

# Coaches, Players & Parents Handbook



## Spring 2011



# Cheshire Soccer



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## Soccer Juggling Record

This table should be completed any day that you beat your personal best at that specific skill either during a practice or outside of practice.

Skill	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Foot Juggles												
Thigh Juggles												
Headers												
Combination Juggles												
Magnificent Seven												

Skill	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Foot Juggles												
Thigh Juggles												
Headers												
Combination Juggles												
Magnificent Seven												

Skill	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Foot Juggles												
Thigh Juggles												
Headers												
Combination Juggles												
Magnificent Seven												

Combination Juggles      a combination of foot, thigh and head juggles.

Magnificent Seven      a sequence of right foot, left foot, right thigh, left thigh, right shoulder, left shoulder and head.  
The sequence can be made in any order and you should use each body part only once.

## Dynamic Warm-Up

### Aerobic skip warm-up

- 1) **Skipping forward with arm circles forward. 1 set over 20yds.**
- 2) **Skipping backward with arm circles back. 1 set over 20yds .**
- 3) **Skipping sideways arms overhead to the right. 1 set over 20yds.**
- 4) **Skipping sideways swing arms over head to the left. 1 set over 20yds.**

### Standing exercises

- 1) **Neck flexion and extension.** 1 set 5 each side.

Front to back. Side to Side.

- 2) **Standing trunk twist.** 1 set 5 each side.

Arms at should height straight out to sides at 180 degrees. Legs straight and feet slightly wider than shoulder width. Twist through the core side to side.

- 3) **Bent trunk twist.** 1 set 5 each side.

Same as above only now bent at the waist, leaning forward with upper body at or close to 90 degrees. Activate core to protect lower back.

- 4) **Upper body flexion/extension.** 1 set 5 each side.

Legs straight. Feet shoulder width apart. Hands together and raised directly overhead, stretching slightly back, stretching and opening the front of the body. Reach down toward toes, stretching hamstrings.

- 5) **50% Build up.** 1 set 30yds down and back.

Build ups are basically running to a point down and back, building in intensity as the warm up progresses.

### Transit movement

- 1) **Knee hug walking forward.** 1 set over 15yds.

Keep body upright. Slightly lean forward. Move forward pulling knee to the chest. At the same time, squeeze through the glute on balance leg. Continue forward alternating legs.

- 2) **Inverted hamstring stretch walking forward.** 1 set over 15yds.

Step forward with right leg and at same time bend at the waist and reach with left hand in front of body as if trying to pick something up off the ground that is just out of reach. Left leg extends straight behind body into a scale position.

- 3) **Quad stretch walking forward.** 1 set over 15yds.

Set forward with right leg. Bend left knee and grad instep of left foot behind the body at glute level. Keep knee directly under hip. Squeeze glute on balance leg. Continue forward alternating legs.

## Transit movement

- 4) **Leg cradle walking forward.** 1 set over 15yds

Step forward with right leg. Bend right knee in front of the body with knee outside of the body and foot at center line pelvis level. Grab outside of knee with right hand and inner shin area with left hand as if cradling a baby. Squeeze through glute on balance leg. Continue alternating legs.

- 5) **Squat step lateral.** 1 set over 15yds and back

Stand lateral with left leg on start line, right leg leading movement. Feet shoulder width apart. Toes remain straight ahead entire time. Step with right leg. Lower level sitting back through hips into a single leg, quarter squat position. Left leg remains straight. Remain in squat position and continue to the right. Continue back with left leg leading.

- 6) **Heel walk forward.** 1 set over 15yds.

Walk forward on the heels with toes remaining dorsi-flexed (toes up towards shins) the entire time.

- 7) **Toe walk forward.** 1 set over 15yds.

Walk forward on the balls of the feet with heels raised as high as possible the entire time.

- 8) **75% Build up.** 1 set 30yds down and back.

Build ups are basically running to a point down and back, building in intensity as the warm up progresses.

## Quadrapped Series

Down on all fours. flat back. Knees under hips. Hands under shoulders.

- 1) **Fire hydrant.** 1 set 5 each leg.

Raise leg to side extending from hip and keeping knee bent at 90 degrees and back flat.

- 2) **Knee circles forward.** 1 set 5 each leg.

Keeping knee bent at 90 degrees and back flat, circle knee forward.

- 3) **Knee circles backwards.** 1 set 5 each leg.

Same as forward but in other direction.

- 4) **Donkey kick.** 1 set 5 each leg.

Keeping knee bent at 90 degrees and flat, the knee toward the chest and then bring the bottom of the foot toward the sky with knee still bent at 90 degrees.

