TCYSA Coaching Model

The Grassroots Coach

Thurston County Youth Soccer

"At the grassroots level, children develop to their full potential through game-like experiences in an enjoyable environment that promotes individual growth"

US Soccer grassroots player development philosophy

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TCYSA Coach Profile – Leadership

Demonstrate leadership qualities in a player-centered environment to achieve your season objectives.

The Coach is Able To

Leading Yourself

- Understand and share their coaching philosophy
- Be self-reflective and seek feedback
- Understand their learning needs and address them

Leading Others

- Be a positive role model at all times
- Lead team and parent meetings
- Handle conflict appropriately

Evaluating

- Evaluate progress through out the season make changes if needed

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TCYSA Coach Profile – Coaching Training Sessions

Create a safe and fun environment where players are able to learn through experimentation, guided by the coach

The Coach is Able To

Preparing

- Make a training session appropriate to the age and ability of the players
- Prepare guided questions and key words

Delivering

- Create a player centered environment
- Let the game be the teacher, minimal stoppages
- Celebrate team and players successes and use mistakes as learning opportunities

End of Training

- Briefly evaluate training session with the players
- Check in with players and ask what they learned
- Thank them for their work!

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TCYSA Coach Profile – Coaching Games

Create a culture that supports effort over ability and development over trophies

The Coach is Able To

Pre-Game

- Be organized
- Deliver a proper warm up for the age
- Involve players in setting targeted goals for the game

Game

- Not overcoach or joystick the players
- Set a positive example on respecting rules, opponent, officials, teammates and self
- Give positive, specific and age appropriate feedback at the right moments

Post-Game

- Briefly give positive, simple and age appropriate feedback on the game
- Thank the players for all of their efforts!
- Evaluate game and plan next training session

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6 Tasks of a Coach

Leading the player: Who are these kids, really?

Coaching games: What is the coach's role on gamedays?

Managing the performance environment: What and who else influences the player's experience?

Leading the team: How do you get the team on the same page?

Coaching training: Did you prepare the players for the game?

Leadership: How do I bring this all together?

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What is your vision and plan for your team?

Coaching Philosophy
What do you want to achieve and how are you going to achieve it? Have a clear understanding of who you are and what you want.

Style of Play
How do you want your players and team to perform? There are many factors that can influence this, such as: club culture, strengths and weaknesses of players and coaching philosophy.

Formation
How do you want to arrange your players based on numbers on the field? (examples: 1-1-2-1, 1-2-3-1, 1-3-4-1, 1-4-3-3)

Culture
What is the culture you want to create with in your team environment? Think of club, parents, players and coaches when defining your culture.

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5 Elements of a Training Session

1. Organized: Is the activity organized the right way?
2. Game like: Is the activity game like?
3. Repetition: Are the players getting the repetitions needed?
4. Challenge: Is there enough challenge on the players?
5. Coaching: Do your coaching points reflect player behavior?

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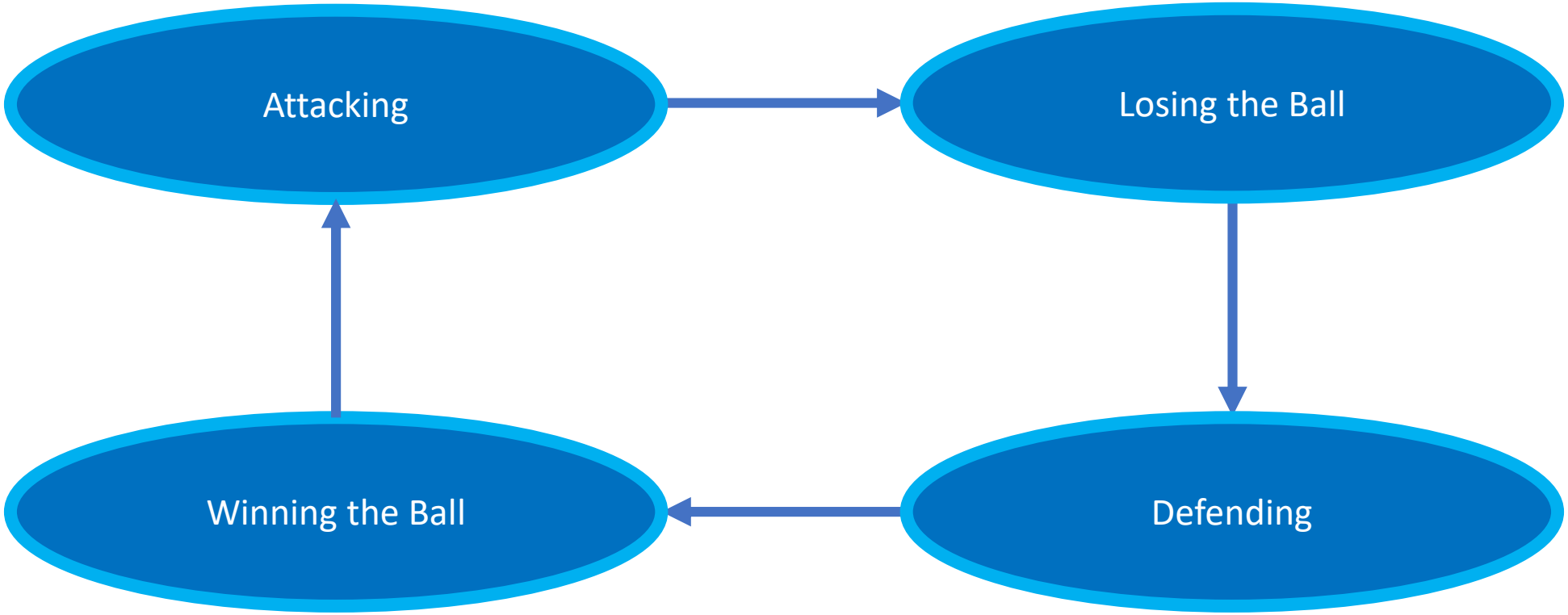
4 Stages of the Game



