

BUSY WITH BRAINLESS SOCCER

OR

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It takes about 10-12 years to produce an established soccer player. While most young players are introduced to the game about the age of six or seven, it is unlikely that they will begin to master the skills requiring eye-foot coordination or fully understand the principles of play before they are about sixteen years of age.

The progress and development of the young player is dependent upon good coaching. Coaching is first and foremost creating situations where players develop skills and insight into the game. The development of the soccer brain is paramount to the total development of the player. It is necessary that players practice in a stimulating, challenging and game-related environment.

Soccer is a chaotic, dynamic and fluid game. Situations and decisions change in a second. At any moment opponents can ruin plan A and teammates may ruin plan B. This leaves the player with trying to invent plan C in a rapidly changing situation. Composure and self-confidence are two important qualities for bring order out of chaos. Being able to recognize constantly recurring situations is an important prerequisite for taking the correct action and applying the required technical skill. The good player seems to exert less effort, is more comfortable and even plays with a sense of style and grace that the poor ones lack. To control the game you have to control the ball. To control the ball you have to control your mind and body.

Coaching demands that you teach your players to be able to read the game, to solve the soccer problems as they arise and to have the technical ability to successfully execute under the pressures of the game. You can learn a brilliant book of coaching drills by heart , but the ability to act at the right moment, to make an accurate analysis and to show how things should be done, is much more important. That is the heart of the matter.

OUTLINE

1. What is Soccer
2. The Learning Process
3. Technique, Insight, Communication
4. Three Main Moments
5. Training
6. Activities

The action of the legs is determined by the brain and the heart

Bringing order out of chaos