

The background of the slide features a close-up, low-angle view of a soccer goal net. The net's mesh is a reddish-brown color, and the goalposts are visible on the left. In the upper right, a tall, silver stadium light pole extends upwards, topped with a cluster of numerous circular lights. The sky is a clear, pale blue.

Modern American Coaching Methods

Sam Snow
Technical Director
US Youth Soccer

Modern American Coaching Methods

- Player-Centered training sessions & matches
 - Eliminate over-coaching
- Reality Based Training
 - Curriculum
 - Match Analysis
- Problem Solving & Skills
 - Who
 - What
 - Where
 - When
 - Why
 - How



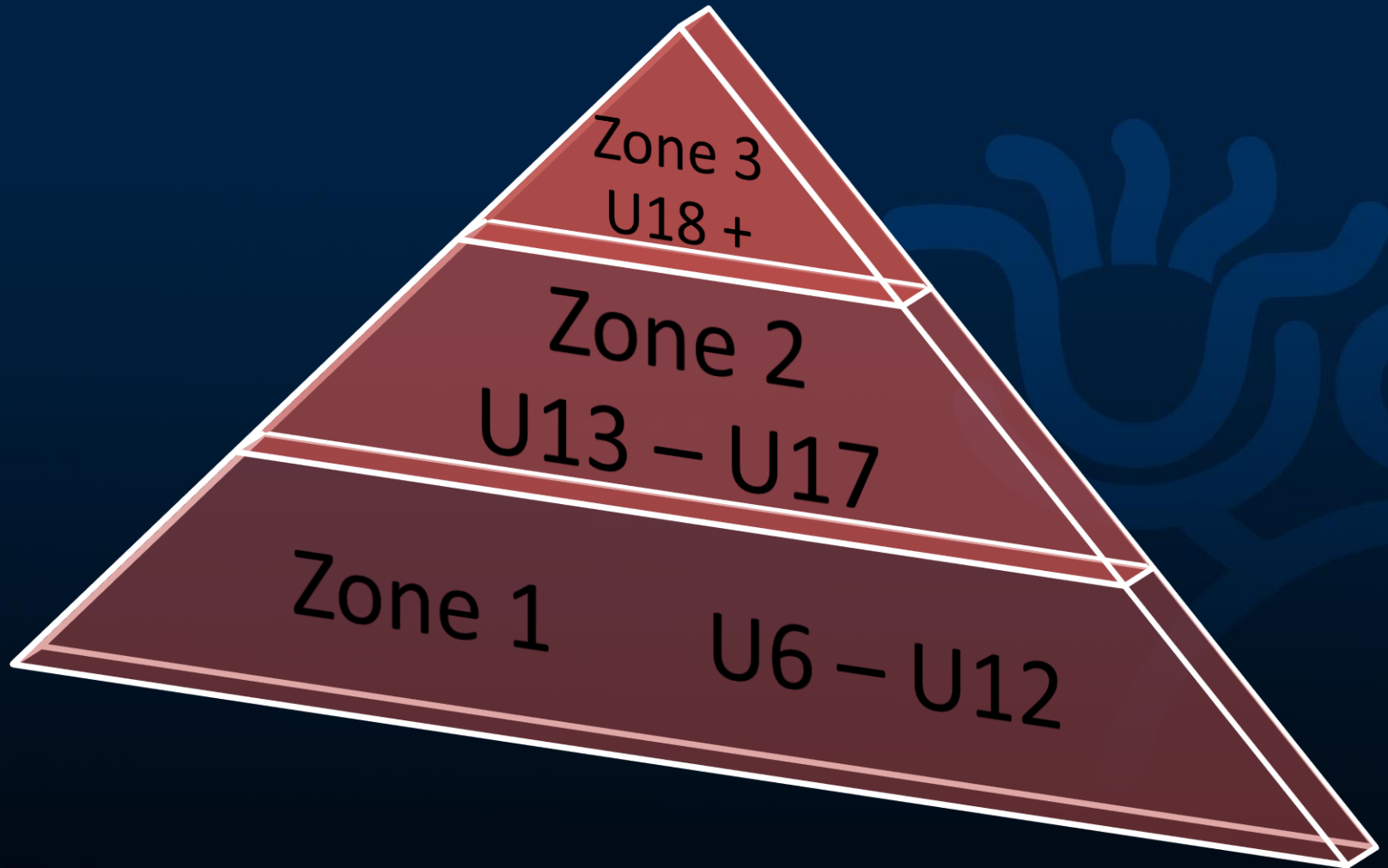
Modern American Coaching Methods

“ I think parenting and coaching or teaching are the same thing. And they are the two most important professions in the world.”

[John Wooden]



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STYLE

- A distinctive manner ... a characteristic mode of presentation ...external manner, mode, or fashion

METHOD

- A way or mode by which we proceed to the attainment of some aim ...logical or scientific arrangement or mode of acting

