

RUSH SELECT

COACHES HANDBOOK 2019

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SPORT



PASSION &
PURPOSE

ACCOUNTABILITY/ADVICE/EMPATHY/ENJOYMENT/HUMILITY/LEADERSHIP/PASSION/RESPECT/SAFETY/TENACITY/UNITY/AC
COUNTABILITY/ADVICE/EMPATHY/ENJOYMENT/HUMILITY/LEADERSHIP/PASSION/RESPECT/SAFETY/TENACITY/UNITY/ACCO
NTABILITY/ADVICE/EMPATHY/ENJOYMENT/HUMILITY/LEADERSHIP/PASSION/RESPECT/SAFETY/TENACITY/UNITY/ACCO

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ACCOUNTABILITY/ADVICE/EMPATHY/ENJOYMENT/HUMILITY/LEADERSHIP/PASSION/RESPECT/SAFETY/TENACITY/UNITY/ACCOUNTABILITY/ADVICE/EMPATHY/ENJOYMENT/HUMILITY/LEADERSHIP/PASSION/RESPECT/SAFETY/TENACITY/UNITY/ACCOUNTABILITY/ADVICE/EMPATHY/ENJOYMENT/HUMILITY/LEADERSHIP/PASSION/RESPECT/ACCOUNTABILITY/ADVICE/EMPATHY/ENJOYMENT



Rush Core Values

Accountability: Be accountable for your actions and hold others accountable for their actions. Who am I ultimately accountable to, and who judges my work?

Advice: Seek out advice and aspire to be the best. In order to learn, we must be open to learning and consider the advice of others. Are you coachable?

Empathy: Empathy is at the core of solid relationships.

Enjoyment: Enjoy your work, this is a gift. The desires of diligent workers are satisfied.

Humility: Apologize when you make a mistake. Forgive others and do not look back.

Leadership: Leaders strive to be trustworthy, honest and sincere. They possess traits such as integrity and honor. They are willing to serve others and sacrifice their own interests. Leaders are constructive and hardworking.

Passion: Passion always trusts, always hopes and always perseveres. Passion never fails.

Respect: Respect everyone. Respect the opponent, the rules, your colleagues, your superiors and subordinates. Be thoughtful and considerate.

Safety: Our environment is safe. This includes the office, our travels, the fields and our bodies. Safety is not only physical safety from harm, but safety from ridicule and attack. We are comforted and encouraged in the club. We portray self-control and kindness to our staff, our colleagues and players.

Tenacity: To be successful, persevere.... persevere but do not be anxious. Fear no one. Be strong and courageous. Work when no one is looking, even when the circumstances are not right and everyone else quits. Diligence never loses because it never quits. Outwork your opponent, and most importantly, work smart. Don't wait for external inspiration. The people who go far do so because they motivate themselves and give life their best, regardless of how they feel.

Unity: Together all things are possible. When your teammates are down, bear each other's burdens; conversely, celebrate your teammate's successes.



Code of Conduct for Travel

Dear Player,

As we fast approach our team travel event, we want to take the time to wish you good luck. The opportunity to travel as a team and represent your club is a privilege and one that should not be taken for granted. Embrace the challenge of competition and respect each and every opponent but fear none. Approach every game with great determination and tenacity.

Just as important as the technical side, is our character and behavior off the field. The following are the Rush rules and regulations that must be adhered to.

1. C.G.P.A.

Rush Players must maintain a 2.75 C.G.P.A. in order to be eligible to travel with any Rush Team. This C.P.G.A may be determined 60 days prior to travel and the ability to travel will be at the discretion of the respective DOC. and Team Coach.

2. RUSH SPONSORSHIP

All members of the Rush are expected to cooperate with our current sponsors in a reasonable fashion as requested. Specifically, traveling Rush players must:

-Please make sure that your uniform and all uniform accessories, including warm-ups and equipment bags, are compliant with club policies. We ask that you support the club's apparel and equipment sponsor, Capelli, by using Capelli shoes, balls, shin guards and other products whenever possible.

3. TRAVEL DRESS

Rush teams will have two choices of dress while travelling. (1) Slacks, Rush polo, dress/casual shoes, Rush track suit top or (2) Rush track suit, Rush training top, sneakers. Disrespectful slogans, political statements, disrespectful wording or statements shall not be displayed on the person. Clothes shall "fit"; nothing too tight or nothing to lose. No holes or tears in the clothing shall be present. A higher standard may be established by the Head Coach when desired. At no time will the Head Coach set a lesser standard than set forth in the Rules & Regulations.

4. ROOM REQUIREMENTS

At no time will anyone of the opposite gender be allowed in each others rooms while club travel is taking place.

5. TRAVEL CURFEW

Unless extenuating circumstances or the Head Coach has determined a team curfew; the Club Curfew is 11:00 pm in the time zone you are currently staying.



6. RUSH TRAVEL RESPONSIBILITIES

The players are expected to travel and stay and participate with the team for the entire event. The entire event is classified as when the player arrives at the home airport and when the player returns to the baggage claim at the home airport. Any exceptions will be granted and determined by the Head Coach.

As far as common practice, all participants on the trip are expected to be polite, positive, well-mannered, cooperative, good sports, and respectful and considerate of others - those you encounter along the way as well as those with whom you are traveling. Rooms and the vans will need to be kept clean.

There are times when you will be off without direct adult supervision. When this happens, one of the chaperones will expect to know where you are and when you will be back. At the same time, it is always your responsibility to a) know how to find one of the chaperones, b) know when and where you are expected to be next, and c) be there on time. When you are off without adult supervision, you will always use the "Rule of Three" - at least three players together.

Hotel room doors should be closed (not propped open). At night, doors should be locked and the dead bolt secured. Do not open the door for anyone except chaperones or coaches. If hotel personnel or security guards are at the door, politely ask them to call a chaperone or coach.

No running, kicking of balls or yelling in hotel areas. Please be respectful of other guests.

Our trip will be absolutely drug and alcohol free. Anyone found with possession of any illegal drugs or alcohol will immediately be expelled from the team and returned on the first flight home at their parents expense.

Players are required to respect the scheduled times throughout the trip. If a player is late to a team designated meeting place (van, hotel, field, etc.) a team chaperone will stay behind and care for the player. The team will stay on schedule and the incident will be treated later in a case-for-case basis.

There will be no tolerance for fighting and rebelling or for taking any initiatives that would put your life or other team members in danger (i.e. hanging from windows or balconies).

General behavior while in public places or competition venues must be exceptional. All players are encouraged to address adults or group leaders properly while conversing or asking for help. Use polite titles and words.

Emergency health response will be administrated in accordance with the insurance jurisdiction that is on file with the team manager. All members are encouraged to disclose their medical needs and allergy symptoms to the group leaders.



The team will be eating together at most times and the menu will be similar for all players, catering to their taste but designed to enhance their performance during games. All players are encouraged to be open-minded and willing to comply with the food provided to them throughout the trip.

Stealing or taking other's possessions without permission will absolutely not be tolerated. Please show respect toward your teammates and their possessions.

There may be a designated time every day for players to do homework or work on school assignments if the trip is during school time. All players are encouraged to bring their schoolwork on the trip.

7. PLAYER RESPONSIBILITIES

- Adhere to check-in times and places set by Coach.
- **Buddy System** required at ALL times - WHENEVER OUT OF ROOM. **NO ONE GOES ANYWHERE ALONE!!**

Room Captains may be designated by coach - Room captain is responsible for leading their roommates by:

- Establishing that everyone has a BUDDY every time they leave room.
- Designating who has room keys and keeping room locked at all times.
- Getting all roommates up on time for breakfast at designated times.
- Establishing shower schedules and make certain roommates stay on schedule.
- Getting roommates to have their laundry bags ready at preset times.
- Getting roommates to get ready to meet schedules for van departure and games.
- Getting roommates to dinner and other activities at set meeting times.
- Making certain all curfews are met & all roommates are in room before curfew.
- Getting roommates to team meetings on time.
- Getting roommates to keep rooms organized so personal items can be found.
- Communicating problems to Team Manager or Coach.
- Logging phone calls so proper player can pay for calls (if not prepaid.)
- Getting roommates to respect players' pre-game rituals.

At coach's discretion, if a "problem" occurs, i.e., missed curfew, the Room Captain may be held responsible.

Thank you and good luck.

The Rush Staff



Characteristics of Rush Players

Rush players...

1.) ...are committed to the Rush Cause.

The Rush Way extends far beyond just one team or even just one club. There is a fundamental belief that no matter what we do, we want to strive to be the best. In all parts of our organization, we endeavor to push the envelope and take American soccer to heights not yet reached and in some cases not yet imagined.

2.) ...participate in the Rush Programs beyond just the competitive soccer program.

Constant learning is a part of being a great player. Rush players are well-rounded people and are more than soccer players and athletes.

3.) ...practice the Rush Core Values.

Before players can become the best player they can be, they must work on becoming the best person they can be. One has everything to do with the other. Rush players exude character.

4.) ...are consistently striving to be top performers within their respective teams.

Competition breeds results and without it, development will always be limited. That competition begins within each team and is originated by the desire in each player to compete, improve and achieve success.

5.) ...are strong willed, courageous and adventurous.

Players understand that perseverance is necessary no matter what they are participating in. They fight through struggles, embrace challenges and are willing to find and try new methods of reaching their goals.

6.) ...are young professionals.

The level of player does not matter when it comes to being a young pro. A pro shows up to do his or her job on both good days and bad. A pro is constantly looking to learn, to be the best and to hold themselves accountable.

7.) ...believe and trust in that which the coach is teaching to the team.

This does not mean the player must agree with everything the coach says or does. It does mean however, that the player must trust and believe in what the coach stands for and what the coach is working hard to accomplish. Trust and respect must be found in both player and coach.

8.) ...communicate openly and honestly with teammates and coaches.

We all know there will be good days and bad. In either case, communication is critical. Communication can help spread good news and celebration and it can also stop potential disaster from ever happening. This skill is as important as passing the ball.



Rush Select Player Profile

Name	Team	Date

Name 3 players you admire and why?

Name 1 other athlete you admire and why?

--

About you	
Strengths	Weaknesses

Are you a captain on you team? What are your best leadership skills?

--

What coaching style best motivates you? (Yelling, calm and relaxed etc)

--

Which foot do you prefer? (Right, Left or Both)

--

Whats your favorite position to play?

--

What are 5 characteristics of players who play in that position?

Whats another position you like to play?

