



TIPS FOR A SUCCESSFUL SEASON COACHING and PARENTING SOCCER PLAYERS

As the 2013 Alberta Soccer Season gets underway our Grassroots Provincial Coach, John Clubb has been delivering a consistent message Coaches, Parents and Players as part of the Alberta Soccer Association's District Outreach Program. For more information on the program and to organize a presentation in your community please e-mail southcoach@albertasoccer.com



The following are key messages and tips for Parents and Coaches to support your soccer player through the 2013 Outdoor Season:

Parents:

- Ask your child why they choose to play soccer and recognize the achievements throughout the season that link to these aspirations.
Note: Not every players chooses soccer for the same reasons (some may choose soccer for the challenge, to learn, have fun, be with friends, or affiliation to a team)
- Always offer your support in a positive light
- Ensure your child is ready for every game with proper equipment, uniform and water
- Be mindful of your body language and words before, during and after games
- Support Player as well as Team goals and objectives throughout the season

- Remember the Referee is ALWAYS right, respect the officials and their role in ensuring there is a game to be played
- Remember soccer is played by children for their development and fun, NOT for adult entertainment
- Mistakes are NORMAL and productive – kids learn through developing resilience through mistakes, embrace these as well as the victories
- Support the Coach's Instructions
- Ask your child's coach about Long Term Player Development (LTPD) and how they are using these resources in your child's learning and training sessions

Coaches:

- Define and share player and team goals for the season
- Have a meeting with parents before the season begins and talk to them about the Long Term Player Development Model and what it's trying to achieve
- Ensure age-appropriate coaching – drills and practice sessions should always be age appropriate
- Plan out your practice sessions in advance and identify key technical goals in priority order. Make sure all players are active throughout practice sessions.
- Ensure a safe playing environment for your practices (ie. remove any safety hazards like glass, large rocks, etc.)
- Create an environment for the children that permits mistakes, encourages self-discovery and mastery of complex techniques and skills
- Ensure constant communication with parents throughout the season
- Show respect for opposing players, teams, coaches and the officials. You are a role model and kids learn by example!
- Be enthusiastic and fun at practices and games. Fun is paramount at all ages and coaching should be fun especially the coach. Share your laughter...:)

LONG TERM PLAYER DEVELOPMENT BENCHMARKS

Below are the principle benchmarks for Long Term Player Development:

ACTIVE START: Physical Literacy, running, skipping, hopping and jumping

FUNDAMENTALS: Development of physical literacy through ball mastery, players should be encouraged to learn and show individual balls tricks and movements. This is the "I did it" stage

LEARNING TO TRAIN: Team play comes to the fore, players begin to introduce their individual play within a team concept. This is the 'Golden Age of Learning'.

For more information on LTPD please visit :

www.canadasoccer.com/wellness-to-world-cup