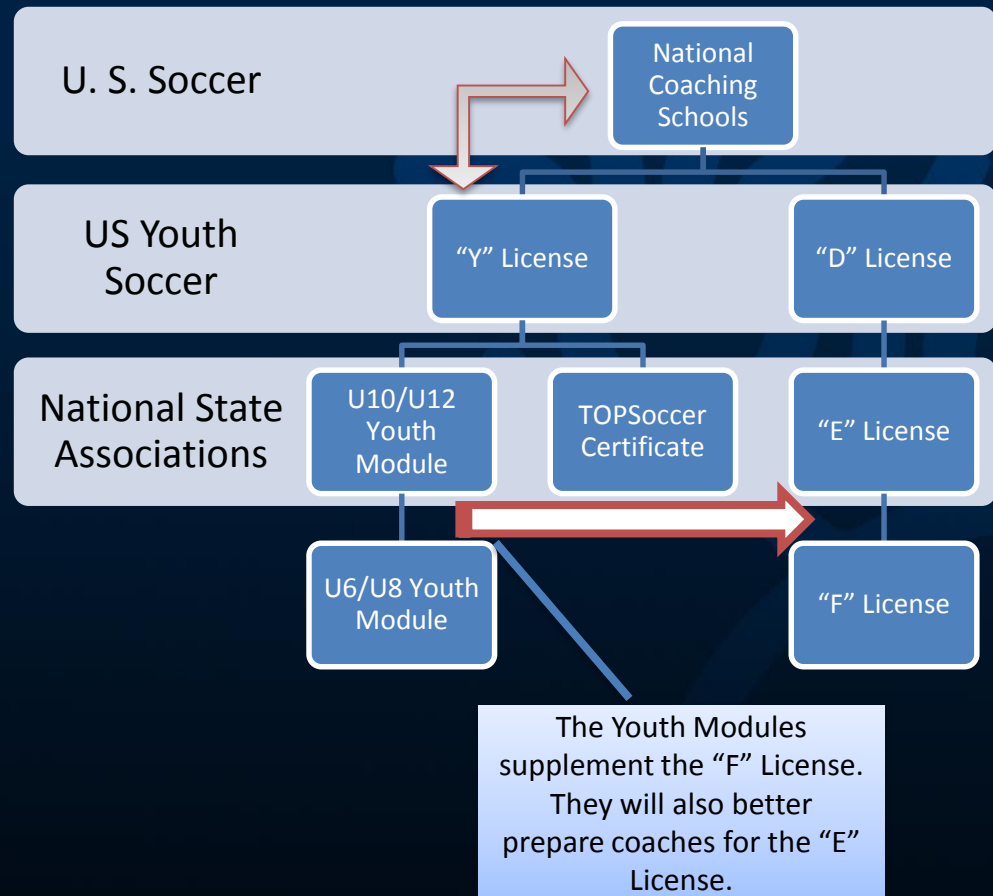


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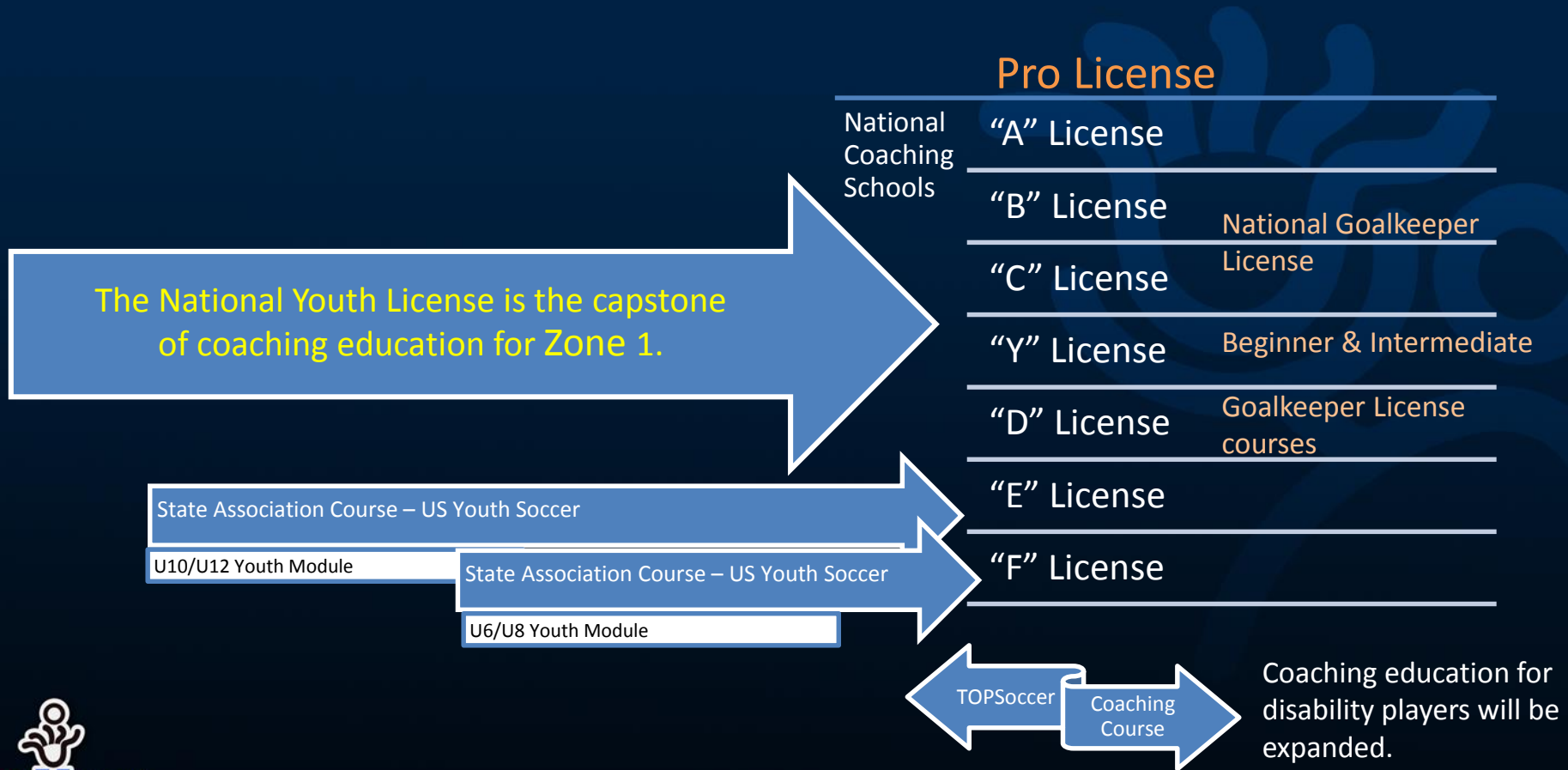
- You should choose a style of coaching that suits your personality.
- Your style or mannerisms will need to change slightly depending upon the age group with whom you are interacting.
- Your style of coaching will likely evolve with increased knowledge, experience and maturity.

