2016 Event Information
March 3 – 5, 2016

Event Partners

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www.jaypro.com · 800-243-0533
www.SoccerChampionsClinic.com
Welcome to the 2016 Soccer Champions Coaches’ Clinic at Mohegan Sun.

Thank you for joining us for a weekend of soccer coaching education. We are excited to present some of the world’s very best soccer clinicians, including: Julie Foudy, Dick Bate, Brian Bliss, Ian Barker, Gary Lewis, Jeff Cook, Mario Prata, and Ian Mulliner, among others.

We have spent considerable time selecting our clinicians, designing and evolving a curriculum to address the needs of coaches of all levels, securing top partners such as adidas, the National Soccer Coaches Association of America, U.S. Soccer, and the Connecticut Junior Soccer Association and Massachusetts Youth Soccer, and partnering with a world-class facility like Mohegan Sun, which gives us the space we need to effectively convey coaching concepts and activities without leaving the warmth of the Convention Center.

Each year, we seek to improve your clinic experience. This year, we are trying a new field configuration with two large screens showing a live stream of our sessions. In response to attendee requests, it is our plan to then have these videotaped sessions available for purchase shortly after the clinic (we will offer an exclusive rate to our clinic attendees). We will continue to offer our Event App for your smartphone or tablet to put critical clinic information at your fingertips and we have added a timely new coaching education offering, the NSCAA Small-Sided Games Diploma.

Our clinic provides more than three days of cutting-edge instruction; it provides a chance to exchange ideas and learn from each other. We will be available throughout the clinic – as will our presenters – so don’t hesitate to introduce yourself, ask a question or provide your own perspective on the game.

We want to thank our major sponsors for their support, including: Mohegan Sun, adidas, Soccer & Rugby, Jaypro Sports, Traveling Teams, Soccer Learning Systems, Academy Soccer Coach, Geno’s Fastbreak Restaurant, the Ray Reid Soccer School, SoccerPlus GK School and FP Academy, Challenger Sports, Julie Foudy Sports Leadership Academy and The Coaches' Insider. We would like to recognize the NSCAA for their support and partnership. And, we thank Maggie Girard, Mario Prata and the entire Connecticut Junior Soccer Association staff, as well as Ian Mulliner from the Massachusetts Youth Soccer Association, for their “E” License Program administration. Finally, we would like to thank all of our participating exhibitors – and we encourage you to visit them during the event.

In closing, enjoy the clinic (we hope it evokes thoughts of spring and warmer days ahead) and please take the time during and after this weekend to let us know your thoughts on making next year’s Soccer Champions Coaches’ Clinic even better.

Yours in soccer and coaching,

Tony DiCicco  Ray Reid  Rick Orluk

www.SoccerChampionsClinic.com
# SOCCER CHAMPIONS EVENT SCHEDULE

### Thursday, March 3, 2016:

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<thead>
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<th>2016 PRESENTER</th>
<th>2016 TOPIC</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:15pm-9:00pm</td>
<td>GENERAL EVENT REGISTRATION</td>
<td></td>
<td></td>
<td>Brotherton Room/Upper Level Mtg. Rm.</td>
</tr>
<tr>
<td>5:00pm-9:15pm</td>
<td>E License*</td>
<td>Mario Prata/CJSA Staff</td>
<td>Required Courses for E License Candidates</td>
<td>Convention Center Pre-Function Area</td>
</tr>
<tr>
<td>5:00pm-9:15pm</td>
<td>E License*</td>
<td>Ian Mulliner/MYSA Staff</td>
<td>Required Courses for E License Candidates</td>
<td>Abenaki Room/Upper Level Mtg. Rm.</td>
</tr>
<tr>
<td>7:00pm-9:00pm</td>
<td>NSCAA Small-Sided Games Diploma#</td>
<td>Ian Barker &amp; Dave Newbery</td>
<td>NSCAA Small-Sided Games Diploma Lecture</td>
<td>Brotherton Room/Upper Level Mtg. Rm.</td>
</tr>
<tr>
<td>7:30pm-9:00pm</td>
<td>NSCAA Goalkeeping Level I Diploma&amp;</td>
<td>Tony DiCiocco &amp; Deb Raber</td>
<td>NSCAA Level I Goalkeeper Course Lecture #1 and #2</td>
<td>Nipmuc Room/Upper Level Mtg. Rm.</td>
</tr>
<tr>
<td>8:30pm-10:00pm</td>
<td>Soccer Meet &amp; Greet presented by NSCAA, Ray Reid Soccer School &amp; SoccerPlus Goalkeeper School &amp; Field Player Academy</td>
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<td>Convention Center Prefunction</td>
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### Friday, March 4, 2016:

