

Harvard Soccer Club Spring 2012 Coaches Clinic

Master Coaching for Developing Youth Soccer Players



An interactive presentation
and discussion on
coaching methods and
techniques



The Elite Soccer Mind

**What is an elite
soccer mind? (attributes)**

The Elite Soccer Mind: Questions

How Does Greatness Occur ?

Can all Kids Become Elite Players ?

Is it Nature or Nurture? or Both?

How Important is the Mind?



- With respect to becoming elite
- With respect to Maximizing potential



What the Coaches Say

“We talked about mental toughness and mental toughness is not just through tough times, but also through good times. . .you have to be mentally tough enough to sustain your game plan for 60 minutes”. . .Claude Julien, Boston Bruins Coach, NHL Champs

“Against Barcelona you are exposed many times because of great possession and we kept RESILIENT. Our players showed exceptional strength and togetherness.”

Arsene Wenger, Arsenal Manager, comments upon beating Barcelona

Its All in Their Head

Regarding questions about greatness: “The chief constraint is mental, regardless of field, even in sports, where we might think the physical demands are the hardest.”

Geoff Colvin,

Talent is Overrated

The Elite Soccer Mind

10,000

To become truly great at any skill you need at least 10,000 hours of *deep* or deliberate *practice**.

What is a Deep Practice?

Deliberate Practice (Anders Ericsson)

Deep Practice (Daniel Coyle)

- Motivation to Attend and Work Hard
- Design Takes pre-existing Knowledge into Consideration
- Access to Immediate Feedback
- Repeatedly Perform Same or Similar Tasks

(Ericsson says this is not inherently enjoyable... Do you agree? Can it be?)

Applying to the Soccer Player

Under 6

- motivation?
- pre-existing knowledge?
- immediate feedback?
- repetition?

Application to U6

Under 6 - what do we know?

****Myelin is key****

- creative
- energetic
- egocentric

Under 6 - practical application

- fuel creativity
- give spotlight
- problem solving

Under 12 – What do we know?

- beginning of identity formation
- leadership time
- abstract thinking

Under 12 Practical Application

- all problem solving
- captain ownership
- 100% effort
- grading practices
- team goals
- shared individual goals
- measureables
- use of video

Under 14 – What do we know?

- trying to show identity
- vulnerable to social pressures
- ownership is theirs

Under 14 – Practical Application

- ask for input
- fuel competition
- zero sum games
- 1 goal games
- have the conversations
- “The Rage to Master”^{**} (Winner)
- self-determination
- off field is key to building mentality

^{**}Describes the intrinsic motivation of gifted and talented children to master an area of interest

Under 16/19 – What do we know?

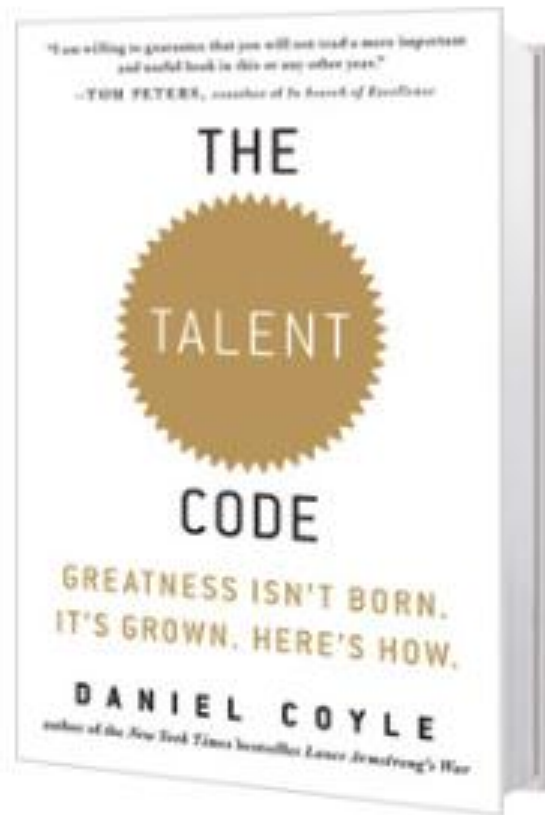
- have their own goals
- can be strong-minded
- balancing pressures and directions
- the time is **NOW**

Under 16/19 – Practical Application

- complete ownership
- individual plans
- much use of video
- older age group play
- watch pros

What Can We Do?

