

US YOUTH SOCCER

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With;

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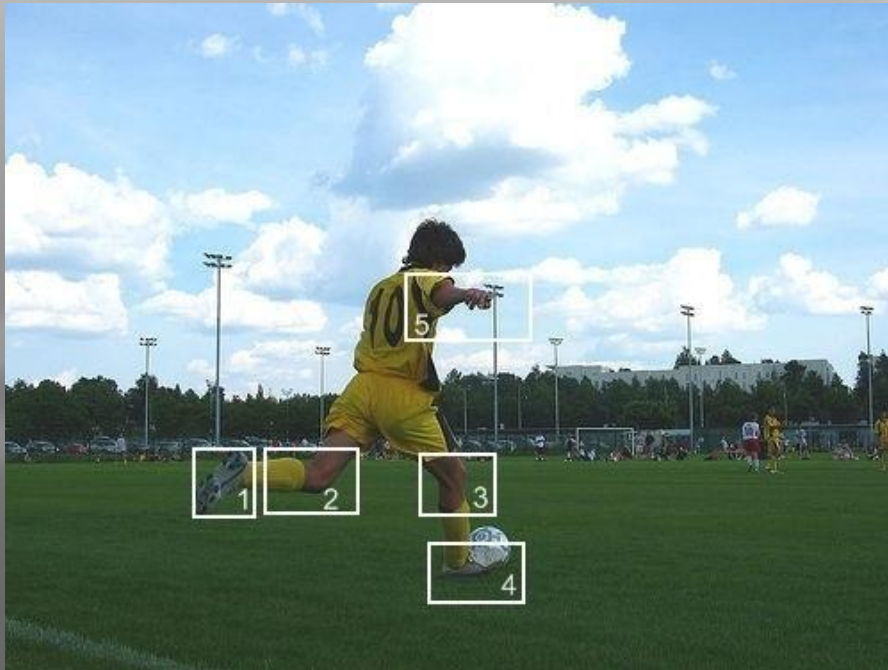
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Is deliberate practice a necessary condition to achieve high levels of expert performance?



This session will explore the many facets of free play and planned practice.



ALL SPORTS ARE HAVING THESE DISCUSSIONS!!!

- <http://www.admkids.com/>
- <http://www.usta.com/>
- <http://www.usab.com/youth/development.aspx>



- ROLE OF POND HOCKEY?
- Similar or different than Soccer Free play?
- How can our sport have a pond hockey component within our structured games?

The Problems;

- WHY DO WE NEED TO LOOK AT THIS?
- Success at International Level
- Participation Rates at Local Level
- Skill and Character flaws in players.
- Issues and Controversies?

