Age Appropriate Training and Expectations

Effective Date  January 1, 2004
Class Length  1 hour 15 minutes

Change Summary

September, 2002  Reviewed for format
September 2003  Reviewed for 2004 Section Meetings
September 2008  Reviewed for 2009 Section Conferences
November, 2011  Reviewed for 2012 Section Meetings
October, 2012  Reviewed for 2013 Section Meetings
1. **Lesson Plan Goals – Age Appropriate Training and Expectations**

   For the coaches in attendance to gain a better understanding of how children best learn and how to bridge development of soccer skills with interpersonal life skills.

2. **Class Length**

   1 Hour and 15 minutes

3. **Instructor Requirements**

   Advanced Coach Instructor

4. **Learning Objectives**

   For all coaches to understand why it is important to develop coaching strategies based on an understanding of how children learn best.

5. **Student Skills Acquired**

   None

6. **Prerequisites**

   None

7. **Materials**

   Power Point Presentation which is preloaded onto meeting laptop and also available on [www.ayso.org](http://www.ayso.org) along with the lesson plan

8. **Equipment**

   LCD Projector and Screen
   Flip Chart and Markers, upon request

9. **Special Instructor Notes**

   None

10. **Body**
Age Appropriate Training and Expectations

Introduce yourself, your co-instructors and any guests.

Describe the purpose of the course, its anticipated length, that questions are encouraged and that there will also be a question and answer session at the end of the class.

Using the flip chart have a scribe list the coaches’ impressions of what outcomes should be derived from learning. In other words how can a player use what they learn?

Using the flip chart have a scribe list the coaches impressions of what determines how children learn. Briefly discuss the list. The answers will be covered later in the session.

Using the flip chart have a scribe list the coaches impressions of what skills a coach needs when teaching children. Briefly discuss the list. This too will be discussed later in the session.

It is important that there be outcomes derived from learning. All learning must be useful, and be structured so there is also a social and emotional balance for the athlete and what is learned must be integrated into games and practices if true learning was achieved.

Coaching strategies must be based on an understanding of the player's:

1. Determination
2. Psychological Capacities
3. Learning style
4. Language, that is using words that the player understands.
5. Interaction with adults and teammates.

Skills the coach needs when teaching children.

1. Must know the game (age appropriate)
2. Positive must exhibit positive modeling behaviors at all times.
3. Able to change to fit the players being coach

Dr. Gary Russell developed the C-B-A Focus Model for how children learn best.

1. C = Concept
   a. Players must be given a clear picture of what is expected of them. b. Players must show signs of clear thinking on the topic being learned. c. The coach must define and clarify any mistaken beliefs.

2. B = Belief
   a. What are my Feelings?
   b. Empathizing with the players. c. Realizations of who, how and what.

3. A= Achievement
   A synergy will be attained. That is the action of two or more people to achieve an effect of which each is individually incapable.
Changing the standard because it wasn't achieved.

Use the following as examples and then discuss how they might be changed.

a. 70% is passing -
b. Make your bed
c. Play nicely
d. Don't drink and drive
e. Be home by midnight
f. Good enough for government work
g. My kid plays on a competition team
h. Good game
i. You won

Dangers of lowering the standards:

Self fulfilling prophesy

Evolution of a Coaching Style

If maximum learning is to take place all coaches must understand that Kids are receivers and Coaches are senders.

Coaches and kids must be interactive.

Age-appropriate training is critical.

The best teacher of the game is the game itself.

That worth and recognition are critical in the development of all youngsters and that young players can only deal with one or two suggestions for improvement at a time.

There is an evolution in coaching styles taking place in youth sports today. If you want to be a coach on the cutting edge, you must learn how to get your players to be all they can be. Not for you but for them.

11. **Conclusion (Closure)**

Have all students fill-out and evaluation form.

13. **Bridge (Transition)**

None