10 Things We Can Do Now to Create Elite Players





Ten Things: #1

Sweet Spot Training Must Become the Norm

Sweet spot is that productive, uncomfortable terrain just beyond our current abilities, where our reach exceeds our grasp.

Deep Practice is not simply about struggling: it's about seeking out a particular struggle, which involves a cycle of distinct actions.

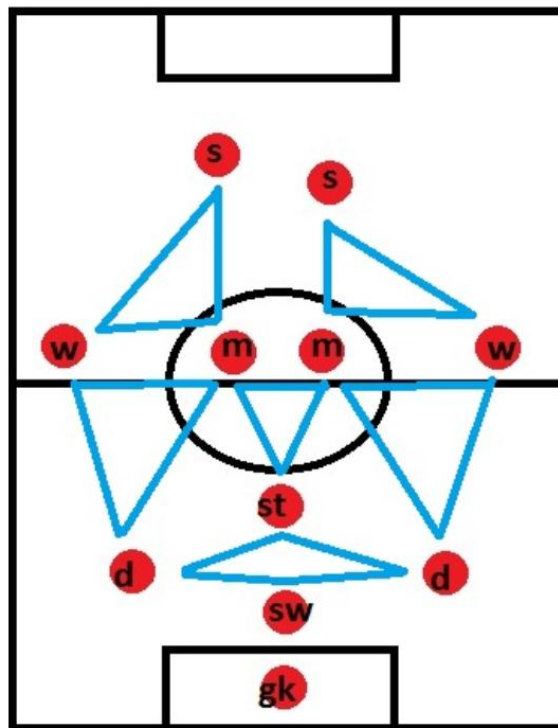
We must teach our soccer players to become comfortable with being uncomfortable.

Practice activities need to be designed to induce errors.

Ten Things: #2

More Chunking will lead to better players

The goal is always the same: to break a skill into its component pieces, memorize those pieces individually, then link them together in progressively larger groupings.





Ten Things: #3

Deeper Practice Must Have Time Limitations

What's more, there seems to be a universal limit for how much deep practice human beings can do in a day.

...Art Horne, *The Boston Sports Medicine and Performance Group*.



Ten Things: #5

Cultivate our Motivational Language to be Ignition Language

Where deep practice is a cool, conscious act, ignition is a hot mysterious burst, an awakening.

..Doyle

Motivation Language

Example: **Praise Effort not Results**

Different Depending on Age?

Ten Things: #6

Physical Environment Matters

..and infusing primitive environments into the training plan may be effective.



red
se a
d.

Ten Things: #7

Master Coaching Demands That We Work Harder to Adapt to Individual Athletes

“The way I look at it, everybody’s life is a bowl of whipped cream and ?!#*, and my job is to even things out. If a kids’ got a lot of ?!#* in his life, I’m going to stir in some whipped cream.

If a kids’ life is pure whipped cream, then I’m going to stir in some ?!#*.”

Football coach Tom Martinez

Get to know your players

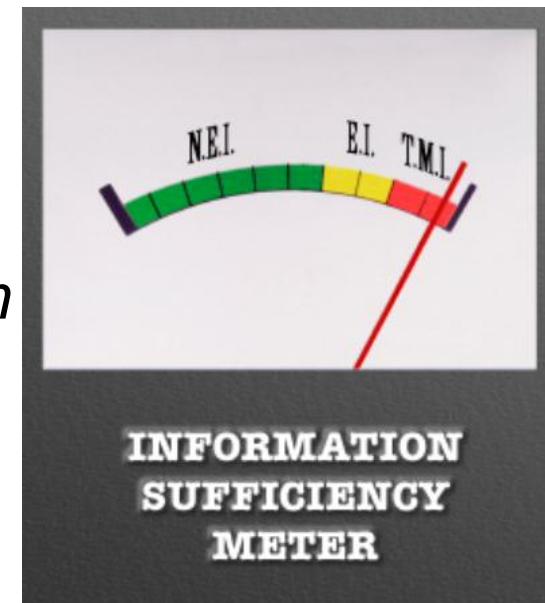
Ten Things: #8

Master Coaching Assumes Less* is More

A Check List; a filter to use before you start talking.

