

Coaching Efficacy and Culture of the US Youth Soccer National Youth License

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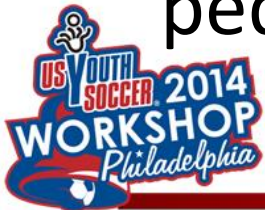
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Introduction & Purpose

- Created in 1995 as a full residential week by Dr. Tom Fleck, Dr. Ron Quinn, Dr. Dave Carr, Virgil Stringfield & Bill Buren.
- Considered one of the first child-centered coaching courses in the world.
- Orientation includes philosophy of coaching, and overview of Piaget's cognitive development as it relates to coaching children, and an introduction to a game/activity pedagogical approach.



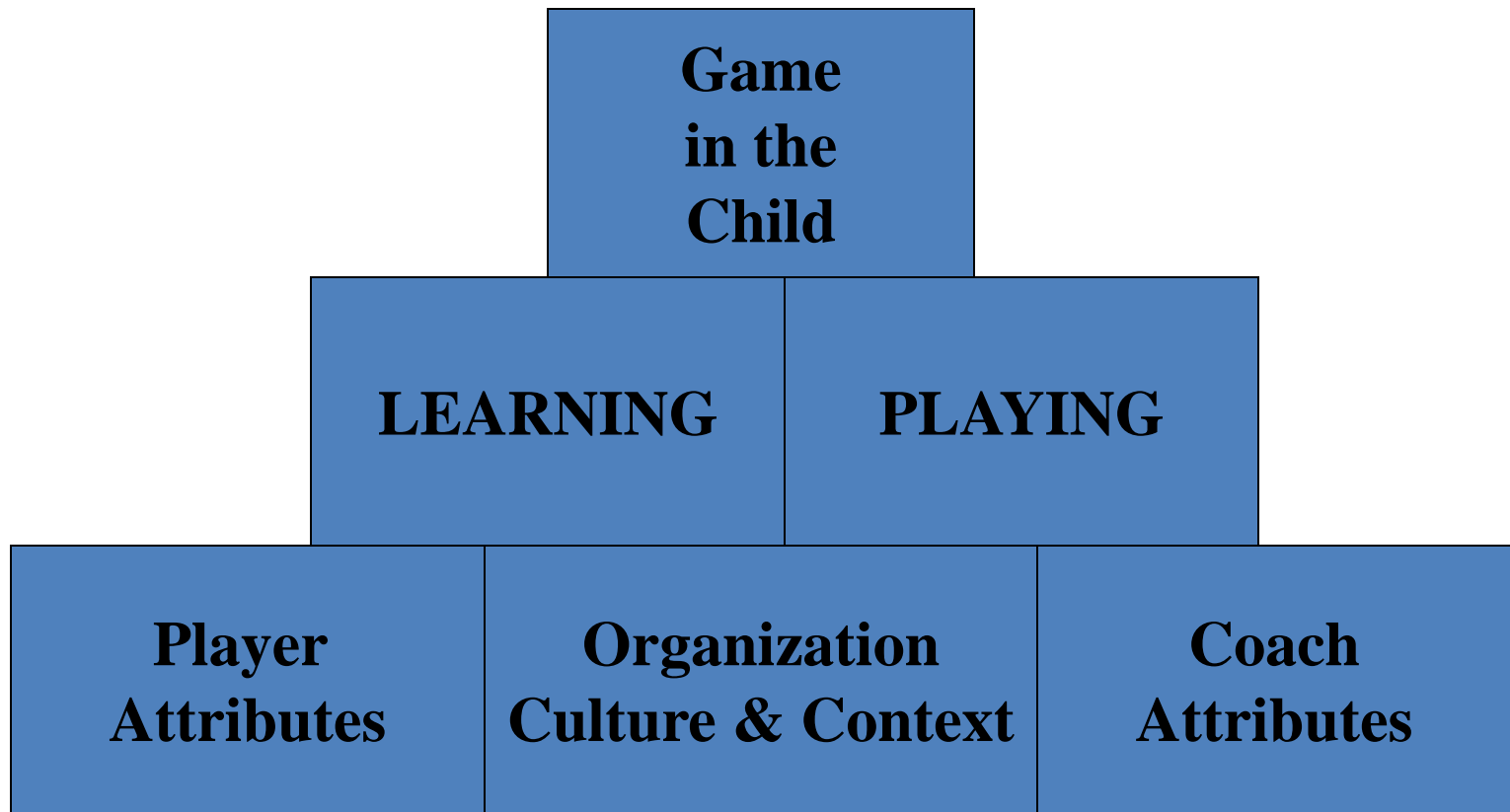
Course Overview

- Age-specific
- Cognitive, psychomotor, and psychosocial aspects.
- Developmentally appropriate activities
- Sessions are video-taped
- Candidate Evaluation



