

Philosophy Statement

Player Development

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.

Purpose:

To develop technique and insight by playing skill-oriented games involving simplified soccer situations. Learning to become comfortable with the ball and develop coordination with the ball through age-specific soccer activities. The delicate balance of age limitation and age potential will be the guiding force in choosing appropriate learning activities.

Philosophy:

Keep it simple - learn how to play the game skillfully – a patient approach

Make it fun - skill-related activities and competitions that are age-appropriate

Good technique with a lot of repetitions -- good habits – quality and quantity

Gradually increase and change activities – combine variation with constants

Program:

Ball touch – use of both feet and all body parts used for soccer

Basic skills – dribble – pass, receive – heading – shooting – juggle – Coerver moves

Insight -- use soccer skills to solve soccer problems

Mobility, balance, coordination and appropriate running form for soccer

Speed, acceleration, and explosive movements for soccer

Goal scoring

A Time for Winning ---- A Time for Learning

There is a huge **over - emphasis** on winning at the younger age levels

Teams that are gung ho about winning at the U10 and under age groups, may be nowhere to be seen at U16 and U17. When winning is the emphasis at the young age, the short cuts taken are the physical abilities, **not skill and technique**

Winning vs Learning

When the top priority of the young age team is winning, it fails in its most important role --- **player development**. When winning becomes the focal point, it is hard to create a positive learning environment due to the stresses created from winning and losing.

The time for winning will come soon enough – **prepare the kids to win through good skill development and a positive learning environment**

The main task of a coach

To influence players to want to play soccer, and learn to play it better, for years to come.

Being a youth coach is like working without a watch. Time is on your side

A coach wants his team to win, **BUT -- Winning should be secondary to development**

Ages 7 – 10

Up to age 11, learn the technical skills

Apply the technical skills to the actual game situations

It is vitally important that initial training, in the earliest stages of development, do not simply seek short-term objectives. One eye on the present with one eye on the future
Inadequate progress at one level means that significant progress will not be made in the next level

Continuity is particularly important in youth development. Everyone involved needs to be well informed and pulling in the same direction

It is typical for the 8 to 10 age group that each child plays for himself rather than combining with the others. In addition, children move towards the ball and not away from it, and are inclined to play the ball forward and not to the side or backwards.

Training Objectives

Ability to use both feet to side-foot and semi—side-foot the ball and kick it with the instep, both along the ground and through the air, over short distances

Taking and cushioning the ball with all parts of the body

Juggling the ball with every part of the body except the arms

Passing accurately from a standing position and while on the move

Accurately shooting on goal

Expectations

Honest and responsible -- (respect norms --- ethical conduct)

Respect others

Tolerant, caring, generous -- (accept weaknesses and help others)

Self critical -- accept mistakes and weaknesses and work to improve them

Accept success and failure in a balanced way

Parent Principles

Don't talk too much about soccer with your son

No demands and don't criticize

Don't get angry about player's mistakes

No blame during the bad times

Kids must feel your support

Be encouraging

Don't judge, create a calm environment, observe as a neutral observer

Closing comment:

Ferenc Puskas to his father:

“ I want to thank my father for all the advice he never gave me

