

Coaching Logbook EPHE 361

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Doug Tate**

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League Information

League description: The league I worked with is the Centre for Soccer Excellence run through Reynolds High School. I assisted Coach David Dew this semester with the Grade 11-12 girls for my coaching assignment, although the program has 135 participants from Grades 9-12, both male and female. The academy does not have any regular league scheduled games due to the philosophy of the academy being that it is primarily training development in which the students receive school credit for Physical Education. Instead exhibition games are organized and intersquad games played when possible. In order to be a part of the academy students must fill out an application and be accepted into the program.

Practice times: Players practice on UVIC turf from 8-9 am on Tuesday and Thursday mornings. The academy focuses on giving players 150 hours of on-field instruction and 50 hours in the classroom over the course of the school year. Once March hits, the Grade 11-12 players no longer come to training on field and move into the classroom to finish up the in academic portion of the academy.

Specific Responsibilities

Dave Ravenhill - Program Coordinator/ Staff Coach

JJ Atterbury - Staff Coach

Dave Dew - Guest Coach

Steve Simonson- Guest Coach

Bob Stankov - Goalkeeper Coach

Zeke Cabell- Fitness and Conditioning Coach

Brandon Salter - Athletic Therapist

Alison Quinlan MSc. - Guest Mental Skills Trainer/ Sports Psychologist

*There is no formal list of other coaches/ managers within the league because the CSE is the only academy of its kind within this area. Exhibition games are set up when possible, although the students mainly do intersquad games when they can.

Player Information

*Due to privacy concerns surrounding School District 61, no addresses, contact info, emergency info, etc. is allowed to be given out since these players are all students attending high school and not a club soccer team in the community.

List of Players:

Annie Bradbury – Gr. 12
Jenna Brown – Gr. 11
Kelsey Carrothers – Gr. 11
Kaitlyn Chonacki – Gr. 12
Miranda Clark – Gr. 11
London Coronica – Gr. 12
Meaghan Faulkner – Gr. 12
Lexi Fawcett – Gr. 12
Emiko Hourston – Gr. 11
Anna-Lynn Kind – Gr. 11
Natalie Koehn – Gr. 11
Jasmine Ludzious – Gr. 12
Kelsey Lyle – Gr. 12
Puck Loews – Gr. 12
Josee Marshall – Gr. 11
Amy Melvie – Gr. 11
Anika Shelrud – Gr. 12
Aislin Shinamura – Gr. 12
Nicole Smythe – Gr. 11
Laura Steer – Gr. 11
Olivia Trotter – Gr. 12
Olivia Vezza Gr.11
Meghan Wallden – Gr. 11
Samantha Worsfold- Gr. 11

Emergency Information

-EAP: University of Victoria (Refer to last page of logbook)

Objectives for the Season

The main objective of the CSE is to provide a formal training program within the regular timetable of the school with a strong commitment to excellence in student achievement, both academic and technical.

a) Physical Objectives

Over the course of the semester I work with the team, I hope to improve the girls' endurance during play. Soccer is a 90-minute game therefore players need to be physically fit to be able to last. In order to achieve this, I will try to work in drills that require the girls to work hard throughout it, providing them with 'hidden fitness.' For example, playing a game of possession with 10 players and 3 in the middle requires the defending team to work hard for 4 minutes and then they switch out for

another 3 to come in. Games like this provide the players' with fitness without having them just run suicides, which would deter a lot of players at this level/age.

b) Technical Objectives

Many of these players have been in the academy program since grade 9; therefore their skill development is quite advanced. Because of this, I hope to further develop the players' skills by having them work on keeping possession of the ball and working to move the ball quickly. This means developing their 1-touch and 2-touch passing. I would also like to advance the girls' shooting skills by working on getting the ball out of their feet fast, taking a good first touch and having a good shot on target.

c) Tactical Objectives

When on offence I want the girls to be able to connect a series of passes and create a flow that allows them to get around the defense and score. Playing in 2-touch is key to creating flow and helps move the ball quickly around the field allowing the girls to attack fast. Also it is important to maintain possession of the ball and be smart with passes.

