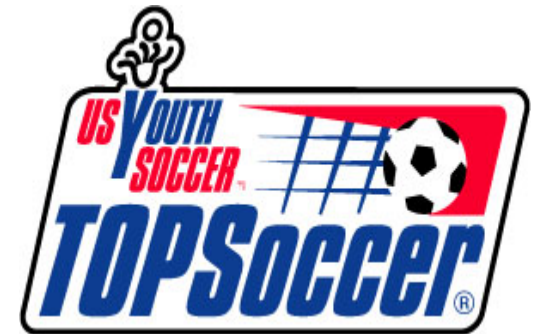


US Youth Soccer Region IV

TOPSoccer Coaching Tips



MISSION STATEMENT

To promote the growth of TOPSoccer by providing educational and practical support to Region IV members and encourage local affiliates to start and/or grow TOPSoccer programs in their communities.

General Information

Our Responsibility/Goals

- Grow TOPSoccer at the entry level
- Participation and/or competition for all skill levels
- Develop teams, programs and competition opportunities

General Information

- People with disabilities are people first
- Focus on the positive and abilities
- Players are not confined by their adaptive equipment
- They need to be supported
- Heading the ball

General Information

- Disability soccer is another aspect of our game just as is like Rec, Select, ODP etc.
- Teams have all ranges of abilities, personalities, strengths, weaknesses, challenges and discipline issues
- Definition of success is not measured in goals alone

Why Do Kids Play Soccer?

- Improve fitness
- Develop new skills
- Competition
- Recognition
- Social/friends
- Personal Challenge
- Fun and enjoyment

Why Do Kids Play Soccer?

- Confidence and self-esteem
- Taking responsibility
- Handle stress and pressure
- Cope with setbacks & disappointments

Qualities Of A Good Coach

- Two-way communication
- Session Planning
- Technical
- Ability to analyze performance
- Enthusiastic
- Entertaining

Coaching Players With Disabilities

- General knowledge of a players' ability/disability
- Impairment specific rules and classifications
- Specialist equipment and rules modifications
- Safety and medical implications of specific impairment groups

Enabling Terminology

Say...

- Disabled
- Deaf or hard of hearing
- Blind or partially sighted
- In an accident
- Wheelchair/walker user

Enabling Terminology

Say...

- Has Epilepsy or Cerebral Palsy
- Mental or intellectual disability
- Developmental disabilities or delayed
- Down Syndrome

Enabling Language

- Terminology meaning and background
- Understand what is dated and no longer acceptable
- If unsure, discuss it with the parents
- Don't be afraid of using the wrong words

Coaching Tips

- Adaptive activities and techniques
- Simple, brief instructions
- One task at a time
- Plan
- Patience and understanding
- Demonstrate

Coaching Tips

- Bring the activity to the player
- Determine motivators
- Be aware of signs of fatigue
- Praise and encouragement
- Range of understanding, retention and communication

Coaching Tips

- Don't take the challenge out of the activity
- Be flexible
- All players are different
- Unacceptable behavior
- Strive for independence
- Safety first, fun second and learning last

Communication

- Verbal and non-verbal instructions
- Practical demonstrations
- Ask questions – listen for answers
- Don't make assumptions
- Assistants
- Non-Verbal players

Communication

With a blind/partially sighted player ...

- Use your voice
- Let the player guide you
- Buddies

Communication

With players who have difficulty speaking...

- Be patient
- Don't talk for the person
- Keep your manner encouraging
- Ask questions that require short answers

Learning Disabilities

- Likely in special education
- Majority of potential participants
- Understanding safety
- May have relatively poor self-care skills
- Guidance on appropriate clothing
- Sunburn, exhaustion and dehydration
- Convulsive disorders

Cerebral Palsy

- Movement disorders
- Brain damage
- Muscle control
- Communication
- Seizures
- May not be ambulatory
- Balance and coordination problems
- Dehydration, muscles cramps

Blind/Partially Sighted

- Classifications
- Challenges
- Modified games and equipment
- Sound-based games
- Familiarization with facility
- Beware of changes
- Equipment

Deaf/Hard of Hearing

- Hearing loss
- Minor modifications to the game
- Inclusion in mainstream soccer
- Some social support required
- Top level of multi-disability soccer
- Facility and buddy awareness
- Review emergency procedures
- Try to eliminate background noise
- Remove hearing aids for competition
- Review communication strategies

What Wheelchair Users Want you to Know

- Moving a wheelchair
- Pushing a wheelchair
- “Personal space”

A Teaching Model

- Introduce the skill
- Present and share information
- Determine the player's skill level
- Practice
- Feedback
- Check for understanding
- Summarize

Have Fun!

- Exaggerate what you're doing
- Make it fun! Laugh!

***REMEMBER THAT WE ALL HAVE
DISABILITIES***

IN SOME OF US, THEY SHOW

Credits

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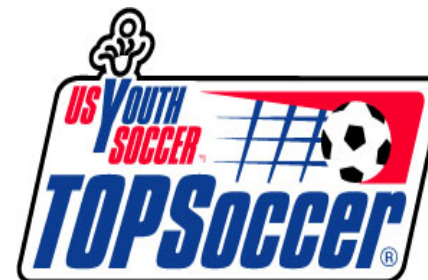
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Revised Oct 2008