

National Youth License

Established 1995

A U.S. Soccer coaching course - administered and delivered

by US Youth Soccer

*The Game for **All** Kids!*®

Sam Snow - Technical Director - US Youth Soccer



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Youth Soccer Challenge - the adults

The Problem: youth sports' overemphasis on immediate outcome

Culprit or Champion: administrators, coaches, parents and referees

Solution: education!

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TODAY'S AGENDA:

- ✓ Overview
- ✓ Learning Theories
 - ✓ Educationally Grounded
- ✓ Guided Discovery
- ✓ Player-Centered Soccer
 - ✓ Coaching Methods
 - ✓ Small-Sided Games
 - ✓ Age Group Characteristics
- ✓ Fitness
- ✓ Ethics in Soccer
 - ✓ Adult Effects
- ✓ Player Development Pathways
 - ✓ Recreation?
 - ✓ Competitive?
 - ✓ Player Pathways
 - ✓ Club Culture
- ✓ "Street Soccer"



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The NYL is the most important coaching course provided in this country. The course curriculum focuses on the nature of children, ages four to twelve, and the adjustments adults must make to coach them. During these years, coaches help create the foundation for future participation in the sport at all levels. Therefore, this course is crucial for the future of soccer in our country.



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The course combines both classroom (theory) and field (practical) sessions. Each day of the course focuses on one of the traditional soccer age groups...U6, U8, U10 or U12. Each day, the coaching candidates work with children of the appropriate age group and are videotaped for later review and evaluation by the instructional staff. The course concludes with a group report and written, oral and practical field examinations.



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Administrators and policy makers should attend the course.

Having deeper insight into our consumer (player) base is a sound

business practice.



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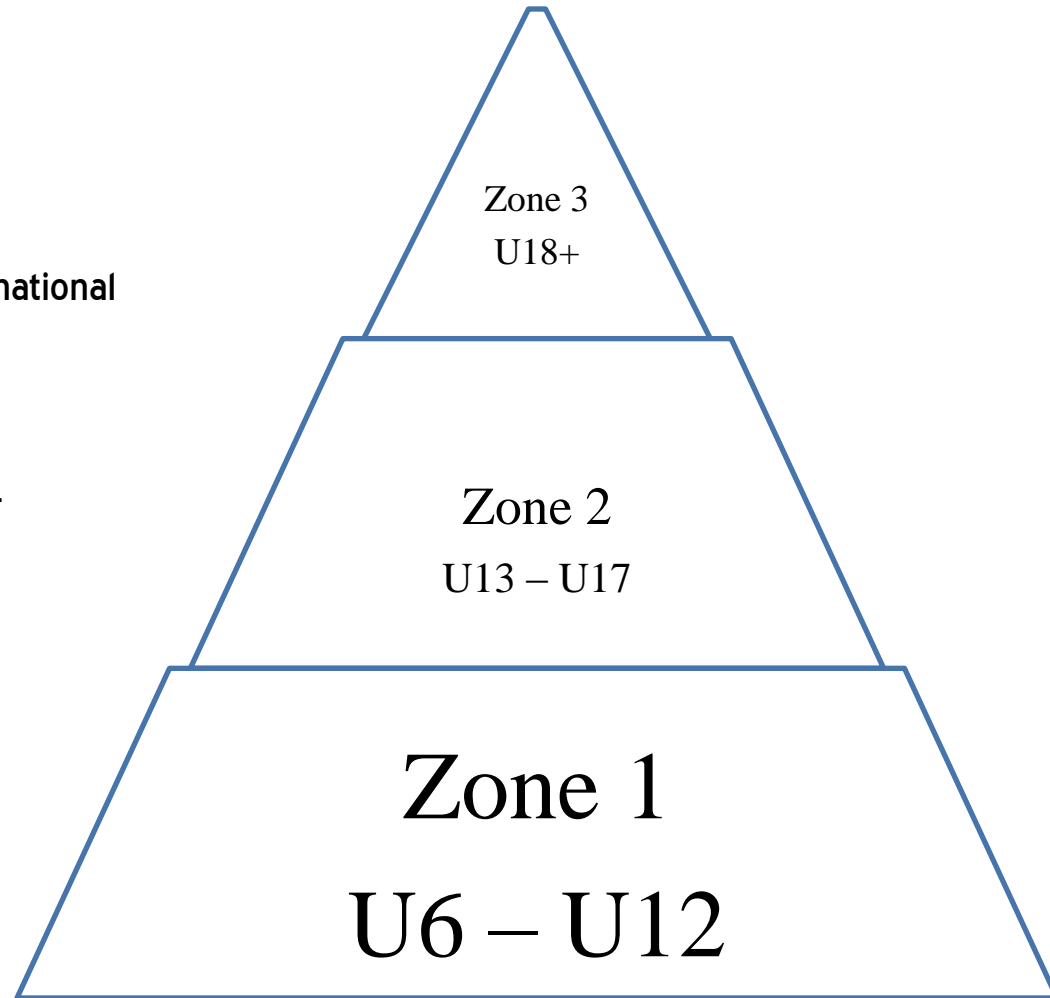
U. S. SOCCER PLAYER DEVELOPMENT PYRAMID