- 5) **100% Build up.** 1 set 30yds down and back.

Build ups are basically running to a point down and back, building in intensity as the warm up progresses.

## Personal Practice Report

This table should be completed after each practice you attend. Place a score in each of the 13 skill boxes. If you are unsure of what score to give yourself in any skill set please leave it blank and move on to the next.

Rate your score 1 to 5 with 5 = best, 1 = need to work harder

Skill	Practice 1	Practice 2	Practice 3	Practice 4	Practice 5	Practice 6	Practice 7	Practice 8	Practice 9	Practice 10
Left foot passing										
Right foot passing										
left foot shooting										
Right foot shooting										
Dribbling										
First Touch										
Heading										
Defending										
Attacking										
Goalkeeping										
Effort										
Performance										
Leadership										

Skill	Practice 11	Practice 12	Practice 13	Practice 14	Practice 15	Practice 16	Practice 17	Practice 18	Practice 19	Practice 20
Left foot passing										
Right foot passing										
left foot shooting										
Right foot shooting										
Dribbling										
First Touch										
Heading										
Defending										
Attacking										
Goalkeeping										
Effort										
Performance										
Leadership										

## Practice Session Notes

You should complete this table after each practice you attend.

	What did I learn today?	What did I most enjoy today?	What did I least enjoy today?
Practice 1			
Practice 2			
Practice 3			
Practice 4			
Practice 5			
Practice 6			
Practice 7			
Practice 8			
Practice 9			
Practice 10			

## Glossary of Soccer Terms

**50/50** - Loose ball contested by two opposing players

**Advantage ruling** - Law in the game of soccer which gives the right of a team that has been fouled to continue playing considering that they have an advantageous play unfolding.

**Anticipation** - The ability of understanding tactical situations in soccer as they unfold

**Assist** - Pass which leads to a goal

**Attacker** - Offensive soccer position for players whose primary task is to score goals; also known as Forward or Striker

**Backheel** - Technique of kicking the ball by using the heel

**Backup** - Providing cover for a player who is pressuring the ball

**Ball watching** – Player in a match who watches the ball without getting involved

**Bending the ball** - Curving the horizontal trajectory of the ball by using a special kicking technique

**Bicycle kick** - Type of kick in soccer where the player jumps off the ground and strikes the ball when it's over his head. Also known as Bike or Scissors kick

**Breakaway** - One-on-one confrontation between a keeper and an opposing attacker with the ball

**Checking** - Moving toward or in direction of the ball with the intent of receiving a pass

**Chip** - Type of kick in soccer that results in a lofted ball

**Clean sheet** - Performance by a goalkeeper which resulted in a shutout

**Clearance** - Kicking, punching or heading the ball away from danger

**Contain** - Staying in front of an opponent who is carrying the ball without actually tackling him

**Counterattack** - To begin an attack immediately after gaining possession of the ball

**Cover** – A player who is positioned behind a teammate challenging an opponent for the ball

**Creating space** – Moving away from defenders or teammates to provide support

**Crossing** – A term to play the ball into the penalty box or switching the field

**Cross bar** - Horizontal goalpost which connects the two vertical ones

**Curving** - Technique of kicking in soccer which causes the ball move in a curving horizontal trajectory. There are two types of curves, based on which part of the foot is used, the inside curve and the outside curve.

**Cutting** - Moving the ball across the body by the use of dribbling

**Dead ball** - Static situation such as a free kick or corner

**Defender** - Defensively oriented position for players who have the primary task of denying the opposition of scoring

**Direct kick** - Type of free kick from which the player taking it is allowed to score without outside intervention

**Draw an opponent** - To induce an opponent to leave his position or the player he is covering by pulling him towards you and away from a teammate who can then receive a pass

**Dribbling move** - Manipulating the ball done with the purpose of beating a defender in one-on-one confrontations

**Driving the ball** - Kicking the ball with power

**Drop ball** - Restart in soccer used when a match has been stopped in the case of emergency

**Faking** - Applying a dribbling move to trick the opponent

**Fancy** - Technique or motion executed with excessive flair

**Far post** - The furthest vertical goal post from the ball

**Feinting** - Alternative name for Faking

**First defender** - Defender nearest to the ball

**Footwork** - Ability to dribble or control the ball

**Formation** - Strategic positioning that explains the general form a team, also known as System.

**Futsal** - Indoor soccer

**Give-and-go or wall pass** - Combination play between two teammates where one player passes the ball to the other who returns it back with at first touch

**Glancing header** - Heading technique in soccer, where upon contact the player turns his head (glances) in the direction of his aim.