"The Game in the Child"

Player Development Model



Purpose of the Study

- The purpose was to describe the context of youth soccer coaching education through the construct of coaching efficacy as one aspect of coaching effectiveness. More specifically, how does the USSF National Youth License (NYL) course, implemented through US Youth Soccer, impact a coach's level of confidence (coaching efficacy).



Coaching Efficacy

- Defined “as the extent to which coaches believe they have the capacity to affect the learning and performance of their athletes” (Feltz, Chase, Moritz, & Sullivan 1999, p.765).



Coaching Efficacy

- Coaching efficacy dimensions
 - Game strategy efficacy (GSE)
 - Motivation efficacy (ME)
 - Technique efficacy (TE)
 - Character building efficacy (CBE)



Coaching Efficacy Scale - Modifications for NYL

For the sake of this study, we decided on a five-point scale and modified some of the language to better reflect the NYL.

1	develop and maintain confidence in your athletes?	1	2	3	4	5	
2	recognize opposing team's strengths during competition?	1	2	3	4	5	
3	mentally prepare athlete's for game competition?	1	2	3	4	5	
4	understand competitive strategies?	1	2	3	4	5	
5	instill an attitude of good moral character in your athletes?	1	2	3	4	5	
6	build the self-esteem of your athletes?	1	2	3	4	5	
7	demonstrate appropriate skills of soccer?	1	2	3	4	5	
8	adapt to different game situations?	1	2	3	4	5	
9	recognize opposing team's weakness during competition?	1	2	3	4	5	
10	motivate your athletes?	1	2	3	4	5	
11	make age-appropriate critical decisions during competition?	1	2	3	4	5	
12	build cohesion and identity for athletes?	1	2	3	4	5	
13	instill an attitude of fair play among your athletes?	1	2	3	4	5	



Coaching Efficacy Scale - Modifications for NYL

14	coach individual athletes on developmentally appropriate techniques?	1	2	3	4	5	
15	build the self-confidence of your athletes?	1	2	3	4	5	
16	develop your athletes' soccer abilities?	1	2	3	4	5	
17	maximize your team's strengths during matches?	1	2	3	4	5	
18	recognize age-appropriate talent in athletes?	1	2	3	4	5	
19	promote good sportsmanship in athletes?	1	2	3	4	5	
20	detect technique errors?	1	2	3	4	5	
21	adjust your game strategy to fit team's developmental level?	1	2	3	4	5	
22	teach age-appropriate skills of soccer?	1	2	3	4	5	
23	build team confidence and enthusiasm?	1	2	3	4	5	
24	instill an attitude of respect for others?	1	2	3	4	5	
25	allow players to make decisions?	1	2	3	4	5	
26	ask appropriate questions to guide players' decision-making?	1	2	3	4	5	



2010 Candidate Descriptive Statistics

- 24 Courses in 21 States
- 640 Candidates
- 236 Created pre-test logins
- 149 Created post-test logins
- 74 Created both pre-post test surveys
- 78% Caucasian
- 89% Male
- 36 Average Age
- 9 Years coaching experience
- 78% held a coaching license



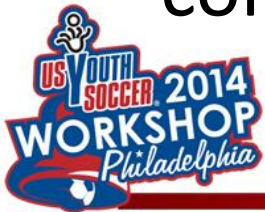
2010 Candidate Results

- Paired-sample statistics were conducted to evaluate if there would be significant mean differences between pre-post coaching efficacy scores
 - Significant differences were found between general Coaching Efficacy (CE), Motivation Efficacy (ME), Game Strategy Efficacy (GSE), and Character Building Efficacy (CBE).
 - But not Technique Efficacy (TE).



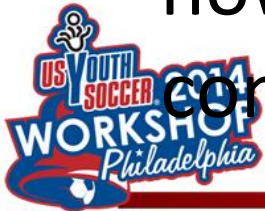
2010 Candidate Post Comments

- Candidate 26: I felt the course provided an excellent insight for the U6-U12 age groups. It allowed me to understand the reasons certain activities are appropriate, and why some are not. It also shed some light on the typical characteristics of each group to allow me to understand the typical capabilities of players and how to best provide an environment to enhance development and fun (personal communication, August 25, 2010).