Zone 3 includes amateur (college), professional and national team soccer.

Zone 2 includes club and scholastic soccer. {Y. N. T.}

All three Zones include disability soccer.

ALL soccer depends on what happens in Zone 1...

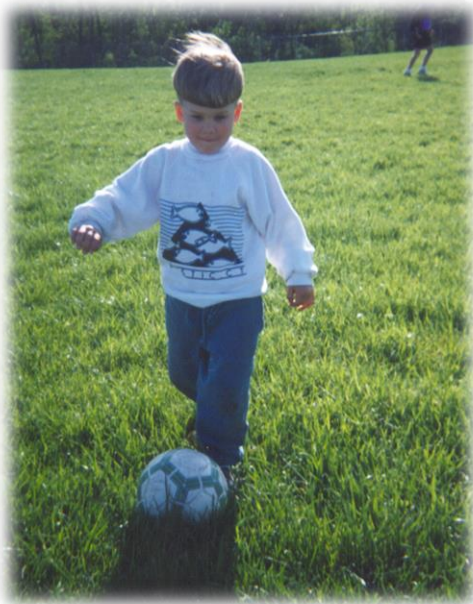


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IF WE TAKE CARE IN THE BEGINNING
THE END WILL TAKE CARE OF ITSELF



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KEEL OF THE COURSE

- The Game in the Child
 - Develop the Child as a good:
 - Person
 - Player
 - Develop the Soccer Brain
 - Develop the Soccer Body



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Proud Member of U.S. Soccer



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LEARNING THEORIES

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Learning Theories

NOTABLE QUOTES

Dr. Marianne Torbert, Temple Professor and Director of the Leonard Gordon Institute for Human Growth through play, states:

“Play, well planned, can become a pleasurable means (tool) by which children can build a strong ‘I can’ feeling while gaining many of the foundation skills that make the process of gradually reaching our existing potential, not only one of survival, but one of expansion to deal effectively with an increasingly complex and stressful world.”



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Learning Theories

DR. MARIANNE TORBERT

EXPANSION ~ EQUALIZATION ~ INTERACTIVE CHALLENGES

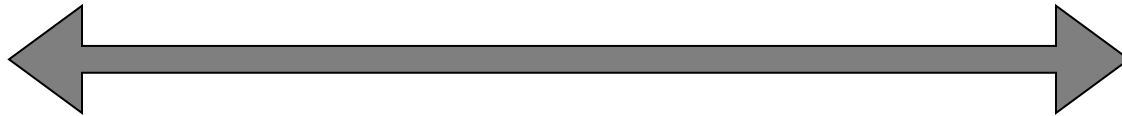


- **INTERACTIVE CHALLENGES**
 - provide activities that pose interactive challenges
 - enable each player to participate at their own level while also stimulating the growth of the other players