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<tr>
<th>TIME</th>
<th>SESSION</th>
<th>2016 PRESENTER</th>
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<tbody>
<tr>
<td>7:30am-12:00pm</td>
<td>GENERAL EVENT REGISTRATION</td>
<td></td>
<td></td>
<td>Convention Center Pre-Function Area</td>
</tr>
<tr>
<td>8:10am-9:00am</td>
<td>I*</td>
<td>Mario Prata/CJSA</td>
<td>Functional Technique</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>9:10am-10:00am</td>
<td>II*#</td>
<td>Ian Barker</td>
<td>Training Activities for Small-Sided Game Development</td>
<td>Conversion Center Uncas Ballroom</td>
</tr>
<tr>
<td>10:00am-10:30am</td>
<td>Break-Out II</td>
<td>Jonathan Kroll</td>
<td>Coach as Leadership Educator</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>10:30am-11:20am</td>
<td>III*</td>
<td>Julie Foudy &amp; Tony DiCiocco</td>
<td>Developing Midfielders in Attacking Play</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>11:40am-12:30pm</td>
<td>IV*</td>
<td>Gary Lewis</td>
<td>Developing Possession</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>12:30pm-1:20pm</td>
<td>NFS Level I Goalkeeper Diploma Course&amp;</td>
<td>Tony DiCiocco &amp; Deb Raber</td>
<td>Goalkeeper Handling, Footwork, Collapse Dive &amp; Hand Distribution</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>12:30pm-1:45pm</td>
<td>EXHIBITOR TIME/LUNCH</td>
<td></td>
<td></td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>1:45pm-2:35pm</td>
<td>V*</td>
<td>Julie Foudy</td>
<td>Developing Leadership Skills</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>2:50pm-3:40pm</td>
<td>VI*</td>
<td>Gary Lewis</td>
<td>Defending with a High Press</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>3:45pm-4:15pm</td>
<td>EXHIBITOR TIME</td>
<td></td>
<td></td>
<td>Exhibitor Zone</td>
</tr>
</tbody>
</table>

* = Required Sessions for “E” License Candidates - Some Candidates will be required to attend post event testing

# = Required Sessions for NSCAA Small-Sided Games Diploma Candidates

& = Required Sessions for NSCAA Goalkeeper Level I Diploma Candidates

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### SOCCER CHAMPIONS EVENT SCHEDULE

**Friday, March 4, 2016 (Continued):**

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<tr>
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<th>SESSION</th>
<th>2016 PRESENTER</th>
<th>2016 TOPIC</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>4:15pm-5:05pm</td>
<td>VII*</td>
<td>Jeff Cook</td>
<td>Technical Training</td>
<td>Convention Center</td>
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<td></td>
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<td>Uncas Ballroom</td>
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<tr>
<td></td>
<td>Break-Out VII</td>
<td>Brian Bliss</td>
<td>MLS: Unprecedented Growth and A Look at the Future</td>
<td>Nehantic/Pequot/</td>
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<td>Paugussett Rooms</td>
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<tr>
<td>5:15pm-6:15pm</td>
<td>VIII* &amp;</td>
<td>Tony DiCicco &amp; Deb Raber</td>
<td>Goalkeeper Positioning, Angle Play &amp; Breakaway Saves</td>
<td>Convention Center</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>(NSCAA Level I GK Field Session #2)</td>
<td>Uncas Ballroom</td>
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<tr>
<td>5:15pm-6:05pm</td>
<td></td>
<td>Dick Bate</td>
<td>Coaching Methodologies</td>
<td>Nehantic/Pequot/</td>
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<tr>
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<td></td>
<td>Paugussett Rooms</td>
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<tr>
<td>6:30pm-7:15pm</td>
<td></td>
<td></td>
<td>Team Games for Training Your Goalkeeper (NSCAA Level I GK Field</td>
<td>Convention Center</td>
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<tr>
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<td></td>
<td>Session #3)</td>
<td>Uncas Ballroom</td>
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<tr>
<td>6:15pm-7:00pm</td>
<td>E License*</td>
<td>Mario Prata/CJSA</td>
<td>Required Courses for E License Candidates (Philosophy)</td>
<td>Nehantic/Pequot/</td>
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<td></td>
<td>Paugussett Rooms</td>
</tr>
<tr>
<td>7:15pm-8:15pm</td>
<td>Required E License Session*</td>
<td>Mario Prata &amp; Ian Mulliner</td>
<td>E License Field Session</td>
<td>Convention Center</td>
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<td></td>
<td>Uncas Ballroom</td>
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**Saturday, March 5, 2016:**

