



AMESBURY SOCCER ASSOCIATION

Greetings ASA Coaches and Volunteers.

Happy New Year! There is an expression that what you do in the off season determines what you do in the regular season. This is true for coaches too. The winter months ahead of the spring season are a great time for coaches to fill our toolboxes with various training and resources. In the next few weeks, I will share soccer coaching ideas to improve your experience and the experience of our players.

This week I want to share a module from US Soccer on “[Effectively Coaching Generation Z.](https://learning.ussoccer.com/coach/classroom/14732/candidate/details)”

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The module will take 20-30 minutes to complete and is designed to help coaches to more effectively communicate, connect with, and coach young athletes. Topics include giving feedback, building relationships, motivation, and providing opportunities for leadership with Generation Z athletes.

Being a soccer coach, it is important to teach technique and tactics. However, the most important attribute of good coaches is identifying how to motivate and engage their players to get the most of their athletes. Communication is critical to this engagement. Key themes from this training are

- Gen Z are visual learners (with short attention spans)
- Be calm and caring in ALL when communicating at practice and during games.
- Build a connection with your players and let them know you are there as someone who cares and is invested in their growth and development.
- Communication is a skill that requires diligent practice, critique, and reflection.

This is another article on the topic of coaching Gen Z.

[The Secrets to Coaching Gen Z | MOJO Sports](#)

The best teams are led by coaches who invest in their athletes. On behalf of Amesbury Soccer Association thank you for investing your time in becoming the best coach you can be!

Have a great week.

Paul Dombrowski

ASA Director of Education

coaching@amesburysoccer.com

Amesbury Soccer Association

president@amesburysoccer.com

<http://www.amesburysoccer.com>

Amesbury Soccer Association

Po Box 388, Amesbury, MA

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