

ISL Coaching Manual

Resource for all ISL coaches

5/6/2022

Islamic Soccer League

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ISL Coaching Manual

1 ISL Mission Statement

The Islamic Soccer League is a community based, not for profit organization, established to teach, nurture and foster the skills of soccer, while building good Islamic character in sports.

2 Objectives of the league

- To create an Islamic environment that is conducive for soccer practice and a House League that is free from the indiscipline that exists in most of the typical soccer leagues.
- To provide a soccer league for the Muslim community that will help develop brotherhood and will be a true representation of our very diverse backgrounds
- To build a unique relationship between local Muslim businesses and the community
- To increase the self-esteem and self-confidence of the Muslim Youths by providing them with good role models and a broader identity
- To encourage each individual to be the best that they can be in the game of soccer
- To maximize any opportunity for Dawah
- To include in every year's schedule an event that is considered as Sadaqa, whether it is individually or collectively
- To elevate the physical and mental condition of our youths
- To provide a viable option for our Muslim youths to occupy their time in a productive manner
- To always put priority on the needs of the youths over those of our own
- To act with professionalism in all of our conduct
- To always adhere to the rules of the Quran, Sunnah and Islamic Shariah in all of the league affairs

3 Role of the Ameer

The Ameer's role is sometimes simple but yet complex. The Ameer has a full fledged job. His role is to manage his field (division) and make sure players /officials and supporters conduct themselves in an Islamic manner.

The qualities and requirements of an Ameer are

- Knowledge of the game.
- Being a coach/referee if needed.
- First Aid Personnel.
- Conflict Management Skills.
- Parking Lot Attendant.
- Chauffeur.
- Equipment Distributor.
- Keeping Stats

4 Role of the Coach

Based on the ISL mission statement, coaching comes with great responsibility and commitment. The aim of coaching is to communicate ideas to players. It is a fact that before any effective coaching can take place that coach must have an awareness of the game. The reason for the ISL coach's session is to make us aware of some of the elements of effective coaching.

As a coach you should

- inspire the players to achieve the potential they are capable of
- realize that each player is an individual and should be treated as such
- be persistent and optimistic even the game is lost
- be punctual and prepared - be early on the field and lay the ground work for the days' practice/game
- each week teach and demonstrate something different, also revisit the lessons from the previous week
- be clear and precise and verbally understood. some players don't get it the first, second or even the third time
- winning is not everything...house league is about having fun and enjoyment, don't use scare tactics and punishment to get the players going. For some kids this may be their first encounter with outdoor sports. Do not give them a bad impression, win them over, we would like to have them the following year inshaAllah

5 Positive Management Style

Adopting a positive management style is another important step in being a more positive coach and helping participants form a positive self-image.

This style calls for:

- Applying a clear set of rules fairly and consistently, granting freedom within certain limits, and doing both these things in a caring, supportive way.
- Dealing appropriately with unacceptable behavior. DO NOT use punishment, such as extra laps or more push-ups – it only damages the participant's self-image.
- Emphasizing participants' self-responsibility. Give participants more time to try things, to practice skills, to show what they do well. Encourage them to ask questions and to make suggestions, and listen to what they say.
- Showing participants that you have confidence in their ability to take on master tasks. For example, help participants learn a new skill, refine an old one, or revise a goal. Make sure that the tasks participants undertake are at the appropriate level, and be there to provide support.

6 Criteria and Rules for ISL Coaches

Commitment

A coach's commitment is to improve the performance of the players and the team physically and mentally.

A coach needs to provide a high quality soccer program for players within a positive environment.

It is important that all coaches understand player development needs at all ages.

Know Your Game

A Coach must be thoroughly acquainted with FIFA Laws of the Game and they must keep attuned to the sound principles of Coaching.

Respect

Coaches must respect all individuals as unique human beings. Opponents and officials must be treated with respect.

Players must be coached to win within the laws of the Game.