<table>
<thead>
<tr>
<th>TIME</th>
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<th>2016 PRESENTER</th>
<th>2016 TOPIC</th>
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<tbody>
<tr>
<td>7:45am-10:30am</td>
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<td></td>
<td>GENERAL EVENT REGISTRATION</td>
<td>Convention Center</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td>Pre-Function Area</td>
</tr>
<tr>
<td>8:00am-9:30am</td>
<td>IX*</td>
<td>Brian Bliss</td>
<td>Coaching Attack &amp; Defense Using Small-Sided Games</td>
<td>Convention Center</td>
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<td></td>
<td>Uncas Ballroom</td>
</tr>
<tr>
<td>8:30am-9:30am</td>
<td>Break-Out IX</td>
<td>Tony DiCicco</td>
<td>Developing Your Team’s Defensive Scheme: Pressing, Trapping &amp;</td>
<td>Nehantic/Pequot/</td>
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<td></td>
<td></td>
<td></td>
<td>Counter-Attacking</td>
<td>Paugussett Rooms</td>
</tr>
<tr>
<td>9:35am-10:30am</td>
<td>X*</td>
<td>Dick Bate</td>
<td>Developing Strikers</td>
<td>Convention Center</td>
</tr>
<tr>
<td></td>
<td>Break-Out X</td>
<td>Ian Mulliner &amp; Mario Prata</td>
<td>U.S. Soccer’s Player Development Initiatives Discussion (Including Recognize 2 Recover/Concussion/Heating Policy)</td>
<td>Nehantic/Pequot/</td>
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<td></td>
<td>Paugussett Rooms</td>
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<tr>
<td>10:30am-11:00am</td>
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<td></td>
<td>EXHIBITOR TIME</td>
<td>Exhibitor Zone</td>
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<tr>
<td>11:00am-12:00pm</td>
<td>XI*</td>
<td>Dick Bate</td>
<td>Pressing</td>
<td>Convention Center</td>
</tr>
<tr>
<td></td>
<td>Break-Out XI</td>
<td>Bill Sampaio/U.S. Futsal</td>
<td>Futsal - Systems of Play</td>
<td>Uncas Ballroom</td>
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<td></td>
<td>Nehantic/Pequot/</td>
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<td></td>
<td>Paugussett Rooms</td>
</tr>
<tr>
<td>12:00pm-1:00pm</td>
<td>Required E License Field Session*</td>
<td>Ian Mulliner/ MYSA Staff</td>
<td>Technical Dribbling &amp; Shooting</td>
<td>Convention Center</td>
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<td></td>
<td>(Open to all attendees)</td>
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<td></td>
<td>Uncas Ballroom</td>
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<tr>
<td>12:00pm-1:15pm</td>
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<td></td>
<td>EXHIBITOR TIME/LUNCH</td>
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<tr>
<td>1:15pm-2:15pm</td>
<td>XII*</td>
<td>Ray Reid</td>
<td>The Role of the 1st, 2nd, and 3rd Defender</td>
<td>Convention Center</td>
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<td></td>
<td></td>
<td>Uncas Ballroom</td>
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<tr>
<td>2:30pm-3:20pm</td>
<td>XIII*</td>
<td>Dick Bate</td>
<td>Developing “Direct” Attacking Play</td>
<td>Convention Center</td>
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<td>Uncas Ballroom</td>
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<tr>
<td>3:30pm-4:20pm</td>
<td>XIV*</td>
<td>Brian Bliss</td>
<td>Finishing (Making Use of the Entire Team)</td>
<td>Convention Center</td>
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<td>Uncas Ballroom</td>
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<tr>
<td>4:30pm-5:30pm</td>
<td>Required E License Session*</td>
<td>Mario Prata</td>
<td>E License Field Session</td>
<td>Convention Center</td>
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<td></td>
<td></td>
<td>Uncas Ballroom</td>
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<tr>
<td>4:30pm-5:30pm</td>
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<td>E License Practical Testing Sessions*</td>
<td>Convention Center</td>
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<tr>
<td>5:30pm-8:45pm</td>
<td>E License</td>
<td>CJSA &amp; MYSA Staff</td>
<td>E License Practical Testing (Out-of-State Candidates)</td>
<td>Convention Center</td>
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<tr>
<td></td>
<td>Practical Testing Sessions*</td>
<td></td>
<td></td>
<td>Uncas Ballroom</td>
</tr>
</tbody>
</table>

*Presenters, Program and Topics Subject to Change.  No videotaping of sessions is allowed.*

www.SoccerChampionsClinic.com
We are pleased to offer the E License to pre-registered attendees. To earn your “E” License, you MUST:

- Bring a copy of the "E" License Candidate Guidebook (ALL "E" License candidates must either bring a printed or digital copy of this guidebook to the event).
- Complete assigned pre-event coursework which must be handed in at the time of event registration on Thursday, March 3rd to CJSA/MYSA staff running the "E" License course (see website for details).
- Attend ALL required "E" License sessions at the Soccer Champions Coaches' Clinic as listed on the Event Schedule PLUS the additional "E" License Sessions listed below.

Please register and check in before 5:00PM in the pre-function area of the Mohegan Sun Convention Center on Thursday, March 3. You must attend all general clinic sessions (*asterisked on event schedule) as well as the following ADDITIONAL sessions:

**Thursday, March 3, 2016:**
4:15 - 5:00PM: Event/"E" License Registration (must be checked-in by 5PM to participate in course)
5:00 - 9:15PM: Required “E” License Session (Lecture)

**Friday, March 4, 2016:**
8:10 - 9:00AM: Functional Technique led by Mario Prata
6:15 - 7:00PM: Required "E" License Session (Lecture)
7:15 - 8:15PM: "E" License Field Session

**Saturday, March 5, 2016:**
12:00 - 1:00PM: Technical Dribbling & Shooting Field Session with Ian Mulliner
4:30 - 5:30PM: “E” License Field Session led by Mario Prata
5:30 - 8:45PM: "E" License Testing** (All non-CT coaches should plan to attend this session).

**Possible POST-EVENT Testing for Practical Field Test:**
Due to the “E” License curriculum requirements, depending on the number of candidates participating, some “E” License candidates may be required to attend our Post-Event Testing Site to complete their Practical Field Test component of the “E” License. The Post-Event Testing location is as follows:

**Saturday, April 30: 8AM – 12PM**
FSA / Farmington Sports Arena
11 Executive Drive
Farmington, CT 06032
860.677.2543
www.fsasports.com

Soccer Champions would like to thank the CJSA & MYSA for their continued support and dedication to making the “E” License available at this year’s clinic.

www.SoccerChampionsClinic.com
# 2016 Soccer Champions Exhibitors

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<th>Booth #</th>
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<th>Booth #</th>
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<td>Orono Sports</td>
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<td>SiriusXM FC/The Coaching Academy</td>
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<td>Soccer and Rugby Imports</td>
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<td>Frank Herzog Photography</td>
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<td>Soccer Learning Systems</td>
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<td>Soccer Spotlight</td>
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<td>Jaypro Sports</td>
<td>Pre-Function</td>
<td>SoccerPlus Goalkeeper School &amp; Field Player Academy</td>
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<td>Nesquik</td>
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<td>SportsPay / SignaPaySports</td>
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<td>Traveling Teams</td>
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<td>NFP Sports</td>
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<tr>
<td>Official adidas Store</td>
<td>Pre-Function</td>
<td>Xara Soccer</td>
<td>109 &amp; 111</td>
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*We encourage you to visit our exhibitors and we thank them for their support of the Clinic.*

You also can find a 2016 Exhibitor Listing on [www.SoccerChampionsClinic.com](http://www.SoccerChampionsClinic.com) or the Soccer Champions App which includes website addresses.

