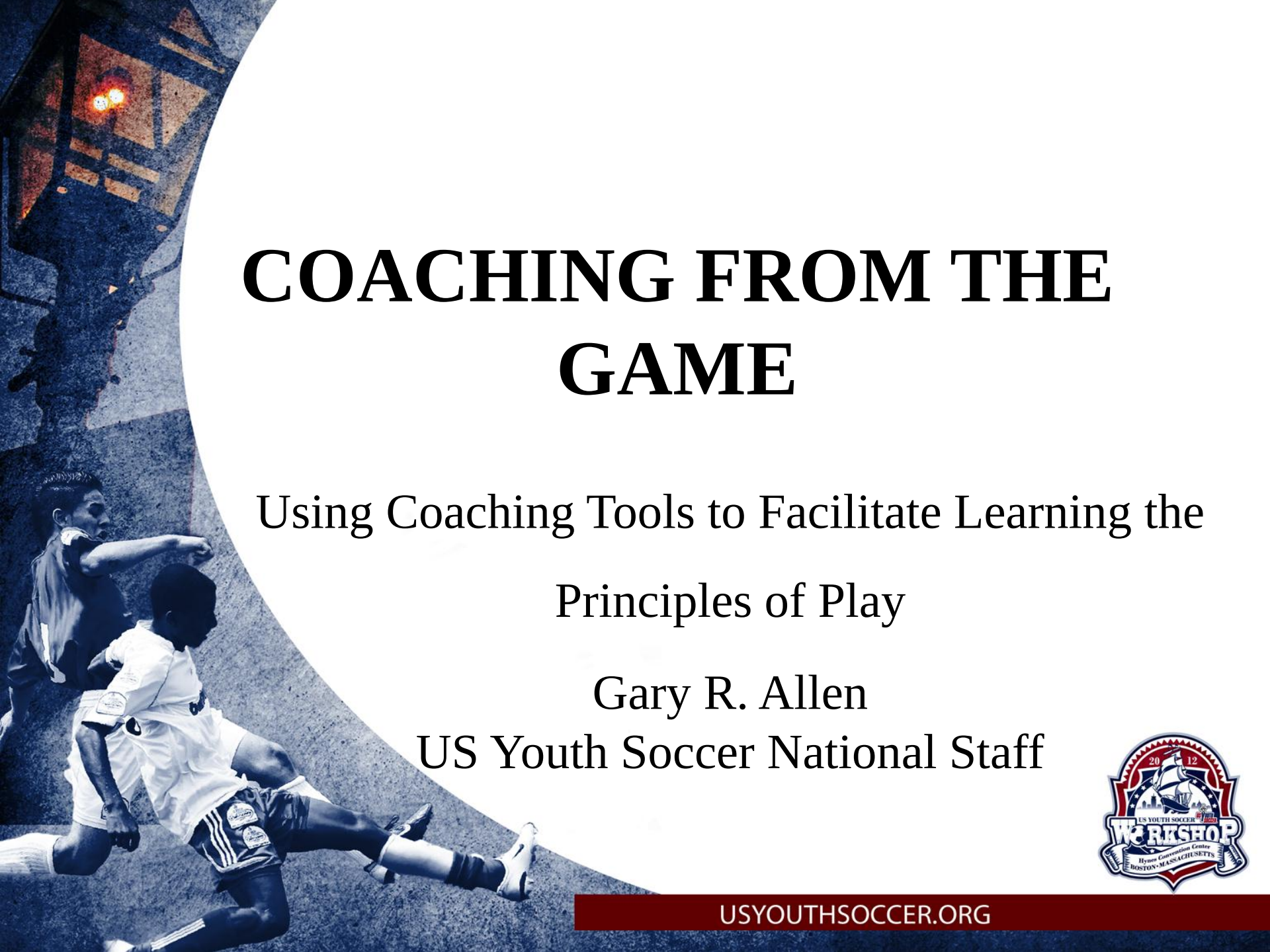




COACHING FROM THE GAME

Using Coaching Tools to Facilitate Learning the
Principles of Play

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- Why is soccer the most popular team sport in the world?

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- It is the only sport where the players express who they are through their play.
 - Their culture
 - Their personality
 - Their own way to solve problems

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- At all levels of play – but especially at the highest level – soccer is about the abilities and the decisions of the players themselves.

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- What makes an effective soccer coach?

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- Ability to “read the game” and **focus** within the chaotic flow of play – understanding technical vs tactical issues.

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- Ability to create realistic problems and “guide,” not choreograph or coerce players into making **their own decisions**, with the patience to “allow” them to experiment and solve the problems of the game.

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- Ability to provide a practice environment where **the principles of the game dictate the decisions** – an environment that is “player-centered,” not “coach-centered.”

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- Ability and patience to use “guided discovery.

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- Ability to use the proper “coaching tools” to emphasize certain principles of play and help players learn to play within the context of the game.

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- Just as a carpenter would not use a hammer to cut wood, coaches must be aware of how the tools they use shape the environment for the players.

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- Generally, the game can be replicated to great effect using small-sided games.
 - **More repetitions** in game-like environments
 - More opportunities to play on **both sides** of the ball.
 - Fewer opportunities to pass the **responsibility**.

Examples of Coaching tools

- Warm-up for dribbling
- Incentives v. Restrictions
- Delineated Areas of the Field
- Unequal Numbers – where and how used

Examples of Coaching Tools

- Size and Shape of Field
- Types, Placement and Numbers of Goals
- Touches
- Different Directions
- Different Color Vests

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- Questions?