2010 Candidate Post Comments

- Candidate 29: This course was a fantastic experience, a must for any youth coach and should be mandatory in my opinion for any Academy or select coach as this concept fits the USA culture and provides in my opinion the right approach for our children. I am very pleased with this course, way above expectations. It confirms my coaching approach, sharpened my skills and showed me how to teach soccer in this country (personal communication, August 26, 2010).



2010 Candidate Post Comments

- And Candidate 49 articulated the critical element of this program: This course was fantastic. I already knew the “what” to teach part, but gained a great deal of information on HOW to coach (personal communication, November 9, 2010)!



2012 Candidate Coaching Efficacy Results

- 223 Candidate Responses to the 2-year post survey.
 - Game strategy efficacy (GSE)
 - Motivation efficacy (ME)
 - Technique efficacy (TE)
 - Character building efficacy (CBE)



2012 Candidate Coaching Efficacy Results

- Additional Questions
 - Please describe in what ways your coaching practices have changed or not. (N=174)
 - Please describe any barriers or obstacles you faced implementing the NYL methodology. (N=163)
 - Please describe any observations you have seen with regard to your players' reaction to the NYL methodology. In short, how have they reacted? (N=165)
 - Have you had the opportunity to share the NYL methodology with other coaches? (N=161)



2012 Candidate Coaching Efficacy Results

- Please describe in what ways your coaching practices have changed or not.
 - C1: I am asking more questions, letting them play more, and not stopping as often to coach.
 - C33: I have developed a greater appreciation for patience as a coach and remembering that these are children and that our greatest responsibility is to teach them to love the game.
 - C61: My practices have changed for the U6-U10 age group because the NYL made me understand the different level of development in this age group: psychomotor, cognitive and psychosocial.



2012 Candidate Coaching Efficacy Results

- Please describe any barriers or obstacles you faced implementing the NYL methodology.
 - C20: I coach older age travel teams, U23 amateur adult, high school teams. I found it hard to adjust to younger players.
 - C22: My desire to “fix things” sometimes initially got in the way of allowing players to learn from the game, I needed time to learn too.
 - C141: I had some resistance from some parents about giving the players the ability to create the game, because they see myself as the coach whose paid to create the practice session for the players and team.



2012 Candidate Coaching Efficacy Results

- Please describe any observations you have seen with regard to your players' reaction to the NYL methodology. In short, how have they reacted?
 - C32: The players seem to be more vested in the learning process as they are involved in it rather than just being told what to do or how to do it.
 - C41: My players have begun to be more creative in their play, their decision making has me pleasantly surprised at times. I think they are learning and watching more now.
 - C45: They absolutely love it. Our program grows and continues to grow. The method stands all tests. Provide good education and fun, then people will come to you.
 - C83: I think they are gaining more confidence, more quickly; fear of failure less impactful on training/game day.



2012 Candidate Coaching Efficacy Results

- Have you had the opportunity to share the NYL methodology with other coaches?
 - C53: I now oversee 230 volunteer coaches and consistently preach the NYL methodology through coaching education sessions, meetings, practice plans and emails.
 - C97: My entire coaching staff applies it and has three others that have since earned their NYL. We base our entire club around the principles and see players that many people would have rejected at younger ages coming out later in their developmental stages as stars with great technique, skill, soccer intelligence and most importantly passion for the game.



2012 Candidate Coaching Efficacy Results

- Thank you. Please feel free to write any additional comments regarding your experiences implementing the concepts from the NYL (N=76).
 - C3: Building a coaching philosophy is critical. There are times when a coach will be tested. If a coach explains their philosophy to parents up front, then it becomes easy to fall back to this to justify tough decisions.
 - C24: The best coaching course I've been to for coaching youth players. Not only was the instruction great, the use of psychology in early childhood development was key in understanding why kids could only grasp certain concepts at certain levels. The teaching method of guided discovery has made my coaching so much better IMO. Would recommend this course to anyone who coaches kids at any level. I feel it works for adults as well. I learned so much and will take it again if I continue coaching.



Conclusions

- The NYL has staying power.
- Greater time and patience is needed.
- Players become more passionate and take greater ownership of their learning.
- Players are more engaged in practice.
- Coaches are eager to share their experience.
- Parents and other coaches still need to better understand the NYL approach.



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