**SAVE 15% AT GENO’S FASTBREAK RESTAURANT:**
Hungry? Geno’s Fastbreak is offering 15% off all food & beverage purchases throughout the clinic for attendees wearing their credentials. Geno’s is conveniently located just outside the Convention Center on the 1st floor. Good food and lots of choices!
2016 Event Notes/Announcements

- We invite you to join us for a complimentary drink, snacks and good company at our annual THURSDAY NIGHT MEET & GREET in the Convention Center Pre-Function Area between 8:30PM – 10:00PM. A BIG thank you to the NSCAA, the Ray Reid Soccer School & SoccerPlus Goalkeeper School & Field Player Academy for their support.

- We DO NOT ALLOW VIDEOTAPING of any of our clinic sessions. We thank you in advance for adhering to this request. Clinic program, presenters & schedule subject to change.

- Soccer Champions offers COMPLIMENTARY COFFEE for attendees on Friday morning beginning at 8AM and Saturday morning at 8:30AM in the Exhibitor Zone (while supplies last).

- Clinic Attendees SAVE 15% at Geno's Fast Break Restaurant: From Thurs. through Sat., clinic attendees wearing their credential receive a 15% DISCOUNT on all food/beverage purchases at Geno's.

- A special thanks to JAYPRO SPORTS for their support and for providing all the field equipment. Visit their booth in the Convention Center Pre-Function Area and learn all about their show specials.

- A big thanks to adidas for their longtime support. Make sure you stop by the Official adidas Store in the Convention Center's Pre-Function Area.

- Throughout the year, Soccer & Rugby Imports offers special pricing for Soccer Champions attendees. Use the promo code - SCCC16 - when ordering and SAVE up to 20% off your purchase (applies to purchases made outside the clinic; you cannot combine this with other offers.). Soccer & Rugby has five stores: Southport, Greenwich, Madison, and Ridgefield, Connecticut and Bronxville, New York.

- In addition to our regular Field Sessions, we are offering a range of special Break-Out Sessions in the Convention Center's Upper Level Meeting Room Area. See event schedule for times and session topics.

GET THE SOCCER CHAMPIONS EVENT APP!

Carry the Soccer Champions Coaches' Clinic with you at all times! Our app has everything you'll need to enhance your clinic experience, including a full schedule, floor plan, presenter bios and more. Enable it to receive push notifications during the clinic and we'll keep you updated on clinic activities and announcements.

Search “SoccerChampionsClinic” in the Apple App Store and/or the Google Play Store!

As always, we thank you for your continued support of the Soccer Champions Coaches' Clinic. You are our best ambassadors and we appreciate your attendance each and every year.

www.SoccerChampionsClinic.com
**Soccer Champions Coaches' Clinics**

**Interactive Session Plan™**

**Coach**: Mario Prata  
**Session date**: March 4, 2016  
**Team/Age Group**: U12s

**Theme**: Functional Technique

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### Functional Warm Up (10 Minutes)

**SEQUENCE # 1**

Set up: 8-12 players 25 x 20 grid; adjust size depending on age and ability of players; 2 variations. Instructions: The first passing sequence, RED players passes it to BLUE players who make diagonal runs and pass back to RED players’ feet with one touch avoiding the defender (disc). RED players alternate turn with their own teammate at the same disc. See Diagram.

Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass.

Change of pace, speed of play, game awareness.

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### Small Sided Activity (15 Minutes)

5v6 to end zones. Teams score by combining with a pass into the end zone. Player that receives the ball in the end zone has to time his run or will be offside, player can’t be static in the end zone when receiving the ball. Player has to make a timed run into the end zone to score a goal.

Red team players: #2, #4/5, #3, #6, #8 and #10  
White team players: #11, #9, #7, #10, #8 and #10

Coaching Points
- Timing of passing and movement
- Principles of Attack (penetration, mobility, improvisation, support, width)
- Game cues for penetration versus possession
- Quality passing and receiving, sound individual defending, positional awareness for disrupting opponents attack, tactical sense for initiating attack (penetration versus possession)

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### Expanded Small Sided Activity (15 Minutes)

7v6 Red team defends the big goal and the white team defends three small goals. With off sides at the midfield mark offensively for red team and at the top of the box for the white team. Red team players: #1, #2, #4/5, #3, #6, #8 and #10.

White team players: #11, #9, #7, #10, #8 and #10

Coaching Points
- Coaching points from above
- Timing of passing and movement
- Principles of Attack (penetration, mobility, improvisation, support, width)
- Game cues for penetration versus possession

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### Match

Duration 30 min

BvB game with Goal keepers (on a 3-3 Formation) or 7v7 with Goal keepers (on a 2-3-1 Formation)

Coaching Points
- Coaching points from above

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Interactive Sessions Plan created by www.academysoccercoach.com  
www.SoccerChampionsClinic.com
Soccer Champions Coaches' Clinics

Interactive Session Plan ™

Coach: Ian Barker
Session date: March 4, 2016
Team/Age Group: Youth Team
Theme: Training Activities for Small-Sided Game Development - 4 v 4 through 9 v 9

NOTES

This activity is used to begin exploring the ideas of possession and attacking in a 4 vs. 4. This is the model for 8 and under soccer, but could apply to small group training for older players.

