

Coaching 3P's

Coaches do many things. They inspire and motivate. They teach and instruct. They set an example. Through the sport of soccer, coaches can help young student-athletes experience some of life's most important lessons.

Your **Philosophy**, Your **Preparation**, Your ability to *Let the Kid's Play* are the key components to being a successful coach.

Your **Philosophy**

In developing a coaching philosophy, the coach can formulate three key components, with the sole purpose of becoming a better coach, to improve athlete's development and to achieve acceptable results.

The three components are:

Knowing yourself, your strengths, and more importantly your weaknesses.

Knowing what your challenges will be and the obstacles they bring.

Knowing your athletes, their personalities, their abilities and their goals.

Coaching is helping athletes achieve their dreams. The positive coach and role model, following a well-defined coaching philosophy, will be a key ingredient in the success of his or her athletes. For that reason alone, the development of a formal coaching philosophy statement is essential for all coaches.

A coaching philosophy should include the fact that playing soccer is intended to be FUN. Strive to make practices and games enjoyable experiences that will both develop skills and provide positive life long memories for every player.

“Success” is measured by getting a group of kids to play together and as a team reach their ultimate potential while having fun. This is the foundation of our coaching philosophy. While all players should enjoy their experience as part of the team, every member is expected to put the best interest of the team first. No individual, coach, or player is more important than the team.

How do you define success?

As character-driven coaches, our definition of success resembles that of coaching great John Wooden. “Success is peace of mind which is a direct result of self satisfaction in knowing you made the effort to do the best of which you are capable.”

Your definition of success:



How would you reward success?

Your **Preparation**

SUCCESS IS WHAT HAPPENS WHEN PREPARATION MEETS OPPORTUNITY

The level of preparation and knowledge that is needed is determined by the skill level and age of the team you are coaching. From an entry level team to an established team, preparation is essential to achieve development and success.

COACHES SHOULD FOLLOW THESE GUIDELINES!!!

Before the season begins, communicate to the players & parents ...it is important to address the following with parents and players

- Acceptable and unacceptable behavior
- What to expect from you (the coach)
- Your expectations of the players
- Your expectations of the parents
- Consequences of actions

Your definition of team and individual respect:

How can you demonstrate respect in training or game situations:

PREPERATION TIPS: BEING ORGANIZED AT TRAININGS AND GAMES

- Write down your practice plan before practice starts. Keep it with you
- Organize practice as follows: Warm up, Individual Skill Work, Small-sided Games always at the end
- Setup for the next drill/game during the water breaks.
- Organize team parents and assistant coaches. Their help with administrative tasks, and practices will be invaluable.
- For youth players "ages 6 - 12", keep the practices and tactics simple and in easy to understand terms.
- When playing SMALL-SIDED games and scrimmages at practice, establish names for the teams (ex. USA, England, etc.) The team name creates unity, competition and brings out the best in your players.
- Use a handful of drills that you and your players will enjoy ... no need to spend 15 -20 minutes explaining new drills at each practice.
- Tell the players how long the drill will last or how many goals will win the game. This gives them an objective and keeps them focused on the DRILL at hand.

DEVELOP A TEAM TO-DO LIST!! THIS CAN CHANGE AS THE SEASON PROGRESSES

Once you decide on the team to-do list, jot them down and reinforce them throughout the season ... during practice, before games and at half time! Here are some examples:

- When the ball comes to a player, his/her options are passing, dribbling or shooting
- We are playing keep away not just kicking
- Quick throw-ins will keep the play moving
- Everybody gets back on all defensive dead balls, free kicks, and corners
- When the player has the ball in the offensive corner, cross the ball in front of the goal
- When the player sees his/her teammate has the ball in the offensive corner, position him or herself in front of the goal and wait for the cross
- Communicate and talking to one another will make the game easier

Your definition of sportsmanship:

How would you demonstrate sportsmanship in training/games?

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COACHES
Soccer

Let the Kids **Play**

Let the Kids Play

Coaches should follow these points in order to help the individual as well as the team improve.

- ✎ Preparation for games starts at training sessions. It is too hard to instruct/teach at games.
- ✎ Always start with a positive comment and finish with the constructive critique.
- ✎ Acknowledge all players by name with a greeting at the beginning of each practice session, when possible.
- ✎ Delegate equal time to all team members in practice.
- ✎ Look for signs of improvement in all players, no matter how small, and point them out to the individual, the team and to the player's parents.
- ✎ Express the importance of each player to the team's success.
- ✎ Allow players to play their favorite positions in practice even though they may not play those in games.
- ✎ Communicate the importance of each player and how important it is to stay prepared to play at all times during games throughout the season
- ✎ Always look for opportunities to put players into games.
- ✎ Look for playing time situations where players have a chance of succeeding as opposed to situations where players may be over matched
- ✎ Constantly teach sport strategy knowledge in games, especially to players who are sitting on the bench. Recognize the different God given physical talent of players and show patience with less talented players.
- ✎ Reward and encourage players that display effort and dedication. Give all players a pat on the back and a smile at the end of practices and at games, win or lose.

Of course, many leagues have mandatory playing rules, which is good. Coaches should always strive to give bench sitting players' confidence and a sense of importance. Building and maintaining youth players' self-esteem is the number one goal of youth coaches. Coaches, who make a point of paying extra attention to kids who do not play as much, become positive role models for all players.