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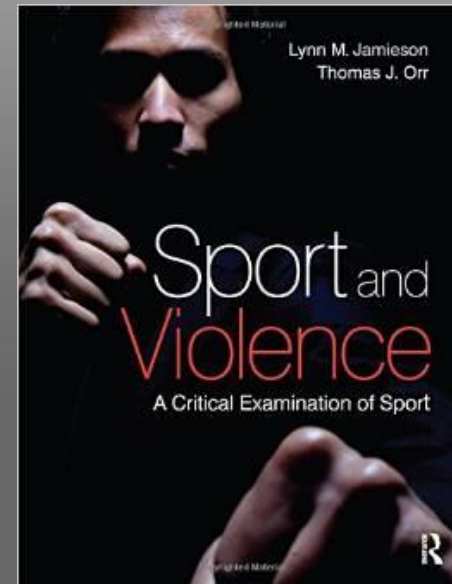
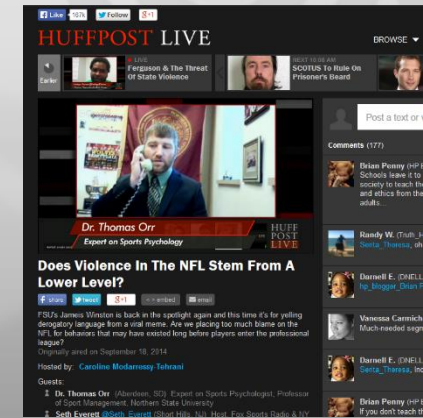
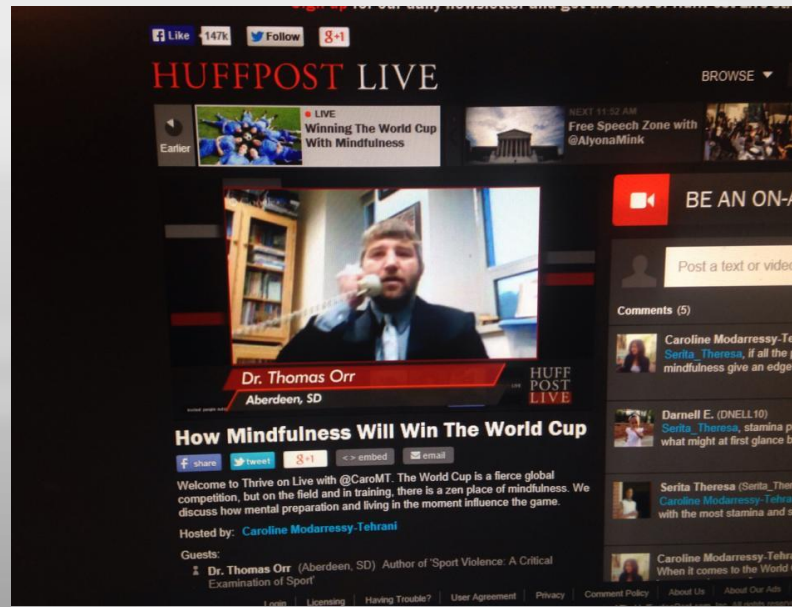
"HOW MANY TIMES HAVE I TOLD YOU TO PRACTICE YOUR BASKETBALL BEFORE YOU EVEN THINK ABOUT HOMEWORK!"

Skills

- The traditional approach to coaching—playing the game only after practicing the basic technical and tactical skills—has serious shortcomings.
- Even with clinics and skill sessions growing, we are still lacking many technical and tactical skills needed to produce elite soccer talent.



Our Research Dr. Orr →



Community Impact



Two Schools of Thought

- Teaching Skills;

Step 1: Introduce the technical skill.

Step 2: Demonstrate and explain the technical skill.

Step 3: Have the athletes practice the technical skill.

Step 4: Correct errors.

- Games Approach

- Holistic, Athlete focused games.

- The focus is on helping athletes understand the game and then helping them learn how to play the game.

Games Approach Best Practices;

- Shaping play: Redesign the game so that your athletes have the opportunity to practice what is relevant to the real game.
- Focusing play: Focus on critical elements of the game by explaining the purpose of the practice game, labeling key elements to be learned, reminding players of these actions, and stopping play to question, correct mistakes, and reinforce correct action (the freeze replay).
- Enhancing play: Present challenges during practice, use handicapping techniques to make close contests, encourage and recognize progress.
- The games approach makes practices more gamelike and more fun. (Martins, 2012)

Solutions and Discussion?

- More Game like Practices.
- Balance Fun with skill building, so we can recruit and RETAIN more youth players.
- Common Sense travel schedules?
- Sharing of resources and ideas within US Soccer.
- Coaches who are well trained to teach technical and tactical skills in addition to knowing team strategy and general coaching methods.
- Safety and long term athletic development principles applied

Selected References

- Jamieson, L. & Orr, T. (2009). *Sport Violence; A Critical Examination of Sport*. London: Elsevier.
- Martens, R. (2012) *Successful Coaching*. 4th Edition. Champaign, IL: Human Kinetics

More References

- Wallerson, R. (2014). Youth Participation Weakens in Basketball, Football, Baseball and Soccer. *Wall Street Journal Online*, Jan 31, 2014, Retrieved from <http://online.wsj.com/news/articles/SB10001424052702303519404579350892629229918>

Mandatory Coaching License!

Should certification be required of ALL youth soccer coaches

