

## **INTRODUCTION TO COACHING EDUCATION**

**GOAL:** To provide information and field experience for the coaching candidate to help them have a fun and rewarding coaching experience.

### **PHILOSOPHY: WHY DO YOU WANT TO COACH?**

- Player driven- not coach driven
- Player development- NOT WINNING
- Having FUN!

### **YOUR MISSION AS A YOUTH (GRASSROOTS) SOCCER COACH**

- Catch the player doing something right- Say, "Do this" instead of " Don't do that"
- Focus on what has been accomplished
- Be a positive role model
- Keep the player coming back

### **YOUTH (GRASSROOTS) COACHING RESPONSIBILITIES**

- Facilitator of activities- You are "The guide on the side, not the sage on the stage"
- Use activities and games to TEACH. The GAME is the teacher.
- Understand that success is a by-product of PLAYER DEVELOPMENT.
- Player Development is a process not an end.
- Recognize that Soccer is a PLAYERS GAME, not a COACHES GAME.
- Soccer is a RANDOM and UNPREDICTABLE game.
- Provide an environment that promotes the EMOTIONAL, SOCIAL, PHYSICAL, TECHNICAL, and TACTICAL aspects of the game to enhance player development.

### **WHAT SHOULD THE YOUTH SOCCER (GRASSROOTS) COACH BE LIKE**

- Provide an environment that is ENJOYABLE and FUN
- Provide a structured training plan
- Demonstrate the ability to clown around and have fun
- Be friendly, genuine, and patient with the players
- Always be positive towards the players
- Demonstrate good sportsmanship

### **PRINCIPLES OF YOUTH (GRASSROOTS) COACHING**

- Use developmentally appropriate activities
- Give clear, concise and correct information (give enough information to get the activity started)- Brevity, clarity, and relevance
- Provide a SAFE and APPROPRIATE training area
- Use activities that require DECISION MAKING
- Use activities that have IMPLICATIONS of the GAME

### **WHAT IS THE GAME OF SOCCER?**

- A competitive game-made difficult by the opponent.
- It is a game that has rules.
- Free Flowing- not scripted.
- Players meet the demands of the game, not the coach.
- It is a game played by players, made complicated by coaches.

### **WHAT IS COACHING?**

- When you are coaching, you are teaching!
- It is the ability to take players somewhere new!
- You are a facilitator of games and activities!
- You are a role model!

### **HOW DO PLAYERS LEARN?**

- Players learn by repetition
- Small bits of information at a time-one point at a time
- Players learn when we teach and don't talk!
- Players learn the game when we let them play it!
- No Lines, Lectures, or Laps!!

### **ORGANIZING A TRAINING SESSION**

- Begin with the end in mind!
- Fail to prepare, prepare to Fail!
- KISS Theory
- Have discs, cones, training vests, balls, and other equipment already to go. Have flow to your training sessions
- Have a specific focus (training topic) for your training session-focus on that. Everything else is bonus!
- Players need to be in motion during activities and games, don't do DRILLS!!!
- Activities need to relate to the game!
- Activities should be geared to their success as a player, not to develop a winning team!
- Activities should be geared for the players to make their own decisions
- Let the kids play!!
- End with a smile!!!

**BILL OF RIGHTS FOR YOUNG ATHLETES (NASPE 1979)**

- Right to participate at a level commensurate with each child's maturity and ability.
- Right to have qualified adult leadership.
- Right to play as a child and not as an adult.
- Right of children to share in the leadership and decision making of their sport participation.
- Right to participate in a safe and healthy environment.
- Right to proper preparation for participation in sport.
- Right to have an equal opportunity to strive for success.
- Right to be treated with dignity.
- Right to have FUN in sport.