



How to Recruit and Train Us

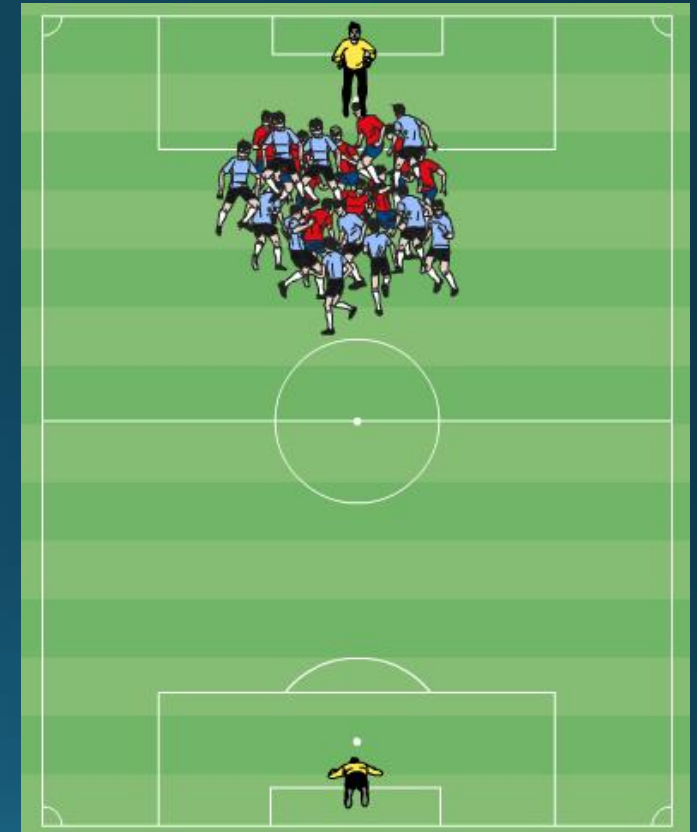
Confessions of a Parent Coach

What are U-Little players like?

Diverse:

- Skill level
- Physical literacy
- Behavior
- Interest in the game

“I’d almost rather have a kindergarten teacher than a soccer coach.”
- Charlie Slagle, 2015 NSCAA convention

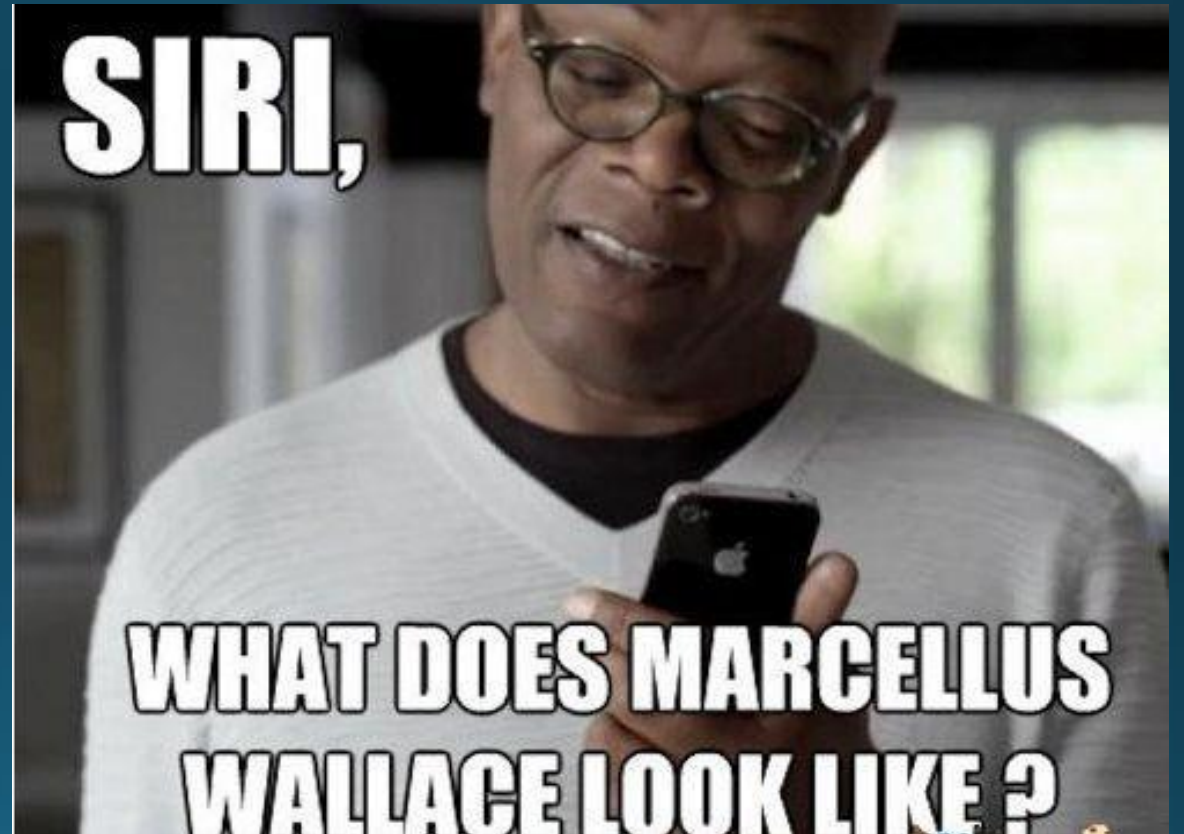


What are parent coaches like?

