



LOUISIANA FIRE SC



“DEVELOPMENT”



FOUNDATION PHASE WELCOME MANUAL



LOUISIANA FIRE SC *T.R.A.I.N.I.N.G*



THEME - Session should have a clear direction and an achievable goal



REPITITION - Session should provide players with multiple touches, reinforcing the coaching points



ALL INVOLVED - Sessions should limit time players are not actively involved or observing



INTENSITY - During work phases players should be executing drills at a high energy level



NET POSITIVE - Criticism and feedback should be delivered in a positive and affirming manner



INFORMATIVE - Session should be easily communicated to players with clear objectives



NEXT STEP - Session should be built with clear progressions in mind



GAME RELATED - Session should be built with a game in mind and should mimic game situations



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ARRIVAL EXPECTATIONS

PRACTICE DAY

- **Arrive:** 10mins prior to start of Training Session (when possible)
- **Attire:** Full LFSC training apparel, wearing shin guards and long socks
- **Equipment:** Pumped up soccer ball. Coach will provide cones and pinnies but not balls
- **Warm Up:** Players are expected to enter into a coach designated square and work on ball mastery/touches (prior to start of session)
 - Players are not to kick balls at goals before warming up or engage in horseplay

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*ARRIVAL
EXPECTATIONS*

PRACTICE DAY

box ideas

- Ball Mastery: 1-1 player to ball ratio, mastering touches, turns etc
- Resistance bands: 1-1 player to band ratio, going through static/dynamic stretch routine
 - easily found on amazon etc for cheap (\$5)
- Small ball work: 1-1 player to ball ratio. Mini ball, tennis ball, touches and juggling (\$10 for size 1 ball)
- Pass and move: 2-1 player to ball ratio, passing and moving within confined space

**** make this a parent expense at beginning of year****



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ARRIVAL EXPECTATIONS

GAME DAY

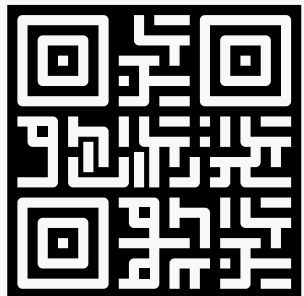
- **Arrive:** 45mins prior to start of Game (when possible)
- **Attire:** Full LFSC apparel, wearing shin guards and long socks. Bring alternative uniform to all games incase of conflict
- **Equipment:** All equipment should be neatly stacked behind team bench
- **Warm Up:** Official warm ups should start 30mins before KO, giving a 15min period for players to arrive at field and get situated
 - Players are not to kick balls at goals before warming up or engage in horseplay



Game Day Warm Up

Foundation Phase

**Louisiana Fire
SC**





Progressive
Warm Up
20-30mins

Team
Warm Up
1/2

Preparation

Create 4 10x10 boxes separated by a 5x5 channel between all 4 boxes.

Put 3-4 players at the outer part of the 4 channels.

Phases

Drill 1

Players run through the channel, with all 4 players crossing in the central channel box, and continue through to the opposite side of the channel.

Next player goes once the player in front reaches the central box. Players perform jogs, high knees and butt kicks, side shuffles.

Drill 2

Each group gets a ball and dribbles through the channel to the opposite side, all crossing in the central box. Players do a takeover with the front player at the other end of the channel.

Drill 3

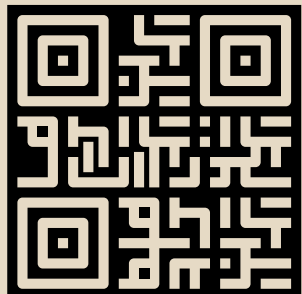
One player from each group goes 10yds away in the channel and faces their group. The ball starts on the outside of the channel and players play passes. Start with two touch, then one touch, then a wall pass at each end. Players must sprint through and be ready to receive next pass.

Drill 4

Players split into the 10x10 boxes. one player is a defender. Players play keep ball/rondo 3v1. Start passive then active defending.

Drill 5

Remove central cones to create a 25x25 box. Play possession with 3-4 defenders. Change defenders every few minutes.





Preparation

Split the players into attackers and defenders. GKs will go with the attacking players.

Attackers go to the penalty area.

Defenders go to the half way line.

Phases Attackers

Drill

Place two players in the left wing position, two players in the right wing position and two players at the top of the box as strikers.

Strikers play the ball out to a winger and then bend their run in to the box ready to finish the cross.

Wingers receive the ball with a positive touch forward and in towards the goal and then deliver a low cross between the 6yd box and the penalty spot to be finished by the striker.

Next striker repeats the exercise to the other side.

Players rotate through all three stations in their groups of 2.

