

## **Principles of Coaching**

- Coach developmentally appropriate
- Relay clear, concise, and correct information
- Plan activities from simple to more complex
- Maintain a safe and appropriate training area
- Plan activities that involve decision-making
- Teach implications for the game

## **Four C's of Coaching**

- *Competence* – Developing the skills
- *Confidence* – Developing the belief that the athlete can do the skill
- *Care* – Show players that they have value beyond soccer
- *Commitment* – This will develop in the kids if the 3 things listed above happen

## **Performance Feedback**

- Base it on the individual player
- Frequently tell them what they are doing right
- Tell them what you want them to do
- Show them what you want them to do
- Include the athlete in analysis of the game or activity
- Teach without sarcasm, ridicule, and putdowns