Play begins with a 3 vs. 1 in one area. The 3 must advance the ball into the next area on the dribble or by a pass. In doing so a 2 vs. 1 is now created in the second area. As with the 3 vs. 1 the 2 players in possession seek to penetrate into the final area and score quickly.

Progress the activity by adding a defender to make it 3 vs. 2 in the first area and later 2 vs. 2 in the second area by adding a defender in that area. The coach is the counter attack option for the defending team.

This activity incorporates wide channels. The team in possession can play in the wide space without pressure. Play in the wide space should be quick.

Progress so that upon possession in the wide space a defender may go out to create a 1 vs. 1. At that point a second attacking player may go out to create combination options in the wide space.

The focus of the activity is both the development of play in the wide channels and the movement of the attacking plays in the main playing area as they seek to attack the wide service.

This activity is used to coach both possession and penetration and the importance of pressure and cover. Typically the coach will focus on one side of the ball or the other in a single session.

The objective of the activity is to get the ball into the opposing goalkeeper’s hands on the fly. The goalkeepers are restricted to a marked area.

To be successful the team in possession must move the ball always mindful of finding a channel to play directly. The opposing team can be played over so they must get effective pressure to the ball and then have cover for the pressing player so they are not exposed 1 vs. 1.

A good option here is to allow the team with the ball to use their goalkeeper as a support player in order to build.

This activity is played in 3 areas as an 8 vs. 8+1. Both teams set up in a 1-3-2-2 formation and an additional all time attacking player is employed. Each line of the team is restricted to a specific area. The all time offensive player plays in the middle area.

Play always begins with a goalkeeper and the team in possession looks to use their numerical advantage in the back and middle thirds in order to deliver a positive entry pass to their forwards.

An excellent option is to allow anyone of the three midfielder players to join in in the attacking third until the play goes dead.
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Interactive Session Plan™

Coach: Julie Foudy & Tony DiCicco
Session date: March 4, 2016
Team/Age Group: U14s

Theme: Developing Midfielders in Attacking Play

NOTES

Warm-up 1: 1. Groups of 4 passing in a 4x4 grid; 2. Move to vertical organization to create lay-off pass and quick support movements

Keys are: 1. Taking looks to increase range of play. 2. Support movements to improve speed of play. 3. Passing technique

Warm-up 2: Passing through disks 8 yards apart: 1. receive wide, pass through cones, change lines; 2. Receive wide, spin turn and pass through; 3. Receive wide, spin turn, 1-2 to get in

Patterns of Play to get in behind the defense - 4 players (CF - Wing Forward - 2 Center Midfielders)

Pattern 1: MF plays to WF and overlaps, WF plays to CF who plays MF in.

Pattern 2: MF plays to CF; WF supports centrally and play MF making a vertical run in behind. CF makes bent run to get in also

Pattern 3: MF plays to WF. WF plays to CF who 1-2s with MF to get in

Change of Point Game - 4 or 6 goal game played.

Reinforce the role of the CF to change the point to weak side to create space for personality players or number-up situations. Also encourage double-change

Add Restriction - divide field into thirds. In outside thirds no touch restriction. In middle third 2 touch restriction

Play 3+3 vs 3+3 to one goal.

Start with free play to score.

Add restriction that there must be a combination play to score.
1. Take-over
2. Wall pass
3. Overlap
4. 3 player combination

Finish 6v6 to two goals no restrictions
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Interactive Session Plan™

Coach: Gary Lewis
Session date: March 4, 2016

Theme: Developing Possession

NOTES

4 x 2 Possession
Organization: 2 x 12 x 12 yard box, 12 players.

1) Work on through, around and over
2) Players rotate on outside - overlaps underlaps
3) Movement off the ball
4) Players moving in and out of area to create opportunities to play wide
5) Play over if 2 defenders press high

Key Points: Different surfaces. Awareness of space to penetrate. Body position to receive. Movement before the pass

Possession to break lines
Organization: 12 outfield players, 2 goalkeepers.

Using mannequins players aim to pass the ball through the mannequins for a runner to break in to the final third. The receiving player has 3 seconds to score unopposed.

Progressions
- 2 players can drop in to defensive third to build the play with one opposing player allowed in to apply pressure.
- 1 Defender can track player in to final third following break the line run.

Key Points: Patient possession, Timing of movement, Weight of pass, End product

Organization: 6 v 6 with 2 neutral players.