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U. S. Soccer and US Youth Soccer provide content, materials and support for the state associations to best deliver coaching education on a local level.



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- On-line and live clinics will round out the information delivered in the License courses. As examples:
 - How to Write a Session Plan
 - Includes video
 - Coach and Parent Communication
 - Skills School videos & text
 - Includes a manual with the key coaching points for all core ball skills
 - Nutrition
 - Coaching on Game Day



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Principles of Play Through Small-Sided Games is an on-line clinic that will assist the coach taking the “E” License course.

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- How Coaching Styles Impact Your Club
 - Coaches are the most visible of all staff in your organization
 - Most dynamic
 - In direct contact with the players
 - Attracting more 'like' people to your organization
 - Representing you on a local, state, regional and national level

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Command

Task

Guided Discovery (exploration – trial & error)

Problem Solving (cognitive dissonance)

Interactive (free exploration)

Active Learning (directed discovery)

Peer Teaching

Modeling

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Teaching/Coaching

- Command: the coach explains a skill, demonstrates the skill and allows the players to practice the skill
- Task: expects players to master or achieve a particular skill, but they can do so at their own pace

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Teaching/Coaching

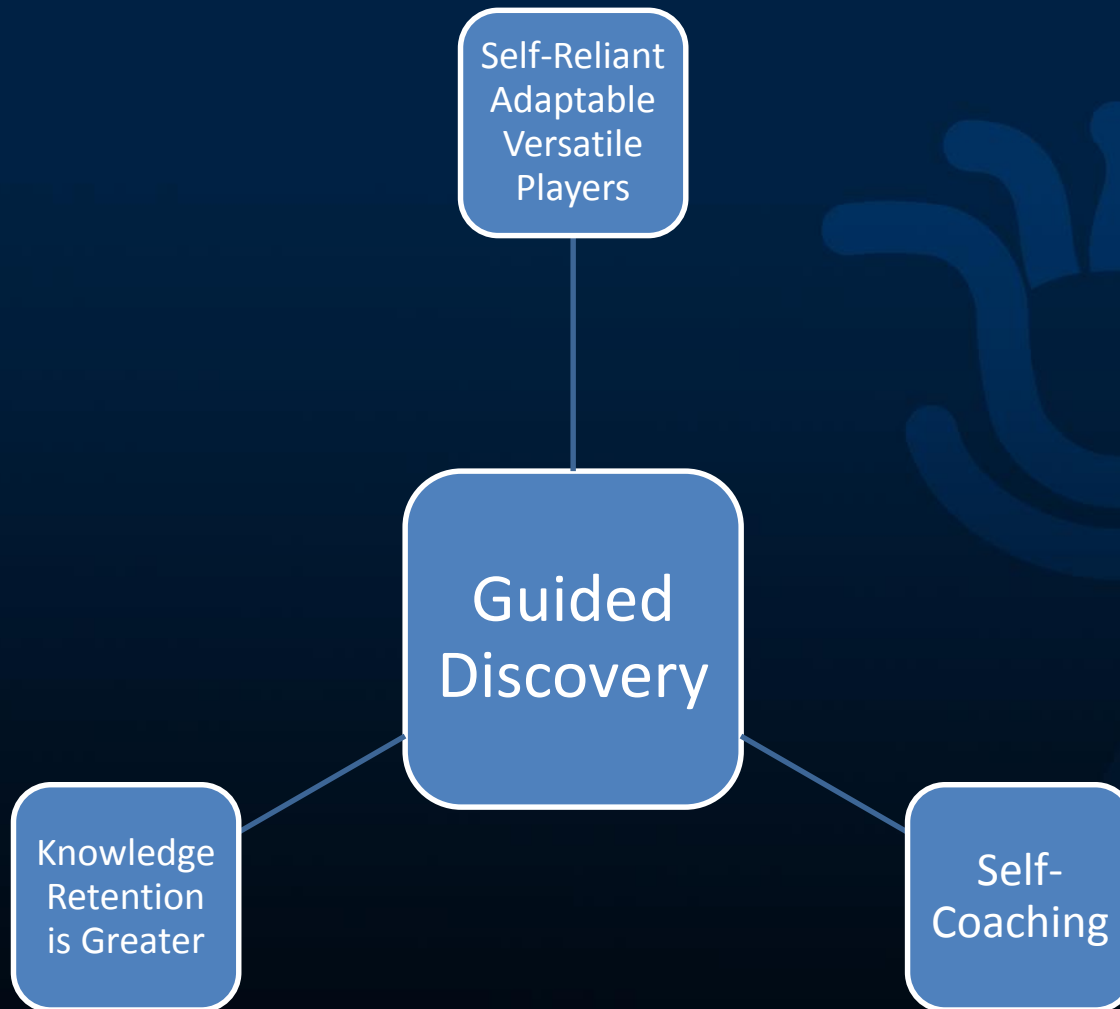
- Guided Discovery: only the coach is aware of the predetermined goal
- Problem Solving: coach poses a question and through exploration the players arrive at a solution
- Interactive/Free Exploration: the players' responses have no imposed responses