--

What are 5 characteristics of players who play in that position?



What formation do you like to play in and why?
Do you take Penalty kicks and would you being willing to in a game?
Do you take freekicks? What is your range: 20, 25, 30 yards +
What are your personal goals for this event?
What are 5 characteristics of players who play in that position?
What your goals as a soccer player? (College, Coach etc)
What are your top 3 favorite soccer memories?
Tell us 3 things about you away from soccer.

Keys to being a teammate:

1. Listening - Listening with the intent to understand. Be a detective when you listen — search out clues in which you can help a teammate or file something away for later.
2. Vision - You should be looking for what you can do to help. A big part of being a great teammate is "Servant Leadership" — look for opportunities to serve.
3. Sacrifice - We talked about how Tim Duncan had took a pay cut to help the front office sign some better players to make the team better. LeBron James and Dwayne Wade has done the same as well. All three are wearing championship rings because of that sacrifice. Peyton Manning has done the same in football at both Indianapolis and Denver. Shaquille O'Neal came to meet with the coaches and volunteered to move to the bench to allow one his teammates to start. He thought it would help his teammate's confidence which would lead to him playing better which would lead to our team being better. Shaq said, "Don't worry about me Coach, I'll give you the same thing whether I come off the bench or start." Would you care enough about their teammate and the success of their team to give up their starting spot? I asked them, "What if your coach came asked you to come off the bench? What if he said 'you're playing great but if we start Sally it might get her jump started and then you would give us great energy when you came into the game.'" Would you respond by saying "Coach, whatever is best for the team," and then enthusiastically except your role or would you say "Coach, whatever is best for the team," and then mope and complain to anyone that will listen.



The Rush Way to Play Overview

The following is a summary of how Rush players and teams play and perform.

The Rush Way to Play is based upon movement and activity by both player and ball. Possession-oriented does not fully describe how we play; attack-oriented does. Whether in possession or in defense, we are attacking. Rush Players play with freedom yet understand the importance of responsibility and the balance between the two. Rush teams are flexible and adapt to varying circumstances. The Rush Way to Play represents both passion and purpose.

The following are bullet points detailing how Rush players and teams play and perform.

The Rush Player

- Technically Proficient
- Athletic, Fit with Strong Work Ethic
- Mentally Tough and Positive
- Insightful, Thoughtful, Purposeful – A Student of the Game
- Attacking and Aggressive
- Willing to Defend
- Ready to Battle
- Understanding of Transition
- Active without Ball
- Able to Break Opponent Down by Dribble
- Belief and Confidence in Ability to Play and Win
- Understanding of Not Only Positions, but Positioning
- Always Asking: "How can I help? Am I helping?"
- Practice Rush Core Values
- Belief in Self, Team and Club (Club is Family)

The Team

- Multiple Moving Parts - Mobile
- Freedom without Fear
- Understanding that With Freedom Comes Responsibility
- Understanding that Positioning is More Critical than Position
- Psychologically Prepared
- Able to Defend with Man-Marking or Zonal (Can Do So with Confidence for Long Periods)
- Able to Play Multiple Systems
- Able to Play Multiple Styles (with Ball and Player Movement As the Norm)
- Attacking Mentality (with or without Ball)
- Understanding of Game Management
- Technically Proficient
- Flexible, Adaptable, Not Stubborn
- Practice Rush Core Values
- Professional
- Belief in Team and Club



U8-U10 Bantam Division Teams & Players

- Freedom without Fear!
- Goal Scorers – One and All
- Defense Equals Working Hard to Get Ball Back
- Not a Team Sport but Played with a Team Attitude
- Enjoyment and Passion are Always Evident

U11-U13 Youth Teams & Players

- Freedom without Fear!
- Goal Scorers – One and All
- Defenders – One and All
- Understand Importance of Competition
- Attacking Style – Individually and Small Groups
- Active/Mobile/Immersed in Game (Engaged)
- Enjoyment and Passion are Always Evident

U14-U15 Junior Teams and Players

- Freedom without Fear!
- With Freedom Comes Responsibility
- Understanding of Team Concept/Importance
- Active with Thought and Purpose
- Aggressive/Attacking (Attack or Defense)
- Enjoyment and Passion are Always Evident

U16-U19 Senior Teams and Players

- With Freedom Comes Responsibility
- Organized
- Multi-dimensional in Styles, Systems, Tactics
- Active with Thought, Purpose and Timing
- Professional
- Role Models
- Enjoyment and Passion are Always Evident



Team Formation - Purpose and Plan 11v11

Style:

- Offense – controlled passing game, quick and direct, good skills interchanging of positions, maximum width and depth.
- Defense – Hard strong tackles, tight marking, pressure on ball, zone and man-to-man marking, denying passing lanes, tight and compact.

Player Characteristics:

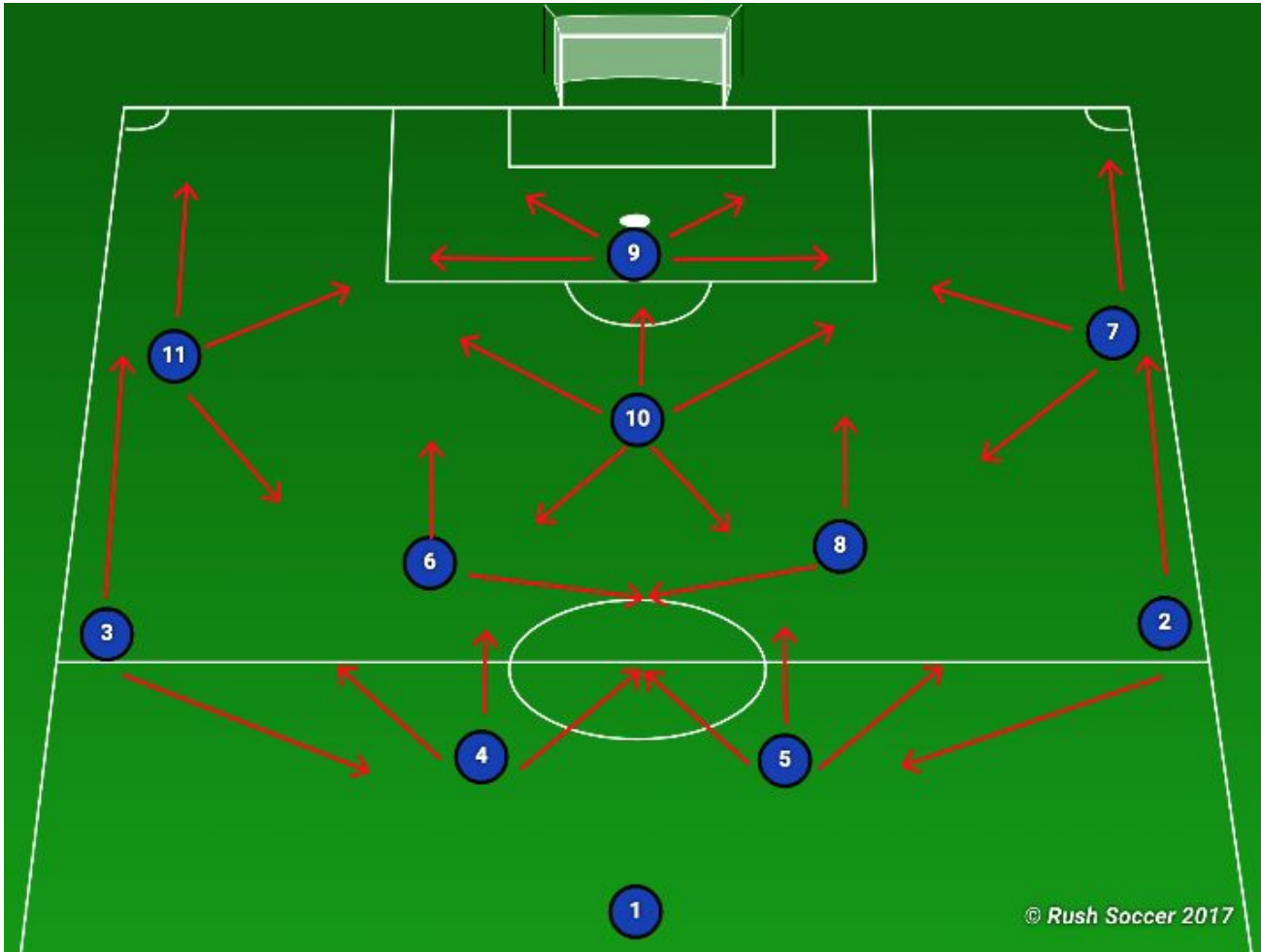
- Goalkeeper - Athletic, fearless, vocal, good hand-eye coordination. Aggressive towards 50/50 balls, good with feet, supports play by coming off the line, can hit a long ball
- Backline
 - Center Backs (number 4 and 5) - Disciplined, intelligent, fast, patient, tenacious. Strong in the tackle, ball winners, willing to go forward out of back, condense field of play, step up to mark free player, play simple and safe out of the back. Zone defense: does not follow players across the field
 - Outside Backs (number 2 and 3) - Support outside midfielders, get forward, overlap into attack, maintain possession, 1v1 ability
- Central Midfielder (6, 8 and 10) - Stamina, athletic, crafty, fast, quick, hard working. Creative, confident, crafty, good ball skills. Play maker, supports and shows well, creates goal-scoring chances. Disciplined, powerful, good range. Holds while the other pushes into attack, ball winners, compliments the attacking midfielder, switch attack, play ball wide, adjust to opponent.
- Forwards
 - Center Forward (9) - Big, strong, powerful, fast, quick, scrappy. Target player, holds ball well, plays the way they face, strikes ball well. Very good in the air. Good 1v1 and in tight spaces. Creative and intuitive. Positive attitude when in front of the goal
 - Wingers (7 and 11) - Unselfish, excellent 1v1, good with both feet, provide width, runs: checking on flank, hook, blind side, clearing lane; look to get forward when team has possession. Do not have to remain wide, look to interchange, diagonal runs, weak side runs

Roles and Characteristics - Testing:

Age Group / Division	Test
Youth, Junior + Senior Division (U13-U19)	



1-4-3-3 Formation:



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Attacking - Purpose and Plan 11v11

Styles of Play

The playmaking style, also known as "Total Football", is one of two team strategies, the second being the counter attacking style. These two styles are at the base of all the decisions about how a team will play in a match. A team's style of play is determined by the quality, personality, temperament, mentality and character of the players on the team.

