

Northern Lights S.C. Coaches Meeting

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

- *To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.*

- **President – Bret Fields**

- president@northernlightsoccer.org

- **Director of Operations – Tammy Hayft**

- directorofops@northernlightsoccer.org

- **Boys Director- Kotchi Prosper**

- boysdirector@northernlightsoccer.org

- **Girls Director- Joe Helback**

- girlsdirector@northernlightsoccer.org

- **DOC- Michael O'Reilly**

- doc@northernlightsoccer.org

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

- o 14 Boys teams
- o Range from u9 Gold to U18 Premier
- o Coaches education level ranging from parent-coach to National B license
- o 20 Girls teams
- o Range from u9 Gold to u17 premier
- o Coaches education level ranging from parent-coach to National B license

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Today's Player

- Texting (lack of social skills)
- Why's (always asking questions)
- Wussies (struggle to handle failure or pressure)

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

How do we coach this generation?

- o Guided discovery
- o Positive re-enforcement
- o No Lines, No Laps, No Lectures
- o Must be put in an environment that allows for creativity and decision-making
 - o Allow them to fail on their own

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

- o What about repetition?
- o 10,000 hour rule
- o Players don't practice at home
- o Economical training sessions
- o Small-sided games

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Player Development Philosophy

Players develop best when put in multiple environments. We want players to experience as many different problems as possible to develop decision-making skills, creativity, awareness, and confidence. If we always give them the answers, they won't know how to play for themselves.

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Ten Reason why not to coach a player on the ball

1. Young players can't multi-task
2. They won't talk if you do all the talking
3. The moment is gone
4. Decision making skills
5. You miss a chance to analyze the game
6. You miss a chance to coach those you should
7. You make the player nervous
8. They can't hear you
9. You may be wrong
10. They can only become puppets

Roy Dunshee. <http://nscaa.com/blog/2010/coaching/ten-reasons-to-not-coach-the-player-in-possession/>

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

It takes an age group to develop players.

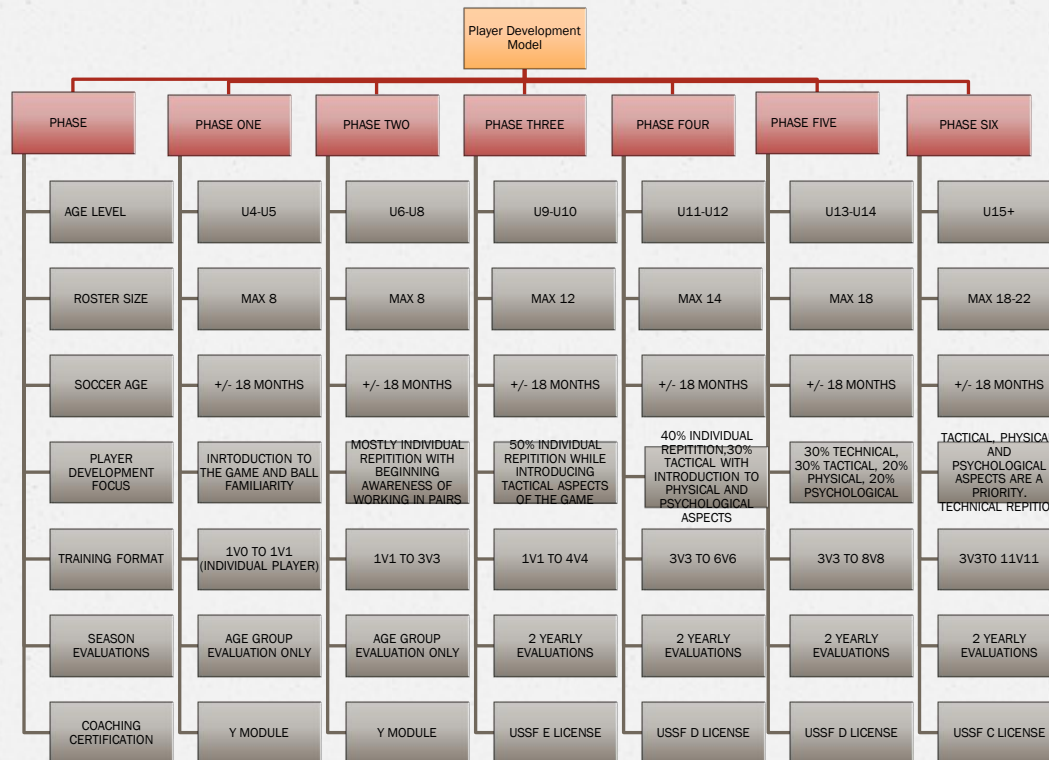


- o group training (squad training)
 - o U9-u12
 - o weekly squad session
 - o U13+
 - o Monthly squad session
 - o Weekly team session
- o Play up Policy

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Technical	Tactical	Physical	Psychological	Social
<ul style="list-style-type: none"> • Soccer Intelligence • Technique (Ball mastery) • Skill Acquisition • Team work • Understanding 	<ul style="list-style-type: none"> • Principles of Defending and Attacking • Defending as a team, unit, individual • Attacking as a team, unit, individual • Systems of play • Patterns of play • Movement on and off the ball • Creating and exploiting space • Set plays 	<ul style="list-style-type: none"> • Strength • Speed and Reaction • Movement Skills • Physical maturity stage • Power • Agility • Speed endurance • Fatigue 	<ul style="list-style-type: none"> • Confidence • Concentration • Commitment • Communication • Mental Control • Player Expectations • Routine • Anxiety • Resilience • Thinking Clearly under pressure 	<ul style="list-style-type: none"> • Risks and Responsibilities • Coach/Parent/Player Relationships • Ethics • Morals • Self Concept • Team Chemistry • People Skills

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.



To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

- o Player Development Model and Curriculum Guidelines
- o Use as a guide to help with season planning, session plans, games, and player evaluations.
- o Remember: there can be up to an 18 month cognitive difference between 2 players of the same age.
- o www.northernlightsoccer.org/coachcorner

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Systems of Play

What is the current soccer culture of Northern Lights Soccer Club?

- o Athletes
- o Limited technique and possession
- o Limited creativity/decision making
- o Strong sense of team identity

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Systems of Play

What style of soccer can we play?

- Improve possession
- Improve creativity and decision making
- Working together-cohesiveness

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Systems of Play

- o U14-U19: Coach's Decision
- o U13: GK-4-4-2
- o U11-U13: GK-2-3-2 or GK-2-4-1
- o U9-U10: 2-1-2 or 1-3-1

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Team Meeting/Planning

- o Philosophy
- o Winning vs Development
- o Playing Time
- o Expectations
- o Team Rules

Season Planning

- o Goal setting
- o Training times/places
- o Games
- o Tournaments
- o Breaks
- o Player reviews
 - o Preseason
 - o Midseason
 - o End of season

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Winter Training

- o Team Training
- o GK Clinic
- o Player Development Academy
- o Futsol League

- o www.northernlightsoccer.org

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

PACT Policy

- o Coaches PACT session
 - o Wednesday, February 23rd
 - o 6:30 pm
 - o Alexander Ramsey room

To provide a fun, safe environment for players to develop foremost as a soccer player, in addition to social, physical, and mental, and personal development.

Other Information

- o Pact Policy(dates)
- o Team meeting examples
- o Mid-season evaluation form
- o Winter Training Curriculum
- o Registration deadline