Team 1 aiming to play out of high press to attack from wide areas

Team 2 aiming to high press to prevent opponents playing longer passes

Additional Notes / Key Coaching Points

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NOTES

- Two triangles set 3 yards x 3 yards with four servers
- Goalkeepers move around the triangle to emphasize different footwork:
  - Drop step, positive first step, mini shuffle, crossover, figure 8
- Dynamic set position - shape and timing - find the rhythm of the shooter
- Quality distribution back to feet of servers
- Shape of hands when receiving
- Shape of the body when receiving
- Collapse - move forward to the path of the ball, catch and use the ball to absorb the dive with third hand
- Re-standing - pushing off will naturally happen

- All field players have soccer balls
- Start with a service from the end line
- Second service comes from an angle
- Give time for setup and proper footwork to open up across the goal

- Coaching points:
  - Dynamic set position - shape and timing - find the rhythm of the shooter
  - Quality distribution back to feet of servers
  - Shape of hands when receiving
  - Shape of the body when receiving

- Similar to above
- Ball is moving more so there's more of a dynamic factor for both the goalkeepers and field players
- All balls start with the server at outside the top of the box

- Coaching points:
  - Dynamic set position - shape and timing - find the rhythm of the shooter
  - Quality distribution back to feet of server
  - Shape of hands when receiving
  - Shape of the body when receiving
# Soccer Champions Coaches' Clinics

## Interactive Session Plan™

**Coach**: Gary Lewis  
**Session date**: March 4, 2016

**Theme**: Defending with a High Press

## Defending

- **Organization**: 10 x 20 yard area, Players 1 v 1.
  - Defender passes to attacker then arcs run to protect goal and apply pressure.
  - Angle of approach
  - Awareness of target
  - Force opponent away from goal
  - Win the ball

## Possession

- **Organization**: 30 x 35 yard area, Players 7 v 7 including GKS.
  - Players must pass to the Gk to score a point.
  - Nearest player presses the ball to prevent forward pass
  - Reaction from players offering support and cover
  - Transition

## Game

- **Organization**: 2 Goals on half way line plus 2 goals at either end of field. Players 7 v 7 including GKS.
  - Directional practice - Teams can score in wide and central goals
    - Angle of approach
    - Apply pressure
    - Force one way
    - Support and cover

## Additional Notes / Key Coaching Points

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Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Jeff Cook
Session date: March 4, 2016

Theme: Technical Training

NOTES

6v2 Control the defenders
11yds X 11yds
2 Touch Maximum

Cannot play back to the person who gave you the ball
No passes above shin height
Person who makes the mistake becomes the defender
Goal for the attackers is to control the defenders with mix of 1 and 2 touch

Move and Pass

Technical passing exercise with emphasis on quality of pass, receiving on the move - receiving player always moves from red starting spot to yellow flat cone, timing is important. 4 minutes working one direction, 4 minutes working opposite direction.

Last 4 minutes allow players to be creative, as long as all four players touch the ball before it is played through to the final player. 12 minutes total working time.

Mainz Combo

Passing and receiving on the move.

First player starts action with a pass to wide player who sets it back and then moves into the middle of the playing area - “between the lines”, player who has come in off the side takes a positive touch between mannequins and plays to opposite end of the area.

* Players alternate direction of the ball each time. Coaching points are weight of the pass and timing of the movement. Players must receive the ball in stride. Begin the exercise on two touches and progress to one if the players develop a high level of understanding of the timing required.

Box Shooting

Description -
5x5 grid on the edge of the box.
Players are in pairs.
Front of the grid is 20yd out
Back of the grid is 25yd out

Instruction -
End line player plays into either player inside the grid. Players inside the grid have one touch to set, one touch to shoot. If those players score or hit the target they stay, if they miss the next group come in (players who played the pass from the end line)
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Deb Raber
Session date: March 4, 2016
Team/Age Group: Youth Team

Theme: Goalkeeper Positioning, Angle Play & Breakaway Saves

NOTES

For vertical positioning here's a suggested guideline:
- the penalty area is split into natural thirds (6/12/18)
- we also train in thirds of the field (defending / middle / attacking)

With the ball in different thirds of the field the goalkeeper mimics his/her positioning in the third of the box to match the third of the field

- i.e. with the ball in the attacking third the goalkeeper is at the top of the box

Questions to ask in relation to vertical positioning:
- What are the opposition's attacking options (through pass, short pass, long pass, shoot, dribble, etc?)
- What are the goalkeeper's athletic and technical abilities?

For the visual learner, a rope (solid lines) can be a handy tool to reinforce horizontal positioning with the ball in the final 1/3 - the goalkeeper will move left to right along an angle arch trying to stay on his/her ball line (dashed line)

Physical and technical

Set-up:
3 goalkeepers / 3 servers
three cones in a triangle in the goal mouth

**for safety of goalkeepers service should be into or close to the goalkeeper's body line (no diving)**

Emphasis on ready position and proper catching

After goalkeeper makes the save, goalkeeper bowls ball back to server's feet and uses proper footwork back to center of the goal - moves to next window

Set-up:
3 goalkeepers / 3 servers
- top server takes a shot on goal
- after the save goalkeeper bowls ball back to server and moves across angle arch for shot from wide server
Progressions

Progression 1 notes

Introduction to break-away training:
- Patience and courage!
- Breakaway: one on one with no defender between the goalkeeper and attacking player
- Stages of a breakaway:
  - Before: cut off pass before attacking player gets to the ball (i.e. through pass / free ball)
  - During: goalkeeper and attacker arrive at the ball at the same time (smother)
  - After: attacking player has possession of the ball so goalkeeper need to look to play the next touch

Progression 2 notes

Set-up:
- 3 goalkeepers / 3 servers
- Top server takes a shot on goal
- After the save goalkeeper bowls ball back to server and moves across angle arch for shot from wide server
- If passed directly to the wide server, he/she has the option of a shot or taking a touch that the goalkeeper needs to decide whether to attack or stalk
- If pass is made between the goalkeeper and wide server the goalkeeper needs to decide to smother or stalk

Additional Notes / Key Coaching Points


**Soccer Champions Coaches' Clinics**

**Interactive Session Plan™**

**Coach**: Tony DiCicco  
**Session date**: March 4, 2016  
**Team/Age Group**: U14s

**Theme**: Team Games for Training Your Goalkeeper

**NOTES**

The key is to integrate your goalkeeper with the team. This can be done right from the warm-up phase of training.

