



BOULDER VALLEY YOUTH SOCCER

U11-U18 FC Boulder Recreational Guide

Coaching Expectations

Arrive on Time - Arrive at your session at least ten minutes early – smile!

Attire - Dress like a coach! T-shirt, shorts, socks, running shoes.

Training session and equipment - Have a plan, set up your coaching area, and interact with parents and players as they arrive.

Energy and Enthusiasm - Deliver your sessions with passion, be loud, make the activities fun and competitive.

• **Make Every Child Feel Special** - Congratulate kids, high fives, challenge the more developed ones, nurture the more challenged ones.

Coaching Philosophy

Developing your own coaching philosophy and sharing it with your parents before the season starts.

Consider the following when developing your philosophy:

Why are you coaching? What goals do you have for your team this season?

Playing positions – will each child play every position during the season?

Playing time – will it be equal playing time for all players?

Discipline – how will you handle behavioral issues?

Sportsmanship and respect

Player and parent expectations

Player Characteristics

As coaches of these young adult players there are things that we know that we can expect during training and games. If we know what to expect, we will be more effective in dealing with the hundreds of situations that come up. This will help us relax, and, in turn, allow us to enjoy the unpredictable nature of working with these children even more. Here are some of the things that you can expect:

1. Beginning to spend more time with friends and less time with parents.
2. Team identification becomes important.
2. Adults outside of the family may take on added significance.
3. Peer pressure is significant. Popularity influences self-esteem. Continued positive reinforcement still needed.
4. Lengthened attention span, ability to sequence thought and actions.
5. Beginning to think in abstract terms and can address hypothetical situations. However, explanations should still be brief, concise and purposeful.
6. Pace factor becoming developed – they are starting to think ahead. Ability to stay physically active is increased.
7. Boys and girls begin to develop separately. The average age for the beginning of pubescence in girls is 10 years (7-14), and for boys is age 12 (9-16).
8. Physically mature individuals demonstrate stronger motor skills.
9. Social Media begins to have an impact.

Player Development

- Ball mastery with both feet (dribbling, passing, receiving, shooting)
- Combining with teammates.
- Defending (Pressure, Cover, and as a unit)
- Transition (Moving up and down the pitch when team has possession of the or when team loses the ball)
- Positional Understanding (Roles and Responsibilities)

4 Pillars of Development

- Technical – Improve confidence on the ball (dribbling, passing, receiving, and shooting)
- Tactical- Improve decision-making, awareness, team shape, and transition within a game.
- Physical- Develop body control with and without a ball
- Psychological- Maintain enjoyment and development of the game.