On defense I want the girls to be patient when an attacker is coming at them and not 'dive-in.' Furthermore, it is important that the girls learn about defensive shape and how to stay compact, making it difficult for opposition to get around them.

d) Personal Objectives

I want the girls to conduct themselves in a professional manner and take on leadership roles on the field. This means no talking back to officials or coaches, having a positive attitude toward teammates, always working hard for each other and being respectful of peers. These are important characteristics to possess as an athlete and if the girls can learn how to play in this manner, it will benefit them immensely as they leave high school and go on to play for other teams.

Coaching Plans For Each Coaching Session

Reynolds Academy – January 6th 2015 – Practice 1 – 24 Players –
Equipment: cones, pinnies, soccer balls, nets

i) Physical Objectives

-Work hard on defense and use speed

ii) Technical Objectives

-Use quick passes to move the ball and good first touch

iii) Tactical Objectives

-Maintain possession of the ball as a team

iv) Personal Objectives

-Get to know my players and created a fun, positive environment from the start that sets the vibe for the season.

Session Plans

i) Introductory Activities

-Square passing: Set up a grid with a cone at each corner. Players split up evenly behind each corner. The focus of the drill is passing so player 1 plays a diagonal ball to the opposite corner and then follows the pass. The player that received the ball turns to their right and plays a straight pass to the corner beside them. It goes diagonal, straight, diagonal, straight, etc. Players must follow their pass.

ii) Teaching Activities

-Soccer tennis: 3 grids (10 by 10), 3 teams, and one team in each grid. Team in the middle grid is on defense. Point of the game is for a ball to be played in to one grid, that grid needs to complete 4 passes and then try and play the ball over the players in the middle grid and into the far grid. Doing so without the ball being touched by the defensive team results in a point. Team in the middle sends 2 players into the grid with the ball and if they get a touch or win the ball then the attacking team now goes into the middle to defend. First team to 10 points wins.

iii) Culminating Activity

-Scrimmage: Since it is my first practice with the team I would like to see how they play in a game situation so I will set up a 30 by 70 yard field and let the girls play with no restrictions.

Evaluation

Today's practice allowed me to see the skill level I will be working with this semester. The girls have a good work ethic and a very close bond with each other, which is excellent from a coaching standpoint. The girls did have some trouble keeping possession of the ball when scrimmaging, therefore next practice I would like to do some more possession drills.

Reynolds Academy – January 8th 2015 – Practice 2 – 24 Players –
Equipment: cones, pinnies, soccer balls, nets

i) Physical Objectives

-Being agile so that you can explode off the ground when switching directions during game play.

ii) Technical Objectives

-Must play the ball quickly using 1 and 2 touches to pass.
-Taking a good first touch when receiving a pass

iii) Tactical Objectives

-Team must maintain possession of the ball when on offence.

iv) Personal Objectives

-Create a positive environment so that girls work well together and support each other

Session Plans

i) Introductory Activities

-Line drills: Players line up, with 3 girls in each line facing each other. 2-touch passing and follow your pass to the back of the line. Move onto 1-touch passing, go to the back of own line. Switch to short, short, long passing and follow your pass.

ii) Teaching Activities

-Possession drill: Girls are split up into 2 even teams. There are two grids side by side (10 by 10 yards). Play the ball in to one teams grid and they have to complete 5 passes without being intercepted by the 2 defenders coming in from the other grid. If 5 passes are completed that = 1 point and another defender can be sent in. First team to gain 10 points wins.

iii) Culminating Activity

-Scrimmage: Players stay with the same team from the previous drill. A 30 by 70 field is set up for play. To start the game players can only play in 2-touch. If they take more than 2 touches than it's a free kick for the other team. After 10 minutes of this game restriction, game becomes open touch allowing the girls to play as they normally would.
-Practice was followed by a cool down