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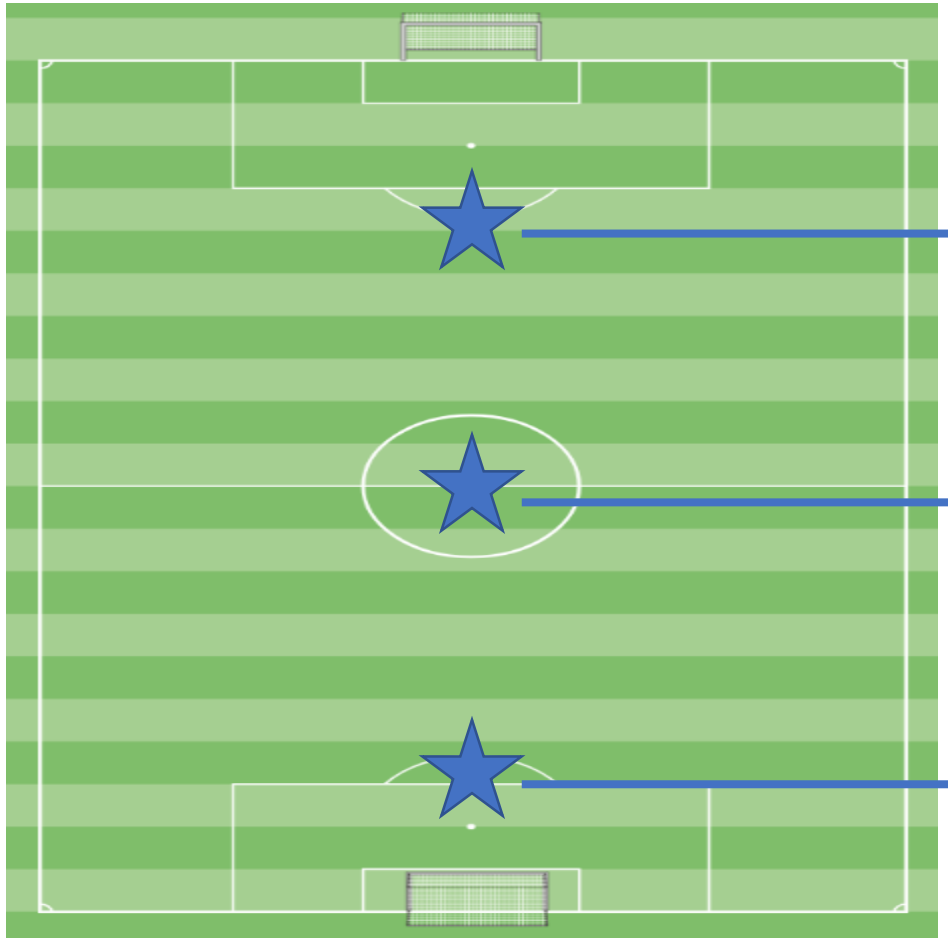
Training Session Goals - Attack



