

# I.D.E.A Process

**The I.D.E.A. process will help and enhance you to become a better coach**

- I Introduce-** Brief introduction to the topic
- D Demonstrate-** A picture paints 1,000 words
- E Explain-** Outline the key factors (re-adjust if needed)
- A Assess-** Step in with instruction, step out, let the players play!

**Goals** - Set out 3-5 goals for the season ahead.

**Motivation** - Keep the players up beat and motivated with inspirational talks.

**Fun** - Make sure all the players are enjoying the Skills, Practices and Games.

**Organization** - Set up the skills prior to players arrival, make it look good.

**Communication** - Talk to players, ask how their day is going.

**Discipline** - Find a FUN way to discipline your players. (Donkey Kicks / whoopees!!)

## **Soccer Evaluation Topics**

The Players:

Strengths

Weaknesses

Technical skill

Tactical skill

Physical Attributes

Mental Ability

Coaching Education - Coaches Organization & Motivation

## **Remember Coaches**

"Fail to prepare, is preparing to fail"

"Practice makes perfect, perfect practice makes permanent"

"Coaches create the mood of the day for all players"