



What makes a session have a good flow?

Here are some things to consider:

- 1. Preparation - Understanding the session plan and setting up your training.*
- 2. Knowing Your Players - Adapt to each personality.*
- 3. Demonstrations - Be the example, or use Assistant Coach/Technical Director or players to demonstrate drills and concepts.*
- 4. Modifications - Knowing when to progress or regress.*
- 5. Communication - Be sure to ask questions and be open to feedback.*



Coaching Tips:

Transfer Knowledge into understanding

1. “EYES ON ME!”

Get their attention. Acknowledge children that are paying attention. “Catch them being good.” Consider kneeling to get eye level.

2. LIMIT INFORMATION TO 1-2 POINTS AT A TIME

Teach in small bits at a time. Example: “When turning the ball your foot should hug it.”

3. CHECK FOR UNDERSTANDING

Have the players “show you” instead of asking them “Does that make sense?” Say, “Let me see you try.” Example: Have them show you how to do a pass in slow motion.

4. BE POSITIVE

Be specific with praise! Example: “Cindy, that’s great to have your head up while dribbling.

5. SMILE

Be enthusiastic! Remember that children won’t care what you know until they know that you care.

Reference: United Soccer Coaches, 4v4 Diploma: Philosophy



Things to consider when planning a Session:

- 1. PREPARE SPACE FOR NUMBER OF PLAYERS**
- 2. DIFFERENTIATE ACTIVITIES BASED ON AGE/SKILL LEVEL**
- 3. CHANGE THE SHAPE AND THE SIZE OF AREA - SMALL SIDED GAMES**
- 4. USE ASSISTANT COACHES OR PARENT HELPERS**
- 5. LIMIT AMOUNT OF TOUCHES ON THE BALL - RESTRICTIONS**
- 6. ADD UNOPPOSED(NO PRESSURE) ZONES**
- 7. COUNTER ATTACK GOALS**
- 8. DIVIDE FIELD INTO ZONES**
- 9. PLAY WITH NUMBERS ADVANTAGE(OVERLOAD)**
- 10. ALLOW TIME TO TEACH SITUATIONAL/POSITIONAL PLAY**