Build Up (Play-Making Strategy)

"Total Football" and its attacking pressure are very spectacular. It places great demands on individual and team tactical excellence... An absolute prerequisite, to master such a team tactical aspect, is that all the players possess a positive mentality, including the substitutes." -Rinus Michels

Key Ingredients for the Play-Making Strategy

- Ball movement-fast combinations and good support are key.
- The ability to play 1 and 2 touch passes.
- Tactical awareness. Recognizing when you are numbers up; build with the purpose of drawing in defenders.
- Carry the play: being able to play at a high tempo and the next time use delaying tactics to slow the play down. Playmakers.
- The attack starts where you win the ball. Win ball in opponent's half.
- The opponent has received a red card and you are a man up.
- The playmaking style requires tremendous concentration for long periods under great stress. Players must be able to perform at a high level coming off the bench. Mental fitness is just as important as physical fitness.
- Adaptability and mobility. Do players have the ability to change positions on the fly? Movement off the ball.
- The ability to handle the ball in a very tight space. Technique!
- Vision-switching the point of attack.
- Use of GK-must be able to distribute and keep possession.
- Climate/Field conditions. Nice grass, big field.
- Transition from defense to attack. Connect 2 quick passes.
- Domination in midfield.

Direct Play (Counter Attacking)

The accent in the counter attack style of play lays on the defensive team function, with the emphasis being on the defender's own half of the field and letting the opponents keep the initiative of the game. This is to take advantage of the space behind their defense for the build up and attack. – Rinus Michels

Key Ingredients for the Counter Attacking Strategy



- Defensive organization in your own half. Limit the space behind the back line and goal. Defending starts at the midfield line. Low pressure defending.
- Defenders keeping the play in front of them. Patience is a virtue and choosing the correct moment to win the ball is an art.
- Starting the counter. The decision of whether to counter or build up the attack must be made immediately. Speed of thought and action. The counter is on when the player who has won the ball can find a target player.
- Organization and communication. Each line must stay compact and eliminate gaps.
- The midfield line acts as the first line of defense. They must keep the opponents in front of their zone.
- Quick and long distribution from GK.
- You are losing or down a man.
- Poor field conditions.
- Non technical players in back and midfield. Opposition is superior.
- Big game, nerves.
- In your own half the marking is aggressive. Pressing.
- Runs; find the fast target player and 2-3 players play off of him/her. Overlapping midfielders and deep sprinting attackers.
- The key to an effective counter attack is taking advantage of the space behind the defense. Good use of long balls; not too straight.
- Fewer players involved in the attack.

What is the Rush Style of play? What are the characteristics of our top players?

- Ball possession-get ball forward and keep in attacking half.
- Solid defense-ability to win ball in all areas of the field. Work ethic.
- Ability to adapt-can our players adjust their style in order to get a result?
- Solid character.
- Intelligence/tactical awareness.
- Technical ability-handling the ball in tight spaces.
- Freedom without fear, but with responsibility.
- Possession oriented, but not stubborn.
- Playing to strengths of formation and understanding weakness of opposition.
- Winning!

Attacking Set Pieces General Comments

- Can we play fast? Though we are setting specific plays to generate positive attacks or goal scoring opportunities, the creative aspect will always remain important.
- Playing fast rarely ever means rush (no pun).
- Service is everything.
- Mentality is critical. Players must be willing.
- Organization and the team being on the same page is important. Players must understand all the roles and the importance of the roles. Though not a glorious role, the players who remain back to play 2v1 or 3v2 can be just as vital as the players attacking the ball to score. Each player has important responsibilities.



- No counters. Teams can be at their most vulnerable when taking attacking set pieces. Early fouls are okay.
- Whether out of the flow of play or off our own attacking set pieces, if clearance comes out towards midfield, ball should be quickly placed very wide or behind defense. Over the end line is always safest option.

Corner Kicks

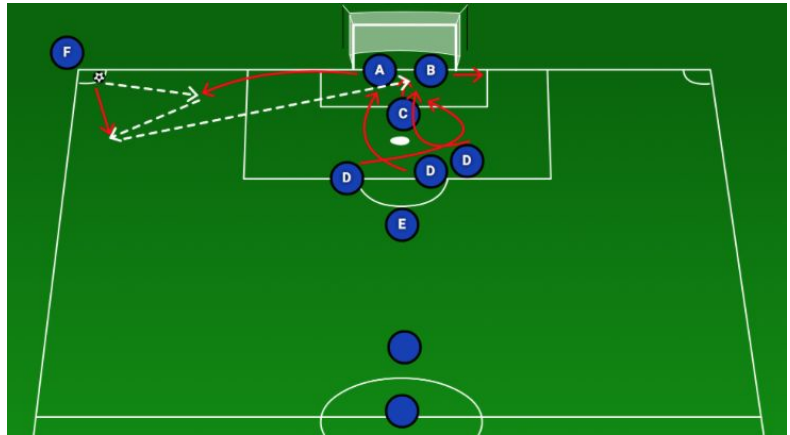
- In-swingers are the norm.
- Hunters (3) represent the very best players in the air. Must be active prior to kick being taken.
- Two players begin on the keeper (front and back). The player on the near must be technically sound to aid in any short corner options. Both "zip" apart when or prior to ball being served.
- One player is set up on or around the middle six with the responsibility of getting to and screening the keeper.
- One player is top of box to "keep it alive" or finish any knock downs. (Two if one player is back.)
- Plus one in the back (depending on how many players are left up). Typically our two to their one.
- Players left at midfield must first destroy any counter (if possible) and if ball comes out get it "wide or behind".
- If you are not involved in the heading or initial attempt at finish you are getting to goal or preparing to battle to keep it alive. Stay engaged until ball is out of play or cleared out.

Option 1: 6 In The 6 Setup: A and B sandwich the GK. Each zip apart as F serves ball, Inswinger when possible. Player on middle 6 goes to GK and shadows. E holds on the top of the box. Players D hunt the ball. Key Points: 2V1 in back. Hunters lose mark, attack the ball. End with 6 in the 6. E keep ball alive!

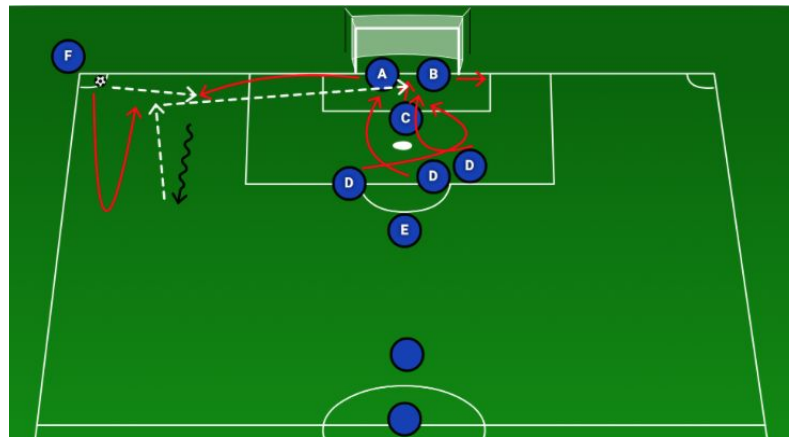




Option 2: 1-2 Setup: Short corner using the same setup as #1. A and B zip early and A initiates run and this time extends it to play 1-2 with F. Key Points: A's run needs to come just off of line to provide easy angle for F who plays and breaks off to receive back, hits bending ball.



Option 3: Rush Short Corner Setup: Same set up as #1 and #2. A receives and dribbles up field. F runs with A and then breaks towards end line. A plays F. Key Points: Players inside remain active. F must sell movements. A must control, dribble away and then roll ball back sharply.



Additional Notes: Player starting on middle 6 is critical. He/she must not allow GK to receive the ball. All other players must be prepared to attack the ball! On options 2 and 3, players must be inventive and all can help be deceptive as well. Attitude!

Direct Kicks

- Keep it simple! If a shot is on, that is first option.
- Two players must be prepared to flash in front of keeper, inside of wall, to screen the keeper or off-balance the keeper. Starting position may vary.
- Players not involved with the kick or screening must get to goal and be hunters.
- If free kick is from wide position, top of the box remains a critical area. "keep it alive!"
- Plus one (minimum) in behind with thought to potential rebounds that may come off of wall.
- Be mindful of the wall who becomes attackers if they block it. Position players accordingly.



Indirect Kicks

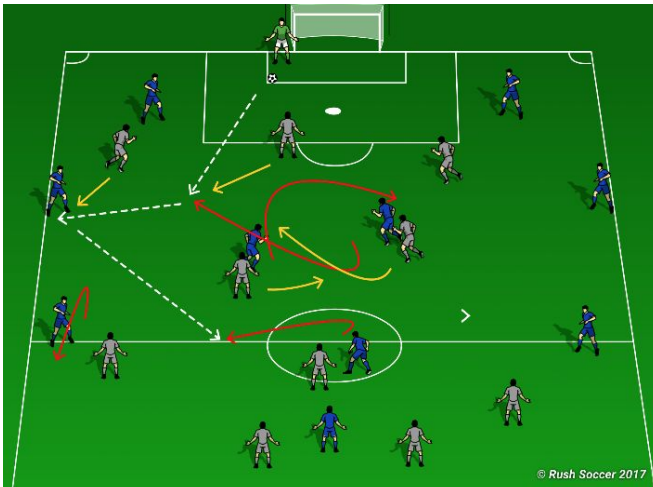
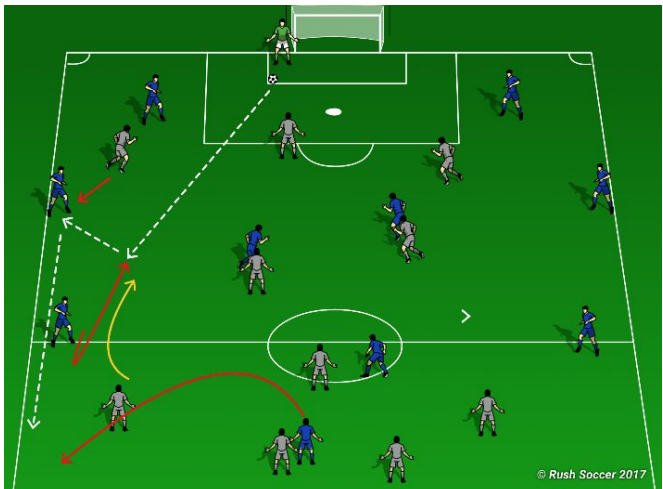
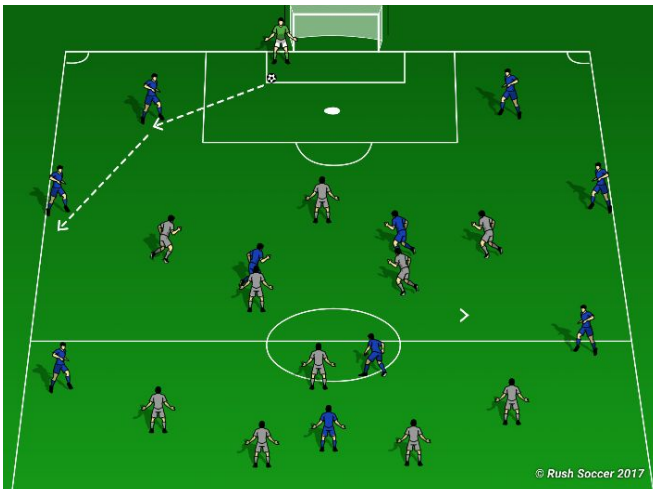
- The attacking team must understand the definition between direct and indirect kicks.
 - Indirect - (5 types) A free kick from which a goal can not be scored until the ball touches another player of either team. Referee will physically hold one arm up in the air, signaling the indirect kick.
 - Direct- (9 types) A free kick from which a goal may be scored without a second player touching the ball. The referee need not physically signal a direct free kick, other than pointing direction.
- As with direct kicks, if a shot is on, that is first option. The ball needn't move. Literally a tap of the foot followed by a strike.
- If a shot is not on because the wall is properly set, we must move the wall. Three man set up, touch, stop, strike. Moving the ball laterally (and perhaps slightly back) displaces the wall and provides a larger portion of the goal to shoot at.
- Free kicks from wide (attacking 1/3), like corners, should be hit as in-swingers. Ball should be struck so that if nobody touched it, it would score (typically at the far post, but near can work as well on the odd time).
- Players not involved in the taking of the kick must make sure they cover the top of the box as well as the near post area (get across the GK's face), the keeper himself/herself and also the back post area.

