



Region 46 Coach Training

A great way to develop your coaching skills and pass a long these skills to your team.

For U8, U10, U12, U14, U16 and U19
Saturday, August 14th, 7:30am-12:30pm.
Arroyo Seco Junior High School,

This is a hands-on training clinic adapted to help both new and seasoned coaches and assistant coaches by supplying them with different drills, skills, and training tools to be used at their practices. Instructors are of the advanced level and specialized in their particular module.

There will be (4) different Modules:

- ❖ Set Plays- kick off, corner kicks, goal kicks, throw-ins, free kicks, etc.
- ❖ Attacking/Defending Methods- principles, systems of play, etc.
- ❖ Mechanics/Speed- how the kick, trap, and control the ball, etc.
- ❖ Goalkeeping- the basics that coaches should teach.

Coaches will be divided up by age groups (U8-U10-U12-U14/16/19) and will rotate thru each module. The modules will be age appropriate for each bracket.

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|-------------|---------------------|
| 7:30-8:00 | Intros and warm up. |
| 8:00-8:55 | Mod 1 |
| 9:00-9:55 | Mod 2 |
| 9:55-10:20 | Break |
| 10:20-11:15 | Mod 3 |
| 11:15-12:10 | Mod 4 |
| 12:15-12:30 | Closing |

Snacks and drinks will be provided. Coaches should bring a ball and cleats or athletic shoes. Coaches will be provided a handout related to their module containing drills, key notes, or designed plays to be used at their practice sessions.

Attendees will receive a T-shirt so please RSVP with your shirt size.

Please RSVP by August 7th Coach Spike at spike9193@yahoo.com.