Enthusiasm

Coaches must be enthusiastic and positive. They must ensure that they are generous with their praise when deserved.

Encourage players to bring their parents to cheer them.

Personal Conduct

A Coach must maintain the high standards of personal conduct and fair play.

Coaches should never be involved in any circumstance which is offensive or suggests sexual connotations.

Coaches must implement the Leagues guidelines and objectives, while adhering to the Mission Statement.

Know your players

You must know the names of each of your players and call them by their name. This is a basic item in showing respect to your players.

Get to know your players! What they like/don't like in training? What they would like to achieve? What motivates them to come?

AND MOST OF ALL....HAVE FUN COACHING!!!

7 Coaching Duties

7.1 Certifications

First Aid & CPR:

Please refer question to Ameer if you would like to get First Aid and CPR training.

Concussions:

[Concussion - Rowan's Law - Coaches Association of Ontario \(coachesontario.ca\)](http://coachesontario.ca)

CDC Heads UP <http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

Ontario Coaching:

<http://www.ontariosoccer.net/Coach.aspx>

Ontario Refereeing:

<http://www.ontariosoccer.net/Referee.aspx>

Respect in Sports

<https://www.respectgroupinc.com/respect-in-sport/>

7.2 Managing a Coaching Session

7.2.1 Preparation

- ISL emphasizes that players touch the ball as much as possible. Structure your training to maximize each player's contact with the ball.
- Arrive to the practice prepared with training sheet completed (**See Appendix below**). **Details on how to structure the session are outlined below. Show completed sheet to Ameer at your arrival each week.**
- Ensure you have all the needed equipment. For any needs, contact the Ameer.

7.2.2 Coaching Session

- Arrive early and setup your training area with needed equipment before the players arrive. Ensure the area is safe and clean (no littered glass, holes, branches, etc...).
- Warm-up – Should include non-explosive activity which has some relationship to the session. Should last for the first quarter of the session and steadily increase in intensity.
 - o assign time
 - o emphasis on ball
- Core Exercises – These exercises are designed to emphasize the coaching themes for the practice. They should not be too complicated and should have a common theme.
- Practice Game – Takes place at the end of the session. The coach may stop the activity early in the practice game to make points, but at some point the play should be allowed to continue

uninterrupted for an extended period. The number of players in the game varies based on the age of the players.

- Cool-down and Departure – Players can stretch and listen to the coach, who can provide direction and homework assignments.
- Conclusion – take some time to reflect on the day’s activities. Did the players improve because of your coaching? Is the player better either technically or tactically because of your coaching? Tie in sessions from week to week.

7.3 Building Islamic Character into Your Session

- Choose an aspect of Islamic character as your theme for a month or for the season. Spend at a minimum 5 minutes each week to talk about it and incorporate it in your training for that day.

Examples:

- Cooperation
- Brotherhood
- Respect
- Trust
- Generosity
- Good words & Encouragement

ISL Coaching Checklist

8 Principles of Teaching and Coaching

It is a fact that before any effective coaching can take place the coach must have an awareness and command of two key elements

1. The game of soccer (i.e. understanding the game)
2. The techniques of coaching

Whereas the first of these elements is self-evident, the technique of coaching and teaching is a skill that can be acquired and improved. For this reason, it is imperative that all coaches try to be aware of and improve their own personal techniques and methods of imparting their knowledge of the game to players.

The aim of coaching is to communicate ideas to players. These ideas should adhere to certain principles of good communication.

1. Personal Qualities/ Philosophy
2. Appearance
3. Manner
4. Voice
5. Vocabulary
6. Coaching Position
7. Organization

1. Personal Qualities/ Philosophy

A good coach must:

- a) Inspire the players to achieve the potential of which they are capable of. This will lead to a desire within the players to become better.
- b) Realize that each player is an individual and should be treated as such.
- c) Be persistent and optimistic. We must have a strong belief in himself and his ideas.
- d) Understand the key factors of good football.
 - a. Ingredients of the game – e.g. shooting, passing, tackling etc.
 - b. Theory and Acquisition of Skill
 - c. Anatomy and Physiology of Exercise related to Soccer

2. Appearance

The appearance of the coach indicates an intention toward the coaching session that the players will react to. It is most important that coaches look the part. This reflects the influence of the coach.