**Goalkeeper** - Player in a soccer team who is allowed to use his hands in the Penalty box. The Goalkeeper's job is to protect his team's goal from enemy attempts to score. Also known as Keeper or Goaltender.

**Goal-side** - Defending player's position between his or her goal and the opponent to be marked

**Half volley** - Technique of volleying the ball, or kicking it while it's in the air

**Hat trick** - The scoring of three goals in a single match by one player

**Header** - Technique used for striking the ball by using the head, more precisely the forehead

**High-pressure defense** - Defensive tactics characterized by man-to-man coverage and challenge pressure mounted as soon as the opponents win the ball

**High-pressure offense** - Offensive tactics characterized by fast counterattacks as soon as the ball is won with little or no offensive buildup

**Indirect kick** - Free kick from which a second player must touch the ball before scoring is allowed.

**Injury time** - Time added at the end of a match, usually to compensate for interruptions during the game like dealing with injured players

**In-swinger** - Cross curving towards the enemy goal

**Juggling** - Maintaining the ball aloft by repeatedly striking, usually any part of the body

**Keep away** - Soccer game in which two teams are trying to maintain possession of the ball

**Lead pass** - A pass served into space ahead of a running player so that the running player can collect the ball without breaking his stride or changing speed

**Low- pressure defense** - Defensive tactics characterized by zone defense and organized defensive buildup

**Low-pressure offense** - Offensive tactics characterized by organized buildup prior to attempt at defense penetration

**Man on** - Warning term used by footballers to caution a teammate who has the ball that he is being pressured

**Marking** - Covering an opponent with the intent of limiting his options

**Matthews** - Famous dribbling move in soccer

**Midfielder** - Soccer position for players who deals with both the offensive and defensive matters in a match

**Near post** - The goalpost closet to the ball

**Nutmeg** - Dribbling move in which a player slips the ball between the legs of an opponent

**Offside** - One of the most misunderstood laws in soccer. A player is offside if he is passed the ball at a time when there no defender between him and the goalie (more technically, between him and the last player closest to the goal, which is usually the goalie, but can be any field player).

**Offside trap** - Tactical method used to trick opposing attackers by leaving them in offside. Defensive lines that use the offside trap will usually push up when the ball moves away from their goal.

**One-two** - Alternative name for Wall pass

**Onside** - When a player is not offside position

**Overlap** - Attacking run in which a player goes past the ball carrier

**Own goal** - Goal scored by a player in his own net

**Pass** - Distributing or handing the ball over to a teammate.

**Penalty box** - Rectangular marking in a regular soccer field. The penalty box is 44 yards in width and 18 in depth. Inside the penalty box, there is a "small box" which is 20 by 6 yards.

**Penalty kick** - Direct free kick taken at a marked point 12 yards away for the goal line. In a penalty kick, the ball has to be shot at goal and cannot be passed.

**Possession** - Keeping the ball in control

**Pressuring** - Limiting the options of the enemy player in possession of the ball or challenging the player in possession of the ball

**Referee** - Match official who conducts the game according to the regulations.

**Restart** - Free kick, corner, throw-in or any type of action that brings the ball back into play

**Right-footed** - Player who feels more comfortable playing his right foot

**Scissors kick** - Alternative name for Bicycle kick

**Scrimmage** - Friendly training match, usually played within the players of the same team

**Shielding** - When dribbling player stays between the ball and opponent to prevent him claiming the ball

**Shin guards** - Protective gear worn to protect the area below the knees down to the ankles

**Shoulder-to-shoulder** - Clean physical challenge

**Sideline** - Alternative name for Touchline

**Slide Tackle** - Spectacular defensive technique used for depriving an opponent of the ball

**Square pass** - A pass made laterally to a waiting or moving teammate across the field

**Substitute** - Player who isn't starting in the game but is available to join from the bench

**Supporting run** - Off-the-ball run which is intended to help the ball carrier by providing him with a safe passing option

**Switch** – An exchange of positions by two or more players in order to support each other or to confuse opponents

**Switch play** - A phase used to switch the ball from one side of the field to the other side

**Tackle** - Defensive technique used for depriving an opponent of the ball.

**Target player** – This player's role is to receive long, often high passes and pass them quickly, often via header to a teammate

**Through pass** - Passing the ball between or over the defenders to a teammate. Also know as a Split or Penetrating pass.

