

## **Patriots Soccer Club Coaching Expectations**

### **Coaches will abide by the following philosophies:**

- Activities should focus on fun, and involvement with the ball.
- Players are exposed to playing every position.
- Players are taught the rules.
- Activities are designed to refine technical abilities & technical speed.
- Introduce activities with the opportunity to advance technical & tactical awareness as soon as practical.
- De-emphasize winning & losing; emphasize player development, skills challenges and team building.
- Players will have the opportunity to play equitable amounts of time in each training session, scrimmage and game.

### **Coaches will understand and perform the roles of the coach:**

**Facilitator**-Coaches must be a role model. They should set up the environments and conditions for learning. The player's activities should be geared toward achieving individual and team success. Players must have fun and receive specific & positive feedback.

**Referee**-Coaches must show respect for parents, players, referees and opposition. These individuals deserve this respects as does the game itself.

**Teacher**- Coaches must understands who they are coaching. Players are not defined by chronicle age only; they develop at their own pace and different paces. Players **MUST** have the opportunity to showcase their skills in game situations. Coaches must treat each child as an individual. Not all players participate for the same reason. Objectives and goals for each player as well as the team as a whole must be developed by coaches. Coaches are expected to organize appropriate environments that balances letting players play with correcting. Organizing and developing written training sessions that are well thought out and executed for **EACH** training session are expected. Identifies "coachable moments" and uses them appropriately. Employs the "Freeze" method of correcting: Freeze, Demonstrate, Rehearse, and Restart.

**Assessor & evaluator** – Is the coaching having a positive impact on the players and is the player progressing?

### **Coaches will have knowledge of, and employ, the components of soccer:**

**Technique**- Players need to learn to master the ball. Ensure players' properly employs each Stage for Teaching Technique:

**Fundamental** – Focus on process

**Match Related** – Teaches what to do in Transition

**Match Condition** – As age of the players increases; demand higher reps, increased pressure in time, space and speed.

**Tactics**- Player's decisions with or without the ball. Improved tactics allows freedom from the ball to make decisions.

**Progression for Teaching Tactics:** Individual - Small Group - Large Group

**Fitness**- Proper warm-up and cool down.

**Adequate number of training sessions per week**- A minimum of two sessions per week are expected for each team.