Penalty Kicks

- Although penalty kicks usually come down to the individual penalty kick taker converting, there are details that can make a difference.
- Confidence is critical. The kicker must know he/she is going to score. No second guessing.
- Same rules apply in the back. Plus one. Remember that once the ball is hit, the game is live. Everybody must remain focused.
- Players not holding back or taking the kick must get position and prepare to follow. The kick taker cannot follow up his/her own rebound unless it is touched by the goal keeper. Every other player can finish any kind of rebound.

Goal Kicks

- As a rule of thumb, everyone 10 yards within the center circle, or "10 by the 10" (see diagram 305 67 – GOAL KICK). Goal kicks are taken by the keeper and can be placed anywhere in the six yard box.
- Players should get into the opponent's players and prepare to battle. Center backs must be prepared to bounce (drop off) when the ball passes over their head, especially if there is not much distance on the kick.



Attitude

- The most important part of attacking set pieces, along with service, is your attitude. Putting you in the right place at the right time is easy.
- Your attitude to win the ball must be at the forefront of your mind. The aspect of battling is every bit as important as the creative aspect.



Defending - Purpose and Plan 11v11

“Why do we play defense?” “We defend to win the ball back, attack and score.”

The purpose for this exercise is for player development. The game of soccer is often debated whether it can be classified as a science or an art. When we are playing without the ball, we certainly can say that defending is more of a science than an art. This document is designed to instill the “Rush Way” of defending, a science so to speak. Our goal is to have a standard way for all our teams for defensive set pieces all the way from the Youth, Juniors, Seniors and up through the Adult First Team. The older we get the more emphasis we must place on organizing set pieces. Set Pieces can win and lose games for you.

The Team: Defense is a team concept not a position concept. Every player must be held accountable for his or her defending.

Goalkeepers: The goalkeepers should play the full game when possible. They place the demands, are the conductors, and are the sweepers. They are soccer players first!

The Back Line: Give many opportunities to develop a relationship with this line. Be sure to have an additional player who feels very much apart of the system to cover an unforeseen absence. When training the back line specifically, be sure to include the goalkeeper(s). Whether playing flat or with a sweeper, the back line must have depth (in relation to the team or with one another). Weak side backs may provide depth in a back three or should level off with weak side center back in a back four. In normal circumstances, the back line should be plus one relative to the number of opponents who are playing or who are left up. For example: this may be three behind two or two in behind (the opponent’s two) and one in front.

The Midfield: Must have relationship and understand positioning relative to the line of players behind them (fullbacks) as well as the line in front of them (forwards). The midfield must be able to decide when to run the opponent out versus show inside, or to kill a change versus defending goal side.

The Forwards: True, their first responsibility is to score goals. They are a critical aspect to a team’s defense however. They can help dictate where the line of confrontation is (high pressure or low pressure) as well as what direction a team (opponent) initiates their attack (left side or right side/outside or inside). They also provide secondary pressure (doubling back) for midfield and assist in killing the change (in point of attack).

Pressure: When we address the First Defender or pressure (1v1) we need to address several components to what makes a good defender.

- Intercept- the best way to win the ball back individually speaking is to intercept the ball. This requires the individual to learn to anticipate. Reading the body language



of the opponent is important. Working extremely hard mentally and physically is required.

- Hit- if for some reason you can not intercept the ball, the next step would be to "hit" the opponent hopefully with out awarding a foul.
- No Turn- if #1 and #2 are not accomplished, do your best to make the opponent play backwards or hold the ball...neither one is more dangerous then the other.
- Delay- if all of the above objectives were not successful and the opponent is squared up with you, delay or in some cases foul. Some defenders are successful watching the ball while others are successful watching the waist. A combination of both is probably the solution.

Cover: The second defender or cover is the first step in team defense. The second defender is anybody in position to help the first defender and/or step in and win ball if first defender gets beat. The defense need to recognize dangerous moments especially in the defending 1/3.

Balance: The third defender provides balance and is everyone who is not pressuring the ball or covering the pressuring defender. Hard work and thought is required. The purpose is to fill up gaps and holes that might be apparent to the opposition. Use the triangle of goal, ball, man to help determine individual shape relative to the team. (Explanation: Triangles are all over made up of the goal, the ball and the man/opposition. Defenders can gain their shape by finding themselves inside that triangle. See man, see ball. Defenders should also ask the question: Can I get there? This will aid the defender in knowing how far to be away from opponent.)

Goal Kicks & Punts: Winning air duals in today's game is vital. Spend time with addressing 50/50 challenges as well as specifically goal kicks and punts in training (goal kicks and punts for and against us). Repetitions are the answer. The best ball winners should be placed appropriately to win balls. If the backs are going to challenge (on opponent's kicks), be sure we have cover. If ball plays out backs (on our goal kicks), backs should bounce in anticipation of opponent winning the first ball.

Throw-Ins: Get two to the ball when possible. Deny changes. Deny serves.

Line of Defense: High Pressure begins at the top of the penalty box or as high as possible. Delayed High Pressure (low pressure) normally begins at midfield. Whether playing high pressure or delayed high pressure or somewhere in between, what is most important is that the team is together and when we go...we go!

Why do we defend? We defend to get the ball and score. Transition is critical. When attacking, we must be prepared to defend if and when we lose possession. Part of our thinking is: If we lose it, can we defend? Thought is given to defensive shape even while in attack/possession. When we do win possession, our first thought is: Can we attack? To be successful in attack, we must first keep possession when we win possession. Transition, again, is critical. In training, play numbers down to make the exercise difficult.



Also, play one touch on the transition to not be caught in ball possession. Why do we defend? We want to score. Our mentality is attack-oriented even when in defense.

Defensive Set Pieces General Comments

- First, Slow the kick down! How? There are many methods here are a few:
 - stay in numbers. tie your shoe. are injured. are unsure whose ball it is. hand the Referee the ball. do not make eye contact with the referee. politely debate where the ball is spotted or where the foul occurred.
- Second, Attitude
 - The most important part of defending whether a dead ball or during the flow of the game is your attitude. Putting you in the right place at the right time is easy.
 - Your attitude to win the ball must be in forefront of your mind. We play defense so we can play offense.
 - Every second your opponent has the ball is an opportunity missed to score.
 - Great defenders possess qualities such as intensity, tenacity, effort while exhibiting intelligence, discipline and control. Remember intelligence and intensity.... the "two I's".
 - To summarize, The Rush takes pride in being stingy. Don't let your opponent score!
 - Get in the mindset to win the ball back. Attitude is the foundation to preventing the opposition from scoring.
- Other Important Details to Remember:
 - Limit fouls by quality defending.
 - The more cover provided, the more patient the first defender can be which leads to less diving or reaching and thus less fouls.
 - Compact/Together

This is an area in which Goalkeepers need to take more responsibility for organizing their team. There are numerous responsibilities that need to be looked at when a free kick outside the box is given:

1. Do not argue with the referee as to whether it was a foul or not.
2. Be loud when organizing the wall.
3. Demand the number of players that are needed in the wall.
4. Be aware of the number of attackers that are coming forward.
5. Are spaces behind the wall covered?
6. Be aware of all the options the opposition may be looking at and read the situation.
7. Is it an indirect or direct kick?
8. Watch for quick free kicks.

Defending Goal Kicks:

Playing Long - As a rule of thumb, everyone 10 yards within the center circle, or "10 by the 10" to compete for oppositions goal kick.

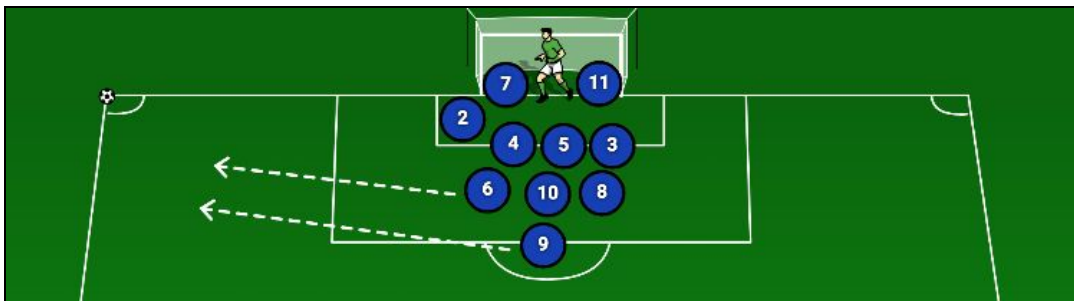


Defending Corner Kicks: With the referee awarding a corner kick the first thing that should happen is the communication and organization by the goalkeeper while at the same time watching the ball and the keeping themselves prepared for a quick kick.

