

## ***The Coaching Tool Kit***

We believe there are 2 teaching principles all coaches must adhere to:

1. All players need the opportunity to experience periods of uninterrupted play;
2. There are different ways to influence players during training

The ***Coaching Tool Kit*** provides a step by step approach to assist the coach in facilitating the most positive and effective learning environment:

**Step One:** Allow the conditions of the game/training environment to teach the players.

**Step Two:** Coaching in the Game—in run of play (minimal interruption for initial mistake). Should include the why, how and when

**Step Three:** In the run of play to specific individual (focus on player making same mistake twice). You should address the why how and when.

**Step Four:** During natural stoppage (addressing repeated problem to whole group – may or may not include demonstration). Duration of the stoppage should be minimal. The coach should address the why, how and when.

**Step Five:** Stopping (Quick freeze) the flow of the game to make a correction; addressing repeated chronic problem that continues regardless of coach using first 3 steps. The coach should include a demonstration and address the why, how and when. Duration of stoppage should be minimal.

While becoming a great coach is not an easy thing to do, it IS easy to become a better coach. The most important thing to do is to want to become a better coach. The first step for most of you is already done since you are here tonight.

To further your knowledge, come to our annual NJYS Coaches Workshop and Vendor Exposition, the first weekend in January, where you will how some the area's finest youth, college and professional coaches apply these methods as they teach the game!

**Check out our web site [www.njyouthsoccer.com](http://www.njyouthsoccer.com) for more information!**