Evaluation

During the first drill: line passing, the girls were a bit unfocused at the start, which resulted in some poor passes and balls flying everywhere. In order to fix this I had to refocus the players and get them to concentrate on the task at hand. Being able to pass the ball to feet is an extremely important skill in soccer and is one that constantly needs to be practiced. The possession drill went well as it allowed the girls to get out some pent out energy when defending and allowed them to work hard for a few minutes at a time. Putting a restriction on the number of touches allowed in the scrimmage was a good call because it forces players to make quicker decisions when passing. For next practice I would like to work on players defensive stance as many of them lunged in while defending allowing the attacker to easily get past them.

Reynolds Academy – January 13th 2015 – Practice 3 – 24 Players –
Equipment: cones, pinnies, soccer balls, nets

i) Physical Objectives

-Keeping a staggered stance when defending and being an arms length away from attacker.
-Close down space fast when defending

ii) Technical Objectives

-Keep player in front of you and keep eye on the ball

-Step in to win ball if attacker takes too big of a touch

iii) **Tactical Objectives**

- N/A

iv) **Personal Objectives**

-Help players develop a clear understanding of proper defending technique
-Keep a positive environment to promote optimal learning

Session Plans

i) **Introductory Activities**

- 4 v 2: Players get into teams of 4 with 2 players defending in the middle of a 6 by 6 square. A cone is placed at each corner of the grid and 1 player stands at each cone. Can only play in 2 touch and players are trying to pass to teammates without getting intercepted by defenders in the middle. Space is small so passes need to be direct and quick.

ii) **Teaching Activities**

- 1 v 1 defending: Channels are set up (5 by 10 yards). One player stands at one end of the channel with another player at the other end. Player 1 plays a ball into them and then closes down space. Attacker tries to get the ball past the defender and over the end line to score a point.

iii) **Culminating Activity**

- 3 v 2 attacking and defending: Split players up into 2 teams. Create a 30 by 50 field. Have each team stand on opposite sides of the pitch split up on either side of the net. One team plays a ball across the grid to opposite team. 3 players come out from attacking side and 2 defenders from the team that just passed the ball. Objective is for the team of 3 to get a shot off on target while the team of 2 defends the net. Team that passes the ball across the field switches with every new attacking/defending group.

Evaluation

I found that the 3 v 2 attacking and defending drill was an excellent drill to have after the 1 v 1's in the channels. It allowed the girls to carry over their defending techniques into a game situation giving them better practice. The 3 v 2 drill had a

few glitches at the start with players having trouble sending out the correct number of players and remembering which team was supposed to pass the ball out. That resolved quickly though with some guidance and the drill went well. Next practice I would like to do some shooting drills with the girls as many of the shots they took this practice were way off target.

Reynolds Academy – January 15th 2015 – Practice 4 – 24 Players –
Equipment: cones, pinnies, soccer balls, nets

i) **Physical Objectives**

-Generate good force by shifting momentum and having a powerful shot.
Be sure to use arms as well to gain momentum

ii) **Technical Objectives**

-Have good contact with the laces of the foot in order to get a good shot off on target

iii) **Tactical Objectives**

-N/A

iv) **Personal Objectives**

-Keep a positive environment and encourage lots of shooting. Some players can either be too selfish when shooting or too kind and want to pass in the 18 yard box. Promoting shooting is important and I need to give the girls the confidence to take a shot.

Session Plans

i) **Introductory Activities**

-Partner passing: In order to get legs warmed up for shooting, players each get a partner and spread out on the field. Start with long passes using inside of the foot, switch to instep drives using laces and keeping the ball on the ground and finally switch to long balls in the air. Every time a player plays a pass they must sprint 10 steps into a new area.

ii) **Teaching Activities**

-St. Louis Drill: Even number of players stand on the side of the net. First player from the first line runs out to the 18 yard box and around a cone that

is placed there, player 2 from the second line plays in a ball for player 1 to strike first time. And so on and so on.

iii) Culminating Activity

-Kings court: Make a grid, 30 by 40 and split it in half using cones. Net each end of the pitch. There will be 3 players on each half of the field, with the rest of the players standing on the sides of the nets. Goalie rolls the ball out to their team who turns and shoots. If a team scores they stay on and goalie rolls the ball to them again. If they miss or goalie saves it then a whole new set of 6 come onto the field. Objective is to get a good shot on target and stay in the court as long as possible. On defense, players are trying to block the ball when shot.

