

ABILITY BASED COACHING

WHY WE SHOULD GROUP CHILDREN FROM 4 YEARS OLD BY ABILITY

PRESENTED BY DAVID NEWBERY



Presenter PD Approach Defining ability grouping Why negativity? The Facts Why not soccer? Wait a minute ... Research Adherence Positive growth for all Coaches are worth it

Seamless transition Common objections 10 tips to implement Questions

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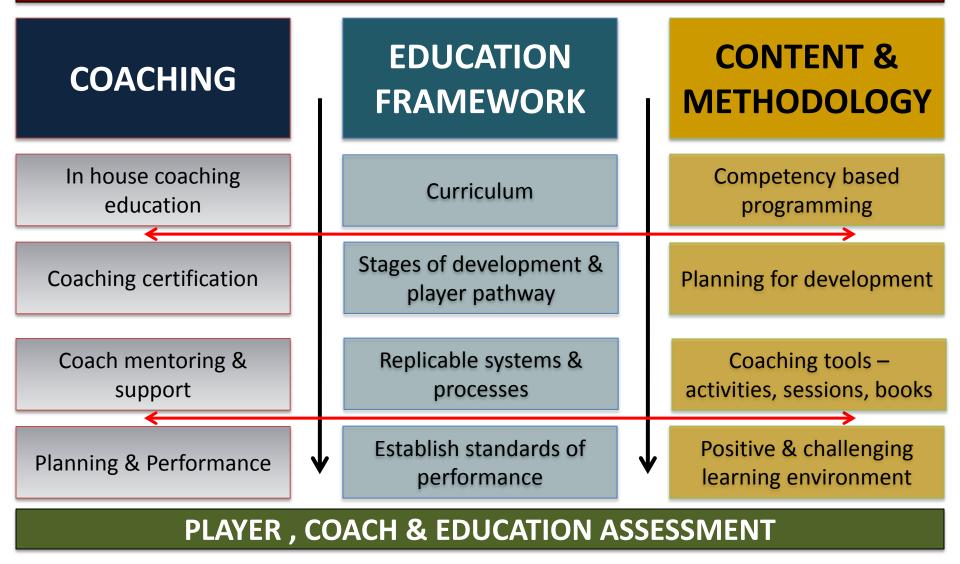
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PLAYER DEVELOPMENT APPROACH



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DEFINING ABILITY GROUPING



- Segmenting players based on perceived capability
- Usually determined by a performance assessment



ABILITY GROUPING CAN BE:



- Within a team or group
 Within an age group or school grade
- **3. Between** age groups or school grades.



USYOUTHSOCCER.ORG

AGENDA

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POLL QUESTION

RAISE YOUR HAND IF YOU BELIEVE IN THE BENEFITS OF ABILITY BASED GROUPING



POLL QUESTION

KEEP YOUR HAND <u>UP</u> IF YOUR ORGANIZATION ADOPTS ABILITY BASED GROUPING



WHAT IS US YOUTH SOCCER'S POSITION?

"It is healthy and appropriate to group players according to ability level, but movement between groups should be open and fluid in order to reflect changes in ability and individual development from year to year or every six months."

Best Practices for coaching



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WHY SUCH NEGATIVITY?

- . Education
- 2. Previous experience
 - Fear of unknown
 - Concern over
 - parent reaction
 - Good is the evil

of great



FACT #1

Grouping players based on ability *within a team* produces larger improvements in performance than mixed ability grouping.

The benefits are slightly better for low-achieving players than for mid or high performers.





FACT #2 Grouping players based on ability within and between a year/school grade leads to significantly greater improvements in performance than mixed ability groups At all levels (High, Mid and Low) of achievement.



FACT #3

There are no significant differences in performance when High, Mid and Low ability groups use the same content.



FACT #4

When the curricula is differentiated to meet the achievement levels of the ability groups, the effects are consistently positive.



WHY NOT SOCCER? PRE-SCHOOL SWIMMING LESSONS Ages 3 – 5

The pre-school swim lesson program provides children with an opportunity to learn skills at his/her own pace. Children are not forced to do any skill, but encouraged to try when they are ready. **All classes are taught without bubbles.** Various instructional floatation devices will be used during each class.

Ages 3 – 5

This class is the first class for children without parent/adults in the pool. This class is designed for the beginner pre-schooler.



WHY NOT SOCCER? ADVANCED PIKE

Ages 3 – 5

This is the ideal level for the returning Pike who is comfortable with a floatation device, and back floating, but who can not yet independently swim without help.

VEELS

Ages 3 – 5

For those children who can swim 1/4 width of the pool with out an instructional flotation device.



Ages 3 – 5

This class is designed for children who can swim 1 width of the pool on their front and back unassisted in deep water.



WHY NOT SOCCER?





POLL QUESTION

RAISE YOUR HAND IF YOU BELIEVE SOCCER SHOULD BE TAUGHT AS AN INDIVIDUAL SPORT BETWEEN THE AGES OF 3-12!



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- Questions

... wait a minute! We do use ability grouping in soccer!