Options:
1. Include the goalkeeper in the passing grids that are common with outfield player warm-ups
2. Play possession games with your team and goalkeepers
   - GK plays as out field player and must use their feet
   - GK plays with their hands only or use a combination of feet and hands

Put one of your keepers in the midfield of a short sided game. Each attack must go through the keeper and now you can coach their movements, communication and most importantly for this exercise, their distribution.

Do the keeper look first to find the highest player and create a goal scoring situation?  
Does the keeper use good technique with the bowl or sling distribution?  
Does the keeper make good decisions on who should get the ball when distributing just for possession?

This game is a fun game with your team or group of players that normally goes to two big goals but in the ball room environment, we will go to 1 big goal and 2 short goals.

Start by playing 1v1 flying from goal to goal, then this sequence 1v1, 2v1, 2v1, 1v1. The last player to touch the ball when two are attacking is the defender.

Then add 1v1, 2v1, 3v2, 1v1. As the coach adds numbers, there is less rest for the outfield players but also for the goalkeeper, the environment becomes more complicated. There is more communication required. The shots and through balls and breakaway chances will still be there but in a more complicated tactical decision making situation.

This game is 3+3 vs 3+3. In the penalty area play 3v3 with teammates on the outside as shown. When the defensive player wins the ball, they must play out to their teammates on the outside (outfield players don't compete) and then they become offensive and the 3 blue players as shown move become defensive.

The goalkeeper needs to communicate, distribute so their team can get the ball to the outside and make saves on many point blank shots. Coaches can evaluate goalkeeper communication, distribution and positioning to save.

Finish by going to two big goals and play 6v6.
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Brian Bliss
Session date: March 5, 2016
Team/Age Group: U14s

Theme: Coaching Attack & Defense Using Small-Sided Games

NOTES

4 v 4 + 3 Grid 20 x 20 yds. The 3 neutral players are positioned as 2 on end line and 1 central.

Team in possession looks to circulate the ball with players moving along axis and creating triangles with neutral in middle.

4 defenders work together to make ball go around them not through the middle.

Upon winning the ball they should play to neutrals and quickly assume wide positions.

Loss of possession players enter middle and begin to defend.

5 v 3 + 1 on field approx 20 x 25 yds. Game is directional and requires attacking team to stop the ball in end zone 2-3 yds deep.

Extra player in possession should allow ball movement and force def group to adjust shape of pressure, cover, balance.

Team in possession can use teammate behind end zone as outlet when in trouble to create defensive adjustment.

Attacking team must use principal of length and width to maintain ball while trying to penetrate and line.

4 v 4 (4 Goal Game). Attack 2 goals and defend 2 goals. Goals should act as simulation of penetrating pass/goal.

Players can score from anywhere on field forcing defending team to get immediate pressure on the ball so no easy penetrative pass/goal can be made.

Ball circulation and spreading the game out in width and length should enhance the idea of pressure, cover and balance and general principles of attack.

Player behind each goal can be used as outlet for team in possession. Player can enter game on dribble and other player must exit.

5 v 5 + GK’s to Big Goals approx 48 x 45 yds.

Game should mirror the game. You must try and score, win ball back, maintain possession.

Use of GK’s in possession as your extra attacker. Division of space in attack.

Organization defensively. Compact with general defensive principles.

If needed add a neutral to facilitate game in possession.
**Soccer Champions Coaches' Clinics**

**Interactive Session Plan™**

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<th>Dick Bate</th>
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<th>U17s</th>
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**Theme:** Developing Strikers

### NOTES

**Individual Movement patterns for attacking players.**

**Agility, acceleration factors.**

**Bio-mechanics involved in movements.**

**Convert to scoring practice.**

**Different “runs” made by central attackers.**

**Timing and athletic factors involved in the movements.**

**Use of feint movements when appropriate.**

**Develop into scoring practice.**

**Operating as a lone “attacker”.**

**Positioning and timely movement.**

**Criteria for attacking the back of defenders.**

**Support and finishing skills from other attacking players.**

**Role when defending.**

### Additional Notes / Key Coaching Points
### Interactive Session Plan™

**Coach:** Dick Bate  
**Session date:** March 5, 2016  
**Team/Age Group:** U17s

**Theme:** Pressing

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<td>Sliding * with the movement of the ball.</td>
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<td>Pressing the ball - holder.</td>
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<tr>
<td>Defending role if not pressing the ball.</td>
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<td>Pressing and tracking opponents.</td>
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**Teams of 3 players working on defending skills.**

| Pressing an opponent. |
| With what intention? |
| Feet position, balance and movement against an opponent. |
| Role when "away from the ball" but still defending. |

**Game with 'protected' goals - 6 v 6**

| Who presses who, when, to do what and how! |
| Early decision-making following "reading of the situation." |
| Dangers when pressing and tracking opponents. |
| Awareness of opponents action possibilities. |

| Introductory practice for pressing and screening opponents play. |
| Screening skills. |
| Closing-down on opponents. |
| Development of session to act as pairs when screening and pressing. |
Soccer Champions Coaches' Clinics

Interactive Session Plan

Coach: Ian Mulliner  
Session date: March 5, 2016  
Team/Age Group: U10s

Theme:
- Technical Dribbling - Stages 1 & 2
- Technical Shooting - Stages 3 & 4

NOTES

In a 30 yard Wide x 40 yard long grid divided into 3 10 yard wide channels. Every player has a soccer ball.
Part 1: The player at the front of each line runs with the ball down their channel and passes the ball across to the next player in line to continue the Activity.
Part 2: Have the players dribble towards each other in the same channel and perform a move to their right side and then accelerate away to cross the line first before their partner. (repeat)
Part 3: Have the players dribble towards each other in the same channel and perform a move to their left side and then accelerate away to cross the line first before their partner. (repeat).

