

U.S. SOCCER – COACHING TOOLKIT



There are several types of Coaching Interactions outlined in the Coach’s Toolkit.

Coaches strive to create the best environments for players to develop.

“Who is in front of me and what are their needs?”

We believe in using an inquiry-based approach to create the best environment for players to develop through facilitating and guiding the learning process so that players become curious.

Coaching Interaction - When		
Introduction	<ul style="list-style-type: none"> • Coach sets the context for the activity/training session. 	<ul style="list-style-type: none"> • The coach introduces the training session objective and orients the players towards the game moment or game situation. • The coach describes the activity by clarifying roles and expectations for the players, number of players, size and shape of the field, ways of scoring, duration, recovery time, repetition/sets and rules. • The coach layers information through phases to allow players to start playing quickly.
During Active Play	<ul style="list-style-type: none"> • The coach provides opportunities for players to take the initiative and make their own decisions. • The coach interacts with the player(s) to direct attention to specific cues and/or reinforce desired behavior • We recommend limited interactions during active play. 	
Planned Stoppage	<ul style="list-style-type: none"> • The coach interacts with the player(s) at a predetermined time during the activity (i.e.. between the 1st and 2nd set) 	<ul style="list-style-type: none"> • Use of clear, concise, memorable language. • Focus on one single idea only – no overload to working memory. • Show/demonstrate example to create mental pictures. • Use correction instead of just critique. • Fast feedback / Receive it – Try it – Reflect. • Players have a chance to rehearse the desired behavior.
Natural Stoppage	<ul style="list-style-type: none"> • The coach interacts with the player(s) when the ball and players have become inactive (i.e. when ball is out of bounds). 	
Pause to Capture a Moment	<ul style="list-style-type: none"> • The coach interacts by pausing the player(s) during the activity to influence the player decision making and/or execution process. • The moment or situation is recreated and experienced as soon as possible. 	

Coaching Interaction - How	
Observe and Adjust	<ul style="list-style-type: none"> • Watch the activity/session (and adjust if needed) to ensure the organization allows the players to experience the game situation.
Positive Reinforcement	<ul style="list-style-type: none"> • Verbally communicating to the player(s) or team, the player action(s) that were executed. This should focus on steps of the process more than the outcome. • The positive reinforcement should connect to the desired behavior and defined coaching points and language.
Directive Feedback/ Explicit Guidance	<ul style="list-style-type: none"> • Coach-led response to an observation and focuses on specific instructions or recommendations.
Model/ Demonstrate	<ul style="list-style-type: none"> • Explicitly walk the players through the game situation and show them the desired behaviors. • Explicitly show the execution of the player action (execution of decision) • Explicitly show an example of the mechanics of the technique to the players OR request a player to show the mechanics of the technique.
Questioning/ Guided Problem Solving	<ul style="list-style-type: none"> • Plan questions to learning/development related to the training session objective, desired player behavior and actions • Questions chosen will require the player to use critical thinking skills. • The coach increases or decreases the complexity of the question(s) or problem(s) based on the player(s) needs related to current knowledge, skill and attitude. • The coach utilizes questions and problems that incite curiosity, exploration, creativity and discovery.

Reference:

Doug Lemov - The Coach's Guide to Teaching (12/7/2020)