* i.e. saying less

1. *Are you connected? Do you have a persons complete and undivided attention?*
2. *Do you know – deeply understand- where that person is in their development right now, and what is the next step?*
3. *Can you, in five seconds or less, deliver a clear, memorable piece of useful information to help them take that step?*



Ten Things: #9

Factor in the G Factor When Picking a Team

What matters most is not current performance, but rather growth potential – what you might call the G-Factor – the complex, multi-faceted qualities that help someone learn and keep on learning, to work past inevitable plateaus; to adapt and be resourceful and keep improving.

Application:
In-Town Team Formation





Ten Things: #10

Brain Science Teaches the 1-Second Method improves performance

Just before every performance, whether it's in sports, music, or school, there is a quiet moment just before action starts. It's the deep breath before the leap, the moment when all the preparation is finished, and you're waiting to start, and there's nothing on earth you can do.

..or is there ?

Smile, even force it before you execute

Question #1

- *What does deep practice look like in soccer training session?*

- *What specific drills or teaching approaches have you used that lead to deep practice?*

Question #2

- *What chunking have you done in training that has been particularly productive?*



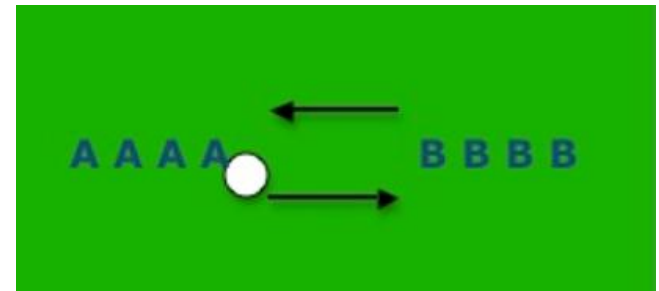
Question #3



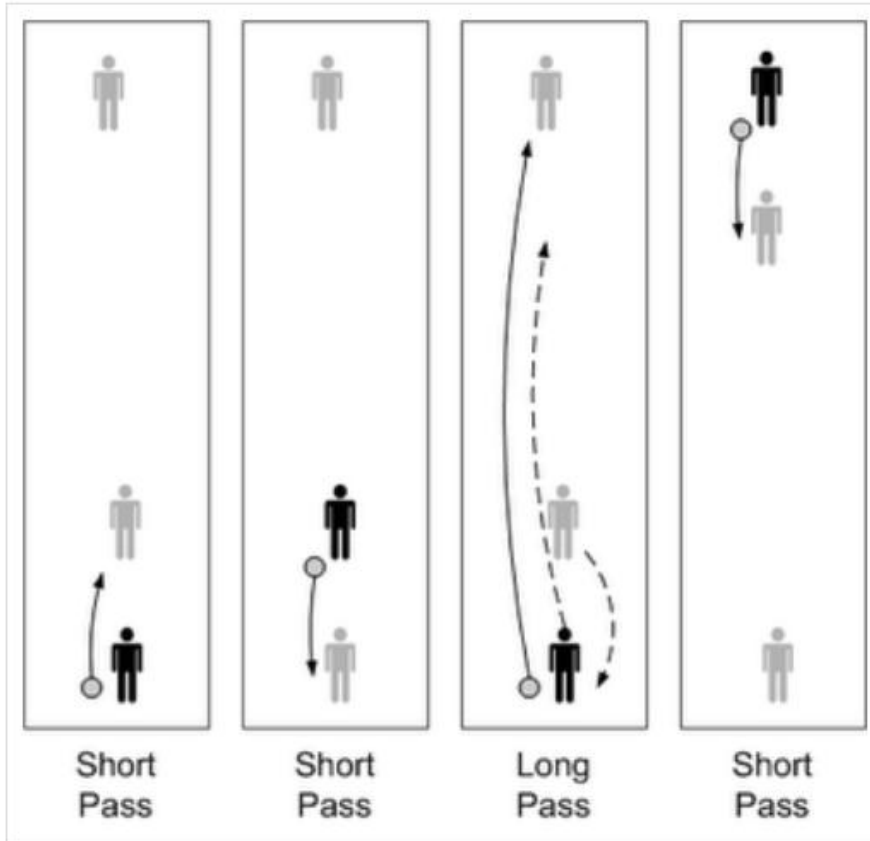
What are some successful attempts at ignition you have either used or observed others using to motivate athletes?