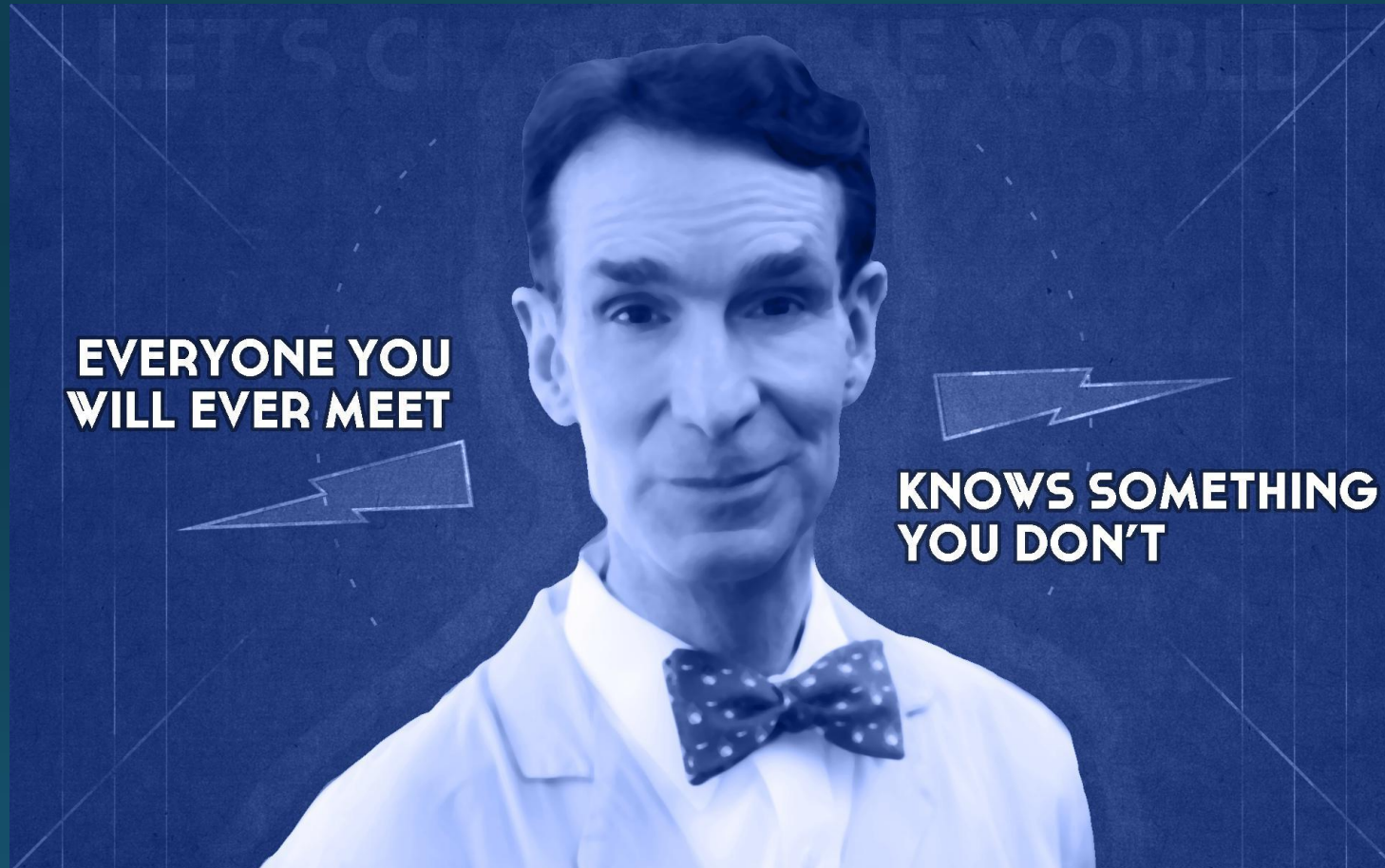
Diverse:

- Skill level
- Soccer experience
- Fitness level
- Fan interest

Eager to learn



We have something to offer ...



