



IGNITE MAX

Coaches' Meeting

Introductions



Goal Oriented Philosophy



Goal Oriented Philosophy

Player Goals:

- Train with focus and intention every session.
- Try your best, always.
- Have fun.
- Learn a new skill

Parent Goals:

- Enjoy watching their child develop.
- Enjoy hearing how much fun their child is having.
- Learn more about the game so they can connect with their child.
- Learn more about the game so they can communicate clearly with their child.



Goal Oriented Philosophy

In changing the Programs- Goals:

- ✓ Keep Entire Player Pool together, instead of forcing to parents choose
- ✓ Distribute our professional coaching resources to all of the registered players
- ✓ Assist and develop our volunteer coaches
- Foster a culture of development- including weekend games
- Create Parody in weekend games when necessary



Goal Oriented Philosophy

Coach's Goals:

1. Get each player 300+ touches on the ball before scrimmaging
2. Become an effective communicator to parents and players
3. Ensure each player has the opportunity to reveal their positive value to you, the team, and themselves
4. Help everyone (players, parents, other coaches, directors) by bringing your knowledge to the table at all times (training, pregame, post game, meetings). Be a conduit to information for others.



Executing Training

1. Build session from Out to In

- Build end of training scrimmage field-> then build activities inside
- Less time setting up activities, more time on the ball for players

