusiasm is great to see.

Every Friday the UK trainers would send Saturday's session plan to all the parents/coaches so that they knew what their son/daughter were working on going into Saturday. Having these session plans sent ahead of time proved very helpful, so that the coaches could prepare accordingly (See an example of what was sent below).

We had some challenges in the first few weeks of the program with our head trainer breaking his arm, but after we made some adjustments we managed to maintain continuity with our staffing, which is very crucial for the players of this age group.



U.K. International Soccer Camps - Online Curriculum

Mr Wolf

Level: Warm Up with Ball

Objective: Ball familiarity, dribbling and quick turns

Organisation

Make a circle about 20 yards in diameter.

Players spread around the edge with a ball each.

The coach stands in the middle and is Mr. Wolf.

Every child is a sheep and must ask the question very loudly, What time is it Mr. Wolf?.

The Wolf must then say a time e.g. 2 o'clock. Each player must then dribble the ball forward, e.g. two steps for 2 o'clock and six steps for 6 o'clock. When the players get close enough to the center the coach may announce, Dinner Time.

The coach then attempts to tackle and steal the soccer balls from the sheep.

The players must turn and get outside the circle before being captured.

When a sheep is caught they become an assistant wolf in the middle.

The winner is the last remaining sheep.

Coaching Points:

1: Let the game be the teacher

2: Encourage the players to keep the ball close to them and change directions quickly

3: Keep head up as often as possible

4: Encourage players to use both feet and different parts of their feet

5: Practice practice practice



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EXTRA Program, Monday-Thursday & Saturday Games, Coach Ryan, Coach Conor.

The Long Beach Waves EXTRA program is very unique and special. Coaches Conor and Ryan were thrilled to be working with the players and coaches in this program this fall season. Both trainers showed tremendous passion for working with these teams.

We began back in May with 5 trainers coming into the region (not associated with the Spring Academy) to help select the Fall 2016 teams.

We scheduled Ryan to work with 4 EXTRA teams once a week and get to a number of their games on Saturday's. Conor was scheduled to work with 5 teams, some of which he knows from 2015, while former UK Trainer Danny Attwell became a head coach for his own Waves team.

New for 2016 was Ryan's "Strength and Conditioning" training for all EXTRA teams, for 30 minutes a week before their sessions.



Left: BU12 McMillan Cup Champs with UK Trainer Conor, Right: UK Trainers assist with the tryout process back in May.

"I've had the pleasure of working with the UK trainers for a couple years now as an Extra coach of U12 girls. It's been a great experience for both the players and coaches.

Currently, Ryan is my Extra team's trainer. He has been efficient, organized and has worked hard to ensure that the players have both the technical training and tactical knowledge required for them to succeed on the field. He has gone over and above what is required for a trainer and I believe my team has progressed over this season largely due to his training. The girls respect him and enjoy when he can make it to sessions and matches. As a coach, I feel the same way". Cheryl Hallock GU12 Head Coach

"My name is Adam wheeler and I am the LB Waves U10 Boys Extra Coach...

I have had the pleasure of having Conor Ward be our UK Coach for every Tuesday practice for our regular season....We have been competitive in every game thanks to him and finished 4-4-1.

Conor was very involved in the Teams development per Ball Mastery, Technical development for passing, receiving, shooting, and dribbling...I think what has been most important for my Team and I have seen this in the last few games, has been there understanding of "Shape" and "moving to Space"... It has allowed us to move the ball much better under control...Conor developed a few sessions revolving around this and is a key to our success...

My Asst. Coach and myself have been very grateful for his organization, temperament with the boys, follow through after the games, and general good nature approach to teaching the beautiful game...

Hopefully we can have Conor Ward be a part of the team as we move into tournaments and possibly next Fall..." Adam Wheeler GU10 Head Coach



UK International – Long Beach AYSO Region 177

Our team is very excited about the prospects of 2017. We have begun the process to find suitable coaches for the Spring Academy, and our camps are online. Please feel free to contact me at any time. I am based in Long Beach and am here year round. I am sure I will see you at the fields over the winter months.

I would like to thank everyone on the board for their continued support of the program. Many, many families have hosted UK trainers this fall, and it's your hospitality and kindness that makes them want to return each year. Thank you to the board for helping set up these programs and managing them this season. From myself and everyone at UK International, Thank you.

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