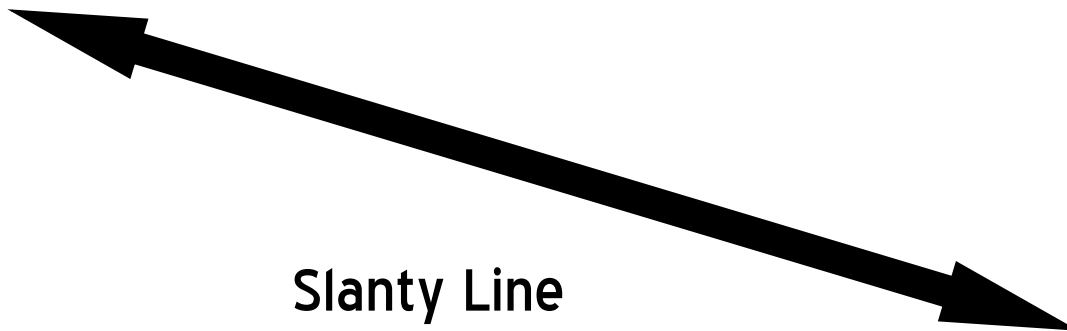
National Youth License Learning Theories

DR. MUSKA MOSSTON

Slanty Line Theory



Straight Line Approach



Slanty Line

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Learning Theories

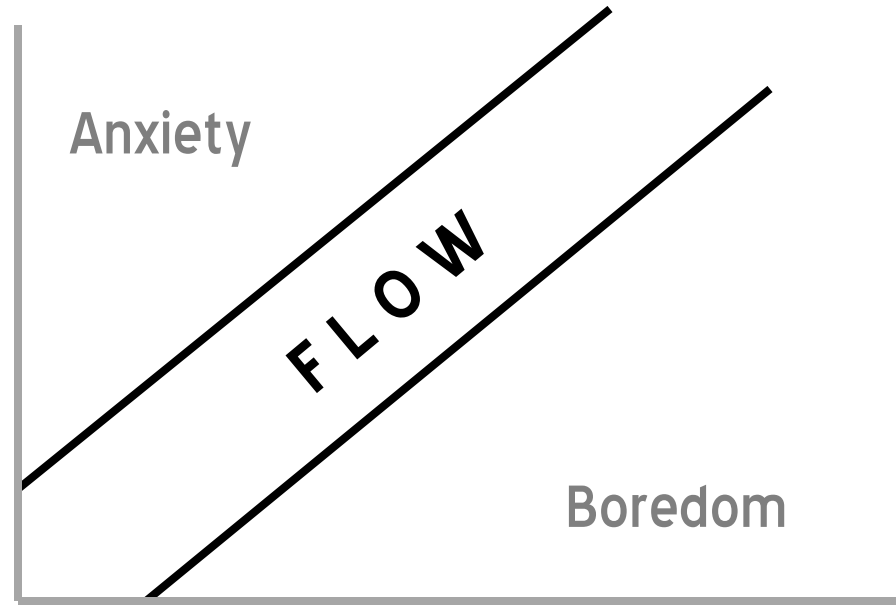
DR. MIHALY CSIKSZENTMIHALYI

Flow State Model

In The Zone

Action Opportunities,

Challenges or Tasks



Action Capabilities or Skills



