

Burlington Junior Soccer Association



Coaching Videos Available at:

Burlington Public Library
34 Library Lane
Burlington, CT 06013
860-673-3331

Video #	Video Title	Description
1	<u>Soccer: How To Coach and How To Play</u> Disc 1: Warm Up, Technique (86 min) Topics include: Warm-ups, stretching, cool down, dribbling, passing, shooting, receiving, heading.	This program is focused on developing a team to play 11 V 11, and provides technical and tactical demonstrations of a variety of exercises and activities that can be used for small group, functional training and team training. The exercises are carried out by players of several different age groups with different levels of experience and each set of exercises has a specific purpose for team development. The training sessions and critiques used in this DVD will be very similar to what most coaches will experience, but every coach should develop their own training sessions and use their own personality to achieve their objectives. The soccer season allows for time to teach building blocks of topics that are linked to each other through the technical/tactical demands of the game. By adhering to the principles of the game, coaches can use various small sided games to accomplish individual and small group tactics as well as fitness and many other essential soccer skills.
2	<u>Soccer: How To Coach and How To Play</u> Disc 2: Group Activities, Individual Tactics (65 min) Topics include: Group activities to teach dribbling, passing, shooting, receiving, heading. Individual tactics for attacking and defending.	
3	<u>Soccer: How To Coach and How To Play</u> Disc 3: Group Tactics, Team Patterns and Tactics (75 min) Topics include: Group attacking and defending. Team tactics and systems.	
4	<u>Success In Soccer: Modern Youth Training</u> Disc 1: Playing & Practicing with 5 to 6 Year-Olds (102 min)	Building blocks for play sessions. Indoor play sessions, Outdoor play sessions, Creating play sessions, The coach's job, Problems and how to solve them, Working with parents, Play days for ages 5 to 6
5	<u>Success In Soccer: Modern Youth Training</u> Disc 2: Playing & Practicing with 6 to 8 Year-Olds (104 min)	Building Blocks for play sessions, Training fundamentals for indoor sessions, Training fundamentals for outdoor sessions, Planning a training session, Age-appropriate matches
6	<u>Success In Soccer: Modern Youth Training</u> Disc 3: Practicing with 8 to 12 Year-Olds (94 min)	Learning basic techniques, Learning to dribble, Learning to fake, Learning to shoot, Learning to pass, Learning to receive and control the ball, Learning heading, Simple soccer games, Tips on organizing sessions
7	<u>1-2-3 Goal: Training For Exciting and Productive Soccer</u> Disc 1: The Foundation of the Coerver Method: Ball Feeling, Ball Control and Ball Skills (55 min)	Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by FIFA and UEFA.
8	<u>1-2-3 Goal: Training For Exciting and Productive Soccer</u> Disc 2: One vs One: Moves To Get Past An Opponent, Moves To Beat An Opponent (55 min)	Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by FIFA and UEFA.
9	<u>Goalkeeping: The DiCicco Method</u>	Three DVD set jam-packed with the most comprehensive drills and expert training tips you can get.

