



Development Over Winning

Effective Date	1 September 2006
Class Length	1 hour 15 minutes

Change Summary	
Updated	11/30/07
October 2008	Reviewed for 2009 Section Conferences
November, 2011	Reviewed for 2012 Section Meetings
November, 2013	Reviewed for 2014 AYSO EXPO

LESSON PLAN- Development Over Winning

1. Lesson Goals

Provide some tools and guidance for players and coaches so that each is able to achieve a level of success in sport.

2. Class Length

1 hour and 15 minutes

3. Instructor Requirements

National Coach Instructor is preferred however an Advanced Coach Instructor may be used.

4. Learning Objectives

5. Student Skills Acquired

6. Prerequisites

Be a U-12 Coaching course graduate with three or more years of coaching experience

7. Materials

Power Point Presentation, which is preloaded to EXPO laptop also available at www.ayso.org along with the lesson plan

8. Equipment

LCD projector, screen and laptop
Flip chart and markers

9. Instructor Notes:

This session should be taught using a guided participation delivery. The instructor must use why and how type questions to solicit responses for the group in attendance.

10. Body (Lesson Procedure)

Development Over Winning

Introduction: Introduce yourself, co-instructors and any guests in attendance

Motivation:

Every player and every coach who has ever played or coached sports is looking for the best way to develop not only players but coaches. There is not an exact science for success however there is a process that can be used to help each player and each coach achieve success. The Key Focus of AYSO and US Soccer for all coaches!! The 7th slide is from the 2011 US Soccer Summit.

Overview

In this session we will discuss:

Defining success

Bring to light a few keys that can be used to better develop players

Describe a few keys that a coach can use while coaching to not only achieve success but develop better as a coach and person.

Ask the question someone to define success?

Discuss the definition zeroing in on the words desired, planned, and attempted and what that means for players and coaches.

Success is the achievement of something **desired, planned or attempted.**

Instructor note:

Only take a few responses from the group. Controlling of time in this session is important.

Now ask the question: How do we define success?

Now show and discuss (Slide 11)

How do we define success?

By creating an on-going environment that creates stimulation, challenge and inspiration.

Instructor note:

For the next 6 slides you should discuss each point using examples of why and how each of the keys presented can be and should be achieved.

By setting goals and objectives for individual growth and development

- Benchmarks and Measurement Tools
 - Individual

- Team

Through on-going evaluation:

- Self the person!
Why did you start coaching?
Why are you still coaching?
- The Coach
Why are you still coaching?
Should you still be coaching?
Why would you get out of coaching?
What would keep you in coaching?
What would you change about your coaching?

Instructor note:

Guide the following discussion so that most coaches in attendance understand that coaching is about getting a team activated not about winning and losing. Stress that the goal of every game is to win but a coach should activate players to want to play and work hard.

Accomplishments

- As a person
- As a coach

Developing players -

Players must:

- Be open minded
- Have goals (specific)
- Hard work/train hard
- Committed/Dedicated
- Become a student of the game
- Be patient
- Enjoy

Developing coaches -

Coaches must be:

- Be open minded
- Seek information
- Be clear about rules/expectations
- Define goals and objectives (individual & team)
- Be honest
- Understand your role (part of the education process/experience)
- Be patient
- Know your player & parents
- Be prepared
- Develop respect
- Prepared

Be inspiring

11. Conclusion (Closure)

Please think about development every time you are around players at games and at training sessions. You will enjoy coaching a lot more and your players will become better players if you just think about the information you just heard.

Thank you and are there any questions?

12. Bridge

None