



## 5 STEP TRAINING MODEL TO SUPPORT THE LEARNING PROCESS:

**Initial circle** – Get the players together to discuss the objectives for today’s session.

**Step 1: Play** – Players play a warm-up game (various learning objectives)

**Step 2: Practice** – Explicitly train to improve a physical, technical, tactical, or social skill (in a form that is fun and as close to the game as possible)

**Step 3: Play** – Apply the new skills within a game situation.

**Reflection circle at the end of the training session**– Players gather to discuss today’s session.

<https://twellmansoccer.com/coaches-parents-programs>

*Download what you need from the following!*

- [Keeping it Fun for parents](#)
- [Basic Soccer Terms](#)
- [Session Plan for Coaches](#)

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[www.Chooseitright.com/twellmansoccer](http://www.Chooseitright.com/twellmansoccer)

# "On the Field"

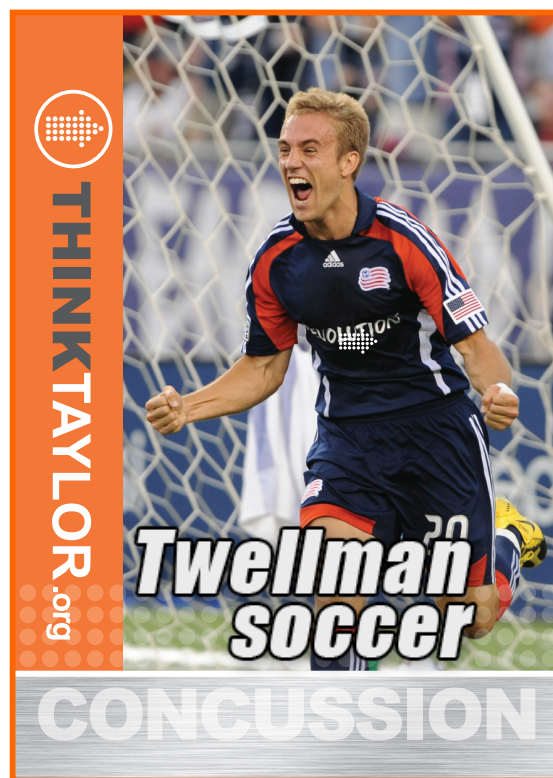
Coaches only

It is our responsibility to  
be no less than perfect

## Twellman "the Guideline's"

**Guidelines for Working Effectively with Parents** If parents are involved in your sport's activities; parental action or inaction can play a significant role in the child's success. Coaches must clearly and firmly communicate to parents what is expected.

1. Develop an understanding and supportive working relationship with parents, families.
2. At the beginning of each season, clearly communicate the following either with a face-to-face parent orientation or by distributing a fact sheet including:
  - Medical requirements
  - What the sport entails (for younger athletes)
  - The physical demands on the athletes
  - The psychological demands on the athletes
  - The potential for injury
  - Your coaching philosophy and methods
  - Your goals for the season
  - The appropriate value(s) of winning and losing
  - The need to learn from mistakes
  - How athletes are chosen to participate
  - The vast differences in athletes' developmental and skill levels
  - Boys and girls competing together (if applicable)
  - The training schedule including formal practice and practice at home (if applicable)
  - Schedule of games and practices
  - Equipment requirements, cost and where to get items
  - Nutritional requirements
  - The need for support, but not pressure
  - The importance of rest
  - Guidelines for parent behavior during competition
  - How to contact you
3. Encourage parents, family members to talk with you about any of their questions or concerns.
4. As appropriate, involve parents as assistant coaches, equipment managers, drivers, phone-chain managers, etc.
5. Specify acceptable parental behavior at competitive events:  
Stay in the spectator area.  
Remain seated (if applicable).  
Do not coach from the sidelines.  
Do not make derogatory comments about any athlete, parent or official.  
Do not advise, criticize or otherwise interfere with the coach.
6. Direct parents, family members to closely monitor athletes' medical needs and report any concerns.



## Twellman "Your Practice Plan"

To know what you're going to do and how you're going to do it is essential if you're going to make the best use of your practice time. It also helps you avoid discipline problems - nothing encourages children to misbehave as much as a coach who is clearly fumbling his or her way through the session!

Training sessions need to be prepared and broken down into 3 sections.

- ✎ **Warm-up**
- ✎ **Skill Session**
- ✎ **Small-sided games**

The ideal training session should be no more than 1.5 hours max, 60-75 minute training session is more than enough for the younger player. With all training sessions the players need to be active and engaged. Players should have access to a ball at all times.

[www.twellmansoccer.com](http://www.twellmansoccer.com)

**Our focus is always the "kids"**

## ***Twellman “Warm Up”***

### **WARM-UPS 15 minutes**

The purposes of these drills are always done with the purpose of getting the players moving and enjoying themselves immediately.

#### **A good soccer warm up meets these important objectives...**

1. Decreases the risk of injury.
2. Increases agility, skill, power and performance.
3. Allows players to mentally prepare and focus on the game or session at hand.

Always remember to move quickly into your skill session with very little down time. Players learn through playing and touches on the ball.



## ***Twellman “Skill Session”***

### **SKILL SESSION. 20-30 minutes**

The success of this session is directly related to your warm-up. Players will respond to your intentions in this area of training if they are properly warmed up. We, as coaches, have to remember these kids came to play and to play is to run. The skill session should again emphasize movement at all times, emulating game situations the players will face. Players skill development is done while in motion.

This is the area of training that you can focus on passing, one v one, 2 v 2, crossing, finishing, etc.

This is a good opportunity to begin working in groups of 2 or 3 people. Passing and receiving are good skills to work on here. The purpose of small group is to begin the transition from the individual to the team concept. Emphasize working together and make sure the weaker players are properly supported and teamed up.



## ***Twellman “Small Sided Games”***

### **20 minutes**

why play small sided games? ([US Youth Soccer](#))

- ✘ Because we want our young football (soccer) players to touch the soccer ball more often and become more skillful with it! (Individual technical development)
  - ✘ Because we want our young soccer players to make more, less-complicated decisions during the game! (Tactical development)
  - ✘ Because we want our young soccer players to be more physically efficient in the field space they are playing in! (Reduced field size)
  - ✘ Because we want our young soccer players to have more individual teaching time with the coach! Fewer players on the field and less players on the team will guarantee this! (Need to feel worthy and need to feel important)
  - ✘ Because we want our young soccer players to have more, involved playing time in the game! (More opportunity to solve problems that only the game presents)
  - ✘ Because we want our young soccer players to have more opportunity to play on both sides of the ball! (More exposure to attacking and defending situations)
  - ✘ Because we want our young soccer players to have more opportunities to score goals! (Pure excitement)
- Best of all, the game is simple, can be played without adult involvement and it's FUN!

