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DS Soccer Club - Coach Education

Coaching Matrix from PreK-8th Grade

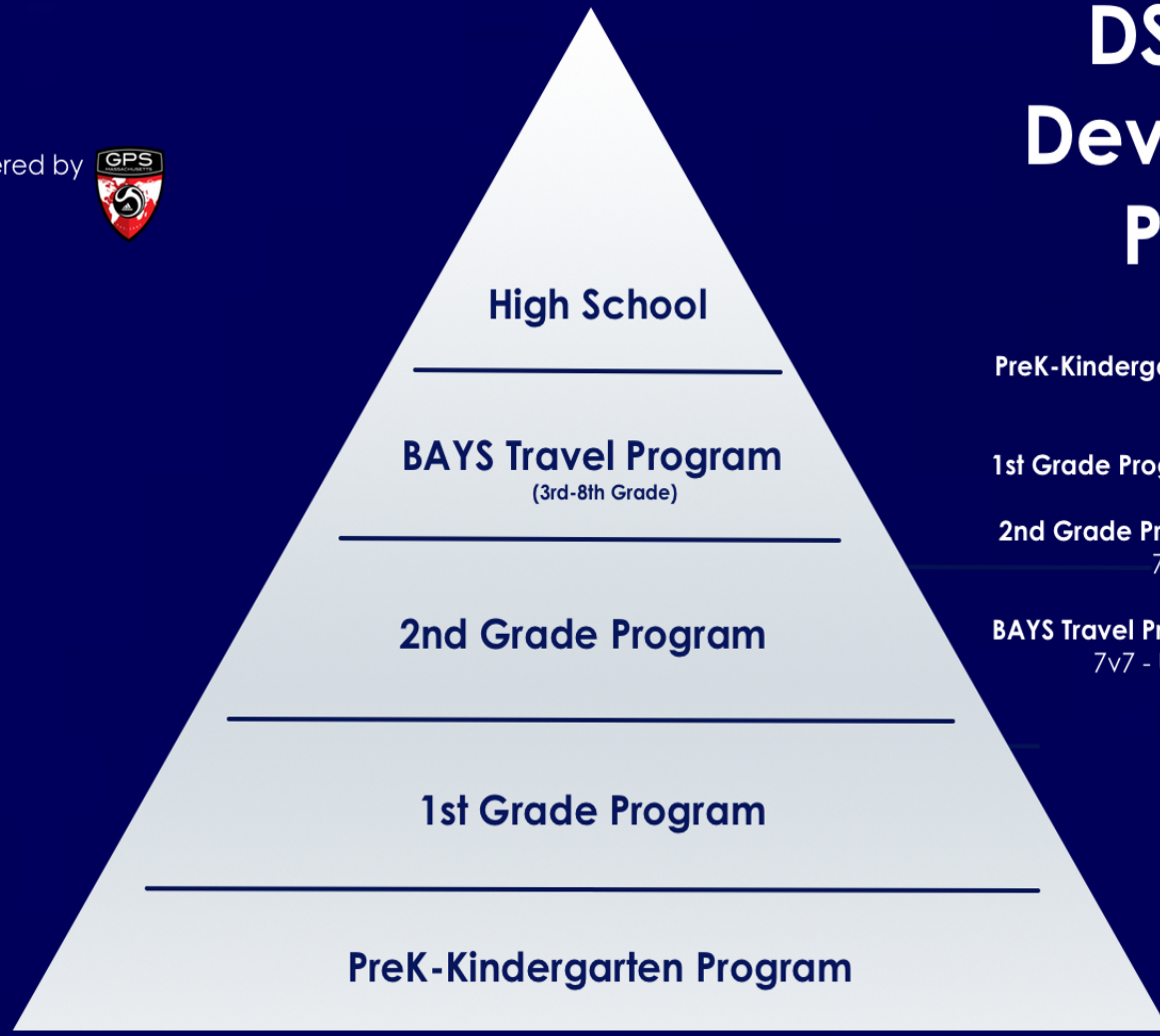
What should I be coaching at each
age?



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DS Soccer Development Pyramid



PreK-Kindergarten Program - 3v3 - 45 minutes practice

1st Grade Program - 4v4 - 75 minutes practice

2nd Grade Program - 5v5 (Fall) / 6v6 (Spring) - 75 minutes practice

BAYS Travel Program - 3rd-8th Grade - U9/U10 7v7 - U11/U12 9v9 - U14 11v11

DOVER SHERBORN SOCCER CLUB *YOUR SOCCER COMMUNITY*



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3 year old's Coaching Matrix

What should I coach at this age?

Audience

This is the first time children experience soccer and we want them to love the game, and enjoy themselves.

Children love anything that is recognizable to them - try and make every session follow a theme from a common TV show/children's toy for example 'superheros', 'star wars', 'toy story' etc.