Game Day Readiness

- Players to arrive 30-45 minutes before the game
- Conduct a thorough warm up to include:
 - Heart Raising activities (not strenuous), cones, ladder,...
 - Dynamic Stretching
 - Activities to maximize touches on the ball
 - Line Activities
 - Small grid, 4v2, keep away passing exercises
 - When the field is available, 2-3 balls, long random passing.
 - Drinks of water before the game starts



Line Activities Examples:



1. Dribble, Short Pass
2. Dribble, w/take-over
3. Dribble, w/move
4. Short, Short
5. Short, Long

Open Discussion



Pre-Game Team Talk

- Name your starting formation
- Instructions - keep them few and simple
- Use visual aids
- Goals and expectations





Squad Rotation

A Case for Less Rotation

- *Overload of information*
- *Lack of knowledge in different position and the roles of the position*
- *Confusing of when to get it to the outside and middle*
- *Allows the players to excel in a position where you as a coach feel there best at*
- *Try not to be influenced by parents*
(isn't just about there child scoring goals)
- *High scoring games allows you to rotate players*
- *Just because they are defense/attack doesn't mean they have to stay there, (encourage stepping up)*



Formations Yes, You Have Options

- Keep them simple
- Idea is to create triangles
- Play to your strengths

“football is a simple game based on the giving and taking of passes, of controlling the ball and making yourself available to receive a pass. It is terribly simple.”

Bill Shankly - Liverpool FC manager (1959-1974)

6 v 6 Formations

2 – 1 – 2

2 – 2 – 1

2 - 3

2-1-2 Advantages

- *Creates width in attack and defense*
- *Role of the midfielder is to help both defense and attack, they are the point of the triangle, distribute the ball wide then make forward runs*
- *When defending:compact, attacking: use the width of the field*
- *Inform goalkeepers of the rules*
- *Encourage players to play their wings, with support coming from the other wing when attacking*
- *Encourage defenders to take throw ins*



2-1-2 Disadvantages

- *Can be left open for a break away*
- *Against a 2-2-1 the midfielders can't out play the 1 mid*
- *Against a 2-3 your outnumbered in defensive*

2-2-1 Advantages

- *Crowds/Controls the midfield*
- *2 solid walls, becomes harder for the other team to break down*
- *Very defensive*
- *Excellent for counter attacking*

2-2-1 Disadvantages

- *Few natural triangles*
- *Very defensive*
- *Striker can become isolated*
- *Tough for young players to understand the role of the midfielder,*
- *The roles of the midfielders when defenders have the ball*
(right defender has the ball RM needs to get wide and LM need to cover the middle)

2-3 Advantages

- *Most common formation used*
- *Excellent attacking options*
- *Keeps width and allows a target striker*
- *Outnumbers the defensive*
- *Width gives an outlet ball for defensive*

2-3 Disadvantages

- *Only 2 rows deep leaves you wide open in the middle*
- *Forward line is straight*
- *Striker needs to play in the hole to create a triangle for the wide players*
- *Hard for defenders to get the ball to the strikers*
- *Passing options are reduced due to no midfielder*

8 v 8 Formations

3 – 3 – 1

2 – 3 – 2

3 – 3 – 1

(3-1-2-1)

3-3-1 ATTACKING

ADVANTAGES

- Creates width
- Produces opportunities to get crosses into the box
- Allows you to switch the point of attack
- Allows you to play on the counter attack - transition from defense to attack

DISADVANTAGES

- Lone forward often has their back to goal
- Forward at times can have little support
- Lack of pressure on opposition back line



3-3-1 Defending

ADVANTAGES

- Allows you to defend as a unit and maintain defensive shape
- Clarifies the role of 1st, 2nd & 3rd defenders
- Closes down attacking space for opposing teams