- com
- Prevalent in competitive soccer
- Tryouts used to answer one thing ... are you good enough to play travel soccer



Presenter PD Approach Defining ability grouping Why negativity? The Facts Why not soccer? Wait a minute ... Research

- Adherence
- Positive growth for all
- Coaches are worth it Seamless transition Common objections 10 tips to implement Questions

SOCCERPLUS RESEARCH

- Fall 2011 2 programs
- 120 players
- Both programs volunteer coached with professional oversight



 2 data points – pre and post season



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SOCCERPLUS RESEARCH

SoccerPlus Juniors – 3-8 years

- 30% improvement (wk 1 to 10)
- Similar % for low, mid and hi

Recreation program – 5-16 years

- 4% improvement (wk 1 to 10)
- Higher ability players accounted for the improvement



WHAT WILL BE THE COMPOUND EFFECT OVER THE NEXT 3-5 YEARS ON CHILDREN IN BOTH **PROGRAMS IF THIS TREND WAS** TO CONTINUE?



ADHERENCE TO SOCCER







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POSITIVE GROWTH FOR ALL

- Typical mixed ability model:
- 1. Early developers (A) touch the
 - ball 2-3 times more than B&C
- 2. 'A' pass the ball to equally gifted players
- 'A' more likely to continue playing beyond 4th grade.
- Late developers have little chance!



OUR COACHES ARE WORTH IT!







Presenter

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SEAMLESS TRANSITION BETWEEN REC & COMPETITIVE & MANAGES EXPECTATIONS





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- Positive growth for all

3.

Coaches are worth it Seamless transition Common objections 10 tips to implement Questions

COMMON OBJECTIONS

- 1. Ability grouping benefits the high ability players
- 2. Players placed in the mid to low ability groups are more likely to leave the sport.
 - Results of the initial ability
 - assessment are not a true reflection of performance & some players are misplaced

4.

5.

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COMMON OBJECTIONS

Once assigned to a mid to low ability group, the player is condemned and remains indefinitely in that group. Most experienced coaches work with the mid-high ability players & there is an inequitable

distribution of coaching talent



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8.

9.

COMMON OBJECTIONS

- 6. Players want to be with their friends
- 7. Soccer is a team sport
 - Experience from team tryouts (9-11 years) suggest young players have problems coping with rejection to B, C and D. Our program does not support

ʻplaying up' an age group. 🖌

10 TIPS TO IMPLEMENT ABILITY BASED COACHING



1. Movement between ability groups for players should be easy and seamless. 2. Well designed and transparent assessment process **3.**Parent education imperative 4.Leadership on and off field must be clearly evident 5.Equitable distribution of coaching talent

10 TIPS TO IMPLEMENT ABILITY BASED COACHING

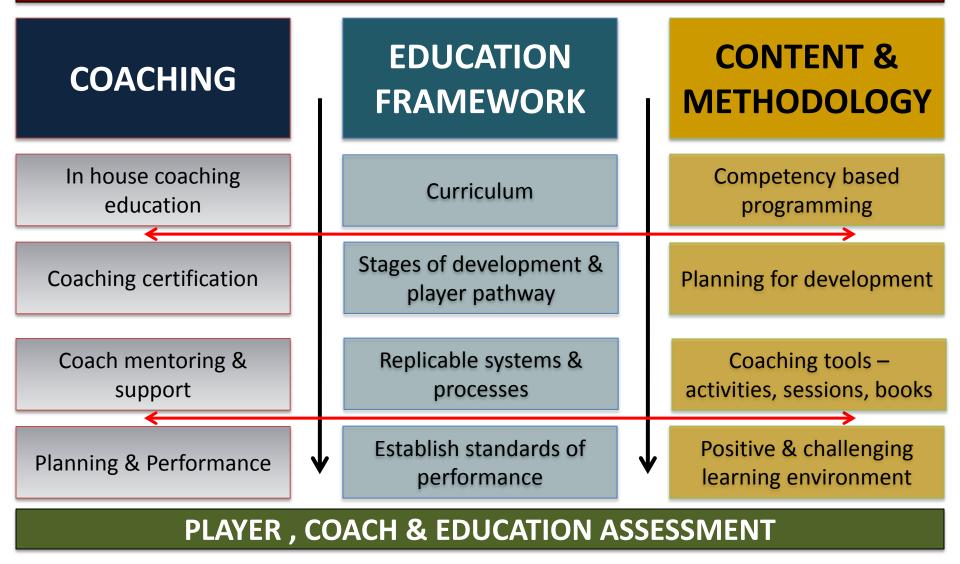


- 6. Phased approach
- Start with the youngest players
- 8. Provide written feedback
- 9. Communicate group changes to parents prior to session.

10.Establish broad commitment from the Board & Administration



PLAYER DEVELOPMENT APPROACH



POLL QUESTION

RAISE YOUR HAND IF YOU BELIEVE IN THE BENEFITS OF ABILITY BASED GROUPING



POLL QUESTION

KEEP YOUR HAND <u>UP</u> IF YOU WILL BE TAKING THE ABILITY BASED GROUPING MESSAGE BACK TO YOUR ORGANZATION.



NSCAA CLUB STANDARDS PROJECT 2012



"We believe developing 'National Standards' will be a key to the health and longevity of soccer in the next 10 years, enabling youth organizations the opportunity to draw on expertise and good practice from around the country"

15 YOLTH SOCIAL OFFICE

National Soccer Coaches Association of America

QUESTIONS



www.PlayerDevelopmentRevolution.org