

How To Enhance Your Soccer Coaching Ability And Streamline Your Training Sessions With These 10 Proven Tips...

1. -- SET OUT YOUR PURPOSE / OBJECTIVE

Make sure you have a purpose for your training sessions! Ask yourself, what do my team/players need to work on and why?

2. -- PLAN YOUR SESSIONS IN ADVANCE

Once you know the purpose of your session, you now need to plan exactly what your going to be working well in advance of training, do not leave it 5 minutes before!

3. -- BE ORGANISED

Ok, you have a purpose and a session plan, you now need to be organised and set a good example; make sure that all equipment is in place before the players arrive.

4. -- EXPECT AND DEMAND HIGH STANDARDS

Set the tone straight from the start by expecting and demanding the highest possible standards for your sessions. Achieve this by ensuring that everyone involved has the right attitude towards the session.

5. -- GIVE GOOD DEMONSTRATIONS

Players learn much quicker and easier through their visual sense therefore reduce the talking and give good demonstrations; this could be you or someone else.

6. -- MORE TOUCHES AND FEWER LINES!

Some sessions are only an hour long so it is vital the players have as many touches of the ball as possible to retain their interest and develop their skills.

Achieve this by being creative, designing your sessions so that players are always involved and NOT waiting in lines!

7. -- USE POSITIVE LANGUAGE

Using words like, “unlucky” or “bad luck” will make players think psychologically and subliminally that luck is the reason for the incomplete pass or failure to score, even worse that “I’m not a lucky person”. Replace this with; “good effort” or “good attempt”.

If players make a mistake like a miss timed pass then don’t shout or moan, be positive and just say “don’t worry” or “forget about it”, after all they didn’t mean it and we all learn by our mistakes.

8. -- ENCOURAGE PLAYERS AT EVERY OPPORTUNITY

If a player makes the wrong decision then again just like in point 7, be positive, stop the session (if it's a game mention at half-time or after the game) and ask the player the question what should they have done, demonstrate the correct decision(s), rehearse it then play live.

Also, it is crucial to always encourage and praise players when credit is due!

9. -- MAKE SESSIONS CHALLENGING AND ENJOYABLE

To maintain the development, enthusiasm and urgency of the players you need to make your sessions challenging and enjoyable. This will create a great spirit and atmosphere amongst the team which can only lead to success!

10. -- PLAYER EVALUATION AND ANALYSIS

Coaches should evaluate the players both in practice and in matches; especially the young, who should all have a development programme.

The logging of player performances will enable coaches to identify key and weak players, track their progress and of course help you to know what areas need working on for individual players and as a team.

ONE FINAL THOUGHT...

Always acknowledge your players, ask them how they are once in a while.

It may sound a little trivial; however I can guarantee it will make a massive difference to the players, knowing that you do notice them and count as individuals, try it and I'm sure it will make their day!

On behalf of the SoccerTutor.com team, we wish you every success in the game we all love!

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