

# **CLARENCE SOCCER CLUB**

## **Travel Division Coaching Clinic #1**

### **Lou Vitello, Clinician**

## ***Team Administration and Practice Building***

### **Team Meetings**

- With Parents (let them know about you and your philosophies, as well as season plans.. i.e. tournaments, fundraisers, team events etc.)
- With Alone
- With Individual Players

### **Set Season Goals**

- Must Be Realistic (some should stretch the team, and some should be 99% a given)
- Expectations of the Coach
- Team Goals (develop and e-mail to team AND parents)
- Individual Goals
- Develop a Set for the Indoor Season and the Outdoor Season
- Check on Progress Regularly
- Players' Expectations for the Coach
  - Respect all players
  - Be honest with all players (playing time, skills, ability, etc.)
  - Be there for a player if he needs someone to talk to
  - Be prepared for all training sessions
  - Run with the team during fitness drills
  - Playing time is given fairly (ability, behavior, attendance, etc.)
  - To have a strong, and continually improving, knowledge of soccer

### **Team Building**

- High Attendance Rates at Practices and Games (make them call you personally if they will not be in attendance)
- Non-Soccer Events (team alone, and with coach/parents)

## **Coaching Model**

- Qualities of a Successful Team
  - Quality Players
  - Hard Work
  - Team Work
  - Game Plan
  - Winning Mentality
  - Score/Saves
- Player Template
  - Physical (total fitness, pace)
  - Mental (winning mentality, personality, attitude)
  - Tactical (understanding)
  - Technical (basic skill)
- Coaching Template

## **Developing a Practice**

- Clarence Soccer Club Curriculum
- Age Appropriate
- Practice Length
- Focus on One (1) Skill or Technique
- Technical (individual) or Tactical (team)?
- Develop a Plan
- Organize Equipment BEFORE Practice Starts (cones/vests/balls/etc.)
- Purchase Drill Books

## **The Practice**

- Warm-Up=15-20% of Allotted Time (must reflect topic specific to your session to set the tone of the practice)
- Main Activities=45-50% of Allotted Time

### **Technical Progression**

- a) Fundamental (warm-up with no pressure)
- b) Match Related (introduce pressure from opponent incrementally)
- c) Match Conditions (all restrictions taken off, does not have to be 11v11)
- d) Functional Training
  - specific to position or role
  - done in part on the field where player will be playing
  - coach will tell what skill is to be practiced, player makes no decision
- e) Repetition (develop good habits)

## **Tactical Progression**

- a) Individual
- b) Group (a series of individual tactical situations around the ball)
  - in a confined space
  - to lines
  - to four small goals
  - to two small goals (no keepers)
  - to one large goal with a counter to two small goals
  - to two large goals (with keepers)
- c) Team (a series of group tactical situations around the ball)
  - imprint style of play
  - move from third-to-third-to-third of the field
- d) Complicate the environment (increase numbers)
  - Concluding Activity/Game=30-35% of Allotted Time
  - Implement Session Topic in Match Environment
  - Games with Restrictions
  - 4v4 to 6v6 to 8v8 to 11v11
- Fitness
- Cool Down and Stretch
- End Practice with a POSITIVE Talk (bond)

## **Legal Issues for Coaches**

- Even volunteers can be liable. These are your legal duties
  - Properly plan the activity
  - Closely supervise the activity
  - Provide proper instruction
  - Warn of inherent risks
  - Provide a safe physical environment
  - Provide adequate and proper equipment
  - Match athletes properly
  - Evaluate athletes for injury and incapacity
  - Provide appropriate emergency assistance

## **Learn Your Sport**

- Know Our Nation's Players
- Know Who The Best Players In The World
- Watch Games On Television
- Read As Much As Possible About The Sport
- Talk To Your Players About The Above
- Continually Learn And Develop As A Coach

**Questions??? Comments??????**

**Future Clinics**

- April 7<sup>th</sup>, 7:00 p.m. to 9:00p.m. at the Epic Center (technical)
- May (using the curriculum outdoor session: tactical)
- June (guest clinician)