

What Should A Coach Avoid? Laps, Lines, & Lectures

First let's talk about "laps" - not the most original method of fitness training and one of the least effective for soccer players- better yet, play high intensity games with a ball that encourage "fast play" of short duration. A heck of a lot more fun than running laps! Lines - Name one line you enjoy waiting your turn. Since kindergarten we've been trained to "line up." One of the reasons kids like to play soccer is the continuous action - let's not spoil the attraction of the sport by making them wait! Any longer than thirty seconds until their "turn" and you've lost them! Using game activities rather than "drills" creates a realistic approach to teaching soccer. Lectures? Brings up memories of school. Sitting & Listening.

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Tom Hart, US Youth Soccer Director of Recreational Coaching Education