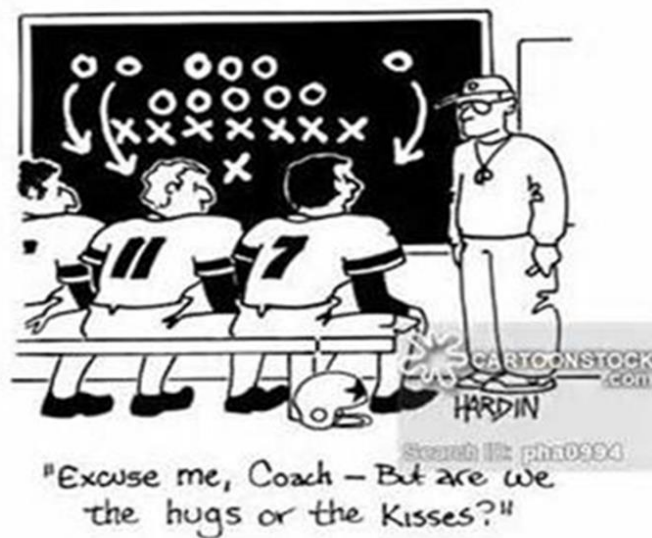


# Effective Coaching Behavior in Recreation soccer



# Types of Coaches



# Why do we coach?



# Why do players play?

1. To Have Fun
2. To Make Friends
3. To Improve My Skills and Learn to Play Soccer the Right Way
4. For the Excitement and Challenge of Competition
5. To Be Part of a Team and Learn Teamwork

"To Win" was No. 9.

"To Earn a College Scholarship" was No. 10.

"Because My Parents Asked Me To Play" was No. 11, dead last.

# Why do players quit?



## WHY KIDS QUIT

Criticism and yelling

No playing time

Emphasis on winning

Fear of making mistakes

Boredom

Not learning

# Simplified stages of player development.

“Play Is The Work of the Child” Maria Montessori

# Discovering what “I” can do: The beauty of young selfishness

- Young players are naturally “Self Centered”
- They are fascinated by discovering what their bodies can do: “look how fast my new shoes are”  
“look how hard I can throw”
- They don’t yet comprehend others involved in their success
- Encourage 1V1 play (not big kicks)
- Small sided games (2v2)



# Discovering what “You and I” can do: The thrill of combining with a teammate

- Typically begins around 8 years old
- Players naturally begin to notice others as teammates that can be used to advance the ball
- Players get excited about decision making “Do I dribble or pass”
- Small sided games (2v1, 3v2)
- Continue to encourage 1v1 play





# Discovering what “We” can do: The joy of teamwork

- Players usually start to comprehend about 12 years old.
- Begin to comprehend third and fourth players connected to the play
- Uses the field more fully
- Feel accomplishment when teammate scores.
- Small sided games (3v3, 4v4, + neutral players)
- Train with more full sided games



# What the players need from Coaches

- Fun, Safe playing environment
- Encouragement to be creative
- Freedom to fail is an absolute necessity.
- Guided discovery = open ended questions
- Plenty of playing time in games
- More training than games in younger ages
- Free Play (no lines, lectures, laps)
- Complete inclusion: Slanted line theory
- A constant communication with parents about their child.
- Be quiet!

# What coaches need from the club

- Training
  - Coaches training at least 2x's a year
  - Resources for practice sessions
- Support
- Established end to end (early ages to older ages) coaching philosophy.
- Equipment?

# At the end of the day



- Players check the box saying:  
“That was fun, I want to do that again!”
- Players want to play again next year.
- We are stewards of the players time

Questions/ Comments?