Keep the kids moving. If they don't want to play, its ok! Let them sit out until they feel comfortable to be involved.

Environment

Session Length - 30-45 minutes

Size Ball - 3

Number of players in scrimmage - No scrimmage

Playing Size - 20x30 yards

Cognition

Short attention span

Love to play. Practices should be based on fun games.

Follows the ball. Awareness of self and not others.

Technical

Dribbling

Running with the ball - try use both feet

Attacking unopposed - no defending at this age

Shooting - into open goal. No goalkeeper



Ball Connectivity

Moving forward

Change direction.

Stop.



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PreK-Kindergarten Coaching Matrix

What should I coach at this age?



Environment

Session Length – 45mins-60 mins

Size Ball – 3

Number of players in scrimmage – 3v3/4v4

Playing Size – 20x30 yards.

Audience

This is the first time children experience soccer and we want them to love the game, and enjoy themselves.

Children love anything that is recognizable to them – try and make every session follow a theme from a common TV show/children's toy for example 'superheros' 'star wars' 'toy story' etc.

Keep the kids moving. If they don't want to play, its ok, let them sit out until they feel comfortable to be involved.

Cognition

Short attention span.

Love to play. Practices should be based on fun games.

Follows the ball. Awareness of self and not others.

Ball Connectivity

Moving forward

Change direction

Roll. Stop. Continue

Toe Taps

Foundations

Juggling – kick and catch – ball awareness

Technical

Short Passing – using both feet.

Receiving ball – inside of foot

Dribbling with head up

Running with the ball using both feet

Shooting – striking middle of the ball

Attacking unopposed – no defending at this age.

Tactical

Awareness of self. Awareness of the ball.

Awareness of boundaries.



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1st Grade Coaching Matrix

What should I coach at this age?

Cognition

Improved attention span but can still be easily distracted.

Players need to be given the opportunity for self discovery and experimenting by themselves.

Players must spend the maximum time possible in contact with the ball.



Environment

Session Length – 85 mins – 30 mins session, 45 mins games.

Size Ball – 3

Number of players in scrimmage – 4v4

Playing Size – 20x30 yards.

Ball Connectivity

Moving forward

Change direction

Roll across body and backwards. Roll, stop, continue.

Slides/drag push/inside, outside/ juggling one bounce.

Fake and Go/Scissors/Double scissors

Technical

Short range passing using both feet.

Receiving with both feet using inside and outside

Dribbling with both feet.

Turning

Changing direction and speed

Attacking 1v1

Shooting with laces

Applying pressure 1v1v defending.

Tactical

Awareness of others

Understand difference in attack and defense

Making the field big in possession.

Awareness of Diamond in 4v4– 1 defense, 2 midfield, 1 offense.

Psychological

Still FUN but a big more structured environment

Performing everything with positivity!!



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2nd Grade Coaching Matrix

What should I coach at this age?

Cognition

Improved attention span but can still be easily distracted.

Players need to be given the opportunity for self discovery and experimenting by themselves.

Players must spend the maximum time possible in contact with the ball.



Environment

Session Length – 75 mins practice. 1 per week.

Size Ball – 3

Number of players in scrimmage – 5v5 no GK - progress to 6v6 with GK.

Ball Connectivity

Moving forward

Change direction

Roll across body and backwards. Roll, stop, continue.

Slides/drag push/inside, outside/ juggling one bounce.

Fake and Go/Scissors/Double scissors

Technical

Short range passing using both feet.

Receiving with both feet using inside and outside

Dribbling with both feet.

Turning

Changing direction and speed

Attacking 1v1

Shooting with laces

Applying pressure 1v1v defending.

Tactical

Awareness of others

Understand difference in attack and defense

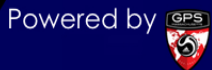
Making the field big in possession.

Awareness of Diamond in 5v5 – 2 defense, 1 midfield, 2 offense.

Psychological

Still FUN but a big more structured environment

Performing everything with positivity!!



7v7 Coaching Matrix

What should I coach at this age?

Audience

- Improved attention span, but can be easily distracted still.
- Players need to be given the opportunity for self discovery and experimenting by themselves.
- Players must spend maximum time possible in contact with the ball.
- Beginning to understand the indirect approach to goal. 1v1 and 2v1 attacking and defending situations are important to develop the individual skills.

Topics to coach

- Dribbling – ball control. Dribbling into space and to attack.
- Passing technique and receiving.
- Shooting – laces and inside of foot. Placement and skill.
- Attacking – starting to introduce 2v1, 2v2 situations.
- Defending – 1v1. Defending in pairs.
- Goalkeeping basics – understanding position. Catching and throwing.



Environment

- Minimum 1 practice per week.
- Maximum 2.
- 75 minute practices optimum (3rd grade)
- Size 4 soccer balls.
- Emphasis on 1v2, 2v1 and 2v2.

