

## **Green Bay Lightning Coaching Philosophy**

Green Bay Lightning believes the game of soccer is a powerful tool with which we can instill in children a strong sense of discipline, confidence, courage, and commitment. It is important to teach our players these values while having fun at the same time. We believe that a high level of physical fitness, strong technical ability, and a good understanding of the mental game are paramount to a player's success. The practice of developing and refining these three fundamentals of the game will provide a fun and challenging experience your child will grow to love!

To be successful in competition, a player must be physically fit. Soccer demands tremendous stamina and this requires disciplined training. Poor physical fitness leads to fatigue, which diminishes one's ability to focus and concentrate. Each season begins with an emphasis on building the endurance necessary to carry us into the season. We find that that kids dread this stage of development, but together as a team, they complete the endurance training with a sense of accomplishment and confidence.

Secondly, good technical ability is the foundation that allows players to function individually while playing as a member of the team. Lightning teams must remain focused on the games most basic skills as players evolve through the intermediate and advanced stages of technical ability.

Finally, the Lightning coaching philosophy embraces the importance of the mental game. This key element builds on the prior two and allows an individual to mature into a successful, well-rounded player. The decision making process is very difficult in the heat of game play and therefore we find it important to teach our players in a classroom-like environment, so they are mentally prepared while they experience the demands of game play.

The Lightning "teams" have three components: the coaches, the players, and the parents. They are all important parts of the team and they work together toward a successful season.

Not only are we successful when we win, but more importantly, we are also successful when we play well and lose. Green Bay Lightning develops strong soccer players whose character, confidence, and mental superiority spills over into everything they do. We teach children how to be successful at soccer so we can rest assured, they will have the tools necessary to be successful at life. This coaching philosophy creates winning teams and exceptional players at all levels.