



Whole Part Whole



This past week at coaches training we introduced the whole part whole method of coaching.

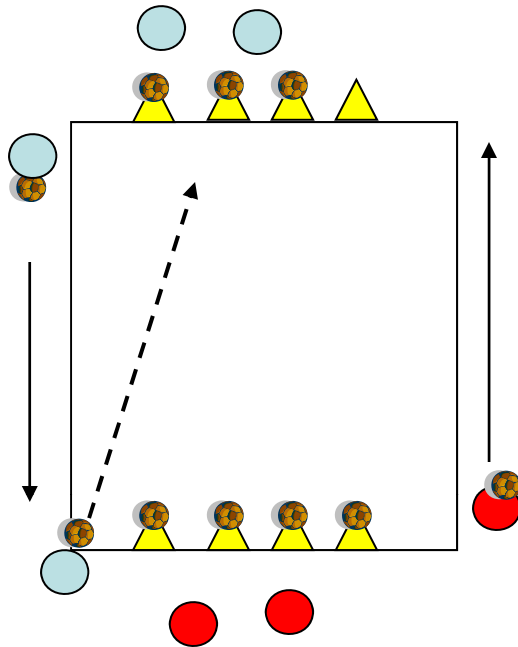
The whole-part-whole method is another way to conduct a training session.

The usual progression starts with a warm-up and then progresses into several activities finally ending with the game. Using the whole-part-whole method allows a coach to get going in a game/ team activity and then coach a specific part from the game and then replay the game at the end to see if learning has taken place.

The good thing about coaching in this way is that the coach doesn't have to wait until game day to see if the players have improved

In recreational soccer the coach using this method is looking to pull a very basic part out of the game giving the players simple instruction and plenty of repetition still in a fun game like environment

Passing/Kicking



The Bowling Alley

Area 15 yd square (adjust per each age level)

Each team stands behind 3-4 cones all with a bowling ball (soccer balls) on top

Each team has one additional bowling ball

Players dribble the ball around the town to the bowling alley on the opposite side of the field and try to knock down their own bowling balls. When a ball is knocked down it can be used to get the others.

- Start the activity using hands to bowl
 - Progress to feet
- Progress to making area bigger
- Progress to using different parts of the feet

Golf

Area 10 yards (adjust per each age level) 1 ball between 2

1 player has the ball the other makes a goal with their legs

Players try to kick the ball through their partners legs.

- Progression- increase distance/ have a jump jack goal

Coaching point:
Position of non kicking foot

Final Game

Area 30x15 (adjust per age level)

Coach awards cones for

- Largest/ Shortest pass
- Most open player