Technical

- Passing – Short range using both feet. Push pass with both feet. Combination play.
- Control – Receiving with both feet using inside and outside. ABC's awareness, body shape, control. Receiving to attack.
- Dribbling – both feet. Turning/change direction. In tight spaces and space.
- Running with the ball – 1v1 attacking situations
- Attacking – 2v1, 2v2, 3v2. Finishing attacking moves.
- Shooting/Finishing – Shooting with inside of the foot and laces on both feet.
- Defending – Applying pressure 1v1. Then 2v1 and 1v2 situations.

Tactical

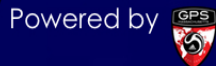
- Awareness of others
- Understand differences in attack and defence.
- Making the field big in possession, and small when out of possession.
- Understanding player roles at 7v7.
- Playing out from the back – not punting which gives ball straight to other team.

Psychological

- Structured environment but FUN
- Positive approach to performance
- Making better decisions.
- Beginning to develop better awareness of team play

Physical

- Coordination and agility
- All physical development is done with the ball.



9v9 Coaching Matrix

What should I coach at this age?

Audience

Lengthened attention span

Pre-pubescent players have a special ability to learn. Developing good technique at this stage is essential. Use of small-sided games to develop attacking and defending principles.

Beginning to understand the indirect approach to goal. 1v1 and 2v1 attacking and defending situations are important to develop the individual skills, as well as passing techniques to develop necessary team game.

Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as defending.

Topics to coach

Dribbling – ball control. Dribbling into space and to attack. Dribbling with speed and to create chances.

Passing technique and receiving. Both feet. Short and longer distances.

Shooting – laces and inside of foot. Placement and skill. Finishing around the area.

Attacking – starting to introduce 2v1, 2v2, 3v2 situations.

Defending – 1v1. Defending in pairs. 2v2, 3v2. Pressure, Cover, Balance.

Goalkeeping basics – understanding position. Catching and throwing.



Environment

Minimum 1 practice per week.
Maximum 2.

90 minute practices.

Size 4 soccer balls.

Emphasis on 1v2, 2v1 and 2v2.

Technical

Passing – Short range using both feet. Push pass with both feet. Combination play – give and go and overlap.

Control – Receiving with both feet using inside and outside. ABC's awareness, body shape, control. Receiving to attack.

Receiving in tight areas.

Dribbling – both feet. Turning/change direction. In tight spaces and space.

Running with the ball – 1v1 attacking situations. Running with the ball in counter attacks.

Attacking – 2v1, 2v2, 3v2. Finishing attacking moves. Combining around the penalty area.

Shooting/Finishing – Shooting with inside of the foot and laces on both feet. Introduction to volleying.

Defending – Applying pressure 1v1. Then 2v1 and 1v2 situations. Delaying an attack in 1v2 and 2v3 situations.

Tactical

Awareness of others

Understand differences in attack and defence.

Making the field big in possession, and small when out of possession.

Understanding player roles at 9v9

Psychological

Positive approach to performance

Making better decisions.

Beginning to develop better awareness of team play

Developing the skill of anticipation.

Physical

Coordination and agility

All physical development is done with the ball.



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11v11 Coaching Matrix

What should I coach at this age?

Audience

Develop an improved understanding of abstract concepts. Players must develop discipline at this stage by following instructions both during and outside of practice.

Training sessions are now more oriented toward tactics. Understanding depth and balance in attack and defense. Practice will take place in bigger spaces. It is important to practice a range of skills and techniques at this stage.

Players should be expected to show commitment to the team. Concentration in practices, competitiveness during games.



Technical

Passing

3 R's of passing – recognition, range, release
Medium to long range passing
Combination play – give and go in wide areas. Setting up play. 3 player combinations.
Passing in the final third of field.

Control

ABC's – awareness, body shape, control
Aerial control
Playing with back to pressure

Dribbling

Dribbling to create crossing opportunities.

Attacking/Shooting

Attacking from wide areas. Attacking set pieces.
Curled shots/placing shots. Finishing with a header/volley.

Ball Connectivity

Core Moves –

Reverse turn
Roll stepover
Roll scissors

Additional Moves –

Lofted pass/driven pass/chipped pass
Executing moves but then with a shot/finish.

Environment

Two practices per week (one in Fall, two in Spring for DS)

90 minutes.
Size 5 balls.

Tactical

Playing out from the back
Receiving ABC's (awareness, body shape, control)
Understanding of team shape
Movement off the ball (overlaps, underlaps)
Reading of the game

Psychological

Positive approach to performance
Accountability

Dealing with mistakes
Developing leadership
Self-evaluation

Understands how to adapt to changes in game flow.

Physical

Physical development still mostly with a ball.