



Staying True to the AYSO Coaching Program

Effective Date	29 August 2005
Class Length	1 hour 15 minutes

Change Summary	
September, 2006	Reviewed for 2007 Section Conferences
October 30, 2007	John Ouellette
September, 2008	Reviewed for 2009 Section Conferences
November, 2011	Reviewed for 2012 Section Meetings
November, 2013	Reviewed for 2014 AYSO EXPO

LESSON PLAN- **Staying True to the AYSO Coaching Program**

1. Lesson Goals

For all in attendance to understand why and how the American Youth Soccer Organization National Coaching Program was developed

2. Class Length

1 hour and 15 minutes

3. Instructor Requirements

AYSO National Coaching Staff

4. Learning Objectives

Create a means that will allow those involved with the American Youth Soccer Organization to keep informed concerning development of the AYSO National Coaching Program with regards to AYSO:

The pressure society places on coaches to win may be detrimental to an athlete's development

All youth programs should be developed so that the children playing in a particular program are the focus of all involved

The AYSO National Coaching Program is a Child Centered Program

The concern that there are possibly significant differences between the program that is being run at the local level and the AYSO National Coaching Program and how this affects player's development will be explored.

5. Student Skills Acquired

For all in attendance to realize that there are significant differences between the program that is being run at the local level and the AYSO National Programs and how this affects player's development.

6. Prerequisites

None

7. Materials

Power Point Presentation which is preloaded to the conference laptop and also on www.ayso.org along with the lesson plan

8. Equipment

- LCD projector and screen
- Flip chart and markers

9. Instructor Notes:

The AYSO National Coaching Program should be taught and described. **This is not a local program overview.**

10. Body (Lesson Procedure)

Staying True to the AYSO Coaching Program

Introduction(s)

Introduce all instructors as well as any section coaching staff members or guests that might be in attendance.

Motivation:

The pressure society places on coaches to win may be detrimental to an athlete's development. All youth programs should be developed so that the children playing in a particular program are the focus of all involved.

Overview:

In this session we will explain how the AYSO National Coaching Program was developed and how the focus is child centered.

The criticality that there are significant differences between the program that is being run at the local level and the AYSO National Coaching programs and how this affects player's development will be explored to include:

Why a coaching program must:

- Be ongoing
- Be objective
- Be consistent
- Involve as many players as possible
- Rely on more than physical attributes
- Consider potential for improvement (attitude)
- Be repetitively evaluated
- Focus on individual training
- Have quality coaching

Provide competitive matches
Utilize quality officials

Have parental support!!!!!!

By age 14 all players should be proficient in four areas. They are: tactical ability, technical ability, functional defending and functional attacking.

In brief, tactically the U14 player should: have an awareness of what is happening on the field of play, be able to communicate verbally with teammates, assume the responsibility for taking charge on the field, have the skills required to develop tactical play, have an awareness of what constitutes organization and shape of play, be able to play both on and off the ball, provide support for the attack and defense and create options with appropriate runs.

Technically the U14 player should, when dribbling: be expert at turning, have great touch, be able to shield defender, maintain excellent field vision while incorporating feints/fakes to unbalance an opponent and consistently use a change of speed to beat an opponent.

Technically the U14 player should, when passing: make passes that are accurate, have correct pace, be well timed, be somewhat deceptive and are successful in advancing the ball or maintaining possession.

Technically the U14 player should, when controlling the ball: uses all controlling surfaces while maintaining eye contact with the ball, move into the line of flight of the ball, have excellent balance, cushion the ball on contact with it and consistently prepares the ball for the next move.

When the U14 player is functionally defending, they should: have great defending control and balance, be able to establish appropriate marking distance, maintain a goal-side ball-side position, be able to prevent an attacker from turning and have exceptional tackling skills.

When the U14 player is functionally attacking, the player should: be able to constantly maintain possession of the ball under pressure, be able to create individual and team space, be able to turn on a defender, have the ability to take on a defender, recognize and take the direct route to goal, be able to anticipate when to shoot and have great preparation, decisiveness and timing when shooting.

Sounds good doesn't it? So how do we get there? How many of you think that your region could and has developed a coaching program that can develop the kind of U14 player just described?

Your region might not have the personnel to develop such a program but the organization you belong do certainly does.

The AYSO National Coaching Program is an accredited coaching program. What that means is that it was developed using the National Standards for Athletic Coaches and accredited by **NCACE**...with the aid of the AYSO National Coaching Advisory team.

By using the National Standards for Athletic Coaches and being accredited by **NCACE**, the AYSO National Coaching program ensures that the coaching program is a: Child Centered Program, that builds the AYSO culture, provides goal-oriented tasking, communicates expectations, enables role modeling, imparts knowledge and assures quality control.

All child-centered programs must allow for individuality at all levels of sport. That is because all children vary in their: goals, competitive orientation and competitive behavior.

That's why we: balance our teams, purport to recognize each child as an individual and guarantee each child plays half of every game.

Important Definitions for AYSO

Recreation (n.) any form of play, amusement, etc. used for refreshment of body or mind

Competition (n.) a contest or match

Competitive (adj.) of, involving, or based on competition

So is AYSO a Child Development program or a Player Development program?

You got it. AYSO is a player development program that helps to develop children as people because of the way we teach the game.

AYSO regions that use the AYSO National Coaching program: provide goal-oriented tasking, communicate expectations, enable role modeling, impart knowledge and assure quality control for all the children playing AYSO soccer.

All coaching programs should be: ongoing, objective, consistent, involve as many players as possible, rely on more than physical attributes, consider potential for improvement (attitude), repetitively evaluated, focused on individual training, have quality coaching, provide competitive matches, utilize quality officials, **have parental support!!!!!!**

Science of Age-Appropriate Training – National Coaching Program is designed to be age-appropriate, based on science of child development, and matched to children's ability for improvement.

AYSO put together an advisory group of the best minds in the game; studied player development globally, number of players on field, when to introduce technical and tactical concepts, bottom-to-top approach.

Small-sided games and why we utilize them. No goalkeepers until U-10.

AYSO Coach Manuals – if you don't use them, you're missing out. Each manual is age-appropriately designed and it a great tool. Contact your Regional Commissioner or Regional Coach Administrator on how to obtain one.

Questions?

11. Conclusion (Closure)

The AYSO National Coaching Program is aimed at providing the AYSO family a positive experience. While the program may not guarantee the children and the coaches playing and coaching in AYSO, a positive experience, who knows it just might!

12. Bridge

None.