The organization should be centered around making sure that the Defending players are set up zonal (RUSH WAY). A few keys to organization that should be considered are:

- a.) GK should be slightly turned at a 45 degree angle to the ball, just behind the midline of the goal line, watching ball and area in front of goal.
- b.) GK's call should be made prior to the ball crossing the near post
- c.) GK's call should be AWAY or KEEPER
- d.) Players, as pre-determined by coach, should be posted to the near and far posts
- e.) Post players should be inside of the post on the goal line

Corner Kicks - Zone.



- Outside Midfielders on the post; one near and one far.
 - Outside Midfielders leave the post for two reasons:
 - Keeper comes off his/her line to make a catch or save. If this happens, both players slide in two yards. They become responsible for four yards each inside the goal.
- The ball is cleared away from danger (debatable topic). Keeper commands "Away" and "Step" for pulling up or condensing the field.
- One player placed in front of the six yard box. His/her responsibility is to imagine a mini goal six yards by six feet. Any ball in this area is "away".
- Three players across the six yard line: one on the near post, one on the far post and one in the middle. These are preferably your best players in the air.
- Three players across the eight, directly out from the three players on the six yard line.
- The last player is in on top of the box...the "bullet man", tenacious and fearless.
- On short kicks, the high near corner man pressures the ball along with the top of the box defender.
- If you are not involved in the heading, you are shielding your man from any rebounds or challenges by "boxing out". Stay engaged until the team is out of danger.

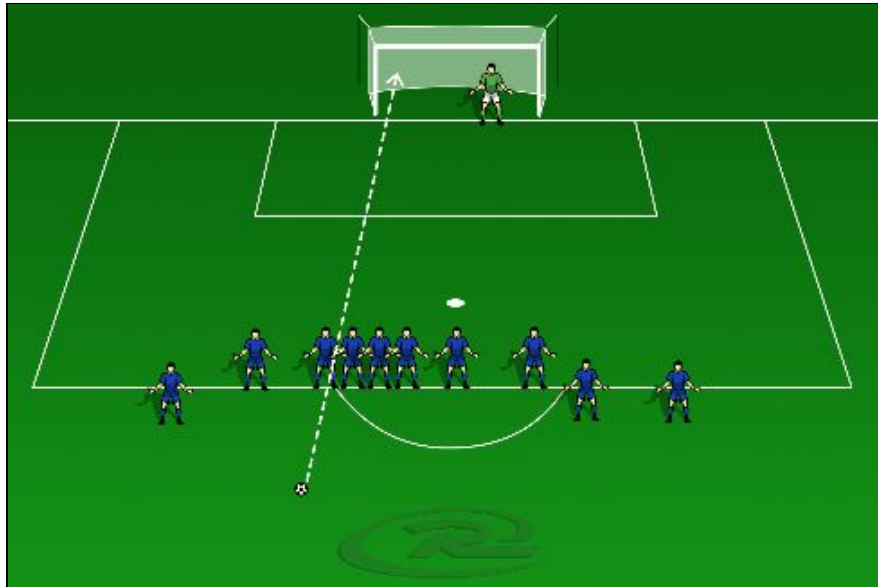
Defending Freekicks - The Wall:

There is no difference between defending an indirect or a direct. However the defending team must understand the definition between the two types of kicks.



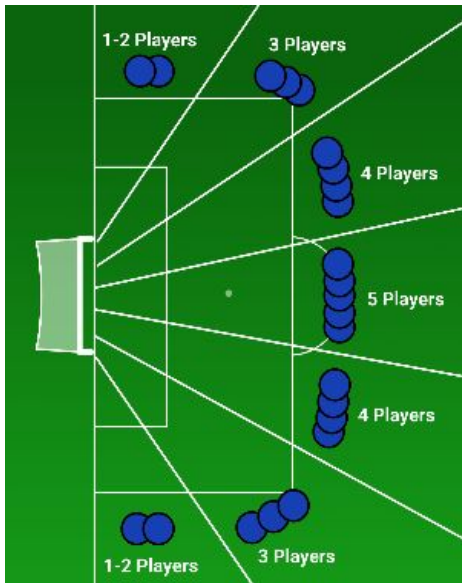
- Indirect - (8 types): four for the field player and four for the goalie) A free kick from which a goal can not be scored until the ball touches another player of either team. Referee will physically hold one arm up in the air, signaling the indirect kick.
 - Direct - (10 types) A free kick from which a goal may be scored without a second player touching the ball. The referee need not physically signal a direct free kick, other than pointing direction.
- Understanding the definitions can give the defending team an advantage.

The Wall: As you can see, the player number #1 is outside the line of the post. So we "burn" one player. This will compensate for the shooter who has the ability to bend the ball. Players #2, #3, #4, are in the line of the goal. Player #5 is in line with the other post. This wall would be called a **split wall**. In this case, the goalie would be asking for "four plus one".



Other points to remember:

- Closest player should front ball but all players are responsible for guarding against quick kick.
- Keeper determines the number of players in the wall. A general formula is six man wall for a ball spotted eighteen yards from goal. Every three yards further, you may take a man out of the wall. Below is a general rule of thumb outline for how many players should be in the wall.



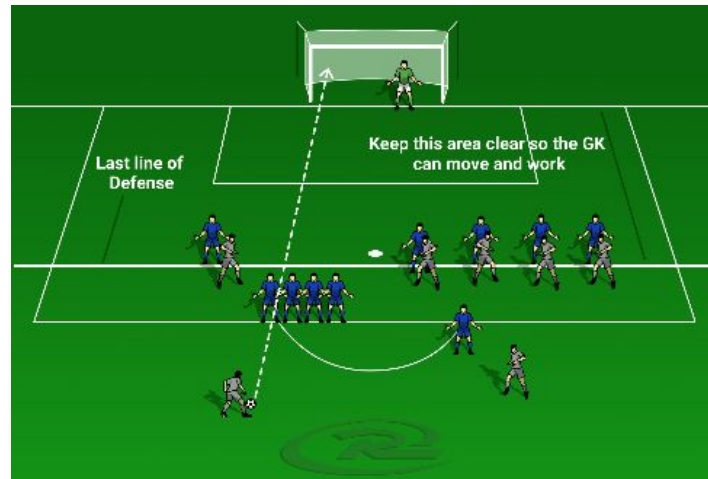
Number of yards away from goal	Number of men in wall
18 yards	Six
21 yards	Five
24 yards	Four
27 yards	Three
30 yards	Two
33 yards	One

- Forward lines up wall (GK can take over when referee determines that play cannot resume prior to a whistle). GK initially can line wall up from middle of goal.
- The wall has other responsibilities other than just being a wall. Organizing the other defenders and deciding as a unit if encroachment is worthwhile, i.e. the free kick is dangerous, the score, the skill of the shooter, etc. If a yellow card is issued, change that individual out of the wall. The wall should then decide as a unit if encroachment is once again worthwhile.
- The wall must look for clues the opposition could be giving. Examples: two on the ball, is there a potential pass, shooters angle of approach, backs sent forward, etc.
- In general, keepers with a poor vertical reach should start inside the goal, i.e. U11's.

It is important that the players in the wall are paying attention to how the goalkeeper lines up the wall and that they listen to his/her instructions. The instructions that are given should be telling the wall to go either left or right, how many players are in the wall, and they have to be LOUD and FORCEFUL. The wall should be lined up with the near post and between the two players that are covering that near post. An example of this is below.

The goalkeeper then should place themselves in a position to where they can have a good view of the ball. This is usually more towards the central area of the goal, so he/she can cover the far post area, but not too far as to not be able to get back across to the near post. The keeper wants to stay in a central location as much as possible and tighter to the goal line.

The keeper should also be aware of the space in front of him/herself. You do not want the defensive line dropping too far back into the box and making the area crowded. This only makes it more difficult to come off the line and receive a clean ball. Again, a general rule of thumb is to have your defensive line just the wall. This is dependant on how far out the free kick is given.



The number one priority is to make sure that set pieces are organized prior to the game. For example, who will be in the wall? Who will be closing the ball down on an indirect free kick? Who is marking players or are you going to play a zonal defense? These are all the responsibility of the goalkeeper and what they are comfortable with. Play to the keeper's ability.

Defensive Set Pieces - Penalty Kicks

- Although there is little we can do to manipulate the defending of a penalty kick, that little bit might be enough.
- Do not leave the penalty box so willingly.
- Keeper should take his/her time getting in position.
- Keeper should watch shooter's approach.
- Defenders, fight for good position to follow up. Not only is this good for a deflection, it is telling the shooter you are expecting a rebound.
- Keepers, anticipate, read the shooter, and make an educated decision on which way to dive.

Defensive Set Pieces - Testing:

- [Youth Division \(U11-U13\)](#)
- [Junior Division \(U14-U15\)](#)
- [Senior Division \(U16-U19\)](#)



Up A Goal, Down A Goal

COACHING POINTS:

Up a Goal	Down a Goal
Adjust system: 4-3-3 to 4-5-1	Adjust system: 4-3-3 to 3-4-1-2
Keep possession (preferably in opponents in opponents Half)	Play direct (patient but urgent)
Don't rush set pieces (throw, corner, goal kick, free kick)	Quick set pieces in mid and back third's, don't waste them however.
Defending set pieces: organized, prevent quick kick	Get numbers forward on set pieces
Adjust line of confrontation (drop off to midfield)	High pressure
Get numbers behind the ball	When possession is lost get it back!
When injured, don't struggle to get up, stay on ground	Stay up when fouled, play advantage
Kill counter attack (starting positions, early foul, front GK)	Keep ball in play, no fouls, tackle <u>in</u> vs. out
Go to corner flag with ball (last five min.)	Take risks
Prevent crossing into GK (last five min.)	Offside trap
Take time when subbing	GK becomes sweeper
GK use feet on weak shots to save 6 sec./no early distribution	Ask for time to be added, please!
Do not allow opponents GK to get possession to punt	Gk, take chances on crosses
Kick ball far away from goal, possibly out of bounds, safety first	Shag balls off of shots, out of bounds etc.



When winning: Remember, the whole point is NOT time wasting. The referee is required to add time on. The point is to not let the opponent get into a rhythm or flow. Team sports often have patterns. Recognize when the opponent is in the zone, and try to disrupt their rhythm.