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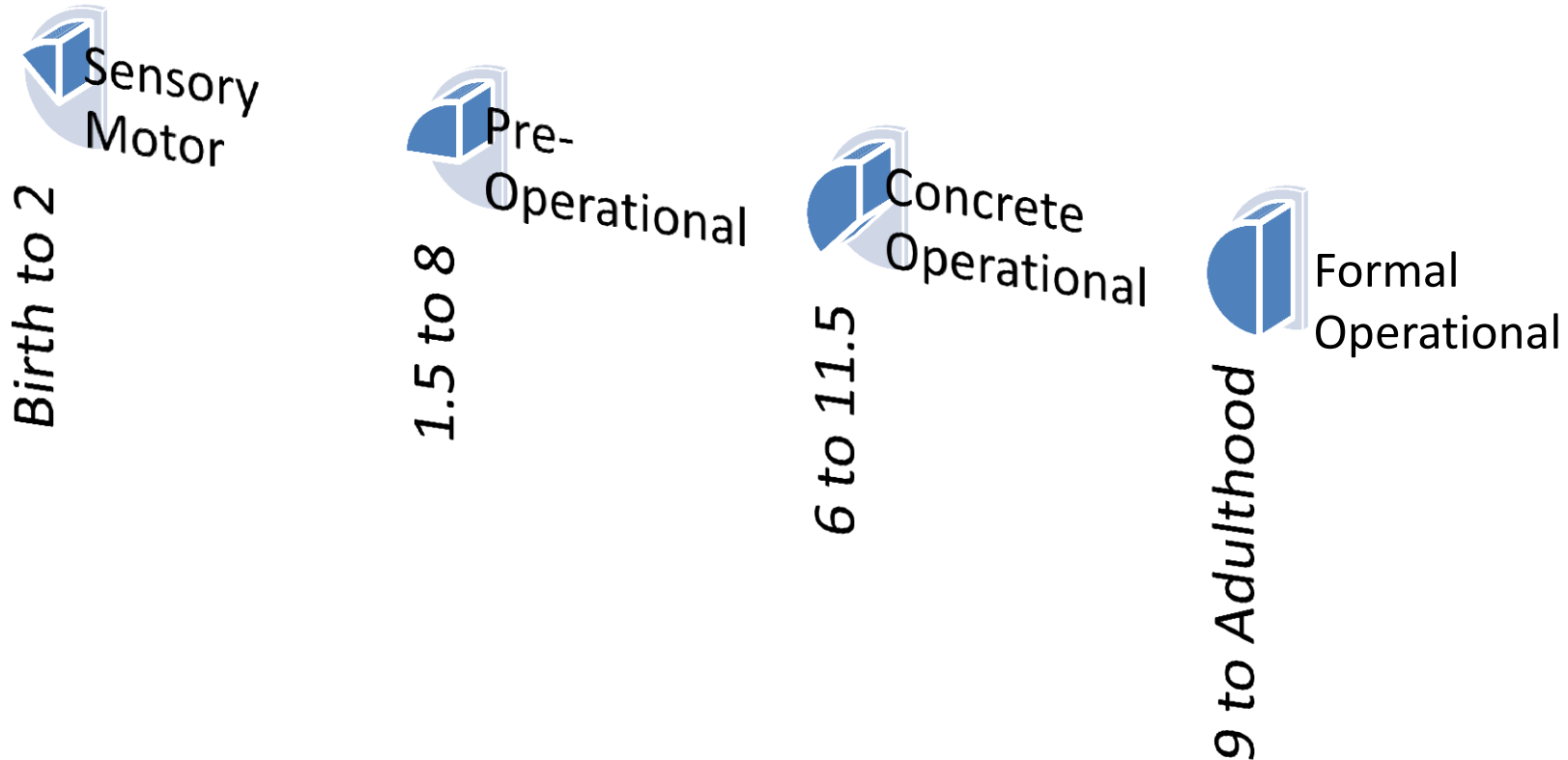
Cognitive Development

- Dr. Jean Piaget – Nature
 - Individually learned traits
- Dr. Lev Vygotsky – Nurture
 - Socially learned traits



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Learning Theories



What the learner can do alone - Piaget

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Learning Theories



What the learner can do with help - Vygotsky.

