

U6-U14 Coaches Meeting – Fall 2014

West Knoll Field (the U10 field) as follows:

- U6 and U8 : 6:45 p.m.
- U10, 12, 14 : 7:45 p.m.

GPS PDO who, how, what, why, when?

Melrose YSA is looking to build a strong development curriculum

Coaching Course and Mentorships

The only way it will work is if *ALL the coaches* (new and esp. Veteran) use the resources we have myself & GPS. Learn the and apply what we are trying to pass on to the players. Coaches should grow and evolve each season.

Player Development Opportunities

Fall/Spring – Training and Clinics
Summer – Districts, Camps, Training, HS Leagues
Winter – Training and or Leagues
Tournaments

Team Bonding – tournaments, overnights at tournaments, pasta parties, ice cream stops, bonding games at practice (blind fold obstacle, piggy back races, 3v3 tournaments, scavenger hunt)

Style of Coaching

Yeller
Only correcting Mistakes
“Catching them Being Good” - causes an infectious environment of players looking for the coaches approval and playing at their best. Have 4-5 praise's before and after every correction

Give players simple rewards for doing well individually and as a team. Kids will jump through hoops for a simple piece of candy.

Game Stats – Don't record just goal and assists. Track players making a move 1v1, playing 1st defender well.

Coaching Today's Player (endurance, speed change, skill)

Teaching organization and Leadership.

Making sure only the players that are doing it well are in front of the “lines”

Technical training, repetition, muscle memory, don't let them do it wrong

Every one touching the ball or moving throughout the entire practice.

“Do the simple well” - shooting, dribbling, passing and holding

receiving, 1v1 moves, change of speed, going to the ball

Don't correct individually pull the whole group in and review, keep exercises short 5-6 minutes then add a progression or move on, lop sided numbers.

Once mastered get them to play at game speed

Water breaks - Short and often

Make every exercise a competition.

Get them to understand their strengths and weakness'