Wear: - Track-suit, soccer shirt, soccer shorts, socks and boots. Remember that when the coach demonstrates he is demonstrating a complete visual image.

3. Manner

The fundamental qualities of good coaching manner are:

- a) Be enthusiastic
- b) Be stimulating
- c) Be punctual
- d) Be patient
- e) Be demanding
- f) Be purposeful
- g) Be constructive

4. Voice

Many successful coaches have different temperaments that lead to either quiet or loud coaching manner, but they all adhere to several principles of voice control.

- a) Volume – as loud as the situation demands
- b) Speech – slower with increased distance
- c) Clarity – be clearly (verbally) understood
- d) Expression – vary with tone, don't be monotonous

5. Vocabulary

- a) Be clear
- b) Be concise
- c) Be relevant to the topic at hand
- d) No Jargon

6. Coaching Position

The coach's position when dealing with players is most important. The coach must be able to command the attention of all the players and also be able to view all the players throughout the practice. The

coaching position must be one from the outside looking in. When a fault is observed the coach then steps in to correct it and steps out again.

The coach must ask himself two questions:

- a) Can the group see me and be seen?
- b) Can the group hear me?

7. Organization

Organization is a twofold concept: a) Self-organization b) Organization of coaching session

- a) Self-organization: Before the coach can communicate ideas to players, the coach must have a full understanding of what these ideas are. The coach can acquire this knowledge from several sources.
 - a. Observation
 - b. Discussion
 - c. Listening
 - d. Reading
 - e. Disputing
 - f. Attending
- b) Organization of Coaching Session: The coach must ask himself several questions
 - a. What am I trying to communicate?
 - b. What equipment is needed?
 - c. What is the working area needed?
 - d. How many players are available?
 - e. How can maximum transfer of training occur?

The coach will recall that several factors should be present in each session.

Realism

All practice is artificial to a greater or lesser extent and maximum transfer is gained when the practice is more realistic. Five factors ensure realism:

Realism:

1. Supporting players
2. Opponents
3. Targets/Direction
4. On the ball activity
5. Off the ball activity

Observation

Observation is aided by:

1. Efficient organization
2. Knowledge of key factors of successful performance
3. Ability to recognize absence of these significant factors in the coaching session
4. The ability to concentrate on the topic at hand. Don't be side tracked by other factors.

Observation must be done quickly

1. So as to rectify a fault immediately
2. So that the situation has had little time to change
3. So that the fault is immediately recalled by the player

Instruction

“Engage brain before mouth”

If the function of the coach is to communicate, then he must be understood. Players' understanding comes from:

1. What the coach does
2. What the coach says
3. What the coach organizes
4. How the coach demonstrates

Remember correct positively in the clear, concise and constructive manner.

Demonstration

“A picture worth a thousand words”

The demonstration must be

1. Accurate
2. Effective
3. Realistic

Remember, players will attempt to reproduce that which they are.

Progress

The decision as to when to progress is indicated by the players' ability under varying degrees of work pressure.

Evaluation

To what degree was the session successful or otherwise. Why? Or why not? Possible changes for next session.

9 Basic Techniques and Tactics

9.1 Ball control

1. Straight-ahead dribbling
2. Dribbling moves
3. Chops
4. Inside cut
5. Fakes & feints

9.2 Passing & receiving

1. Push pass
2. Passing & receiving
3. Receiving
4. Chest traps
5. Receiving 'air balls'
6. Shielding
7. Heading intro
8. Heading

9.3 Kicking

1. The instep drive
2. The laces kick
3. The lofted kick

9.4 Defending

1. Tackling
2. Shoulder charge
3. Communication
4. First defender
5. Second defender
6. Basic marking

9.5 Attacking

1. Taking defenders on
2. Going 1v1
3. Combined play
4. Communication

10 Basic Defensive Positioning

Pressure-Cover-Balance.