Evaluation

The girls shooting improved immensely today. Shots were powerful and for the most part on target. During the partner passing drill balls were flying everywhere but it forced the girls to move their feet and get into open space. Also made them work on taking a good first touch and getting the ball under control. Natalie (Gr.11) had an outstanding shot and was an excellent attacker. Her skill level is quite exceptional for a player her age. The King's court drill brought out a very competitive side to the players and girls who I thought would never block a shot were diving in front of everything. It was a very good competition that took place. Next session I would like to move into some crossing and finishing so the girls have the chance to try getting 1-time headers, volleys, etc. from a ball being played in from the wing. I would also like to see how well some players can cross a ball in.

Reynolds Academy – January 22nd 2015 – Practice 5 – 24 Players

→ Today's practice was replaced with the Cooper Test that the players needed to run for fitness testing. The goal is to run 8 laps in 12 minutes of the UVIC track at the stadium. Once 12 minutes hits, players stop running and report how many laps they did. Olivia was the stand out of the girls, completing 7.25 laps in 12 minutes.

Reynolds Academy – January 27th 2015 – Practice 6 – 24 Players – Equipment: cones, pinnies, soccer balls, nets

i) Physical Objectives

- Use arms when volleying in order to keep balanced
- Run fast out of the center circle and into the box when attacking the cross so that you can get a finish on the ball

ii) Technical Objectives

- Be able to strike the ball 1 time out of the air to get a shot off on net
- Get crosses up into the air so that attackers can finish

iii) Tactical Objectives

-N/A

iv) Personal Objectives

- Promote good work ethic when girls are doing drills. Keep the warm up fun and upbeat so that a positive environment is created

Session Plans

i) Introductory Activities

-Tunnel of doom: In order to start the practice off with some fun and let the girls let some steam off we will play tunnel of doom. There is a channel that is 15 by 25 yards. Players start at one end of the field standing on the line. 4 players stand along the 25 yard line with a ball. When I yell go, players on the end line need to run down the channel and try and get across to the other side. 4 players with the ball are trying to hit the other players (below the waist) with they balls. If you get hit you get a ball and join the 4 players. Winner is the last person left.

ii) Teaching Activities

-Volleying: Players get into 2 lines, each one facing a different net. 1 player stands in front of them and the shooter tosses the ball to the player in front. Player then tosses the ball up around head height and the shooter can let it bounce 1 time and then they need to volley it at the net. The tosser gets the ball and the shooter becomes the tosser and so on.

iii) Culminating Activity

- 3 v 1 to crossing and finishing: Players start at the center circle and play 3 v 1 in half the circle. 3 passes must be completed without being touched by the defender and then the ball gets played out wide to a winger on the left or right. The winger then dribbles down the sideline and crosses the ball in to the 3 players running in from the center circle to finish the cross. Once

ball is scored or out of bounds a new set of wingers and attackers start playing.

Evaluation

The volleying drill was a bit wonky because balls were flying everywhere. This is pretty standard though for any team but I think it is important to work on 1 time volley finishes because a lot of times in game situations, players don't have the time to take a touch on a bouncing ball to shoot it. Volleying is a difficult skill that needs to be practiced. The transition from the volleying drill to the crossing and finishing drill went well, however a lot of the crosses were played in on the ground so the finishers couldn't volley them. I did notice that a lot of the girls were very tentative about heading the ball so I would like to work on that for next practice, both defensive heading and offensive heading.

