

Individual Skill Development Program - For Coaches

Below are a variety of options for coaches to use to continue their learning and team building while away from the field.

Connecting with Players

Use our current situation to connect with the players on your team / player pool via phone / facetime. Coordinate with your other coaches to distribute the workload if need be. Be certain to interview players with one of their parents present, you should never interview players alone.

Review Goal Setting & Feedback Guide ([HERE](#)) as a starting point. Please use or modify any of the information provided to best suit your team's specific needs.

- Check in on how they are doing, what they are doing to stay active.
- Challenge their development using the player resources below
- Can you provide each player a daily/weekly skill target specific to their needs? (i.e. 1000 touches a day / week of XYZ...10 min /day of XYZ...)
- Can you set team goals and have the players share their accomplishments on a team FB or IG feed?

Growing Your Knowledge

Use the resources below to develop your tactical understanding of the game. Take notes and consider how you would teach this you your players. Are there elements of the tactical game that are easily replicated in small sided activities? Design those activities and work towards recreating as much connection to the real game as possible.

System(s) of Play (8v8)

- Video - [HERE](#)
- Slides - [HERE](#)

System(s) of Play (11v11)

- Video - [HERE](#)
- Slides - [HERE](#)

Additional Learning Opportunities

- Respect In Sport: Activity Leader Course - [HERE](#)
- Making Headway Concussion Course - [HERE](#)
- Concussion Awareness Training Tool - [HERE](#)
- Webinar: Supporting your Players during COVID-19 - [HERE](#)

Information Sheets from previous KYSA Coaching Clinics

Managing Behaviour - [HERE](#)

Feedback - [HERE](#)

Defining Roles & Responsibilities in your System Of Play - [HERE](#)

Motivating Performance - [HERE](#)

Read: Bill Beswick, *One Goal - The Mindset of Winning Soccer Teams*
Tony Dicicco & Colleen Hacker, *Catch Them Being Good*
Horst Wein, *Developing Youth Soccer Players*
Daniel Coyle, *The Talent Code*

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