The person closest to the ball is called the **First Defender**, and his job is to provide **PRESSURE** on the ball.

The second-closest person who is goal-side of the ball (meaning closer to his team's goal than the opponent) is called the **Second Defender**. His job is to provide **COVER**

The defender who is in the deepest position (closest to goal) if a line were to be drawn directly from the attacker to the goal is called the **Third Defender**. His job is to provide **BALANCE** to the defense. In essence, he is providing additional cover for the two primary defenders, and also watching out for additional incoming attackers making runs towards the center or far post areas of the goal.

Practice

Option 1: Man-Marking

Option 2: High Pressure Defense (Defensive Swarm)

Option 3: Low-Pressure Defense

11 Basic Offensive Positioning

The person with the ball is called the **First Attacker**. His job is to retain possession while getting the ball as close to goal as possible by dribbling, passing or shooting.

Second Attackers are the player(s) within an easy ground pass of the First Attacker.

The **Third Attacker's** job is to unbalance the defense by making deep runs, usually to the far side of the goal.

Practice

Individual Attacking

- First Touch phase: Receive and Turn
- Field Attacking phase: Dribbling and Tricks
- The Finishing phase: Shooting at Angles

Group Attacking

1. Passes behind the defense
 - slotted or thru pass
 - diagonal run
2. Passes to the side of the defense
 - give-n-go

- overlap
- wall pass
- 3. Passes in front of the defense
 - square balls
 - drop passes
- 4. Faked passes and other tricks
 - take over
 - dummy run

12 Goal-keeper training

The following are tips for basic goalkeeper training.

12.1 Basic Technique

Specific training GKs should start with basic catching technique. Coaching points include:

- hands move together, both behind the ball; the thumbs should be close, the index fingers slightly turned towards each other.
- elbows are in front of the torso and close together
- hands are forward and fingers high on the ball
- the GK should constantly be bouncing on the balls of the feet and moving the body behind any balls to the side
- the hands move together for all catches; if the ball is below the chest, the hands should be extended and turned to where the little fingers and sides of the palm are touching; the elbows especially should be very close on this catch
- on a ground pickup, the GK should step one foot beside the ball, lower one knee close to but not touching the ground behind the ball and scoop the pickup, continuing in a forward run after the pickup (this is called running through the pickup)

Sample exercises include:

- 2-man pass and catch
- short ball serve, followed by a high ball; the GK should be made to move forward, then backwards
- 2-man pass and catch with moving side to side or forwards and backwards
- GK in the middle with 2 servers alternating
- GK forward pickup with server moving backwards laying ground passes off at different angles
- GK sit-ups with ball, coach kicks ball as GK brings it forward; this is to teach proper hand position and give the GK confidence in his grip

12.2 Footwork

Footwork is the next area of GK training.

Sideways shuffling between cones or quick steps forward and backwards between cones is the first part. The GK should be taught to move from post to post in an arc that extends about 2-3 yards out from

the center of the goal. This can be taught with two servers that are positioned several yards out, say at the top of the penalty area and wide of each post. As they pass the ball back and forth, the GK moves on his arc.

Forward movement can be taught with a gate several yards in front of the GKs arc. Balls are played from some distance so that the GK can pick up the serves before they reach the gate. If you have a couple of GKs, a fun exercise is to have a "goal-line" that is as wide as a goal. Place two gates a couple of yards shorter than the goal width about 3-4 yards in front and back of the goal-line. The GKs take "shots", beginning with ground balls, from the servers in front of each gate. After each "shot," the GKs trade sides and catch the next serve before it passes through the gate. Another footwork exercise is to have a server on the side deliver a low ball to the near post; immediately after the GK makes the save, they move back to the far post for a high serve.