Reynolds Academy – February 19th 2015 – Practice 7 – 24 Players
– Equipment: cones, pinnies, soccer balls, nets

i) Physical Objectives

-Be strong when going up for a header and use your body and arms to block opponent out so that you are difficult to bring down while in the air

ii) Technical Objectives

-Use good technique when heading the ball and be sure to hit it off forehead and not top of head
-Learn different techniques to clearing a ball with your head, flicking a ball on for a run, and using a header to finish a goal

iii) Tactical Objectives

-N/A

iv) Personal Objectives

-Encourage players to not be scared of heading the ball. It is an important skill to have when playing soccer. If a player is very uncomfortable heading then make sure they know how to bring a ball down from the air using chest or thigh.

Session Plans

i) Introductory Activities

-Partner passing: Get a partner and stand ~5 feet apart. 1 player tosses to partner 10 times and partner must volley the ball back using inside of foot (10), laces (10), thigh and then laces (10), chest and then laces (10), headers (10). After each set of 10 is complete, switch the ball to partner so they have a turn.

ii) Teaching Activities

-Heading and passing: Get into groups of 3. One person stands in the middle. Player number one tosses the ball to player number 3 who heads the ball back to player number 2 who gets it under control and turns and plays it back to player number 1. Once player 3 has headed the ball 5 times, players switch positions so there is a new tosser, header and passer.

iii) Culminating Activity

-Scrimmage: Players split up into 2 even teams, play the whole half of a field. Game is open touch, same rules as a regular game, however if you score from a header that earns your team 2 points

Evaluation

I wasn't surprised by the number of players who were nervous to head the ball, I was surprised by how comfortable most of the players got with heading as the practice went on. In the game a lot of players were trying to get a header goal, and many more players were using headers throughout the field to pass, or flick the ball on or clear it out of their defensive end. I think that the first 2 drills were good build up to the scrimmage because it allowed the girls to get a feel for proper technique and how to head the ball correctly. Next session I would like to work on some more possession drills and introduce a new game to the girls called end man

Reynolds Academy – February 24th 2015 – Practice 8 – 24 Players
– Equipment: cones, pinnies, soccer balls, nets

i) Physical Objectives

-Work hard when defending and keep a staggered stance.

ii) Technical Objectives

-Quick passes, maintain possession and work hard on defense.

iii) Tactical Objectives

-Work as a team to use wingers and end men, therefore lots of communication

iv) Personal Objectives

-Encourage players to open up space by passing the ball quickly and hitting the open man. Keep environment positive.

Session Plans

i) Introductory Activities

-Line drills: Players line up, with 3 girls in each line facing each other. 2-touch passing and follow your pass to the back of the line. Move onto 1-touch passing, go to the back of own line. Switch to short, short, long passing and follow your pass.

ii) Teaching Activities

-Possession: 3 teams, 1 team defending in the middle. Try to complete 10 passes in a row without interception. If defending team wins the ball, or ball is played out of bounds, defending team switches out and new team goes in the middle.

iii) Culminating Activity

-End men: 2 teams, 2 players stand on the sidelines and act as wingers, 1 player stands on either side of the net, and the rest of the players play a normal soccer game in the middle of the field. Point of the game is to try and score using the 'end men' (people beside the net) who have 1 touch and the wingers who have 2 touch. Wingers try to cross the ball in to be finished by teammates in the middle and end men try to lay off a good 1 time pass to be scored. Teams in the middle play for 5 minutes and then we switch wingers and end men.

Evaluation

Today's practice went well. The end men game allowed the girls to get a lot of crosses and shots on net. I went back to more of a possession style practice for my last practice with the team because I think its important to practice keeping the ball. The passing in the line drills was much better today than the first time I ran it because the girls were much more focused. I was impressed with how hard the girls worked in the possession drill when defending. It is nice to see that drive and motivation from your team because it makes the practice that much more enjoyable.

*There are a few days of practice missing due to my absence based on illness, exams, conflicts etc. There were also days that had no practice due to Grade 11 and 12 students having academic commitments such as classes shortened, exams to be written, etc.

