

Coaches training highlights with Mark Zathey, from Michigan Rush and MSYSA

Grasroots Coaching: A really great Introduction to this type of training based on the latest research can be found at dcc.ussoccer.com You can take their free introduction course which encompasses the philosophy and dynamics of this newer type of teaching methodology. I found it very informative and it's a good recap of some of the things covered in the training we had in Marquette.

Mark shared with us some very practical coaching strategies to keep kids wanting more. The research behind this doesn't necessarily mean that the kids will get better than with old strategies, it just means they'll like the process much better and be more likely to stick with soccer.

When kids get to practice there should be something for them to do while waiting for others. "Grids" or "Stations" can be set up for 1 v 1 or 2 v 2. Examples would be shooting between cones or dribbling around cones and passing off, 2-person passing, etc.

After all arrive, a teambuilding warm up can be used. This might be laps around the field or "ball gymnastics", yoga moves, dynamic stretching rather than static stretching.

The emphasis now is to move from lecture and learn to play and use guided questioning while they are playing. You should have a plan for every practice but teaching more one on one rather than whole group. When you need to talk, make it less than 10 seconds.

The more you get parents on board, the more success you will find. Good communication setting goals and expectations at the beginning and then involving them if they would like.

Keep it a fun environment and try to use quick key words like "opening", "heads up", "GO!" "Attack" if ball is near, "Defend" or "Goal" if ball gets away.

Keep it "Play Centered" in your approach to coaching. Five Elements of a Training Activity are
1)Organized 2) Game-Like 3) Repetition 4)Challenging 5) Effective Coaching

Some sample training sessions can be found for 4 v 4 <https://static.ussdcc.com/users/44/723117/4v4-attacking-improve-building-up-in-opponents-half.pdf>

7 v 7 <https://static.ussdcc.com/users/44/374741/7v7-attacking-improve-building-up-in-opponents-half.pdf>

9 v 9 <https://static.ussdcc.com/users/44/762473/9v9-attacking-improve-building-up-in-opponents-half.pdf>

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