GUIDED DISCOVERY

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Command

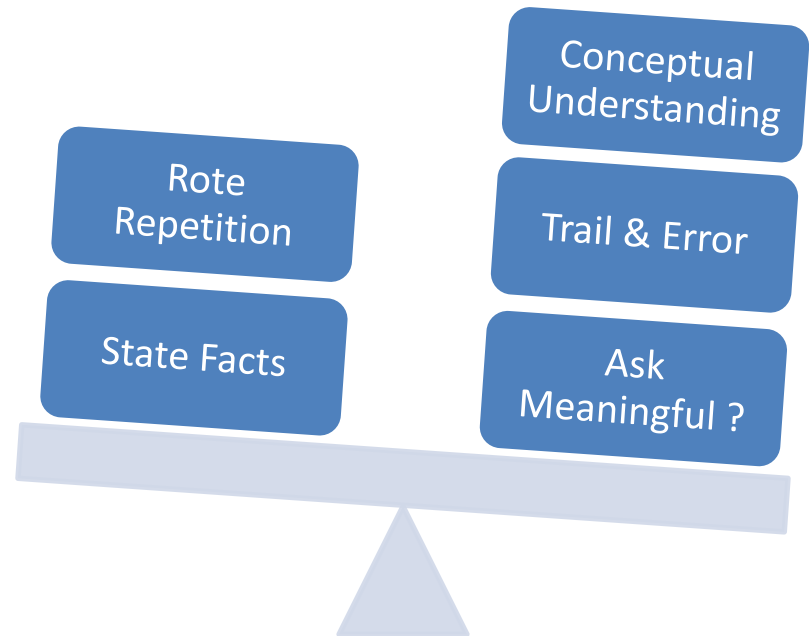
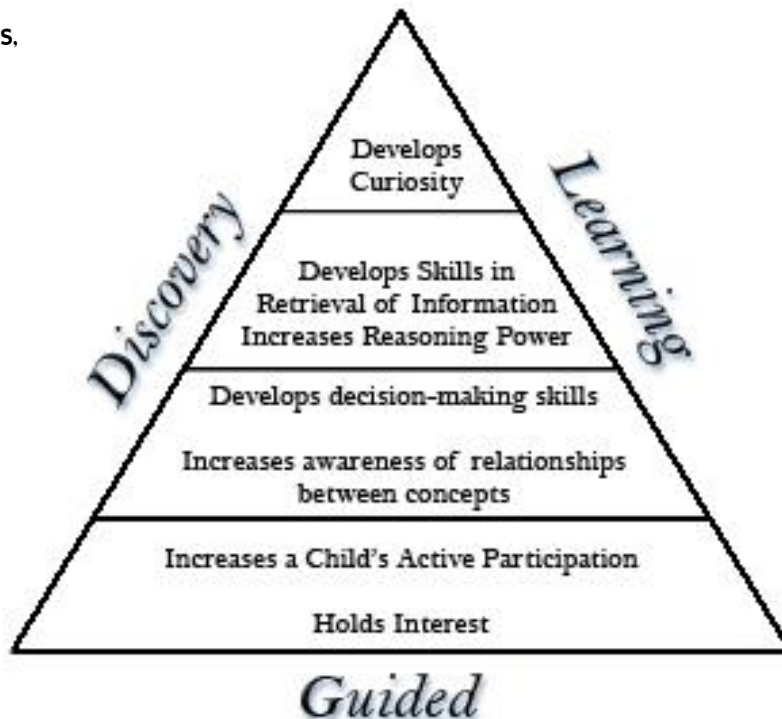
Guide

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GUIDED DISCOVERY

Part of the coaching methodology shift is from a command style of coaching (coach-centric) to guided discovery coaching (player-centered).

Discovery is a longer, but more permanent learning process.



PLAYER-CENTERED SOCCER

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player-centered soccer

- **COACHING METHODS**

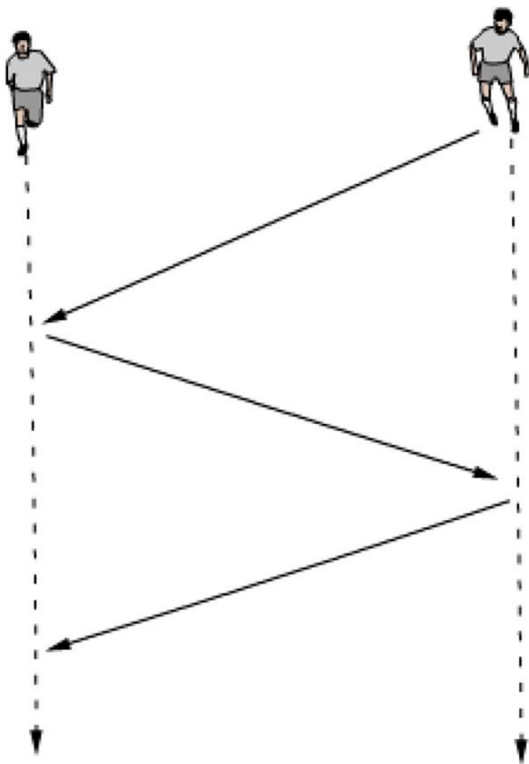
- Command style + Guided Discovery + Peer Teaching + Trial & Error
- Activities vs. drills
- Static (rote) repetition vs. Dynamic (random) repetition