When losing: It is imperative that you stay focused. The opponent will do everything in its power to disrupt your rhythm. Stay in tune with the game. All you can do is control the controllable – yourself. Focus on how you can help your team get a goal back. When scoring is your dominant thought, the opposition's antics become meaningless.

*Complete the [Up a Goal, Down a Goal Worksheet](#).



Glossary

Adult Branch – This category within the Rush Soccer club encompasses all age groups but predominantly the ages 18 through 40. Many options to play exist such as Co-ed, Men's over 30, Women's over 30, U-23 for men and women, competitive and recreational.

Advantage – Play continues at referee's discretion after an infringement of the law in which the attacking team maintains possession.

Arc – The half circle on top of the Penalty Box.

Attacking – When a team tries to score a goal. Attacking includes dribbling, passing, and shooting.

Attacking Dribbling – Dribbling is the art of taking the defender on. In attacking dribbling, you are the aggressor. This is usually done in the attacking 1/3 of the field. Deception is the key to beating a player by way of change in pace and direction, body feints, etc.

Attacking Set Pieces (ASP) -

Attacking 1/3 – The third of the field in which your team is attacking.

Avoiding Dribbling – Is simply taking the ball away from pressure. This is mostly done in the defensive 1/3 of your own goal. THE dribbler is avoiding confrontation as to not lose the ball at a critical place and time.

Back Foot – The foot farthest from passer.

Balance – The defender(s) who are not pressuring the ball or providing cover. They help in maintaining defensive shape.

Ball Control - The art of receiving, dribbling, and 1-touch passing with all body parts.

Ball Side – Defender positions themselves to intercept an incoming pass.

Bantam Division - The Rush classifies their Bantam Division as 8v8 played for U-9's and U-10's.

Bending the Ball – The technique of kicking the ball so that it curves in one direction or another. Also "curving the ball."

Bent Run – A player's run is bent in an attempt to either offset the opposition's defense or to open up for a pass. Also used is "curling run".

Bibs – Also called pennies. Different colored vests used during training to split up players.

Bicycle (Bike) – Also called an overhead kick. Player jumps and swings his legs over his head so he is upside down in the air to kick the ball with the laces of one foot.

Blind Side Run – A player making a run off the ball, on the opposite side of the field from the ball.

Block Tackle – Attempting to dispossess an attacker of the ball by blocking it with the inside of the foot as the opposition tries to kick the ball.

Body Shape – The positioning of the body to see the ball and the field. Players should be able to see the biggest part of the field.

Box, The – Another name for the Penalty Box, see.



Box on Box – A field the size of two penalty boxes, 36x44 yards.

Bullet Player – A player in the wall that charges the person taking a set piece. The run is intended to block the shot, or alter the direction.

Button Hook - see Hook.

Carrying - The player is running with the ball at his/her feet full speed under control. It is used to advance the ball in open spaces. Usually, the instep or the outside of the foot is used. The least amount of touches is preferred to allow more speed.

Centering – See Cross.

Challenge – Attempting to “win the ball” back.

Channel – An area marked off by cones, usually is long, narrow and on the flank.

Channeling – see Shoulder Tackle

Charging – Player charges shoulder to shoulder.

Check Away – see Checking.

Check To – see Checking.

Checking – This is a run executed by the team with the ball. A player attempting to get open will often run away as a decoy or *check away*, only to come back, or *check to*, to the area he or she started from to potentially receive the ball from a teammate.

Chip Pass – A pass in which the ball is kicked steeply over the head of an opponent or over the heads of a group of opponents to a teammate. Also “Lob Pass.”

Clearing – Sending a ball out of the defensive third to relieve pressure. The ball should be long, high, and wide.

Closing down – See Pressure

Collecting – See Receiving.

Combination Pass – See “Combination Play”.

Combination Play – Passing between players at short distances, followed by abruptly sending the ball long in another direction. A series of short, low passes used by two or more players to maintain possession of the ball while they move towards the opponent’s goal.

-See Double Pass

- See Dummy Take-Over,

-See Overlap

-See Reverse Wall Pass

-Take Over, see

-See Third Man Run

-See Wall Pass

For specifics on these topics, see the glossary definition for each.

Competitive Branch – This is the Advanced Branch of the Rush Soccer Club. Ages range from 10 year olds to 18 year olds. Players typically play a longer season and this involves a bit more travel.



Condensing the Field – Terminology for the Rush is “Step”. This is where the defense back line squeeze the play up to midfield. How far and how much is all depending many circumstances. The main purpose is to tighten up the space to deny the opposition a lot of space or field to play in.

Cones – Bright orange or yellow objects used to designate boundaries or starting points during training.

Controlling – see Receiving.

Cool Down – After an event, the players will benefit by letting the body slow down by keeping the heart beat and metabolism going to move lactic acid out of the system. The athlete should also hydrate and eat something light with in 20 minutes of the competition.

Counter – Going from defending to attacking quickly in order to create a goal scoring opportunity.

Cover - A defensive concept that involves taking a goal-side position to support, or back up a teammate.

Create Space – Run or movement to create space for a player to run into or to create space to play a ball.

Creating Numbers – Getting more players into the attack.

Creativity – “Being creative is seeing the same thing as everybody else, but think of something different.” Originality of a player’s thought or imagination, this cannot be taught, but it can be encouraged and fostered.

Cross – Passing the ball into the goal from a wing area of the field. The term “center” is also used.

Curling Run – See “bent run”.

Curving Pass – see Bending the Ball

Dead Ball – see Defensive Set Pieces (DSP) and Attacking Set Pieces (ASP).

Dead Space – Space that is crowded by opposition.

Decoy Run – See Checking.

Defending – Keeping the other team from scoring. This includes the ability to tackle, delay, cover, and balance.

Defensive Set Pieces (DSP) – Organizing a team to defend an attacking set piece.

Defensive 1/3 – The third of the field in which your team is defending.

Developmental Branch – This is the Recreational Branch of the Rush Soccer Club. Ages range from 4 year olds to 18 year olds.

Diagonal Ball – A pass that is played diagonally forward.

Direct Play – To play passes forward, trying to score as fast as possible.

Double Pass – Once a wall pass has been executed, the player immediately plays it back one touch to the passer.

Dribbling – Dribbling is a series of ball touches by an individual. Technically, there is no right or wrong way. Some touch it short, some touch it long. We all use different foot surfaces. Often a move or feint is used to get around the opposition. For the most part, we break dribbling down into four topics:



-Attacking, see
-Avoiding, see
-Carrying, see
-Shielding, see

For specifics on these topics, see the glossary definition for each.

Drive it – See Driven Ball.

Driven Ball – A term used for crossing the ball or playing the ball very hard. Almost like a shot with back spin.

Drop – Defensive term when players run back toward the goal they are defending.

Dummy – When a player fakes getting the ball but instead lets it run by.

Dummy Run – See Checking.

Dummy Take-Over – When a player goes to execute a take-over but instead leaves it for the dribbler.

End Line – Out of bounds line where the goal lies.

Face the Field – Facing the field implies the player should face towards the field or as much of the play as possible.

Fake – Disguise your intentions.

Fake Take-Over – see Dummy Take-Over.

Far Post – Is the post farthest from the ball.

Feint – see Dribbling.

Field – The traditional name for the soccer field. Pitch can also be used.

Finishing – The art of scoring a goal with different surfaces of the body.

-Bending, see
-Bicycle, see
-Full Volley, see
-Half Volley, see
-Instep, see
-Knuckle, see
 -Three Toed, see
 -Side Foot, see
 -Side Kick, see
 -Side Volley, see
-Three Toed, see
-Volley, see

For specifics on these topics, see the glossary definition for each.

Flank – Refers to the wide part of the field.

Flighted Ball – A pass that travels in the air to a teammate.

Floater – A definition of someone who during a game is allowed to float and does not necessarily have a position. For a training session, this is someone who is allowed to bounce between different small-sided games.



Footwork – A variety of ball touches or dribbling moves used to build up eye and foot coordination, and confidence.

Free Kick – When a foul has been given, the free kick restarts play. See Dead Ball.

Front Foot – The foot closest to the ball.

Full Back – Another term for a defender, or the defending players in a system of play.

Full Volley – Is when the ball is on it's way down out of the air. Use instead of side of foot.

Gate – A training term. A small goal designated by cones or flags, usually players will dribble through them.

Game – Training term used for a competition, also used to described a scrimmage.

Game with Restrictions - Any variation of soccer with certain rules that the coach has given, in order to work on a specific tactic or technique.

Give and Go – See Wall Pass

Goal Kick – A set piece taking by the team after the opposition kicked it over the end line out of bounds. The team may set the ball anywhere in the 6x20 yard box

Goal Side – When a defender stands between the opponent and the goal.

Grid – Also called a box, an area of the field that is marked off by cones.

Groups of Players – A collection of 3 or more players.

Half Volley –The ball is on its way up and is kicked immediately after a bounce. Requires a lot of timing.

Heading – The art of using your head to when receiving, passing, or shooting.

Heal – A player may pass the ball to this/her teammate using the heal for deception. Accuracy is poor and should only be used for short distances.

High Pressure – A defending tactic in which the team pressures the opposition aggressively, not allowing them time to play, or make bad decisions.

Hook - A sharp curling run, similar to a checking run.

Inside Pass – See Side Foot Pass

Instep – Striking the ball with the shoelaces. Again, the ankle is locked. Used over long distances. Not as accurate as a side pass.

Juggling – The art of keeping the ball in the air without using hands.

Junior Division - U14 and U15 Rush Competitive Boys and Girls players.

Keep Away Games – A variety of games to emphasize ball possession. Usually implies no direction. Coaching points: First touch, Face the field of play, Deception, Play away from pressure, etc.

Kill it – Stopping the ball completely.



Knuckle – Striking the ball with the toes down, ankle locked, causing the ball to travel in the air without any spin, the ball moves through air in unpredictable ways

Laces – Term used to designate the top of your foot or “instep”.

Large Group Tactics – See Tactics.

Lay Up – A mechanical technique for heading in which the player drives one leg up to help get them into the air. Resembles a basketball lay up.

Line of Confrontation – A tactically implied line by the coach in which team begins to confront the opposition.

Low Pressure – Defensive concept of not putting a lot of pressure on the team or player with the ball until they get to a certain point. See line of confrontation.

