

The Value of Coaching Education for Everyone

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The United States has excellent coaches at the highest levels but if we want to develop players capable of competing with, and surpassing, the most famous soccer nations we will have to take advantage of our massive youth soccer population and shift focus to player development!



This all
begins
with
coaching
education!



Learning Objectives

- This presentation is designed to bring all adult groups, who are committed to youth soccer, opportunities to work more closely together to create a better focus on athlete-centered education.
- The 4 Groups:
 - Coaches
 - Parents
 - Administrators
 - Officials

Coaching Education

- Coaching education for soccer coaches in the United States has been available for more than 40 years. Every soccer organizing body (i.e. US Soccer/US Youth Soccer; NSCAA; AYSO; SAY) has a coaching education program designed for coaches of players from age 6 and up.
- There are day-long courses, weekend courses, week long and longer courses. Most are progressive and lead to a license, diploma or certificate of some kind. Much of the work can be done online.
- These courses have been available for years and are readily available, but there are still a tremendous number of volunteer coaches who have had little or no formal training of how to coach.

The Value of Coaching Education

- It is estimated that as many as 75% of volunteer coaches in some programs have had nothing more than basic First Aid/CPR instruction.
- With increased sports participation in private, non-scholastic, and agency-sponsored programs and the finding that quality coaching is critical for ensuring the beneficial effects of youth sports participation, there is a great need for better prepared youth coaches.

The Value of Coaching Education

- Most youth sport coaches who remain coaches for numerous years found that being an assistant coach or having a mentor was vital to their longevity.
- When asked about the experience, most youth sport coaches revealed that coaching was a more difficult endeavor than anticipated.

The Value of Coaching Education

- In one study, some of the challenges in coaching were limited practice time, negative interactions with parents, and league structure.
- Coaches trained in “positive coaching” techniques were better liked by their athletes and these athletes had more satisfaction with their teammates and season.

The Value of Coaching Education

- Athletes of trained coaches also exhibited higher levels of motivation. Further, those children who started the season with lower self-esteem and played for a trained coach showed a greater increase in self-esteem over the season than those with lower self-esteem playing for non-trained coaches.

The Value of Coaching Education

- An interesting note on this line of research is that the win-loss records of the team seemed not to impact athletes' perceptions of satisfaction with the coach.
- Research has shown that training coaches to be more positive and encouraging, leads to a number of positive psychosocial consequences.

The Value of Coaching Education

- Coaching education is critically important to help create a more positive environment that is needed to help in player development. A more complete content structure that goes beyond the basics of how to coach must become standard across all sports at all levels.
- A comprehensive approach providing both strategies for sport development {e.g., skills and tactics, growth and maturation, training techniques and strategies for dealing with social issues and communication strategies for players and parents} is necessary.

The Value of Coaching Education

- Provide ongoing education that allows for not only the foundational knowledge but also strategies for dealing with sport and league specific concerns. This process would allow coaches to refresh previous knowledge and learn updated practices.

The Value of Coaching Education

- Create an environment allowing coaches to network with, learn from, and mentor each other was critical for development. Peer learning and evaluation can greatly enhance coaching education.