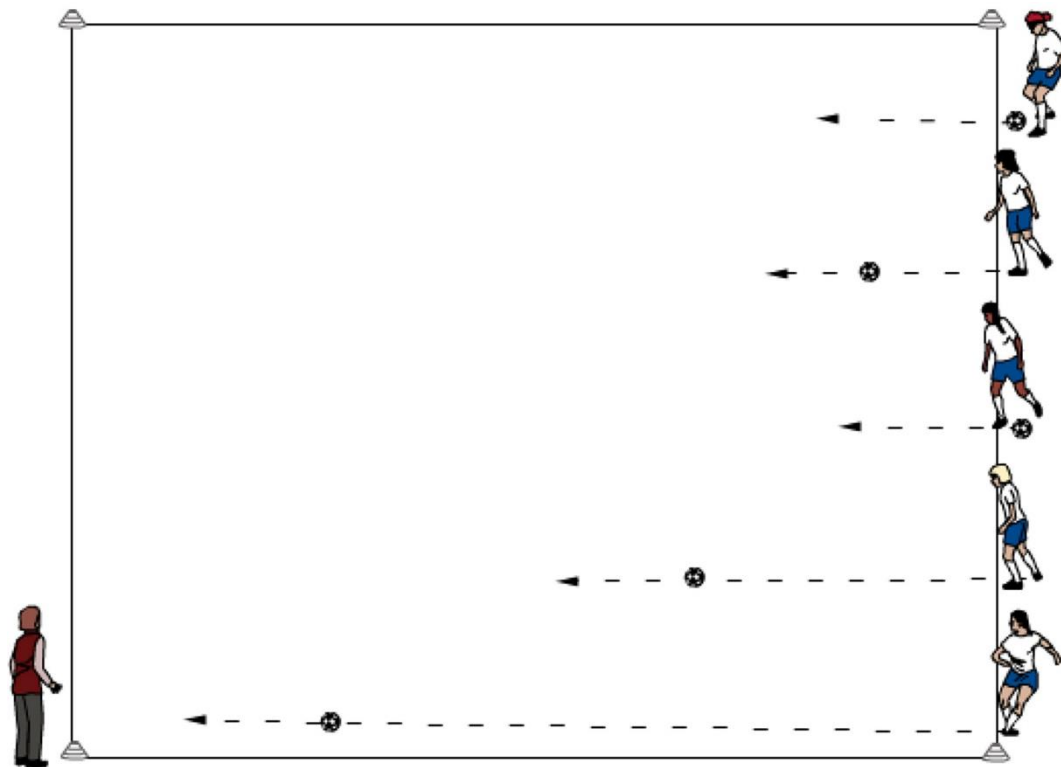
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Activities vs. Drills



Pattern
Passing



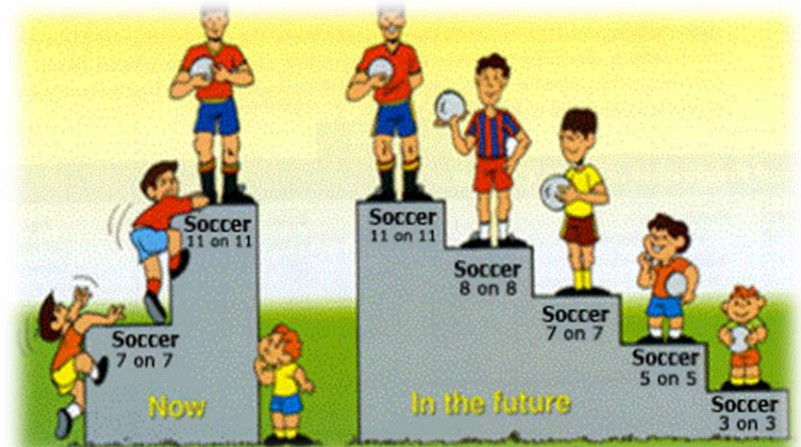
Cliffhanger

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player-centered soccer

- **SMALL-SIDED GAMES**

- Used in training sessions for all ages groups and levels of play
- Must be used in Zone 1 to accelerate a winning style of play
 - Smaller field
 - Fewer players
- When SSG is used for match play in Zone 1 the outcomes are:
 - Enhances tactical awareness
 - Increases physical fitness
 - Teaches teamwork
 - Upgrades ball skills



