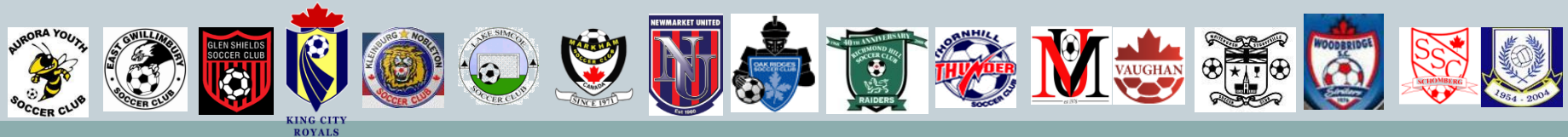




YRSL Under 8 and 9 Coaching Development



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- Why do Children Play Soccer?
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Quote's



“People will forget what you said.

People will forget what you did.

But people will never forget how you made them feel”.

Maya Angelou

Female autobiographer/Civil Rights Activist

“The bottom line in youth sports should not be based on pressure to win. Instead, it should be on the enjoyment of competing and the opportunity to develop positive attitudes toward other people.

Lute Olson, University of Arizona basketball coach

Why do Children Play Soccer ?



To have **FUN**

Fun is :

- Being with friends
- Being active
- Being part of a team
- Learning new skills
- Testing these skills against others
- Like the challenge and excitement
- To compete and pleasing others



U8, 9 - Characteristics of development



- Improvement in co-ordination.
- Display an increase in strength.
- Enjoyment of physical contact.
- Increase in attention span.
- Ability to problem solve.
- Sensitivity to criticism.
- Enjoy playing team sports.
- Like to be recognized for their sports ability
- Understand and like the idea of being on the team
- Coach is a greater influence on the child



U8, 9 Training Recommendations



- *Running with the ball*
- *Dribbling*
- *Receiving the ball*
- *Passing*
- *Shooting*



The technical foundations of the game

Coaching Points



RUNNING WITH THE BALL

- Keep the ball close
- Switch attention between ball and environment
- Balance
- Using both feet
- Using all surfaces



Coaching Points



DRIBBLING

- Movement
- Protect the ball - keep away from defender;
- Changing direction
- Changing speed
- Turning with the ball
- Fakes and feints



Coaching Points



Receiving the ball

- Keep your eye on the ball
- Get your body behind the ball as it is moving towards you;
- Choose the surface (foot, thigh, chest).
- First touch away from pressure;
- Head up - make a decision: pass, dribble, shoot or run with the ball



Coaching Points



PASSING

- Ball at a comfortable distance;
- Look at the target, then.....
- Look at the ball when striking it;
- Strike the correct part of the ball;
- With the correct part of the foot
- Lock the ankle when you strike the ball;
- Using both feet and different surfaces;
- **OBJECTIVES OUTCOMES:**
 - Accuracy
 - Pace of the pass



Coaching Points



SHOOTING

- Ball at a comfortable distance
- Preparation touch
- Look at the target
- Look at the ball when striking it;
- Strike the correct part of the ball
- Lock the ankle when you strike the ball with the laces;
- Using both feet



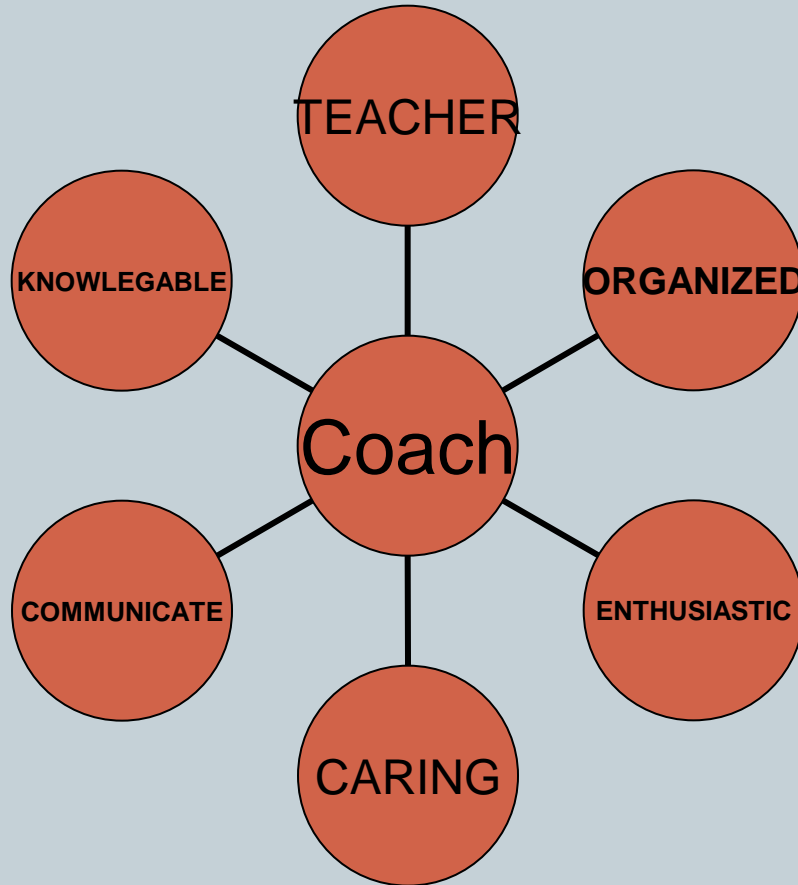
Kids Play because its Fun!!



- **How can you make sure kids have fun? Kids enjoy? Kids learn?**
 - Connect with each player;
 - Adopt a teaching style to suit the children;
 - Create challenging, interesting and active practices
 - Be a positive role model for children;
 - Good communication is important;
 - Work to develop team spirit.
 - Create a positive/safe environment



Good Youth Coach



PRACTICE SESSION



No L's



- No Laps!
- No Line ups!
- No Lectures!



Players want to play,
let them play, no waiting,
keep fit with the ball, no
long winded talks.

Player Centred Approach to Coaching



What is a player centred approach to coaching?

Improving, developing a players decision making.

How do I do this?

By creating practice situations where players have to make decisions and allowing them or guiding them to a realistic decision.



What are the benefits of PCA?



- Increased player engagement .
 - Increased communication.
 - Increased competence .
 - Increased motivation.
- *Players are empowered, as opposed to always being told what to do, they have to think and decide what to do. This improves learning and players feel involved in their own education and development*



REDEFINING “WINNER”



- The major issue in youth sport is that adults – parents and coaches – copy the pro-sports culture, where winning is everything.
- However, we are involved in youth sport which is about the education of young people in their vital skill-learning years.



Skill Mastery



Scoreboard definition

Results is everything

Comparison with others is normal

Mistakes are not OK

Mastery definition

Effort is encouraged

Learning is fundamental

Mistakes are learning tools

- Through the tree of Mastery – or the ELM tree, coaches believe that young athletes will **work harder, stay longer** and **improve quicker**.

ROOTS



- **Rules** – Refuse to bend the rules to win. Breaking the rules, even if you get away with it, dishonours our game.
- **Opponents** – Respect your opponents by doing the best you can in the fairest possible way. Try your hardest to win because you want to be all you can be.
- **Officials** – Respect the officials at all times. No-one has the right to shout at the officials.
- **Team-mates** – Do not let your side down by your actions or lack of effort. Being part of a group should be fun. Learn to work together by encouraging and supporting each other on and off the pitch.
- **Self** – Never let yourself down! Despite the conduct and actions of others, live up to what you believe.

Questions



Thanks