

## Coaching and coaching plan FAQ's

Do I have to use the coaching plans?

No not yet you don't. These have been provided for you, so you have a ready-made plan to train your players with. We prefer to see you use them because they follow the USSF new Grassroots coaching methodology. You don't have to but we have put a lot of work into them and would like to see them used.

What is the idea behind this new Grassroots method?

Get the kids playing as much as possible, the game is the best teacher.

Why should I use your plan I have been coaching for years?

You don't have to, but we believe that by doing this all the players will be developing age appropriate skills. We have had coaches ask for help and this is one way of providing it.

Trainings seem to basic why is that?

Because they are especially at the younger ages. You can't teach a 6-year-old the intricate tactics of a much older player, so the idea is to get them playing, develop a love for the game and introduce things as they grow. We want them to have fun and enjoy the game, if they are having fun they will want to come back.

Why are you introducing this now?

Many of our coaches ask for help but they don't have time to attend trainings, we have heard feedback that coaches would like a roadmap for various reasons. We hope that with time this can grow into a full-blown resource for all coaches.

What should I know about the plans?

They are basic and will be evolving. You need to challenge your players but let them have success. So, if it's too hard and they don't seem to be meeting the goal of the session then make it easier for them add something or take something away to allow that success. Make the area larger or smaller, add or take away a player or impose a restriction on them to allow the to succeed. If it is too easier make it more difficult.

I don't understand how to use these plans, what should I know?

These are simple plans that are a snapshot in time. You are not teaching patterns but letting them experiment. This game doesn't really have patterns like American football where you run a route it is free flowing. Use them as a guide to get you started then coach from that moment forward. If the topic is dribbling for the session you need to focus on that. Use words that enforce that key element of the game. Encourage them to find space to dribble. The youngest teams will only have a few rotating topics each season as the players get older and you advance beginning tactics will begin to appear in the plans. On some of the plans we put down 90 minutes, but you can adjust the time to your practice time by making each segment shorter if needed. You may need to adjust numbers as well if you don't have the full team there. You are always coaching from the perspective of the blue triangles. On all sessions the dashed lines are player movement, the solid lines are shots or passes and the squiggly lines are dribbling.

Who do I contact to talk to if I have more questions?

Please contact John Sterling ([jsterling200@centurylink.net](mailto:jsterling200@centurylink.net)) for any questions. He is also available to come out and run a session for you to show you how to use the new USSF Grassroots methodology.