COACHING POINTS: Head Up, Keep Eyes on the Ball, Surface of the foot to use, Surface of the ball to strike, Distance of dribble touch, Use of moves, Change of Speed and Change of Direction.

In a 40 yard Wide x 30 yard long field with a regulation goal at one end and 3 counter goals at the other end. Play 4 attackers #7, 9, 10 and 11 versus 3 defenders #1, 4 and 5. The four red attackers try to score in the regular goal the 3 defenders try to score in any of the 3 flag goals.

COACHING POINTS: TECHNICAL: Head Up, Eyes on the Ball, Surface of the Foot to use, Surface of the Ball to strike, Change of Speed, Change of Direction.

TACTICAL: Is there space to attack? Is there space to attack behind the defender? When to Penetrate? Where to Penetrate to? Why Penetrate?

In a 40 yard Wide x 36 yard long field with a regulation goal at one end and a line with a target player behind at the other end. Play 5 + 1 attackers, #1, 7, 8, 9, 10 and 11 versus 5 defenders, #1, 2, 3, 4 and 5. The red team tries to score in the opponents goal the white team score by playing into the target players hands without bouncing.

COACHING POINTS: TECHNICAL: Angle of Approach, Head Still, Look at the goal then focus on the ball, Placement of the Non Kicking Foot, Surface of Foot to use, Surface of the Ball to strike, Follow through for power, Placement for accuracy.


In a full field play 7 v 7 Red Team plays 1-3-3, White Team plays 1-4-1-1 all FIFA Rules apply.

COACHING POINTS: Techniques of Shooting, Power v Placement, Psychology of Shooting, Mental Toughness, Selfishness.
The Role of the 1st, 2nd, and 3rd Defender

NOTES

2v2 (Pressure & Cover): Ball is played into the attackers who try to dribble over the endline for a point. Play is over when defenders win the ball or the ball goes out of the grid. Emphasis on communication, proper angles and spacing, force in or out.

2v3 (Add a recovering defender): Add a defender who starts on the same side as the attackers. When ball is played in to the attackers, the 3rd defender can join the play making a recovering run.

3v3 (Pressure, Cover & Balance): Progression from previous exercise, introduce the 3rd defender.

1+3v3+1 (The 1 is a server): Ball is played in by the server, team in possession can play back to the server while attacking the two small goals.

6v6: 6 goals, 2 pts for a goal scored in center goal, 1 pt for goal in a wide goal
Developing "Direct" Attacking Play

NOTES

Developing possession towards direct attacking play
Attacking the gaps!
Running with the ball at defences.
Eliminating opponents with combination play

Attacking opponents directly and at speed.
All players involved in attacking play.
Developing - turns, touches and "throughs".
Movements away from the ball.
Using minimum touches on the ball when attacking.

Retaining possession to play forward when possible.
Awareness and vision to identify forward passing and running opportunities.
Operating ahead of the ball.
Attacking at speed after changes of possession tempo.

Additional Notes / Key Coaching Points
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Brian Bliss
Session date: March 5, 2016
Team/Age Group: U16

Theme: Finishing (Making Use of the Entire Team)

NOTES

Rectangle grid with up to 4 players per corner. Follow the pass sequence for quick ball movement to achieve a up-back and through pattern for player 1 to receive on the run, collect the ball and shoot at the top of the 18yd box.

Players 2 and 3 are 1 touch.
Player 1 must time his run based on quality of pass sequence.

Through pass from player 3 should be on the ground and bent into path of player 1 so that the run is not interrupted.
*quick transition from one rep to the next. Next rep should start upon player 3 making layoff to 2.

Grid outside top of the box. Target player positioned around arc. Players in grid play possession of 4 v 4 + 2. Upon good rhythm, a pass is made to target player who then makes layoff for a shot.

Extra players waiting outside grid to replace the player(s) of the team who followed pass for the shot.

Increase demands with 3rd man running and various combos at top of box.

Coach continues to supply balls and keep game going with a good flow.

Groups of 3 where by the 2 players shoot from distance from layoff from coach.

Both players return quickly to starting point and join player 3 in a triangle for quick passing sequence 1 touch.

On Coach's whistle the ball is played to wide player on either side of the penalty box for runs into box and cross and finish.

Next set of 3 players start again with 2 long distance shots and a cross and finish.

High tempo activity to create game realism.

6 v 3 grid near top of the box.

5 passes and ball is served to wide players. The passer and the last 2 players to touch the ball all make runs into the box.

2 of the 3 defenders must track runners and coordinate marking.

Extra players ready to replace those attackers and defenders who exit (5 new players each time).

Establishing possession and finishing in the box.

Defensive work is also being cemented with tracking of runners and clearances.
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