... and you need us

Community FC Business plan:


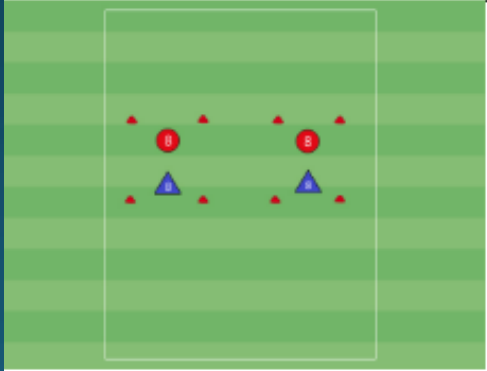
- 20 pro coaches dedicated to U5
- 20 pro coaches dedicated to U6
- 2 assistant technical directors for U5
- 2 assistant assistant technical directors

Season fee: \$8,595

What we DON'T need

Hours of instruction on how to create a training plan, particularly when many clubs are doing training plans of their own.

Or we can find training plans elsewhere. Just give us a general idea.

| | | | | |
|--|--|---|--|---|
| Date: | <input type="text" value="8/7/2015"/> | Topic: | <input type="text" value="Recovering ball in attacking half"/> |  |
| | | | | Is this your filmed session? (Yes/No) <input type="checkbox"/> |
| TRAINING OBJECTIVE(S): Wingers and midfielders (#11, #7, #10, #8, #6) will practice pressuring the ball in the attacking half after we've lost it. They will also learn to make smart, quick passes to get back into the attack quickly. The #6 and #8 should be prepared to receive passes back from the wingers and #10, then find the penetrating pass. | | | | |
|  | I. WARM-UP | | Intensity: <input type="text" value="HIGH"/> | Activity Time: <input type="text" value="30 secs"/> |
| | Duration: <input type="text" value="9 min"/> | Intervals: <input type="text" value="6"/> | Recovery Time: <input type="text" value="60 secs"/> | |
| | ORGANIZATION (Physical Environment / Equipment / Players) | | | |
| 1v1 defending. Players try to get past a defender and stop the ball in an end zone. Defender tries to win and stop ball in other end zone. Set up two small "fields" so player rotation will be roughly one shift on, two shifts off. (Stretch on breaks) | | | | |
| COACHING POINTS / KEY CONCEPTS | | | | |
| Pressure and patience. Stay on the balls of the feet and wait for attacker to make a mistake. When the ball is won, make an explosive move to retain possession. | | | | |

What we DON'T need

TRAINING OBJECTIVE(S): Wingers, defenders, midfielders, forwards and the goalkeeper (#1, #11, #7, #10, #8, #6, #9, #2 but not #4 for some reason) will practice pressuring the ball while maintaining a Klopp-style WX shape and swinging the Fahrvergnugen line to the periodization. The #6 and #8 should be prepared to receive passes back from the wingers and calculate Pi to 30 decimal places.



I. WARM-UP

Duration:

Intensity:

Intervals:

Activity Time:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Rondo neutral Swiss purple monkey dishwasher

COACHING POINTS / KEY CONCEPTS

Use only the underside of the laces to mangle the Ajax gobbledegook from the #6 and the #9, then Liverpool PSG I know European terms, aren't you impressed? Pitch into touch, clean sheet and go home.

Incomprehensible training plans

What we NEED

1. Convenience. Not a whole weekend four hours away from home just to coach a U13 rec team.
2. Technical tips and how to teach them.
3. Disciplinary tips.

Maybe a separate licensing track?

Current USSF

- F: For all. Now online
- E: For U9-U12
- D: For U13-U14
- C, B, A: Next rungs for pros

Possible recreational track

- F: Keep it
- Technical module (optional)
- Rec training module
 - Online video every two years to discuss next age group
- Rec C: Like USSF C minus periodization, etc.
- Rec B: Advanced

What clubs can do

1. Offer focused training sessions
2. Small-group discussions (maybe online)
3. LISTEN to us

Recruit and retain

1. Equipment sharing
2. Volunteer discount
3. Simple training plans and how to use them
4. Feedback
5. Get coaches on same page
 1. Competitiveness: Balanced teams, winning vs. development
 2. Club's playing style

Other considerations

1. Special-needs kids
2. Elite kids: Supplemental training
3. Reimbursement for USSF and NSCAA licenses
4. Do you need refs at U8?
5. Let us work with kids we know whenever possible

Goals for parent coaches and TDs

Don't mess up

You can't create a Messi at age 7, but you can ruin one by teaching bad habits or making the experience miserable.

Give opportunities

Keep an eye on your rec programs, even at older ages! Plenty of kids take up the game at age 11 or 12 and quickly surpass your anointed U11 travel stars.

Make it fun



onlinesocceracademy.com



Other ideas?

1. Share now
2. Email me at duresport@gmail.com
3. ~~Argue~~ Talk with me on Twitter: @duresport