Phases Defenders

Drill

Defenders and holding midfielders set up on the half way line in their shape. A Back 3 (most likely) with 1-2 midfielders depending on numbers.

The defenders and midfielders move the ball in their shape with no pressure from an attacker.

As the ball moves in any fluid sequence the other players must adjust accordingly.

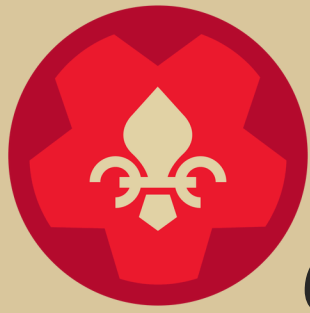
players can play with limited touches to speed things up.

Coach can apply pressure to any of the defenders to encourage the ball to move out of pressure.

Defenders
&
Attackers
Warm Up
20-30mins

Team
Warm Up
Position
Specific
2/2





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Coaching Terms

PRESS - APPLY PRESSURE TO BALL

STEP UP - SHIFT FORMATION OF TEAM FORWARD

OPEN UP - GET WIDE AND READY TO RECEIVE THE BALL

KEEP IT - MAINTAIN POSSESSION

DELIVER - PLAY PASS OR CROSS

BACK FOOT - FOOT FARTHEST FROM THE BALL

CHECK SHOULDER - SCAN SURROUNDINGS

SWITCH IT - PLAY BALL TO OTHER SIDE OF THE FIELD

FIND POCKET - LOCATE SPACE AWAY FROM OPPONENT

DELAY - SLOW DOWN OPPONENT

DROP - MOVE TOWARD OWN GOAL

BOUNCE - PLAY PASS IN 1-2 TOUCHES

SWING IT - MOVE THE BALL FROM SIDE TO SIDE

BODY SHAPE - ENSURE HIPS AND SHOULDERS ARE OPEN TO
RECEIVE AND PLAY

SPLIT - PLAY BALL INTO SPACE BEHIND OPPONENT

STAND UP - DON'T DIVE IN TO TACKLE, STAY UPRIGHT

FIND CORNERS - SHOOT BALL INTO CORNER OF GOAL

BETWEEN LINES - AREAS OF FIELD BETWEEN OPPONENTS

TACTICAL FORMATION



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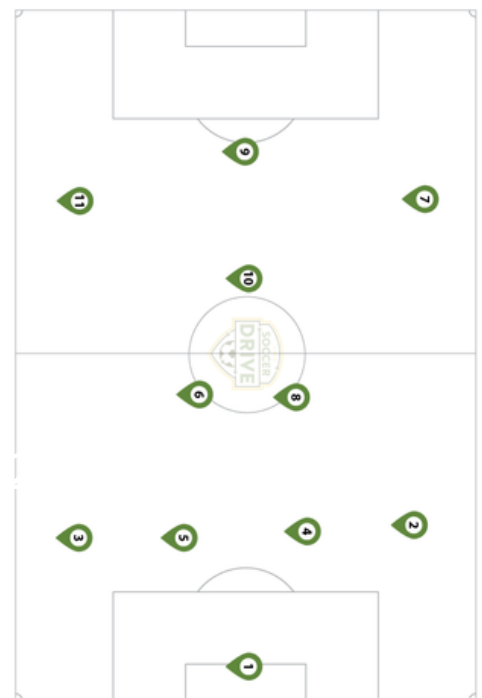
Match Day Positions

1. GOALKEEPER
2. RIGHT BACK
3. LEFT BACK
4. CENTER BACK
5. CENTER BACK
6. DEFENSIVE MIDFIELDER
7. RIGHT WINGER
8. BOX-TO-BOX MIDFIELDER
9. FORWARD/STRIKER
10. ATTACKING MIDFIELDER
11. LEFT WINGER

9V9 - 3-2-3



11V11 - 4-3-3



165-8



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Skill Moves

CRUYFF TURN - <https://www.youtube.com/watch?v=LRSUw7mgqAY>

RABONA - <https://youtu.be/Zfxq6xLTztw?si=ObTVNnGaOceECJdZL>

ELASTICO - https://www.youtube.com/watch?v=1_D_U-T8b_M

NUTMEG - <https://www.youtube.com/watch?v=JBUkqdsaidc>

RAINBOW - <https://www.youtube.com/watch?v=oaccrBga4Xg>

OUTSIDE HOOK - https://www.youtube.com/watch?v=vKI_DphaToo

V TURN - <https://www.youtube.com/watch?v=uCz9FZu-GCw>

SCISSORS - https://www.youtube.com/watch?v=TNyYSHfOB_Q

HALF ZICO - <https://www.youtube.com/watch?v=5G9UvfJBQQA>

MARADONA - <https://www.youtube.com/watch?v=BqZfsuMw9r0>