
CREATING AN APPROPRIATE ENVIRONMENT

The four major components to create an appropriate environment



All four components below are interrelated with the four key points in soccer. Developing these components in the training sessions will be essential to create an appropriate environment in order to develop top soccer players.

GAME UNDERSTANDING

This component is related to the **TACTICAL** side of the game. Developing vision and game awareness is crucial from an early age. In soccer, one action is never repeated in exactly the same way and game situations change constantly. Collective practices and experience in different game situations aids the player by improving his/her knowledge of the game.

QUALITY

This component is related to the **TECHNICAL** side of the game. A quality touch of the ball is indispensable to the tactical side of game-efficiency. Technique in soccer allows for great diversity; therefore repeating specific technical actions in a game context provides the player with a wide range of technical movements. Coaches will insist on a clean touch on the ball as well as quality technique.

INTENSITY

This component is related to the **PHYSICAL** side of the game. Practices must be performed at game intensity. Short working periods of high-intensity develops the technical quality and the quick, tactical decisions required in the game. Reproducing game intensity during training sessions is essential to the improvement of the different types of speed and endurance.

COMPETITIVENESS

This component is related to the **PSYCHOSOCIAL** part of the game. Opposed and high-intensity practices are essential in the development of high-quality and competitive players. Developing committed and competitive players from an early age is an indispensable aspect in the creation of successful teams.



COACHING STYLE

Below are general coaching guidelines and preparation for our coaches

METHODOLOGY

COMPETITIVE: All games will have a competitive component, rewarding the winning team and creating a healthy competitive spirit and training environment.

BALL: All practices must be done with the ball whenever possible.

FUN: The coach must use his/her creativity to design fun practices which apply to soccer, especially for younger players.

ORGANIZATION

PREPARATION: All coaches will prepare and review a session plan before the session. A record of all session plans will be kept with the coaching department.

DURING THE SESSION: Do not stop the session too often. Players must learn to find solutions without constant coaching. Give clear and accurate coaching points and quickly restart the practice.

EVALUATION: Take a few minutes after the session to review and note what worked well and what needs improvement.

COACHING THE PLAYER

BALL CONTROL AND PASSING: The technique of the player is based upon ball control as well as accuracy of the pass. The quality and direction of the first touch is of paramount importance.

PERCEPTION AND AWARENESS: Emphasize keeping the head up and scanning the field at all times. Perception and awareness are major parts of the game.

SPEED AND REACTION: All practices will incorporate speed in perception, decision making and execution. Increasing individual speed will increase the speed of the whole team.

COACHING THE TEAM

SPACE AND MOVEMENT: Creating space in order to receive the ball and offer passing options to the player in possession is essential. Demonstrate to players how to move at the right time.

ATTACK – DEFENSE: All players attack and defend. Give specific roles and explain the appropriate movements for your players individually and as a team-unit.

SPEED OF PLAY: The main objective of the team will be to play at maximum speed. Reducing the space and number of touches on the ball increases the speed of play.



COACHING ORGANIZATION

Aspects to prepare training sessions

Below we explain the guidelines about coaching-style and how it should look to the coach during the session:

PREPARATION

SESSION PLAN: In order to be efficient during training sessions, all coaches must prepare a session plan. Regardless of a coach's experience, preparation prior to training is essential to a dynamic and rewarding training session.

TIME: The coach has to plan and manage time during the session. For effective management, the coach should indicate the time spent on each exercise in the session plan.

KEY POINTS: Each exercise should have 4 or 5 key, coaching-points gathered in the session plan.

BEFORE THE SESSION

EQUIPMENT: Have all the necessary materials prepared. Goals, balls, multicolor cones and 3 or 4 sets of pinnies should be enough to prepare your session.

INITIAL SET UP: Make sure that you have the spaces organized and plan for a smooth transition from one exercise to another. Minimize the number of cones that you have to pick up or reset.

REVIEW: Take a few minutes just before the training session to review the session plan and the coaching points.

DURING THE SESSION

POSITION DURING THE PRACTICE: Coaches should occupy a central but sideline position during practice which allows a clear, general vision of training and simultaneously permits the observation of small details.

FLEXIBLE: A good coach must be capable of adapting the initial plan of the session to the time available, characteristics of the players and time required for players to learn a given task.

COACHING POINTS: Coaches should cover necessary coaching-points in the session plan depending on players' performance and adaptation.

AFTER THE SESSION

DISCUSSION WITH THE PLAYERS: Do not underestimate the value and impact of a positive comment or individual feedback to a player after the training session.

REVIEW YOUR SESSION PLAN: Review the session plan at the end of the training session and note what worked well and what needs to improve.

EVALUATE YOURSELF: Do not be ashamed to ask for constructive feedback and the opinion of your colleagues in relation to your coaching management and structure of the session.