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SMALL-SIDED GAMES

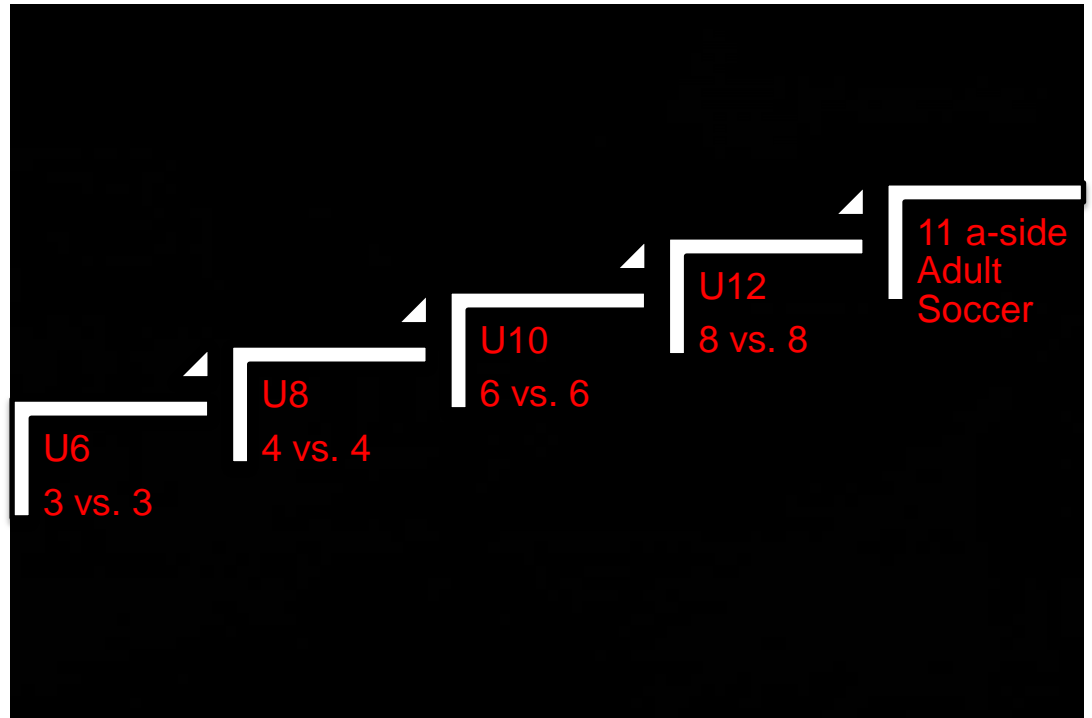
All Zone 1 players must play with less than

11-a-side, on a smaller field, with modified

equipment and for a shorter period of play.

The Laws of the Game can and should be

modified for players under 16 years of age.