**Throw-in** Restart in soccer used after the ball has gone out over one of the sidelines

**Trapping** - Technique used in soccer for controlling the ball

**Turn** - Warning call used between teammates to notify the player with the ball that he can safely turn with it

**Two-footed** - Player who is able to effectively play with either foot.

**Upper 90** - Upper corner of a soccer goal, where the vertical and horizontal goalposts meet.

**Volley** - Kicking technique in soccer used for striking a ball while it is above ground

**Wall** - Collection of players lined up in front of a free kick taker with the purpose of limiting his shooting angle

**Wide** - Away from the middle of a pitch; on the flanks

**Wing** - The outskirts of a soccer field, along each touchline

**Woodwork** - Alternative name for goal post

**Zonal defense** – A zone defense is a defensive system in which defenders are given specific areas to cover rather than a specific opponent to mark

## FIFA Laws of the Game

Here is a link to FIFA laws of the game

[http://www.fifa.com/mm/document/affederation/generic/81/42/36/laws\\_of\\_the\\_game\\_2010\\_11\\_e.pdf](http://www.fifa.com/mm/document/affederation/generic/81/42/36/laws_of_the_game_2010_11_e.pdf)

## Referee Hand Signals



Direct free kick



Sending Off



Caution



Advantage



Indirect free kick



Throw-in



Offside



Substitution



Offside on the near side of the field



Offside in the centre of the field



Offside on the far side of the field

## Personal Game Stats

These tables should be completed after each game you attend.

	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8	Game 9	Game 10
How many goals did I score?										
How many assists did I make?										
How many saves did I make?										

## Game Day Notes

	What did I learn today?	What did I most enjoy today?	What did I least enjoy today?	What would you like to improve on before next game?
Game 1				
Game 2				
Game 3				
Game 4				
Game 5				
Game 6				
Game 7				
Game 8				
Game 9				
Game 10				

If you would like a professional game or player evaluation contact [info@cheshiresoccer.com](mailto:info@cheshiresoccer.com)



## Small-Sided Game Day Formations



The 3-3-1 consists of three defenders, three midfielders, one forwards and a goalkeeper. The midfielders need to find supporting position for the lone forward.



The 2-3-2 consists of two defenders, three midfielders, two forwards and a goalkeeper. The center backs need to add pressure, cover each other.



The 2-2-3 consists of two defenders, two midfielders, three forwards and a goalkeeper. The forwards need to retreat and offer support to the midfielders.



The 3-1-3 consists of three defenders, one midfielder, three forwards and a goalkeeper. The central midfielder has to be able to change the point of attack quickly.



The 3-2-2 consists of three defenders, two midfielders, two forwards and a goalkeeper. The center midfielders and forwards need to combine to find the shooting position.

## Large-Sided Game Day Formations



The 4-4-2 formation is the most popular formation played around the world. It consists of four defenders, four midfielders, two forwards and a goalkeeper. The midfielders need to combine with the forwards to create shooting opportunities.



The 4-3-3 consists of four defenders, three midfielders, three forwards and a goalkeeper. The outside defenders have to choose to pass or run ball into midfield to offer support.



The 4-5-1 consists of four defenders, five midfielders, one forwards and a goalkeeper. The wide midfielders need to get forward and support the lone forward.



The 3-4-3 consists of three defenders, four midfielders, three forwards and a goalkeeper. The goalkeeper coordinates with defenders to deal with crosses and balls in to the box. This formation has natural triangles.



The 3-5-2 consists of three defenders, five midfielders, two forwards and a goalkeeper. Look how the midfield pressure, cover and balance.

## Summary & Disclaimer

### Summary

We at Cheshire Soccer are dedicated to inspiring player development in any way we can. Our goal is to develop happy and successful soccer players and help them reach their personal goals. We set ourselves high standards as role models to the soccer players and emphasize good sportsmanship and respect to all involved in this great sport. As advanced coaches, our targets are to show:

1. Enthusiasm
2. Integrity
3. Common Sense
4. Patience
5. Persistence
6. Ability to inspire
7. Pride in team and team work
8. Advanced game knowledge

This document is used as a support tool for the developing soccer player. Feel free to use as much or as little of the information that you find useful. All pages are printable for your use. As a youth soccer coaching company, we at Cheshire Soccer aim to exceed your expectations. Good luck for the upcoming spring season.

### Disclaimer

The author of this document is providing information to educate the consumer. The information contained in this article is not intended as a substitute for medical treatment, a diagnosis or exercise or dietary prescription. For dietetic or medical advice it is best to discuss your specific situation directly with a qualified practitioner. Before starting an exercise program, consult a physician. For individual fitness assessment and program design, see a qualified fitness professional such as an exercise physiologist or personal trainer.

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