Micro Soccer – Small sided soccer played a mini field. The Rush classifies their Micro Division as 3v3 and 4v4 played for U-5’s, U-6’s, U-7’s and U-8’s.

Midfield 1/3 – The middle third of the field.

Moves – A dribbling term when the player who is dribbling the ball uses deception (change of direction, change of pace, etc.) to get past the defender.

Muscle Memory – Term used to repeat a technique enough times that muscles perform by memory rather than thought.

Near Post – The post closest to the ball.

Neutral Player – A training term used for a player who only plays offense during a specific game.

Obstruction – Impeding the oppositions run or movement.

Offside Trap – When a team is intent on winning the ball back through the laws of the game. The team pulls up rapidly to catch the opposition in an offside position.

On Side Run – Running along the last line of defense in order to on side.

Open Space – See space

Outside of the Foot – The ability to strike the ball or receive it with the outside of the foot. Very common kick. Planting foot is usually behind the ball. Commonly used while running. Players can curve the ball with this surface.

Over Spin – The art of striking the ball in such a way that the balls rotation is top spin, causing the ball to dip.

Overlapping Run – When on attack, a player runs from behind the teammate in possession of the ball to receive a pass from him. A shortened term of “overlap” is more commonly used.

Pairs – 2 players together.

Passing – Passing is working the ball between your team using various parts of your foot, head thigh, chest etc. Some of the passes to look the most common passes are:

- Chip Pass, see
- Driven ball, see
- Full Volley, see
- Half Volley, see



- Heal, see
- Instep, see
- Outside, see
- Push Pass, see
- Side Foot Pass, see
- Side Volley, see
- Square Pass, see
- Toe Poke, see
 - Volley, see

For specifics on these topics, see the glossary definition for each.

Pattern Play – A training term used when a team practices going to goal using different passing methods. Teams usually practice pattern play without players defending them.

Penalty Box – The 18x36 yard box surrounding the goal. The goalkeeper can only handle the ball within this box.

Penalty Spot – The spot inside the eighteen yard box in which penalty kicks are taken.

Penetrating Run – An offensive player's run through the line of defensive players.

Pennies – See Bibs

Pitch – See field

Plant foot – A player's non-kicking foot when striking a ball.

Playmaker – A player who is involved in a good portion of the attack.

Pocket – The space directly in front of the Center Backs.

Poke Tackle – Use of the toe to poke the ball away from the person in possession. The Poke tackle can be executed from the side or rear of the opponent.

Possession – see Keep Away Games.

Pressure – Defensive term used when a team puts a lot of energy into "closing down" the player on the ball and getting "tight" on those without the ball, in an effort to "win the ball."

Pulling Up – or "Step", "Out" or "Pull". See Condensing the field.

Push Pass – See Side Foot Pass.

Receiving – The art of controlling the ball with different surfaces of the body.

- Back Foot, see
- Body Shape, see
- Front Foot, see
- Kill It, see
- Outside of the Foot, see
- Position, see
- Set, see
- See the Field, see
- 90 Degrees, see

For specifics on these topics, see the glossary definition for each.

Recovery Run – Shortest route between your goal and the attacking to put yourself back in a defensive position.



Restricted Space – A training term used for a designated area of the field marked off by cones or flags. Players must stay within the marked off area when there is restricted space.

Reverse Wall Pass – An overlap in the middle portion of the field.

Rhythm of Play – Refers to the momentum of how the play of a team flows. A team who uses short quick passes as opposed to long, direct passes or a lot of dribbling.

Run (player) – These are the different runs a player makes in a game. Most have a specific name as to help the player identify what is needed during that particular time.

- Bent run, see
- Blind Side run, see
- Button Hook, see
- Checking, see
 - Decoy run, see
- Hook run, see
- Overlapping run, see
- Recovery run, see
 - Through run, see

For specifics on these topics, see the glossary definition for each.

Scoring – see Finishing

Second Defender – see cover

See the Field – Look at the field before you receive or play the ball to recognize what is happening on the field.

Self-Toss – When a player throws the ball into the air and then performs a specific skill, receiving, juggling, etc.

Senior Division – The Rush classifies their Senior Division as ages U16's through U19's.

Set – Laying a ball off to a player with proper weight who is running onto it to strike.

Shadow Dribbling – A turning exercise that involves a trailing player without the ball imitating the moves of the dribbler.

Shadow Drill – See Pattern Play.

Shadow Play – See Pattern Play.

Shielding – Is keeping your body between a defender and a ball. Stand sideways, low balance, bend at knees. Hands out, both feet on the ground until you want to move the ball. Tactically, you use shielding when you don't have any options available or you have not made your mind up to play the ball. Main part of the foot used is the sole.

Shooting – see Finishing

Side Bike – Also called "scissor kick". Player hits ball out of the air by jumping and getting body and kicking leg is parallel to the ground, player strikes the ball with the laces.

Side Foot – A short pass executed with the inside of the foot. Standing foot is 6-8 inches next to the ball. Your kicking foot is locked with toe pulled as high as is physically possible. Player strikes the ball with the side of the foot below the ankle. This is very accurate because the foot surface being used is large. Player plants non-kicking foot beside ball, legs are bent and relaxed, kicking foot ankle is locked and toes are lifted above the ankle. Player strikes the middle of the ball to execute the pass.



Side Line – This is the out of bounds marks on the side of the field. Also know as the touch line, where the player can “touch” the ball for a throw in.

Side Volley – A hooking or circular movement by the kicking leg, where the leg is parallel with the ground when contact is made on the ball.

Slalom Dribbling – Dribbling with different surfaces around cones set in a particular pattern.

Slide – Defensive term used when “supporting defender” moves towards play to provide balance.

Slide Tackle – Dispossessing an attacker of the ball by sliding into the ball and kicking it away. The slide tackle can be executed from the front, rear, or side of an opponent.

Small Group Tactics – see Tactics

Small Sided – A game of soccer played with small goals and smaller numbers then 11v11.

Space – An area of the field where there are no other players.

Square Pass – A pass made laterally to a waiting or moving teammate across the field.

Standing Block Tackle – When a defender takes the ball from the attacker by hitting the ball with inside of their foot. The legs are bent and strong, ankle is locked.

Support – Offensive term used when a teammate provides a passing option to the player on the ball.

Supporting Defender – See Cover.

Sweep Tackle – A sliding tackle where the player attempts to keep the ball and dribble it away, rather than kick it away. Requires a lot of timing.

Switching Point of Attack – Or SPA, is moving the ball from side of the field to the other usually because it is crowded.

Tackle – Trying to dispossess an opponent of the ball by using the feet or a shoulder charge. Several types include:

- Block Tackle, see
- Poke Tackle, see
- Shoulder Tackle, see
- Slide Tackle, see
- Sweep Tackle, see

For specifics on these topics, see the glossary definition for each.

Tactical Functional Training- Training that is specific to a role or position. Takes place in the area of the field where the player operates. The player will determine which skill is necessary to solve the demands of the game as dictate by the game. Decision making is the essence of this method of training.

Tactics – Decision-making. Tactics are grouped as Individual, Small group and Large Group in which both have attacking and defending principals:

- Individual tactics – 1 v 1, see 1v1 for offense and for defense 1v1. See Pressure, Channeling and different Tackles for defense.
- Small group tactics – 2-7 players or “lines”. See Combination Play for offense along with various Thirds of the field for offense and see Cover and various Thirds of the field in the Defending and Challenging Categories.
- Large group tactics – 8-11 players: see games with restrictions, High and low pressure, up a goal down a goal and any other “situational” exercises that involve entire teams with formations.



Take Over – When a player dribbles ball across the field with the foot furthest from the goal they are attacking. A teammate runs in the opposite direction and takes the ball from them with the same foot. (Right foot to right foot, left foot to left foot)

Taking Players On – see Attacking Dribbling

Target – An attacking player, usually a forward, where the teammates try to play balls directly into them.

Technical Functional Training (T.F. Training) – Training that specific to a position or role of player. It takes place in the area of the field where the player is positioned; the technique to be trained is predetermined. Maximum repetition of the technical skill is provided in the activity, while increasing pressure to make it more like the game, at optimal time of success.

Technical Tactical Functional Training (T.T.F. Training) – The isolation of specific technique(s) in a tactical situation. The practice should be organized to create repetitions to allow the players' technical ability to be trained in a tactical situation. It involves both the technique and the decision made to meet the demand of the game

Technique – Refer to:

- Dribbling
- Finishing
- Passing
- Receiving
- Heading
- Tackling

Third Attacker – see Balance.

Third Defender – see Balance.

Third Man Run – When a player starts a sequence of passing and continues to run. After the initial pass has been made the player who receives the pass gives the ball to someone else who give the ball back to the first man who passed.

Three Toed – Shooting technique where the player strikes ball with outside three toes by pointing toes towards the ground, after striking the ball the player follows through by bringing the knee up and across the body, causing the ball curve with outside spin.

Through Pass – Moving the ball between or over the defending players to a teammate who is in a good position to shoot on the goal. Also “penetrating” and “killer” pass.

Throw In – The method of putting the ball back into play after it has gone out-of-bounds over the touch line. A member of the team opposing the that last touched the ball must throw it onto the field from over his/her head using both hands and keeping a part of each foot on the ground either behind or on the touch line. The ball is thrown in from the point where it went out-of-bounds. A goal cannot be scored directly from a throw in.

Toe Poke – Used for a quick release. A toe poke also has a locked ankle. Not very accurate because the foot surface being used is small.

Touch Lines – The boundary lines at each side of the field. If a ball goes completely over the touch line, play is stopped and restarted by a throw in from the place where it went out-of-bounds. Also “sidelines.”

Trailer – The player that trails the near/far post runners. They arrive a bit later and the run is focused on the top of the eighteen.



Transition – There are two types a transition from offense to defense and the other is defense to offense.

Trap – See Offside Trap.

Trapping – See Receiving.

Turning on the ball – The act of receiving the ball when facing one's goal and turning with the ball under control to face the opponent's goal.

Unrestricted Space – A training term used to designate an area on the field that is not marked off by cones, lines, or flags. Players have the freedom to go anywhere in unrestricted space.

Volley – A kick taken before the ball hits the ground. Usually, the inside or the instep of the foot is used.

Wall – A designated number of players that stand side by side in order to prevent a dead ball entering the goal.

Wall Pass – A pass in which a receiver is used as a wall to redirect the path of the ball. The first player makes a short pass to a teammate, the sprints into open space to receive a return pass. Also "give-and-go."