DISADVANTAGES

- Transition from defense to attack can often take too long
- Creates channels for attacking team to exploit if players are unsure of their role
- If opposing team plays with 2 attackers that can often lead to confusion



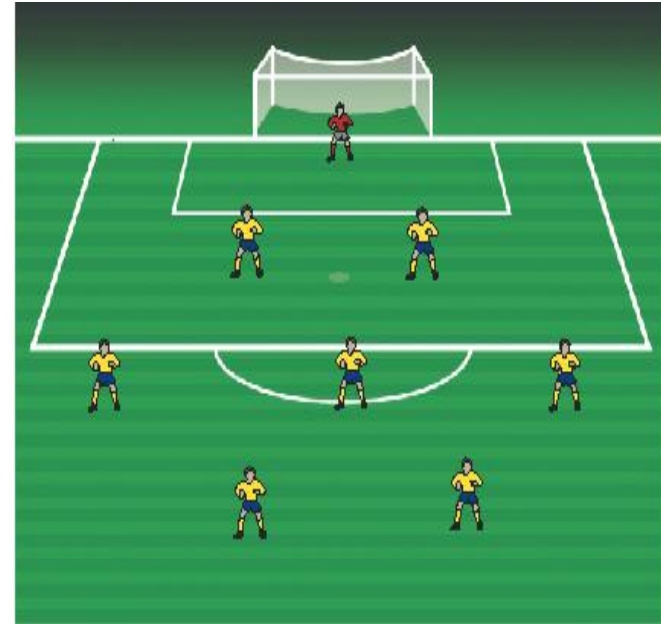
2-3-2 Attacking

ADVANTAGES

- Increased number of players going forward and entering the attacking third
- Allows you to switch the point of attack - play through the middle or from wide areas
- Allows the midfield to link up with the forwards easier

DISADVANTAGES

- Can lead to confusion if players do not fully understand their roles
- Can reduce space if players do not hold their position



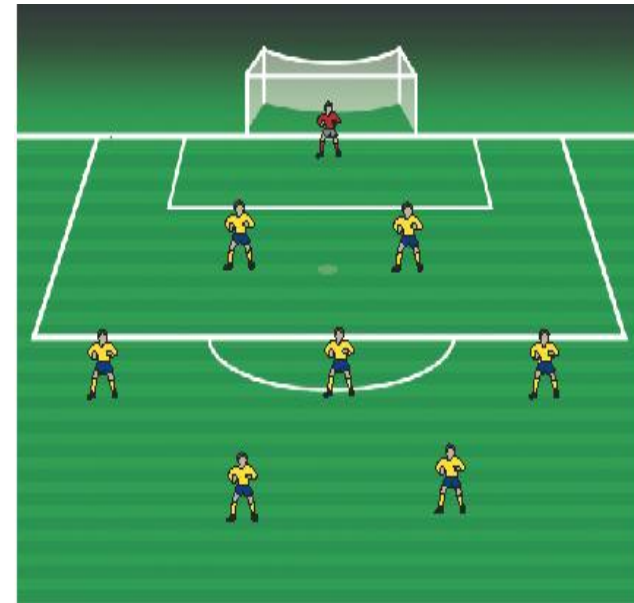
2-3-2 Defending


ADVANTAGES

- Forwards can pressure opposition defenders - defend from the front
- Allows your team to defend higher up the pitch
- Easy to play the offside trap

DISADVANTAGES

- Opposition can exploit space in wide areas
- Low numbers defensively
- Marking issues





3-1-3 (3-1-2-1) Three an a Diamond

Advantages

- Creates natural triangles, Natural width going forward
- Strong defensively
- Rarely get outnumbered

Disadvantages

- Midfielder can become isolated
- Need a natural ball distributor
- Can get caught on the counter attack



Fundamentals of Stopping the Attack

What is the fundamental goal of defense?

It is not stopping the opposition from scoring

The primary goal of your defense should be to win **possession** so that your team can score.



