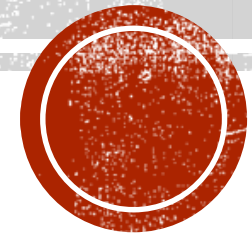


WILLIAMSON COUNTY SOCCER ASSOCIATION



COACHING SUPPORT, EDUCATION AND SEASON PREPARATION





WCSA COACH DON'TS

Traditional Coaching Approach

1. “Expert” Coach
2. Command / Intimidation Style
3. One Way Communication
4. Text Book Coach
5. Generic Comments
6. Always Coaching



WCSA COACH DO'S

WCSA WAY

1. Power-Sharing
2. NO Text Book Mode
3. Try - Experience – Learn
4. Build Confidence
5. Player Centered
6. Let the Game be the Teacher



THE CORE PRINCIPLES

Getting into the correct learning state (Players)

- Simplicity
- Stop trying so hard
- Stop judging yourself
- Start trusting yourself
- Relaxed concentration
- Getting into the 'Now'



HOW TO IMPROVE AS A COACH

- Move from an outdated approach towards a new modern approach.
- Join a fast-growing group of coaches.
- Enjoy your coaching more.
- Learn to think 'outside the box' as a coach.
- Developing better relationships with your players.



COACHING SUPPORT

“It ain't what you don't know that gets you into trouble. It's what you know for sure that just ain't so”

Mark Twain



FOUR PILLARS OF PLAYER DEVELOPMENT

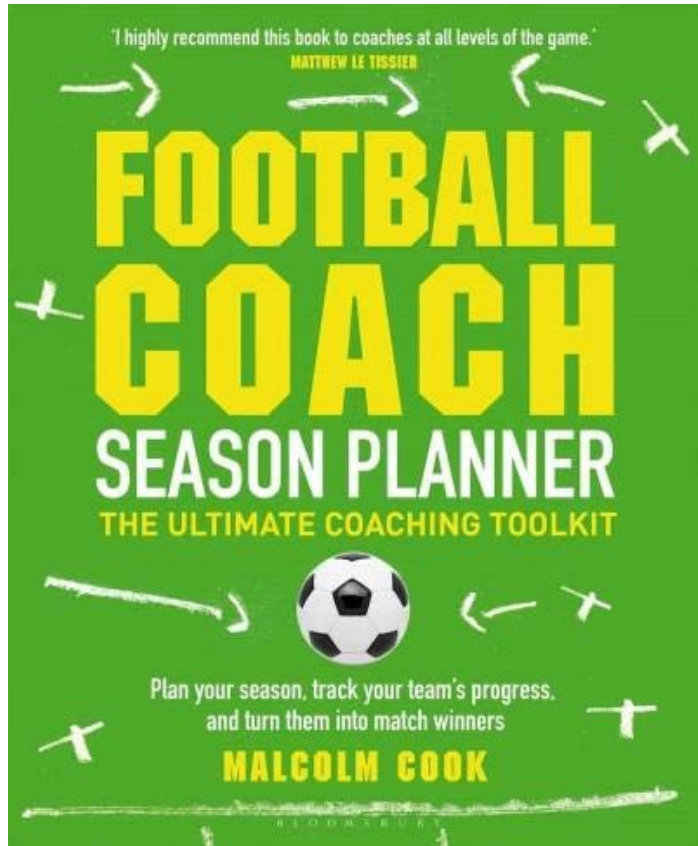


BUILDING CONFIDENCE

- Stay positive as a Coach (Communication and Body Language)
- Do not be hard on a player for making a mistake (Mistakes help us learn)
- Let the game be the teacher
- Lots of positive encouragement
- Don't point out the problem, offer a solution



MALCOLM COOK



Support from Malcolm

Malcolm Cook is a former professional soccer player, coach, and sports psychologist. He is the former Head of Youth at Liverpool FC and founder of Freeflow Coaching, and author of 101 Youth Soccer Drills 7-11 and 101 Youth Soccer Drills 12-16.





SCENARIO CARDS

HOW TO USE THE SOCCER IQ CARDS IN A COACHING SESSION/PE LESSON

- 1 Give a card to both teams
- 2 Provide time for the teams to discuss which tactics they wish to use. Try not to intervene too much, unless they ask for guidance.
- 3 Provide at least one 'Time Out' so that the players have time to see how well their tactics are going or if they need to change or adapt them.
- 4 Decide whether the teams get to experience both sides of the scenario.
- 5 Allow the players to come up with their own scenarios based on games they have played or something they have seen on TV.

"If you do not believe you can do it then you have no chance at all" - Arsene Wenger

For more tips and tactics, connect with us:
 
www.issasoccer.com

CARD 01

CHAMPIONS LEAGUE SEMI FINAL SECOND LEG

THE SCENARIO

It is the second leg of the Champions League Semi-Final.

Team B are playing at home.

The result from the first leg was Team A 1 Team B 0.

If after two legs the teams are drawn then the team that scored the most away goals will win the tie.

THINK ABOUT

What tactics/formation will your team decide to play?

If a goal is scored your team has 2 minutes to discuss your team's tactics.

Do teams play differently when playing away matches?

For more tips and tactics, connect with us:
 
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CARD 02

FA CUP FINAL

THE SCENARIO

It is the FA CUP FINAL.

Team A are beating Team B 3-2.

There are only 8 minutes left of the game.

THINK ABOUT

What tactics/formation will your team decide to play?

If a goal is scored your team has 2 minutes to discuss your team's tactics.

Do not use time wasting as one of your tactics.

For more tips and tactics, connect with us:
 
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KEY DATES FOR COACHES

- February 23rd (Thurs)– Classroom Session on How to Plan and Run a Successful Practice (Rec Center)
- February 28th (Tues)– 1st Defender + Triggers in Different Scenarios
- March 1st – (Wed)1st and 2nd Defenders (Pressure - Cover)
- March 7th – (Tues)1st Attacker – Taking on a Defender
- March 8th – (Wed)1st and 2nd Attacker – Decision Making and Creating a Goal Scoring Opportunity
- March 10th (Fri)– Goal Keeping Session (U9-U12 and U13-U19)



A SUCCESSFUL CLUB

- The Clubs Identity
- The Philosophy
- The Vision
- **The Coaches**
- Together as coaches we need to be part of the club's vision

I like to win, I like to train, but above all, I want to teach people to compete representing universal values: values based on respect and education. Giving everything while competing with dignity is a victory, whatever the scoreline suggests'.

Pep Guardiola