While **diving** is not appropriate for the younger age groups, we'll take a quick look at it anyway. Teaching basic diving technique starts with the GK sitting on the ground. The GK should hold the ball and fall to one side and plant the ball. One hand should be behind the ball, the other hand on top of the ball. The elbow and forearm should not be touching the ground.

The next step is to **fall** from a squatting position. If the GK continues to land on the elbow and forearm, then have the player put his hands together in a praying position and fall. Then have the player fall holding and planting a ball. The ball, the hip and the shoulder should be the only areas that touch the ground. The ball should be planted first, followed by the hip and shoulder almost together.

From a standing position, the player should squat and fall. This teaches the knee bend required. From here, the player should take an angled step with the near foot, lowering the near hip and then falling, planting the ball. At each of the above stages, move from the GK holding the ball to the GK catching a served ball.

Once the dive mechanics are understood, the GK must be shown the final position to protect the body. The ball and forearms should be in front of the face. The top knee should be driven forward to almost touching the top elbow, this will protect the torso. The bottom leg should be extended and raised slightly.

When comfortable enough, have the GK make consecutive dives to one side on served balls across the goal mouth and then zigzag dives forward from the goal mouth to the top of the penalty area.

Finally, the GK should be taught **distribution**. Though last in this list, distribution can be taught early on. When playing catch, have the GK do 3/4 overhead tosses. The GK must cup the ball in one hand (which is difficult for some of the younger players to do). The ball should be delivered just lower than straight above the head and the body and head should be as tall as possible.

Another distribution technique is the volley kick (or punt). The initial stages can again begin with playing catch. Have the GKs serve the balls with short volley kicks. The closer to the ground they can kick the ball the better. This moves to the full volley kick where the GK should drop (not toss in the air) the ball with the hand opposite the kicking foot.

A GK may not be mature enough to understand the **angles** involved with playing the GK position. However, the coach can start to reinforce the idea with a 100-150 foot rope tied to each goal post. As the apex of the rope moves, the GK will be given a visual layout of the path of a shot to either post.

A drawn arc out from each post to a couple of yards from the goal center will show the GK, the path he should travel when the ball moves from one post to the other. The point is to get the GK off the line a little bit when the ball is in the center and to cover the near post when the ball is on the side.

Coming out to pick up a ball or close down the angle is a skill that requires lots of experience. Playing balls into the area with an attacker running on but well within the GK's capability of getting to them will help establish the GK mentality of coming out. Playing balls to an attacker where the GK cannot get there first will hopefully train the GK that there are ball he must stay back on. The coach must work with his GK to establish his range. This training should include kicking the ball away if the GK has to play it out of the penalty area.

The rule of thumb for coming out is, if you are sure you can get to the ball first, then go for it, else, hang back and look for the next touch by the attacker to be your ball.

13 Throw-ins

- Proper Throw
- Safe Throw
- Attacking Throw
- Accurate Throw

14 Restarts

- Free Kicks - (Direct and Indirect) Attacking and Defending
- Corner Kicks - Techniques for Attacking and Defending
- Goal Kicks - Rules and Options
- Kickoffs - Rules and Options

15 Warm-Up and Stretching routine:

- Before Practice
- Before Game

16 Teaching the Laws of Soccer

- Starting and Restarting Play
- Offside
- Fouls and Misconduct

- Penalty
- Free Kicks
- Referee

17 Games and Activities:

- Running
- Dribbling
- Passing
- Stamina
- Strength Training

18 On-field communication

- Defensive tactical instructions
- Attacking tactical instructions
- Combined play
- Warnings and advice
- Encouragement and support

