

MILAN

INTERNATIONAL SOCCER ACADEMY

Coaching 101

The Methods of Coaching outline is designed to help coaches select the most effective way to demonstrate, perform and evaluate the technical, tactical, physical, and mental skills required to play the modern game of soccer and divided into four basic groups:

- Functional training
- Phase play
- Shadow play
- Coaching in the game

Functional Training:

Technical/tactical functional training isolates one aspect of an individual or a small group's interactions with their team. Ball placement, artificial targets and objectives, service and placement of ball on the field where situations occur are part of this method. Examples: Goalkeeper training, striker, defender, center midfield training, wingback, etc.

Phase play:

Phase play focuses on one aspect of a group's transition from offense to defense and vice-versa, involving patterns of play over two designated thirds of field. Examples: Offensive movement of ball from defensive third to middle third or moving ball from middle third to attacking third of the pitch.

Shadow play:

Shadow Play objective is to teach a squad of 7, 9 or 11 players patterns of play with and without a ball, as well as individual and group interaction in their specific roles as it relates to team patterns of play.

Example: Timing of movement/s, creating space, communication, rhythm, set plays, etc.

Coaching in the game:

The most widely used method by coaches which allows fast interjection of technical and tactical corrections; requires coach to observe, STOP play with a verbal cue, demonstrate coaching point and restart game using the same reference point or picture.

Coaching in the game has shortfalls since correcting technical/tactical problems depend on the coaches' experience and in many cases, coaching education level. Additionally, coaching in the game requires an understanding of when, where, how and why technical, tactical, physical, and mental pillars of player development occur.

Coach Development:

MISA coaches are responsible to teach club philosophy and methodology to players:

- The game of soccer evolves periodically; be familiar with the Most Effective Tactical Applications
- Having played the game has its benefits; however, do not get caught up in what you think you know with what you are capable to learn.
- Strive to obtain your USSF "D" license as a minimum

Coaching styles:

1. **Command:** "I want you to do this..."
2. **Q & A:** "How can you get the ball to the open players?"
3. **Observation:** "Watch how Johnny opens up his body when receiving the ball."
4. **Guided discovery:** "Show me how you can switch play."
5. **Trial & error:** "Recognize the moment to drop the ball back."

Game day:

Coaches be sure to keep everything in perspective:

- a) Played well and won – Celebrate.
- b) Played well and lost – Disappointing, but there were lots of positive lessons.
- c) Played bad and won – Good result, but we need to improve.
- d) Played poorly and lost – With hard work and determination we will get it right.

Rules and Guidelines.

1. We are here to learn
2. Be respectful to others
3. Become a team player
4. Hard work beats talent when talent stops to work
5. Quit whining and pointing fingers
6. Treat all players with respect
7. **Teamwork** there is no **I** in **TEAM**

Preparation:

A coach or his/her assistant must be the first one on the field and the last one off the field. Avoid having players run laps while you are trying to prepare, find a different solution that allows you to observe player interactions.

Phase 1: Knowledge and Intelligence

The coach will reflect on their style of play and will learn from their years of experience while playing. Knowledge and intelligence are not only expected of players, but the coach as well. Self-improvement is an ongoing process; never assume that you have mastered the art of coaching; what you know today could change tomorrow.

Phase 2: Objectives

Develop SMART objectives: Specific, measurable, achievable, reasonable and timely for your session, week, month and season.

Phase 3: Planning

Express short, medium and long-term plan to your team. The repetition of structured practice sessions sets tone for your expectations. Incorporate dynamic warmups, small, sided games and scrimmage to help team building process. Planning sessions are focused on a good technical base while introducing tactical awareness. The foundation stage of development concentrates on technical and SSGs.

- Have a First Aid Kit readily available
- Provide players a preseason and post season assessment
- Develop a seasonal plan and share plan with players and parents
- Develop a monthly/weekly progressive training plan
- Be familiar with club objectives, methodology and expectations

Phase 4: Priorities

Which part of your planning process will you incorporate first? This is a patient process. When prioritizing, let the group know what each practice session is about. Explain the topic you are covering and the reason why the group is doing the topic. How is their technical ability? Do they attend every practice? What is the attitude of the players like? How can we get the young players to compete? These questions should help you organize and plan the most effective practice sessions.

Phase 5: Reading the game

- Help develop Soccer IQ; prevent paralysis by analysis
- Ask open questions.
- Encourage players to watch a specific game and provide analysis
- Have a parent tape your games
- Take notes and do not direct every moment of play
- You are there to observe and provide feedback
- Educate parents not to coach from sideline

Moments in the Game

Teach your team Moments in the Game to help them more quickly analyze a match

- Team has possession
 - Opponents win possession
 - Opponents have possession
 - We regain Possession
1. Which moment gave you the most problem?
 2. Where did it occur on the pitch? Defensive third, middle third or attacking third?
 3. Why did it occur?
 4. What adjustments must be made?
 5. What do I teach at next training session to fix problem?