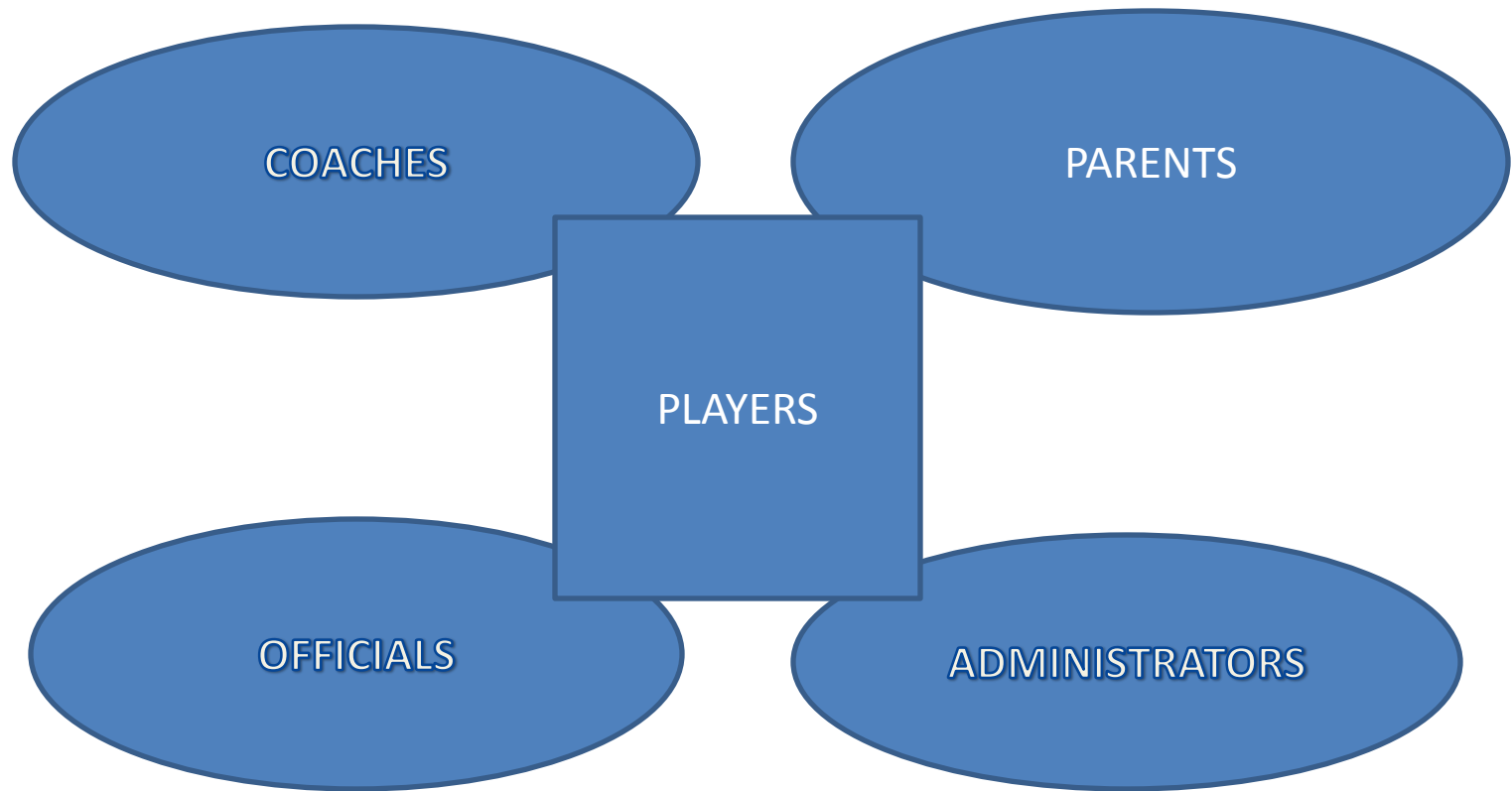
The Value of Coaching Education



- “A coach’s greatest asset is his sense of responsibility – the reliance placed on him by his players.”
- Knute Rockne