Warm Down – see Cool Down

Warm Up – Preparing players to perform in a game or training session. The warm up should reflect what the players are about to encounter. It also gives players a chance to stretch after their muscles are warm.

Wedge – See Chip Pass

Weight – This is how strong or weak you should play the ball to your target.

Zone – A particular area of the field.

1st Touch – see Receiving

1v1 – One attacker and one defender play against each other.

2v1 – Two attackers play against one defender.

4:1 Ratio – The ratio of four positive comments to one instructional comment while coaching players.

90 Degrees – Receiving technique usually used when the opponent is putting pressure from behind. The player touches ball at a 90 degree angle to get away.



Rush Way to Teach & Coach

Below is a summary of how Rush Coaches teach. Every Rush Coach must relate with, follow and represent the following:

The Heart of the Matter: Every opportunity to coach is an opportunity to teach. Our players are not impacted by the game every where they turn. The game does not dominate the news papers, nor is it consistently represented on Sports Center or our daily television news. We must use every opportunity to teach our players and pull out the passion they have deep down inside of them. The best coach can accomplish these two aspects of coaching. This is the heart of a Rush Coach.

Expression: Rush Coaches must create an environment that allows players to express themselves. The ever-present need to win can quickly cut into one's ability to promote this expression and freedom. Rush Coaches must always guard against this and at the very least, as players enter our senior division, be aware of the necessary balance between results and freedom. Freedom without fear.

Discipline: Rush Coaches are responsible for creating an environment that nurtures a team to be disciplined, intelligent, professional and responsible. On the field, this includes interaction with teammates, fans, coaches and officials. It may also include attitude in regards to score of game or magnitude of the game (or moments in the game), and most certainly discipline in movements and decisions. This then can carry over to off the field and away from soccer. Players must understand that with freedom, comes responsibility.

Active: Just as Rush Coaches must ask their players to be physically and mentally active throughout a match, Rush Coaches must be actively involved in teaching and helping. Talk to the players on the sideline, help the players on the field and actively teach any and all of them. This does not mean dictate to the player who is on the ball. There are so many things occurring simultaneously on the field. Pick one and teach. Then pick another.

Positive: 4:1 ratio of positive communication to instructional (instructional as opposed to negative). Positive also refers to style, attacking.

Game as a Teacher: The game is the best teacher. Teach through the game. Rush Coaches do not fabricate or distort the game. Playing the game should dominate our training and Rush Coaches must be able to teach through the game.

Work Ethic: Rush Coaches must be an example of work ethic before they can demand it from their players. And demand it, Rush Coaches must. Exercises and games must facilitate intensity and work. Overall fitness must come from within these sessions and through the exercises and games played.

Enjoyment: If Rush Coaches are not enjoying themselves, then chances are the players are not either. Never take the "game" aspect out of the game.

Empathize: More than a [Rush Core Value](#). Rush Coaches must be able to see the game through the eyes of a player.

Club: My team is your team and vice versa. When one coach wins a championship, we all win a championship. When one coach suffers a difficult loss, we all suffer. When one coach recruits a big time player, it represents a victory for all. Same with sponsorships, programs, etc. Club comes first and we are all the "club".

The Pillars: The four pillars are a part of every session. We cannot have a great team or great players without quality technique. Rush Coaches must never lose sight of the importance of teaching and improving technique. No player is ever old enough or good enough to not work on technique. Physical fitness is a part of most every training session. Though in almost every scenario, this pillar must be included with another (and preferably within the game). The



psychological component is an ongoing challenge and carries every bit of weight as any other aspect of coaching, if not more. Tactics and insight represent the decisions Rush Players make. Once time, space or opponents are added to a game or exercise, tactics are being learned. The depth of which Rush Coaches can see and read the game represents the level our players can learn beyond what the game teaches naturally.

Positioning and Movements: Rush Coaches must teach and recognize the importance of positioning more so than position. The position which a player begins the game in is just that, a starting position. Many players learn how to play right back (for example). Rush Coaches must teach that right back how to be a "player" who understands the principles of the game. Rush Coaches must encourage activity and player movement. The greater the player's understanding of these principles (and positioning), the greater success that can be achieved with the demands of movement and activity. With player movement, ball movement must follow.

Leaders: Rush Coaches are role models. The players we develop are products of our teaching and actions, and represent the Rush Soccer Club. There can be few responsibilities in life greater than shaping the mind, body and soul of a youth.

"Where the trails of passion and purpose meet, begins the path to victory."



Role of an Assistant Coach

This document highlights how to be an Assistant Coach The Rush Way during training, and at the game.

Training

1. Help the players and team improve
2. Plan training sessions/topics with head coach
3. Support the head coach while providing balance
4. Identify and address strengths and weaknesses of team and individuals
5. Take the lead or provide cover when needed
6. Work with individuals or small groups, while coach is addressing something different
7. Work with defending team while head coach is with attacking, or vice versa
8. Step in and be an extra player if needed
9. Help motivate team or individual players
10. Manage outside factors (parents, safety, etc...)
11. Functional Training
12. Act as a buffer between head coach and players or head coach and parent.

Game

1. Help the team win/improve
2. Help players learn/improve
3. Support the head coach while providing balance
4. Provide advice for head coach
5. Take on assignments given by head coach
6. Identify opponent's strengths and weaknesses
7. Scout
8. Majority of coaching should be off the ball
9. Assist in warm up
10. If no athletic trainer is present, attend to injured player
11. Buffer between head coach and ref, head coach and players, head coach and parents
12. Track substitutes
13. Track time
14. Know situation (ex. Is another goal needed or shutout needed to advance in tournament)
15. Evaluate coach or players
16. Observe
17. Act as a cheerleader/motivator, providing energy for the team
18. Coach players on bench
19. Assist subs warming up
20. Manager equipment
21. Address parents on sideline if needed



Example of Rush Select Staff Assignments

Alex, Brian and Hugo, below is a list of some duties that will help us win the tournament. I am asking for your help. Can you have a look and let me know if you are OK with the assignments.

Post game: (Alex) Cool Down and Nutrition. Do some type of jog and stretch, not long, the exposure to the sun could be counter-productive. Please get drinks and some type of protein in these guys immediately. Make the cool down a social time while getting the job done. If we lost, build them up. If we won, let them know we are great and the next opponent is in trouble. Build momentum. Also, find out injuries and get them the treatment they need.

Technical: (Hugo) We need the Defensive Set Pieces covered several times I do not want lose due to us not providing the tools. This should be covered:

1. the night before at training
2. during our team meetings
3. immediately before the game.

Technical: (Alex) I need to know about our group of players:

- Who the fastest back is
- Who the fastest forward is
- Who is good in the air on punts
- Who is good in the air on corner kicks for and against Align with DSP and ASP and deploy these players in the proper positions.
- Who shoots Pk's (this will be difficult, but might give us the edge.....go with your gut!)
- Anything else: Long throw, etc.

Scouting: (Hugo) During our game, I need to know within 12 minutes:

- Who is their best player(s)
- Who is their slowest back
- Who is their fastest forward
- What formation they play
- Anything else that is appropriate
- Additional Scouting: We should try to get a scouting report on each team. From that point on we can scout first hand. I do not want you going over to these games....perhaps we can get another coach to go just 30 minutes to watch cross brackets etc.

Game day: (Brian) You will be the orchestrator to tie this together. Specifically, coach the back line and the GK. I do not want any holes. Keep the Gk tucked in behind the back line. Try to be 4:1 Rush way positive:instructional. Stay calm and clear. I want to be stingy! Hugo, while watching our team, watch the opponent and give solutions to what is pertinent. Also be sure DSP are covered. Alex, let's get you to help us score goals. Be sure there starting position is advantageous. This is your department, again feel the game.



Game Day

Pre-Game The pre-game warm-up should start between 45 minutes and a ½ hour before the kick-off. The objective of a warm-up is to get the players ready physically, technically, tactically, and psychologically. A general warm-up could be a group jog and stretch led by the team captain. The players should ease into this allowing for some social time. The next phase should be getting the technical side covered by getting into small groups for passing receiving, juggling, etc. At this time, the goalkeeper should break off and begin to do his or her thing. Approximately 15-20 minutes before the game, you should get very close to imitating the real game. Play for a very short time or several short times with a good stretch or short talk in between. For example, a small-sided game (or keep away, or half-court) for 3 minutes, rest for one minute and go another three minutes. Incorporate finishing with a small group of forwards. Allow 3-5 minutes before the game to let the players relax, get their shoes tied, tuck shirts in, etc. Just before kick-off, make your final comments and adjustments.

During Play While the game is going on, teach. Too many of us watch the ball. Look at ways to help the players learn. You can do this by yelling from the bench, calling the player over to the bench, while the player is being substituted, have your captain or other players help each other. You teach during the game by demanding, requesting, giving options, posing questions, demonstrating, drawing diagrams, etc. Instruct as much as you can. Do not overcorrect one person. Spread the comments out to your entire team. And most important, be positive. Your teaching comments to positive comments ratio should be 4:1.

Half Time When players come off, allow them 2-4 minutes to unwind and intermingle. Encourage the players to talk amongst themselves. If you recognize them solving problems by themselves, perhaps allow them longer time to separate from the coaching staff. This is a time for the Head coach to conduct a quick meeting with his/her support staff (Medical, Assistant, Directors, etc.). When you feel the time is right, get them away from any distractions. Give them instructions to adjust their game for the second half. The purpose for your talk is 1) to help them improve and 2) to help them win. Keep your comments brief, clear and few. Individual or small comments are generally made separate from the team.

Post-Game Act professional. Thank the referee and the opposition. Bring the players together and make comments regarding the game. You no longer can change the outcome but you can however teach. Again, make short brief comments. Analyzing and generalizing is appropriate. When the technical teaching is done, cover any administrative issues that are pertinent.



Game Report

Date	Team	Event	Opponent

No	Position	Name	Observation



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Game Evaluation



Technical Report

Submitted by	Date	Team

Name Event	Location of Event	Date of Event

Coaching Staff

Team Administrator	Team Trainer

Team

Introduction

Philosophy

Event

Site

Preparation

Competition

Recommendations

Thank you

Player Evaluations				
1. Very Poor	3. Below Average	5. Decent	7. Very Good	9. Outstanding
2. Poor	4. Average	6. Good	8. Excellent	10. Perfect

#	Name	Rating	Comments
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			



18			
19			
20			

#	Name	Position	Goals Scored
1		GK, CB, OB, CM, W, F	
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

dnp = did not play
inj. = injured