19 Appendix A: Soccer Terminology

Away	Used by GK to instruct teammates to clear the ball immediately without attempting to control it
Clear	not recommended by some coaches because it can be confused with a shout of "keeper"
Close down	Asks 1st defender to reduce the pressurizing distance to force the 1st attacker's eyes down on the ball
Contain	Same as "jockey"
Double [up]	Tells teammate to assist in double-teaming the first attacker (i.e. defenders combine to win the ball)
Drop off	Retreat toward
Goal-side	Get between the opponent and our goal
Got you	You can go forward; I'll cover your position
Help	Asks teammates to provide defensive support for an unsupported 1st defender
Hold	Same as "jockey"
Into touch	Tells recovering defender to play the ball into touch if possible rather than trying to control it
Jockey	Tells teammate to delay the attacker until defensive support arrives so he can tackle
Lock in	Same as "double"
Lock on	Same as "mark"
Make a wall	Used by GK to tell teammates to line up between a dead ball and the goal before a free kick; see also "# in the wall"
Mark "#"	Used to tell teammate to mark a particular opponent
Mark up	Used to tell teammates to be sure they have taken responsibility for marking an opponent man-to-man, especially on free kicks and corners
No foul	Used when opponent is shielding in a field position where we do not want to give up a free kick, i.e. in our defending third
No turn	Get tight to the opponent to keep him facing his own goal
Pressure	See "close down"
Shift (right or left)	Moves the defensive formation to mirror the movement of the ball
Squeeze in	Same as "tuck in"
Stay	Don't leave your mark
Stick	Same as "tackle"

Switch off	Used to exchange marking assignments as opponents criss-cross (exchange positions)
Tackle	You have support now and can attempt to tackle the in order to win the ball
Take ball	Used to ask teammate to take 1st defender role so you can track your mark
Track #	Follow (continue to mark) the designated opponent as he or she makes a run toward our goal
Tuck in	1. Asks weak-side defenders to take up a position closer to the middle of the field; 2. Asks teammate to provide support to 1st defender
Two here	Advises teammates that you are marking two players, and requests assistance
Wall [# in the wall]	Used by GK to specify the number of players he wants in the defensive wall on free kicks
"Name is on"	He or she is open for a pass
All the way	1. You can take the ball all the way to the opponents' goal; 2. It's a 50/50 ball, but you can win it if you go in hard
Bring it	Same as "carry"
Byline	Tells teammate to carry the ball to the goal line before playing it back
Carry	You have room to dribble forward; stay composed don't play a low-percentage pass
Check	Come back toward the teammate with the ball
Corner	Play the ball toward the corner
Cross	Play the ball across the field toward the opponents' goal
Far & wide	Same as "spread out"
Far post	1. Tells teammate to go there for a cross; 2. Tells 1st attacker where to direct the cross
Have it	Take a shot rather than looking to pass
Home	Same as "keeper's on"
If you like/want/need (me)	Same as "support" (2)
Keeper's on	Play back to the keeper
Leave it	Same as "let it run"
Let it run/go	Tells teammate to "dummy" a pass, i.e. let the ball continue on to a more distant player rather than receiving it himself
Look at Name	He's open to receive the ball

Man coming	You will be under pressure very soon
Man on [hard]	Warns of immediate pressure from a blind side
Name is gone	He is making a run to space behind the defense
Near Post	1. Tells teammate to make a run to the near post; 2. Tells teammate to cross the ball to the near post
Open up	Tells receiving teammate to take "open" body position so as to be able to see as much of the field of play as possible; normally suggests that ball should be received across body to the far foot.
Right away	Play the ball as soon as possible
Send [it]	1. Instruction by overlapping teammate to tell player on the ball to release it; 2. Suggestion to play "over the top" to a teammate making a run behind the opponents' defense
Shoot	Take a shot now
Spread [out]	Spread out so as to ensure maximum depth and width on attack and stretch the opponents' defense ("use the whole field")
Switch	Play the ball to the far side of the pitch in order to switch the point of attack to the "weak side"; see also "switch off"
Switch field	Same as "switch"
Stretch out	Same as "spread out"
Support	You can take on your defender; if you lose the ball, I'm here to win it back; if you want to play back, I'm here
Take it down/in	You have time to control the ball (normally used as player is about to receive a difficult or high pass)
[Put it] through	Look to split the defenders with a pass into space for a teammate making a run off the ball
Time	You are not under pressure; get your head up and assess your options
Turn	Used to tell a teammate receiving ball with back to opponents' goal that he can turn and go forward
What you see	You are not under pressure from your blind side
Wing	Look to play the ball wide
Yes	You can play to me now: I'm ready to receive
1-2	Suggests a wall pass or give-and-go
Drop	Asks for a drop or heel pass, i.e. a pass made directly behind the player on the ball
Feed me	Used by a player making a run into space behind defenders to request a through or lead pass so he can catch up to it and continue his run to goal

