



# *Methods of Coaching*

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# *Principles of Coaching*

1. Organization:
  - a) Progression = simple to more complex
  - b) Equipment, time, field space, and players
2. Demonstration:
  - a) “Paint the Picture”. Start with a demo..
3. Observation:
  - a) Focus on visual cues
4. Information:
  - a) Feedback is guiding the players to success



# *Designing Your Training Session, cont.*

## **5. Playing Area:**

- a) size
- b) shape
- c) # of players
- d) topic
- e) direction
- f) natural markings

## **6. Components of the Game:**

- a) technical
- b) tactical
- c) psychological
- d) physical
- e) priority
- f) economical training



# *Tactics and Technique Together*

## *The coaching progression*

1. **Warm up** - Lack of pressure from *opponent*. Pressure from ball and imposed demands.  
*Technical emphasis.*
2. **Small Sided Activity** - Introduce pressure / some elements are not real. Does not have to be directional.  
*Introduce tactical application of technique.*
3. **Expanding Small Sided Activity** – close to the “big picture”. *Directional.*  
*Tactical emphasis, technical reminders*
4. **Match Conditions** – Game, with all rules (7v7)  
*Tactical emphasis, technical reminders.*



# *The Progression*

- **Questions:**
  - Does it make sense?
  - Is it appropriate?
  - Does it hit the topic?
  - Is it soccer?
  - Is it realistic?



# *When Making Corrections:*

All Players require a certain amount of uninterrupted play. Allow players to establish a playing rhythm before making a coaching intervention.





# *The Tool Kit*

- Allow the conditions of the game to coach the themes.
- Coach at natural stoppages.
- Coach the individual player as the game continues.
- Coach the team within the flow of the game
- Coach using the “freeze method.”

*Increasing order of intrusion*



# *The Learning Process*

## **Avoid the Following:**

- 1 - Excess coaching
- 2 - Incorrect or inappropriate activities (size of field!)
- 3 - Training sessions that don't flow and are frustrating
- 4 - Game and activities that are unrealistic
- 5- Shallow information: Who / What / When / Why?





# *Small things that add up*

1. Find ways to make things competitive.
2. Hold your players accountable for their decisions on the field.
3. Demand technical precision.
4. Keep the practice flowing.
5. Make it fun! It is a game!



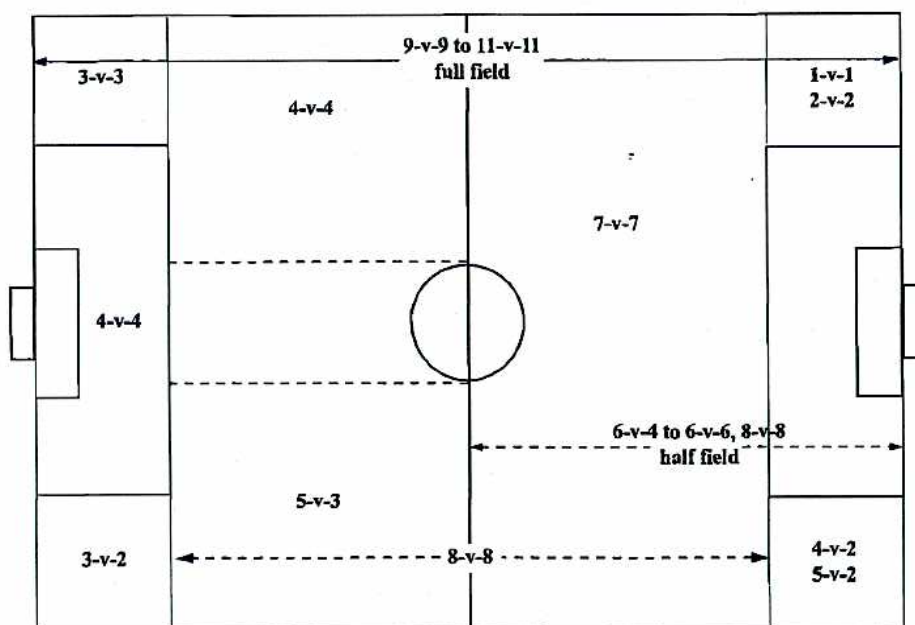
# *Small things that add up*

- Make sure to coach technique at each stage
- Have an idea of what the players will look like playing the activity before you start!
- Do the right thing as a coach... if the grid is too small, fix it!
- Address more than the “what” during your coaching. Make sure you show, “when”, “why”, “how”. Focus on the visual cue that prompts the decision.

## THE PLAYING AREA

The size and shape of a playing area is primarily determined upon by the number of players involved in the exercise or game, the ability of the players, the technique to be highlighted, and the tactical functions of players to meet the specific demands of the game. The shape must mirror the actual playing environment and must be easy for the players to understand. The following diagram shows how the field and its natural markings can be used easily to set up specific training areas. (Diagram 1)

Playing areas must replicate the game and assist in the development of the players' technical and tactical speed of play. At the highest levels, the relationship of time and space is greatly reduced by the ability and physical and psychological dimensions of the players and the tactical development of groups of players and the team.



**Diagram 1 — General Training Space Guidelines**

The following spaces are intended to act as general guidelines for various training activities. Space should be adjusted according to age, ability, etc.

TECHNICAL WARM-UP	ORGANIZATION	KEY COACHING POINTS
SMALL-SIDED ACTIVITY		
EXPANDED SMALL-SIDED ACTIVITY		
7v7 TO TWO GOALS		
COOL DOWN		