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Teaching/Coaching

- Active Learning: the player is involved in what he/she is doing and not merely a passive observer of what is going on
- Peer Teaching: players teach each other in pairs
...keep group size small to facilitate communication among players and an even distribution of work
- Modeling: the coach and/or players demonstrate

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Coaching

Goals of Effective Questioning

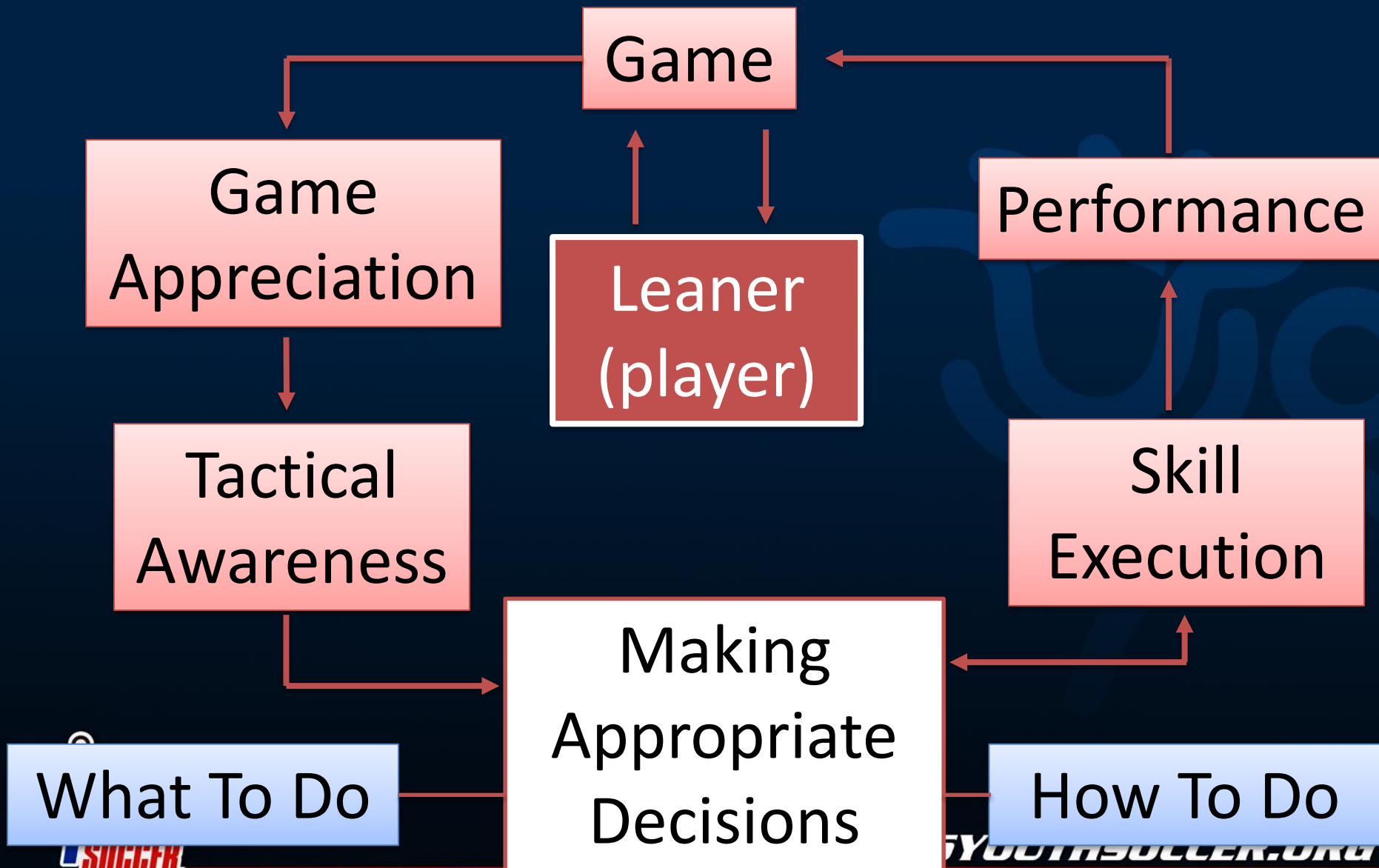
- Actively involving players in the learning process
- Enhancing their task mastery
- Enhancing their conceptual understanding
- Promoting both simple (low-order) and complex (high-order) thinking