Flick	Requests that the ball be "flicked" on by the receiver to a running teammate, either with the front foot (in the case of a pass played on the ground) or with the head (typically on a throw-in)
Go	Tells teammate to sprint forward and look for a return pass
Give-'n'-go	Same as "1-2"
Heel	Same as "drop"
Hold or hold it	Used by overlapping teammate to tell player on the ball not to release it until he has passed him
Line	Play the ball to me down the touchline
Set me up	Play the ball back to me on my preferred foot so I can play a long ball forward
Square	Indicates support in a position to one side of the player on the ball
Touch [me/N]	Play the ball to me (or to a named teammate) with your first touch
Wall pass	Asks for a pass on the ground which will be returned with the first touch as the teammate who made the first pass makes a run past a defender
"M's ball"	Used by field players to call for the ball to teammates will get out of their way; use in preference to "Mine!" which some referees will penalize as unsporting conduct
"M's up"	Used by field players to warn off teammates as they go up for a header
Cover	1. Used by 2nd defender to tell 1st defender he has support; 2. Used to tell teammate to become 2nd defender
Easy	Stay composed; don't panic; don't boot the ball away
I got ball	I will take the 1st defender role
Keeper	GK uses this to call for the ball so teammates will get out of his way
Mine	See "M's ball"
Move	Keep your feet moving; don't get caught ball-watching
No	Don't play the ball to me, because I'm too tightly marked and the pass would be intercepted
Out	Same as "push up"
Pull up	Same as "push up"
Push up	Asks fullbacks to move up the field to leave opponent in an off-side position and/or support our attack
Step out/up	Same as "push up"
Trap	1. Same as "push up"; 2. Same as "double"
You	Tells teammate he or she is in a better position to play the ball than you are (used when two teammates are converging on a ball); NB: rather than

	asking teammates to take responsibility, it is better for one player to take responsibility by calling for the ball
Unlucky	The idea was right, even if the outcome was not what we wanted (e.g. teammate's shot hit the post or keeper was forced to make a spectacular save)
Well done	Recognizes good effort
Well in	Recognizes a strong challenge
Well up	Recognizes a strong effort in the air

Appendix A – Coaching session sheet

Date : / /

Game Time :

Focus :

Islamic Character Theme :

Training Activity Breakdown

Warm-up:

Equipment Needed:

Training Sessions:

Cool down:

Appendix B – Your first session ideas

Come early!

Introduce yourself:

- Name
- Experience
- Why you are coaching

Ask players

- Introduce themselves (memorize their names)
- why they are there
- what do they want the outcome of the season to be

Convey your idea of the season

- goals and expected outcomes for the group

Set ground rules together with the team

- respect for each other
- paying attention to the coach
- time for play and time for training
- what do they do and where do they go when they come

Play a game where they must memorize each others names

- this is first step in building respect and trust amongst the team

Walk through typical warm-up routine

- this will be first thing they know immediately what to do when they come in the following weeks
- ...
- always make use of the ball even if jogging

Training exercises followed by short water breaks or debrief sessions

Cool down session

- light jog and stretching while recapping what was learned