



# AMESBURY SOCCER ASSOCIATION



Greetings ASA Coaches and Volunteers

How is everyone's spring season going so far? I came across this image from a set of fields in England (or the pitch as they say across the pond) that I wanted to share with our coaches.

To me there are 2 messages in this sign

1. Decision making is a key element in soccer development
2. Spectators need to be reminded to let the players make decisions

This email will focus on #1 (but including this sign in a future email to your team/parents could be useful too)

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So many aspects of soccer are applicable to other aspects of life, and being able to make decisions quickly is one of them. A soccer match is a game of many, many moments for each individual player: should I shoot, should I dribble, should I trap the ball, should I chase the opponent or should I keep my position.... Multiple that by the number of players, the coaches, the referees, and there is so much variability in each game and the outcomes.

We as coaches can encourage players to make decisions in practice, AND we can include activities in practice that will help decision making by putting players in situations where there is not one action and they have to make decisions.

- Small sided games (2v2 and 3v3) are excellent for having all players participate at a high level and make many decisions in a short period of time
- Rondo (5v2) provides many game type decisions for passing and defending. Coaches can change conditions to allow players to react and decide differently – 1 touch, minimum 3 touch, etc. [yes, I had to include 5v2].

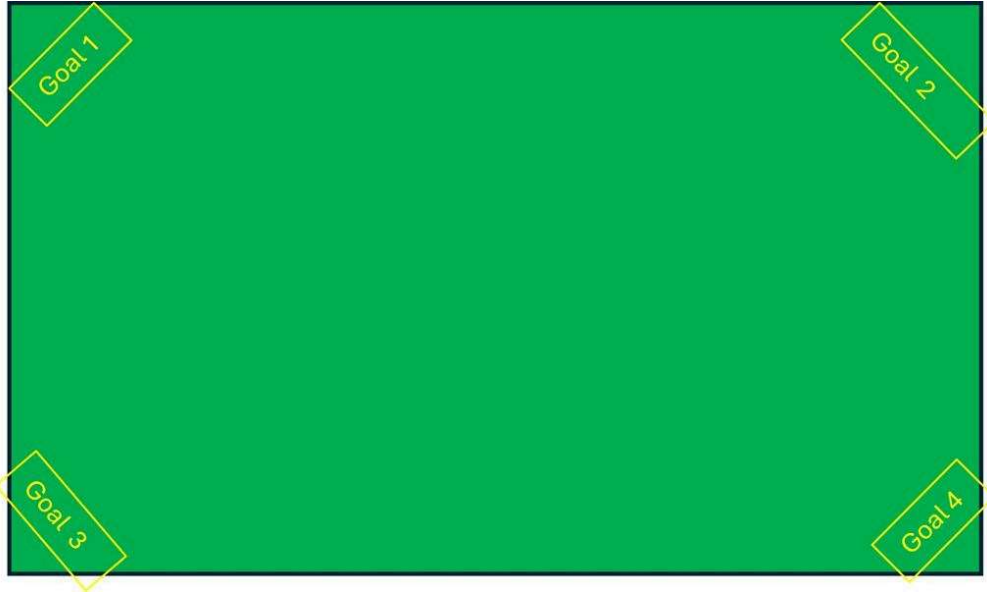
I came across an article about soccer player decision making, and the author describes incorporating “chaos” into practices [link to article below]. One of my favorite “chaos” practice activities was a scrimmage game with 4 goals at the 4 corners of the field. There would be 2 teams, and the game would start with each team shooting at 2 identified goals (for example Team A shoots at Goals 1 and 2, and Team Be shoots at Goals 3 and 3). After a period of time, stop the game and change which goals the teams are shooting at (1/4 and 2/3), and periodically change the goals again. Add in other conditions to increase the cerebral aspect of the game (only scoring with the left foot, no scoring until all players on the team possess the ball, maximum 3 touches per player, etc.).

Good luck this week. Wishing you chaotic practices next week.

Paul

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Training Ground Guru | Carl Wild: Developing decision-making in young players



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