Information On Games & Tournaments

This academy team does not have any regular scheduled games or tournaments. They only played in 2 exhibition games that were set up during the season. Most of their games were just scrimmages or intersquads.

Exhibition Game #1: Reynolds vs. Highlanders FC- January 22nd

-The girls played the Highlanders FC team that is a club team within Victoria and is made up of players from grade 10-12 and a few university students. I thought that the girls played quite well. This was my first time seeing them in a game situation and they worked very hard for each other. Communication was good between players and work ethic was outstanding. Players never stopped working for each other. I did notice that the girls were too generous when in the 18 yard box of the opposing team as they were hesitant to shoot and would sometimes pass and the ball would then be intercepted. The teams defensive shape was not as great as I would have hoped for with many players being out of position at times allowing for the Highlanders to exploit the open area. Seeing my players in a game situation was awesome because I got to see the skill level of them in a game, which is quite different than seeing it in a practice. Kelsey and Jenna were extremely quick and skillful with the ball. Lexi and London were very strong defensively and made it very tough for the opposing team to get past them. The final score of the game was 2-1 Highlanders but I was very pleased with my team because they put in so much effort and gave it everything they got.

Exhibition game #2: Reynolds vs. Ladner- February 17th

-Today was the second game with my team and it was my first time being back with the girls since January 27th because I was away with my own soccer team for 2 weeks. Ladner had a very strong team and attacked with pace. The girls had a good showing, unfortunately we did lose 3-0. Again the girls played well on defense, however, Ladner was strong on their corner kicks, getting 2 out of the 3 goals on set pieces. I noticed that balls that were crossed in the air in our defensive end were failed to be cleared out via headers. This is something that needs to be worked on because it is important to clear out any ball that comes in the air when its in your end. My players' fitness levels were quite good, with many of them being able to press hard until the final 90. This is good because being fit is the most important part of playing soccer, skills can be built up and worked on. This loss was frustrating for my players but I had to make them understand that Ladner has played many more games than they had and its hard to only have 2 games in a couple months. Overall, the girls played well and I am proud of how they did.

Evaluation Of The Season's Progress

1. Did the team achieve the planned season's objectives?

-I thought that our season's objectives were met throughout the semester. This team is not based around playing lots of games and winning a championship at the end. It is centered around providing formal training to young athletes and providing them with on-field practice that builds their skills. The girls passing skills improved while I was with them and their shooting got much better. I wanted to create a positive environment while I coached the girls and I think that I did. It definitely helped that the girls were already so close to begin with therefore it made it an easier job for me. Overall, I am very proud of my players and the time I got to spend with them.

2. What factors caused success or failure (i.e. fitness, technical, tactical, injuries, personality problems, etc.?)

-There were definitely some injuries throughout the season and some conflicts that came up with school, however I would not say that there were any failures this season. There were a couple of cases with poor attitudes but that didn't last longer than one practice, which is standard for high school students. The team was very close knit and always worked hard for each other. I am very impressed with how well they took to me coaching them and I think it went very successfully. It would have been a lot different if we had more games or tournaments to participate in, however, I believe the time I had with them helped them grow as players and me grow as a coach.

3. What could be changed in the way in which coaching was conducted which would improve the team's results in the next season?

-As I stated earlier, I think it would have been a much different season if the girls participated in more games. Coaching a team just to practice is a lot different than coaching a team to win a championship. When your team has a goal to work towards it creates a strong bond with a lot of ups and downs along the way. This team was more about providing the girls with formal training; therefore it was a pretty laid back, fun team. The girls worked hard every practice and gave me 100% almost all the time, which can be hard to do when all you do is practice. It is also hard to jump from purely practicing to having 2 games thrown into the season randomly. Playing to practice and playing to win are 2 very different concepts but overall the commitment and motivation I got from the girls was outstanding and made me proud that I got to work with them for the semester.