	Disc 1: Introduction To Goalkeeping: What Every Goalkeeper and Coach Needs to Know (55 min)	Designed for all levels - beginner to advanced.
10	<u>Goalkeeping: The DiCicco Method</u> Disc 2: Goalkeeper Training and Coaches: The Techniques and Tactics of Modern Goalkeeping (55 min)	Detailed and organized presentation for keepers and coaches. Three DVD set has comprehensive drills and expert training tips and is designed for all levels, beginner to advanced.
11	<u>Goalkeeping: The DiCicco Method</u> Disc 3: The Goalkeeper as a Team Player: The Tactical, Psychological and Physical Dimensions (55 min)	You get pre game warm-up and practice warm-up. Quick footwork, plyometric training, agility, abdominals, ball gymnastics and much more. It's like training in person – with the best!
12	<u>Developing The Player: Progressive Soccer Technical Training</u> (2 disc set) Disc 1: Physical, Technical – Attacking (168 min) Disc 2: Technical – Defending, Social, Psychological (72 min)	In this new DVD from The Football Association and Soccer Learning Systems, we will look at how to develop a program which will support the long term development of your players using a 4-corner model. <u>Technical Corner:</u> We will see coaching sessions to improve players in key technical aspects of the game. These sessions include: Creating Space, Passing, Ball Control, Running With The Ball, Dribbling, Turning, Shooting/Finishing, Heading, Goalkeeping and Defending. Each activity uses a technique practice, a Skill practice and a Small Sided game. <u>Physical Corner:</u> Developing the physical literacy of the players through fun movement exercises. <u>Psychological Corner:</u> We will look at the impact of learning and the opportunity for decision making. <u>Social Corner:</u> We will look at ways to establish an environment in which your players feel safe and able to develop to their full potential.
13	<u>How To Coach Very Young Soccer Players: Fun Games and Basic Skills</u> (60 min)	The ideal video for any first time parent/coach of very young soccer players. On-the-field practice sessions clearly explain and demonstrate how the parent/coach can teach basic soccer skills in a "learn and have fun" system. Interaction between the parent/coach and young children is emphasized - remember you are coaching young children, not young adults. Full of "how to" tips, fun games and basic skills. Everything you ever wanted to know on how to coach very young soccer players is on this award winning video.
14	<u>35 Games and Activities for U6 Soccer Players</u> (60 min)	Making soccer fun is the most important goal of any U6 soccer coach. On this DVD, developed by the Iowa Soccer Association (ISA), U6 coaches are provided with the learning techniques to create fun and exciting coaching sessions for their young athletes. This instructional DVD includes over 35 age-appropriate training games and activities presented by ISA's Director of Coaching, Ian Bradley. Bradley uses real-life U6 player demonstrations, accompanied by graphical explanations of each activity as well as coaching considerations at appropriate times. With having fun as the key theme, the DVD guides coaches through creative ways to conduct organized, effective and entertaining practices that encourage and challenge your players. The number of activities and games shown on this DVD, and its fundamental approach to learning, make it an essential educational resource for any U6 soccer coach!
15	<u>30 Games and Activities for U8 Soccer Players</u> (67 min)	Making soccer fun is the most important goal of any U8 soccer coach. On this DVD, developed by Iowa Soccer Association (ISA), U8 coaches are provided with the learning techniques to create fun and exciting coaching sessions for their young athletes. This excellent instructional DVD includes over 30 age-appropriate training games and activities presented by ISA's Director of Coaching, Ian Bradley. Bradley uses real-life U8 player demonstrations accompanied by graphical explanations of each activity, as well as coaching considerations at appropriate times. With having fun as the key theme, the DVD guides coaches through creative ways to conduct organized, effective, and

		entertaining practices that encourage and challenge your players. The number of activities and games shown on this DVD, and its fundamental approach to learning, make it an essential educational resource for any U8 soccer coach!
16	<u>Coaching Players: A New Perspective</u> (64 min)	This DVD concentrates on 'how to coach' not 'what to coach'. It's essential for both player development and your skills as a coach, to understand the importance of creating a positive learning environment and to recognize the individual learning needs of your players so that they may develop to their full potential not only as soccer players but as young people.
17	<u>Warm Up, Warm Down: A Guide To Referees Fitness</u> (17 min) (VHS)	Of all the participants in a soccer match, nobody puts in as much physical effort as the referee. Peak physical conditioning is essential for maximum performance.
18	<u>Referee Training Series: Managing Situations</u> (25 minutes) (VHS)	Specifically designed for use in the continuing education of referees. The material covered can be used to consolidate a basic referee training program and will improve referee management techniques. The video comes with its own set of referee instructor notes specifically designed to maximize the effectiveness of the ongoing referee training program.
19	<u>Referee Training Series: Communication Skills</u> (35 minutes) (VHS)	Specifically designed for use in the continuing education of referees. The material covered can be used to consolidate a basic referee training program and will improve communication skills. The video comes with its own set of referee instructor notes specifically designed to maximize the effectiveness of the ongoing referee training program.
20	<u>Teamwork: A Guide to the Role of Assistant Referees & 4th Officials</u> (19 minutes) (VHS)	There is a third team on the field, without whom the match could never be played. An effective third team of the referee, assistant referees and fourth official are only truly effective when they have optimum communication between them.