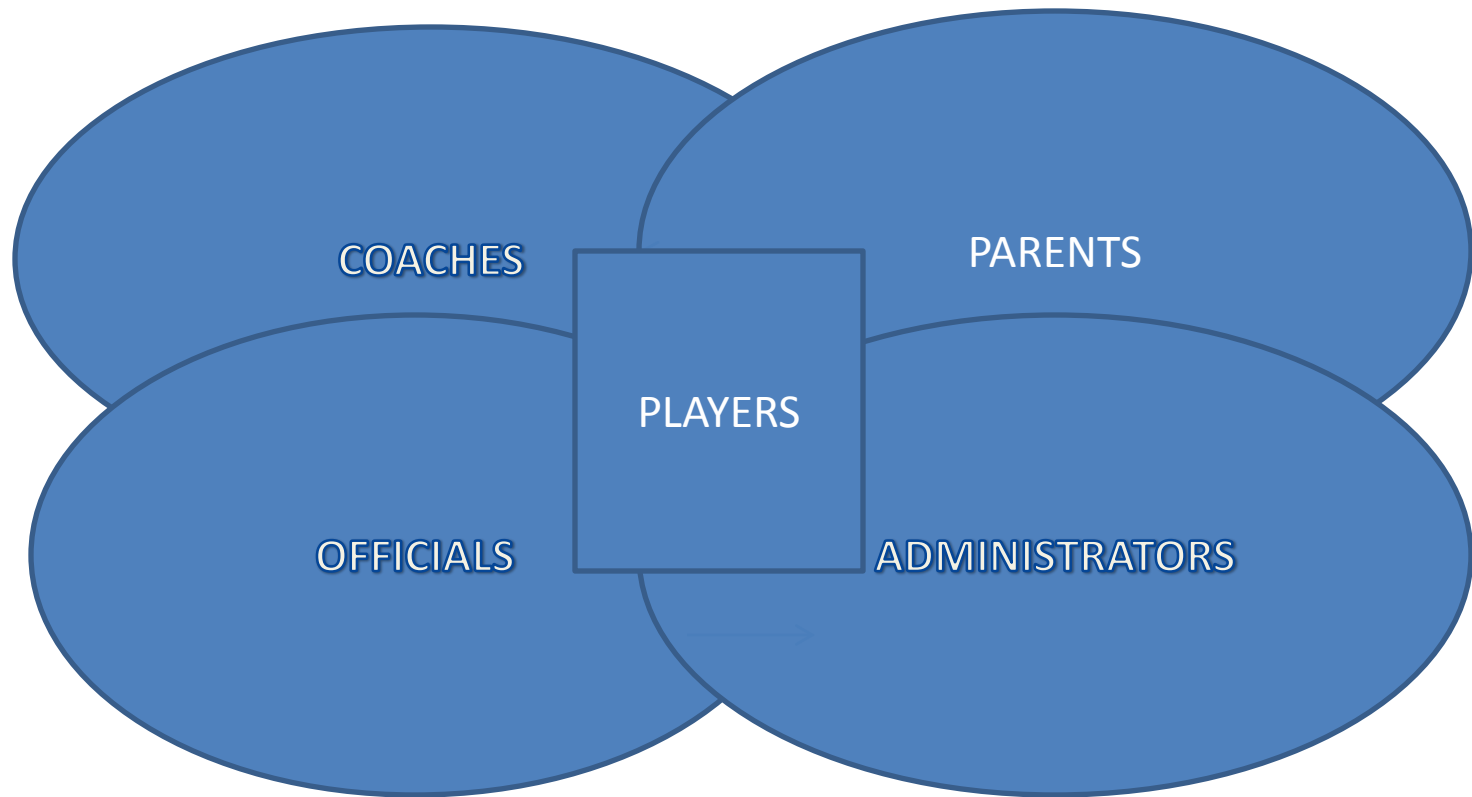
Adult Influences on Player Development

- Current Model



Adult Influences on Player Development

- New Model



Coaching Education for Parents

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Coaching Education for Parents

- Many organizations have developed programs to help educate parents. Some are quite good and have been instrumental in reducing parent-coach conflicts. Most of these programs have focused on program philosophy and parent behavior. My argument is we need to teach parents how the sport is designed to work for children and help reduce the stress that is created by not understanding basic growth and development issues, developmentally appropriate practices, and a player-centered approach that does not focus on winning.

Coaching Education for Parents

- As a program administrator, I would mandate the U6/U-8 Modules, developed by US Youth Soccer or an equivalent program as a requirement for enrolling their children into a youth soccer program.
- These programs can be offered numerous times, have both classroom and field sessions, and can be completed in one day or two evenings.

Coaching Education for Administrators

- It is my position that administrators would be inclined to make better decisions if they had a better understanding of how the game is constructed for children.
- They would likely develop a better relationship with coaches and parents if they were better informed about what is involved in coaching youth soccer at each developmental level.

Coaching Education for Administrators

- Program administrators and Board Members should be required to hold the highest state level coaching diploma/license.
- Administrators should be encouraged to seek the next level of diploma/license and should be mandated to attend an appropriate clinic/symposium or workshop every three years and have their certification renewed.

Coaching Education for Officials

- The officials organizations that serve soccer in the US do a great job of training officials to referee games at every level. We can not have games without them.
- I would argue that we would develop better understanding among players, coaches, administrators and parents if officials were required to complete a coaching education course at the level they currently officiate.

Coaching Education for Everyone

- They need to understand the game better and if this was the case, maybe we would not have 7 year olds being red carded after committing a foul in the penalty area that led to a penalty kick.

(Soccer America Daily

[socceramericadaily@socceramerica.com]).

Coaching Education for Officials

- As a young coach (just out of college), I sought certification as a soccer official (I also became a basketball official and baseball umpire). I coached all three sports early in my career.
- I would strongly advocate that coaches pursue the requirements for becoming a soccer official even if they do not intend to referee.
- They would know the rules better and understand the role of the referee better. The relationships would improve.

Questions???