Primary Goals of a Defender

Listed in order of highest priority:

- **Stop forward progress of the ball**
- **Delay**
- **Try to win possession only if you are sure you will be successful.**

Characteristics of a top defender:

Patience, Patience, Patience

Perfecting 1v1 Defending

Fast - Quickly Close the Gap

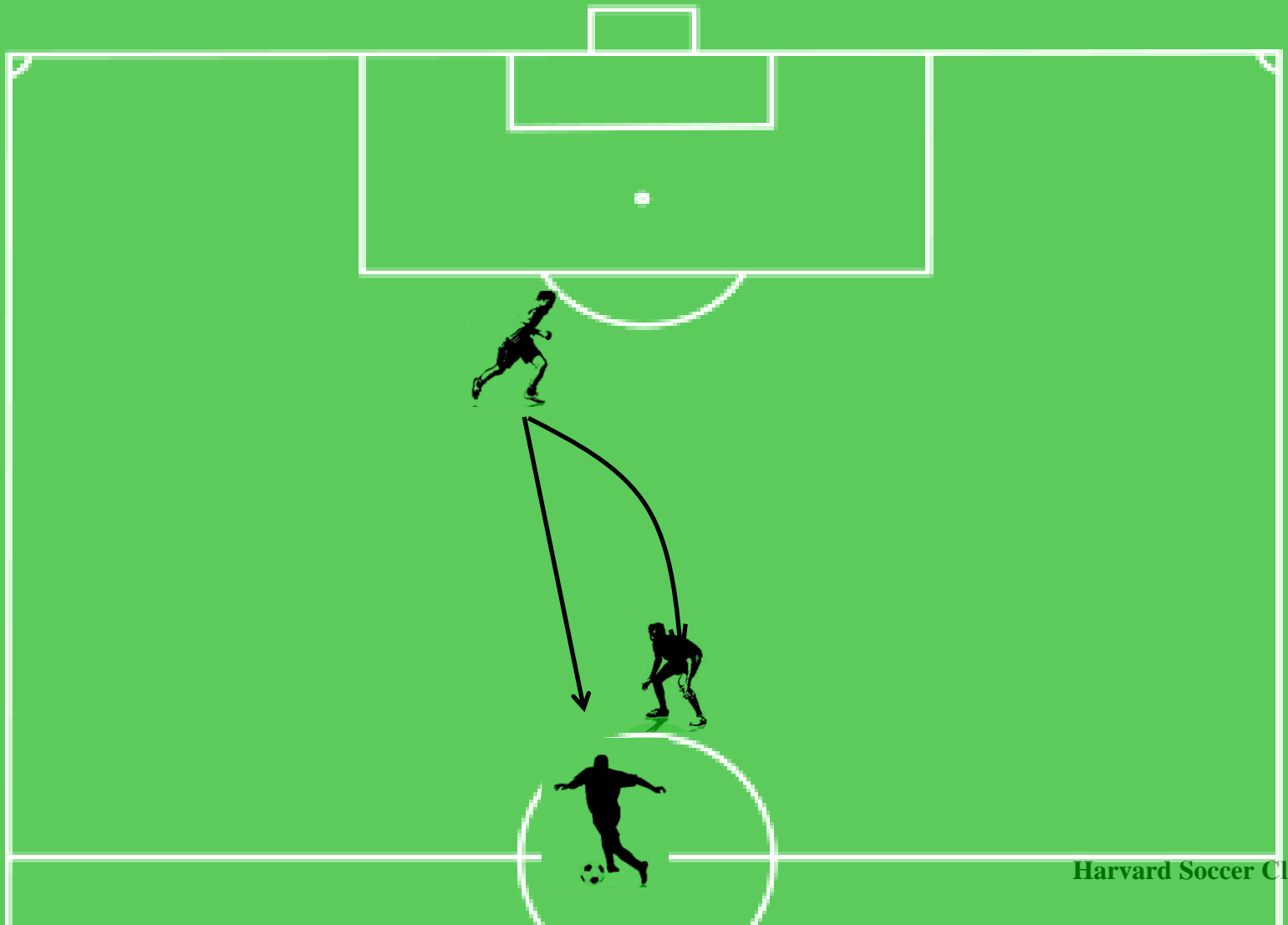
Slow - Slow down when you are close

Sideways — Maintain angle to the player

Low — Knees bent, positioned ready to move in any direction



Fundamentals of Stopping the Attack – 1v1 Defending



Coaching During the Game

- What is the right amount?
- Avoid constantly shouting at the players
- Give coaching points during stoppages in play
- Observe the game and give brief, relevant instructions to that particular game
- Half time team talks or full time analysis can be a more effective coaching method