Score goals

Build up in opponents half to create scoring chances

Build up from own half to move ball to opponents half

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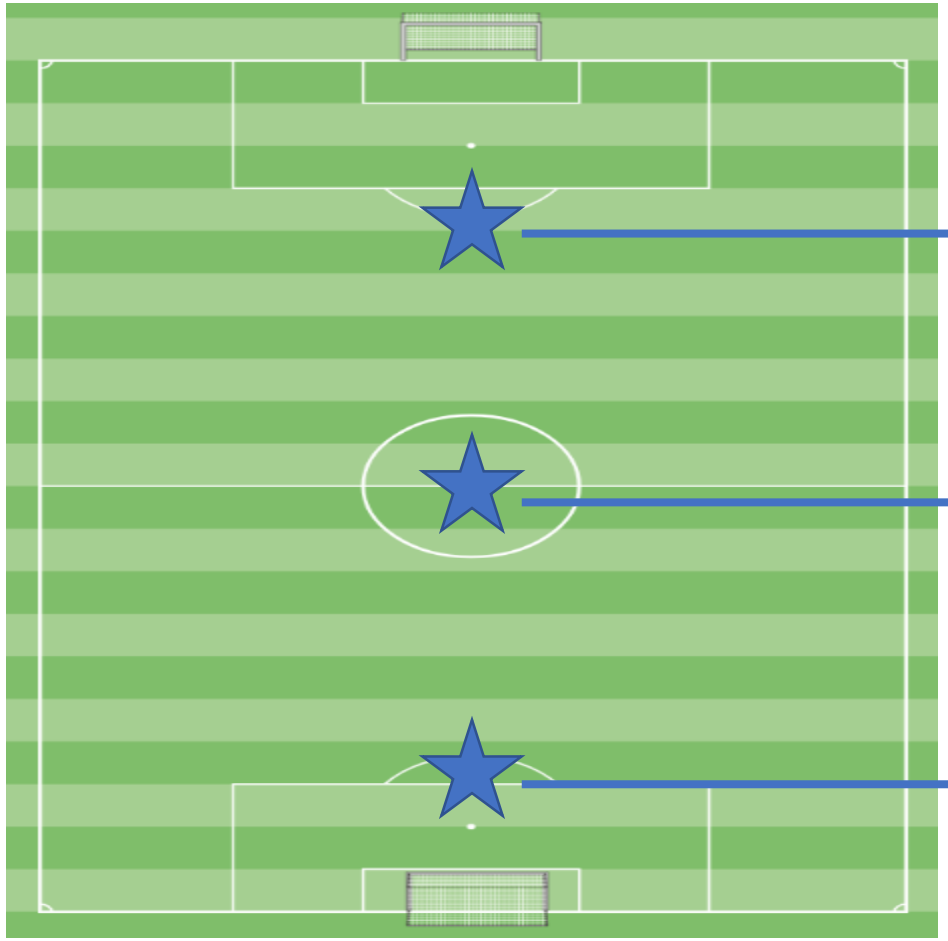
Training Session Goals - Defense



Prevent opponent from building in own half

Prevent opponent from creating scoring chances

Prevent opponent from scoring

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Developing a Training Session – The 5 Ws

When developing a training session use the 5 Ws to focus on what you want to accomplish

What: What is taking place on the field?

Who: Who are the primary players involved?

When: When exactly is this problem occurring on the field?

Where: Where on the field is happening?

Why: Why is this happening?

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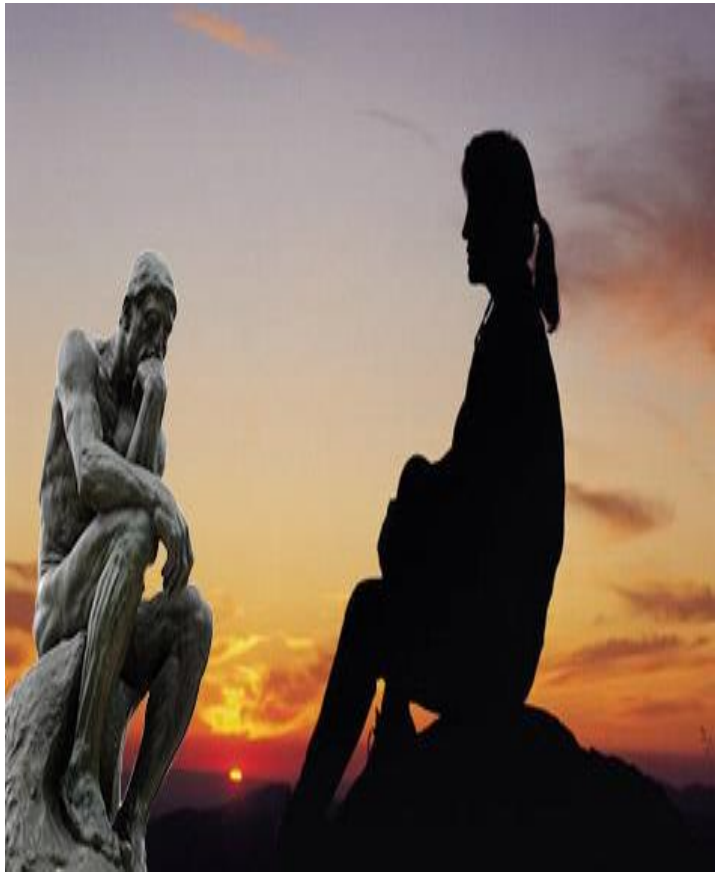
Training Session Self-Reflection Tool

Self-reflection is a key element to improving as coach and ultimately improving your team!

1. Did I accomplish my objective?
2. What did I do well?
3. What can be improved?



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For Grassroots Courses Visit

dcc.ussoccer.com

washingtonyouthsoccer.org

For Coaching Support

Contact Kyle Jones at development@thurstoncountysoccer.com

Thank you all for your commitment to the children in our community. With out you they wouldn't get the positive experiences that come from a team environment!