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Rethinking Games Teaching – Thorpe, Bunker & Almond, 1986



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“When we treat children’s play as seriously as it deserves, we are helping them feel the joy that’s to be found in the creative spirit. It’s the things we play with and the people who help us play that make a great difference in our lives.”

[Fred Rogers ‘AKA’ Mr. Rogers]



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Learning

- **Peer Teaching**: the players teach each other a movement or a ball skill or tactical idea
 - A range of both strengths and weaknesses occur with the peer teaching process from the player (learner) and the coach (teacher) perspectives

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Learning – Peer Teaching

Player's perspective – ranked benefits:

Highest

1. Collaboration with peers
2. Clarifying subject (skill/tactic) content through discussion
3. Viewing situations from different perspectives
4. Working with a range of teammates

Lowest

5. Having opportunities to determine curriculum (training) content
6. Strengthening communication skills
7. Learning how to work as a team member
8. Becoming actively involved in the learning process

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Learning

- **Interactive/Active Learning**: giving ownership of the game back to the players
 - ...small-sided games
 - ...street soccer
 - ...using game-like activities in training sessions



What we have to learn to do, we
learn by doing.

[Aristotle: *Nicomachean Ethics II,i*]

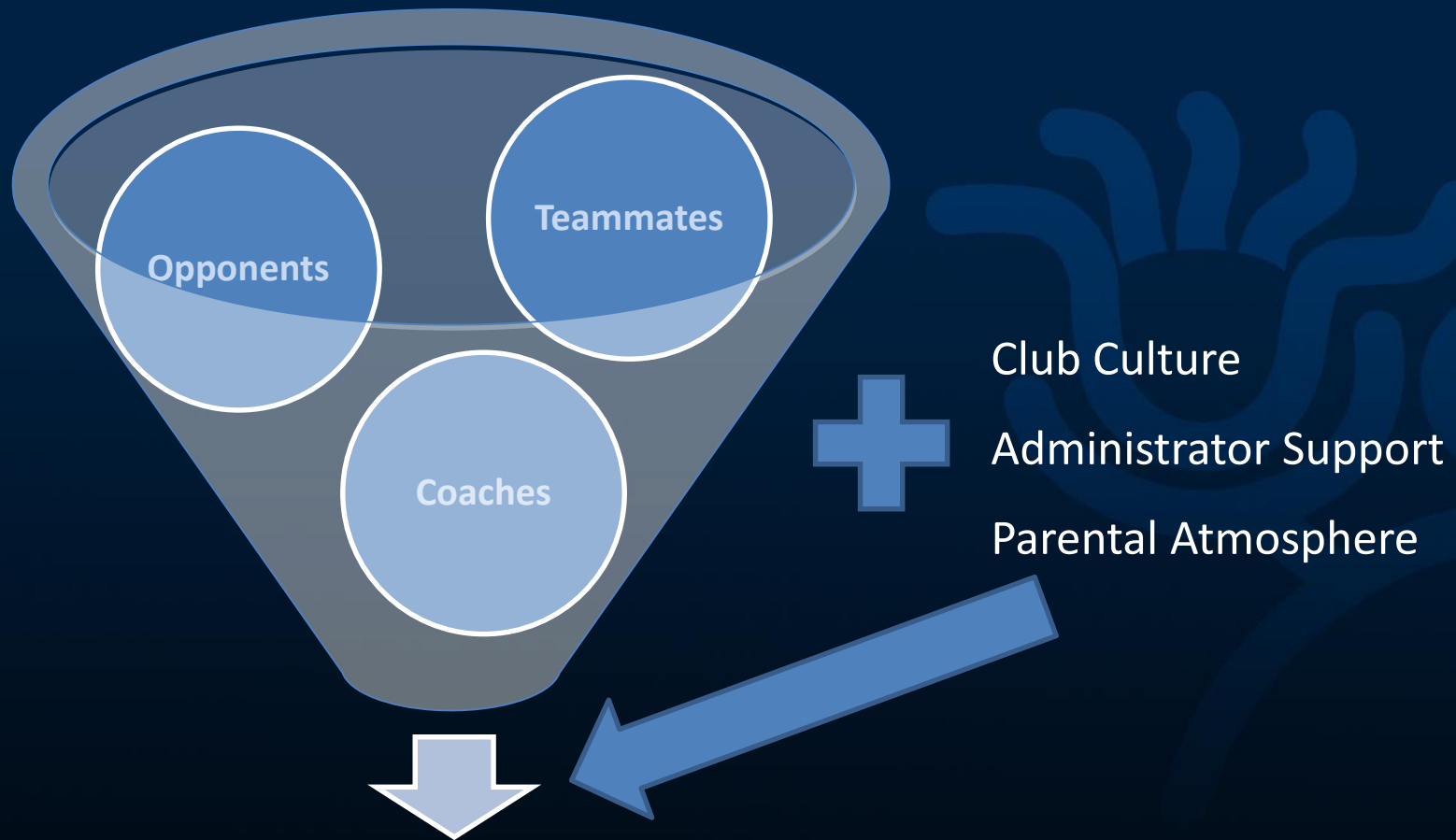


Modern American Coaching Methods Learning

Modeling: demonstration by the coach, an older player
or a teammate ...players observe and try to copy the skill

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Development Influences



Player Development

Credits

- Rethinking Games Teaching; Thorpe, Bunker & Almond, 1986
- Soccer Savvy Players; Snow & Thomas, 2005
- developing decision makers...An Empowerment Approach to Coaching; Kidman, 2001
- Rethinking Peer Teaching; Longaretti, Godinho, Parr & Wilson, 2007
- Coaching Styles and How They Impact Player Development; Echtermeyer, 2007

THANK YOU



Coaching Education



USYOUTHSOCCER.ORG