Half time / Full Time Team Talk

- Do not use this as an opportunity to yell at your players
- Involve them in the talk

Winning/ Won

- Ask the players what has been going well
- Then ask what they need to improve on

Losing / Lost

- Ask the players what they need to improve on
- Highlight what has gone well

Keep it Simple



Come away with Coaching Points

- Every Game win/loss or draw will teach you something about your team/ players
- Have a note pad & pen in your pocket to take down anything in particular you see & would like to work on later
- Take the issues from the game & apply them to your practice
 - e.g lack of goals = Shooting drills
- Also bring your coaching points from practice into your games
 - e.g losing goals at corners = remind players that you worked on man marking during practice



Gender Differences and Age Expectations

- Girls mature both physically & mentally faster than boys
- Boys more willing to take individual feedback with other players present.
- Boys tend to want to stand out, girls prefer not to
- Girls respond more to positive reinforcement when being coached i.e Tony DiCicco book “catch them being good”
- Both age groups have players entering or in the middle of puberty so general physical size will differ from player to player. (you must be mindful of this when working with the team)

On Line Resource





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Tony DiCicco

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2012 Event Information

CLICK HERE TO REGISTER TODAY!

LEARN FROM THE BEST at the 2012 Soccer Champions Coaches' Clinic at Mohegan Sun. Led by **Tony DiCicco** and **Ray Reid**, this clinic for soccer coaches features multiple days of cutting-edge instruction and on-field demos by some of the world's top soccer minds. 2012 presenters include: the FA's Coaching Manager **Dick Bate**; MLS Red Bull Coach **Hans Backe**; National Champion Collegiate Coach and Four-Time National Coach of the Year **Ray Reid**; and, World Cup Champion, U.S. Olympic Gold Medalist and current WPS Boston Breakers Coach **Tony DiCicco** among others.



All attendees become NSCAA members* through our partnership with the National Soccer Coaches Association (a \$75 value) and can earn their E Certificate at no additional cost through our partnership with the Connecticut Junior Soccer Association. "A" License coaches will be able to earn up to 2 U.S. Soccer Continuing Education Unit credits (additional \$25 fee applies). Based on the success of our break-out sessions in 2011, we will continue offering these special topic offerings in 2012 (see Event Schedule page for details).

Sessions will feature top-level youth players/teams who will help our world-class clinicians clearly "paint a picture" of activities, technical skills and training sessions being covered.

NEW THIS YEAR, the Soccer Champions Coaches' Clinic is offering an NSCAA Goalkeeper Level 1 Diploma. Also, the attendee event gift bag will include a complimentary adidas t-shirt courtesy of adidas/WeGotSoccer.com and a

<http://www.soccerchampionsclinic.com/index.php> Systems.

NSCAA Membership* Official Event

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EXHIBITOR INFO

South Point Hotel Casino & Spa

Mohegan Sun Convention Center

All registrants receive a complimentary dvd NSCAA Technical Training

TECHNICAL TRAINING Goalkeeping Fundamentals

SLS



Developing Youth Soccer Players Coaching Objectives

AGE

OBJECTIVES

CONTENT

5-7 Years

Feel for the Ball

T.i.c

Ball Control

Skill Oriented Games

Direction, Speed,
Precision

7-12 Years

Basic Proficiency

T.I.c

Developing insight
and technique by
playing games
involving soccer
situations

T.I.C.: Technique-Insight-Communication

Harvard Soccer Club

Developing Youth Soccer Players Coaching Objectives (con't)

<u>AGE</u>	<u>OBJECTIVES</u>	<u>CONTENT</u>
12-16 Years	Competitive Proficiency	T.I.C. Teamwork, development of tasks per line and position through small and large sided competitive games
16-18 Years	Team Proficiency	T.I.C. Match Coaching Productivity, Competitive proficiency Mental Aspects

Official Coaching Book of the
Dutch Soccer Association

T.I.C.: Technique-Insight-Communication

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