

Vision Soccer Academy

Coaching Methodology

Try not to always dictate and direct the decisions players make. Create environments where players can **PROBLEM-SOLVE** on their own or with some assistance. Players need to make their own mistakes. Encourage them to make their own decisions. Reduce players' dependence on adult guidance by using a **GUIDED DISCOVERY** method. In practice and games, guide players to the correct answer rather than providing it to them all the time.

A variety of methods are used to teach players proper technique(s) and ideas of the game. For many technical coaching points, the coach employs a direct or task method where he/she is in control of the information and feeds it to the players. Providing clear pictures and demonstrations of appropriate technique or tactics is crucial with this method. Be careful not to drill your players for long periods, and avoid the 3 L's: LINES, LECTURES AND LAPS.

Whether using a direct or problem-solving method, employ a freeze or cue method. Be careful not to stop the game too much, though. Let the players play.

Regardless of the method used, a progression-based approach can be very helpful, particularly for younger players who internalize more readily when a single topic is stressed.

Training (Education) -> Game (Performance) -> Analysis (Evaluate) -> Training (Education)

EXPAND YOUR TOOLBOX

- Use Dynamic, FUN, challenging, competitive activities
- Use the freeze method to paint clear pictures
- Use cue method to prepare players during games with less stoppages
- Let the players play without interruption during the flow of the game by coaching during natural breaks
- Use guided discovery method to encourage players to make their own decisions/mistakes
- Use a progression based approach to provide smooth transition and clear digestible information
- Demand discipline, focus and concentration
- Pose challenges for all players
- Identify players in need of different challenges
- Be creative with your activities, but do not "reinvent the wheel"