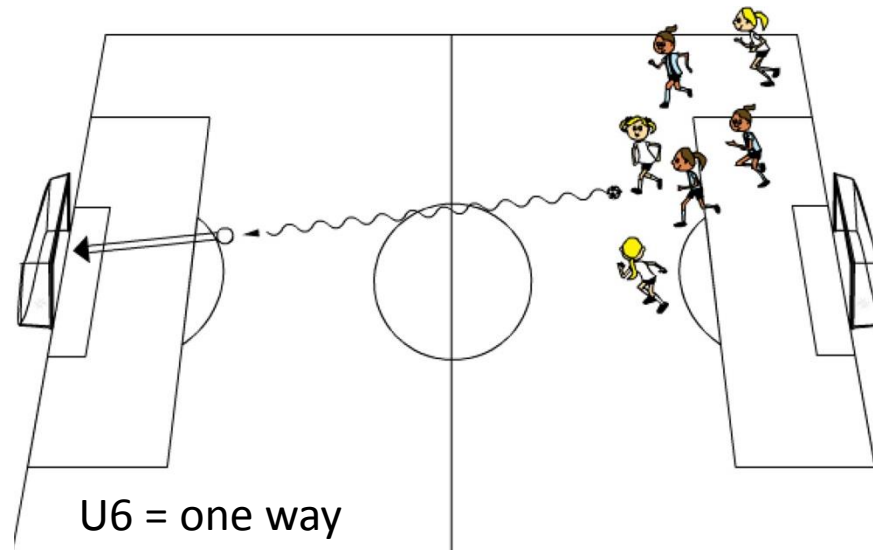


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player-centered soccer

- **AGE GROUP CHARACTERISTICS**

- Cognitive ~ Psychomotor ~ Psychosocial
- + or - 1 to 3 years from the chronological age
- Frequency, duration and intensity of training sessions and matches
- Tactical sign



FITNESS

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Fitness improvement can be accomplished through games...

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FITNESS

Movement Education

Age Appropriate

Health Habits

Scientifically Sound

Must be PLAY not *work*

CLEATS



BY BILL HINDS



ETHICS IN SOCCER

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ethics

- BY SETTING THE RIGHT EXAMPLE, ADULTS STRONGLY INFLUENCE THE YOUTH SOCCER EXPERIENCE.
- Define ethics and morals
- Kohlberg's moral judgment stages
- Ethical principles in sport
 - A person may *cheat* at a game or *compete* at it, but it is logically impossible for him or her to do both.



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ethics

- You have succeeded in playing every player on your U12 team for at least half of every game during league play. Your team is in a tough game in the 2nd round of Cup, single-elimination, competition. Your team has a good chance of winning if you keep the current line-up in the game. The 2nd half is about to begin and your two weakest players have not played in the 1st half.

Should you play them for the complete half?



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Dallas Dorsey, director of coaching for the Opelika Crush, a very small club in Opelika, AL.
A small town outside of Auburn.



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PLAYER DEVELOPMENT PATHWAYS

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player development pathways

RECREATION

- Pay to play
- Scores and records are kept
(in most cases)
- Vociferous adult spectators
- State championship
- Almost year-round play
- Mix of volunteer or paid coaches
- Laws of the Game

COMPETITIVE

- Pay to play
- Scores and records are kept
- Vociferous adult spectators
- State championship
- Almost year-round play
- Mix of paid or volunteer coaches
- Laws of the Game

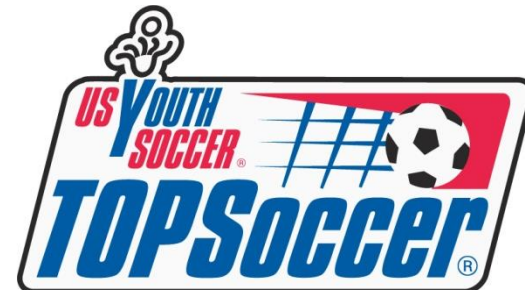
99% the same



National Youth License player development pathways



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player development pathways

- CLUB CULTURE
- Player Development Model
 - timeline
- Best coaches with the Zone 1 players
- Academy model
 - Players first, team second
- Records & rankings
- DECISION MAKING FORMULA
- Based first and foremost on the player
- Based second upon the team
- Based third on the club
- Based fourth on logistics and the family



STREET SOCCER

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Talent is a continuous construction process.

Young athletes should not spend more hours per week in organized sports than their ages. However, in self-organized free play - the sky's the limit.



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STREET SOCCER

Call it a pick-up game, sandlot soccer or soccer in the streets the objective is the same - free play. We must give the game back to its rightful owners - the players!



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"Gosh, you seem to know a *lot* about soccer.
I like that in a coach."

THE BOTTOM LINE — QUALITY COACHES IN ZONE 1

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PARADIGM SHIFT

“We must work to create an environment to develop the American player’s growth and development! In the past we have tried to train the Dutch way, the Brazilian way, etc. We can and will together create the finest players in the world if we understand the growth, development and specific characteristics of our youth. Distributing the body of information from the “Y” License is the first step.”



WILL WE EVOLVE?

Dr. Tom Fleck

US Youth Soccer the Leader in Youth Soccer in the United States of America for 40 Years



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