2. How can we keep players on the ball or moving and active without the ball?

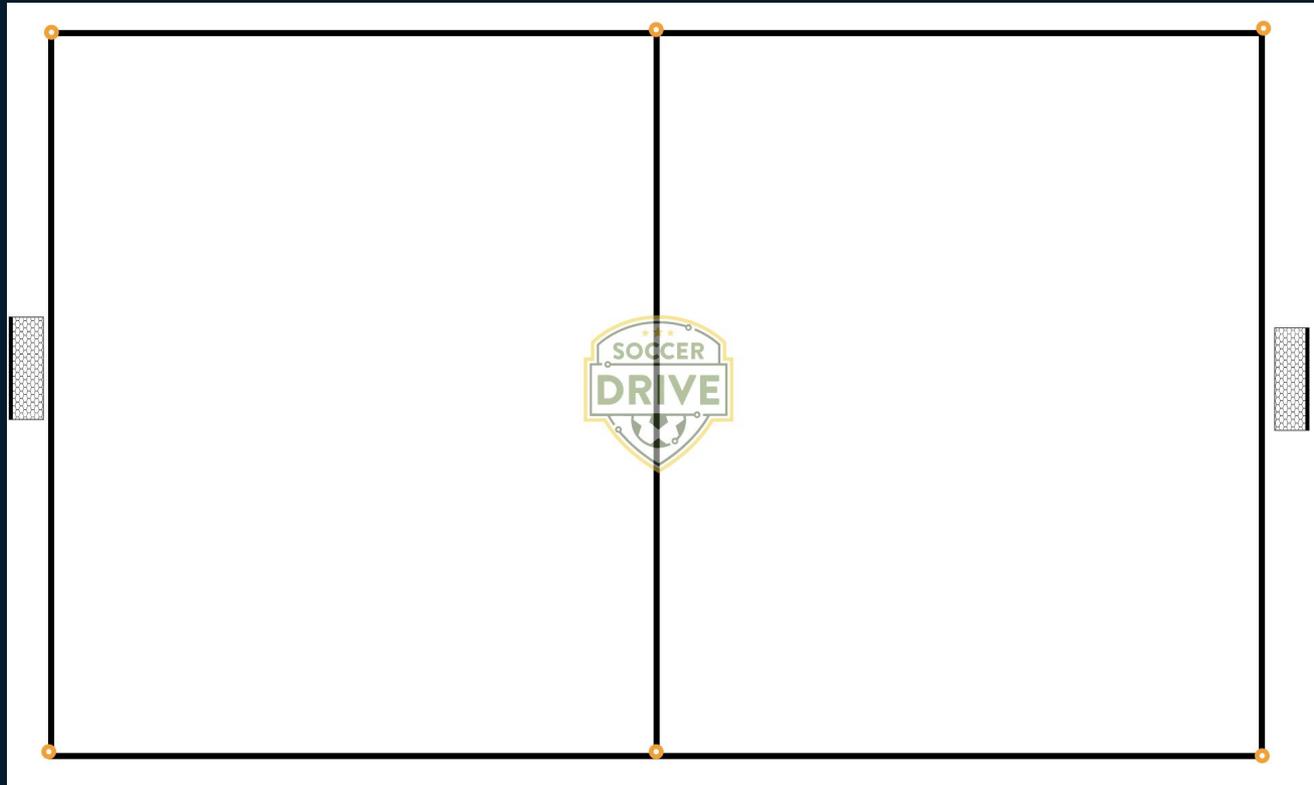
- Let the Game be the Teacher

3. Coach themes of session

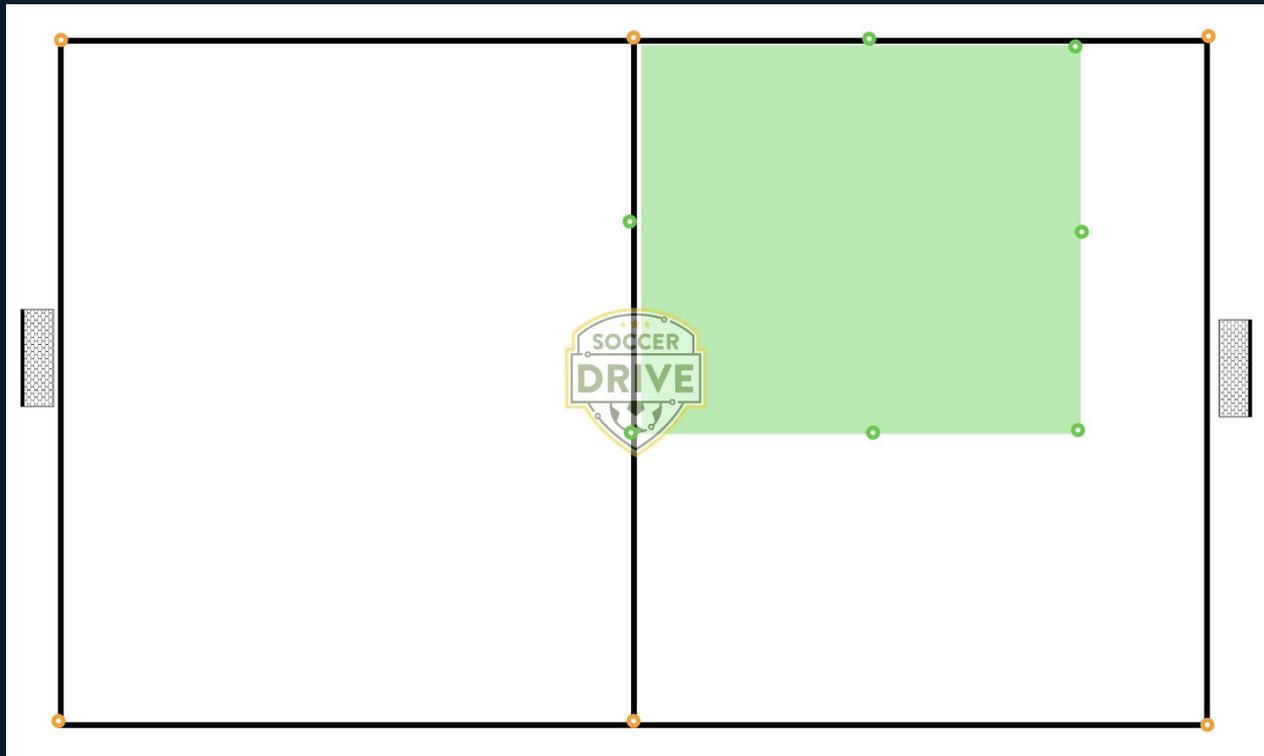
4. Players exit practice safely, ensuring everyone is picked up by a parent or designated carpool



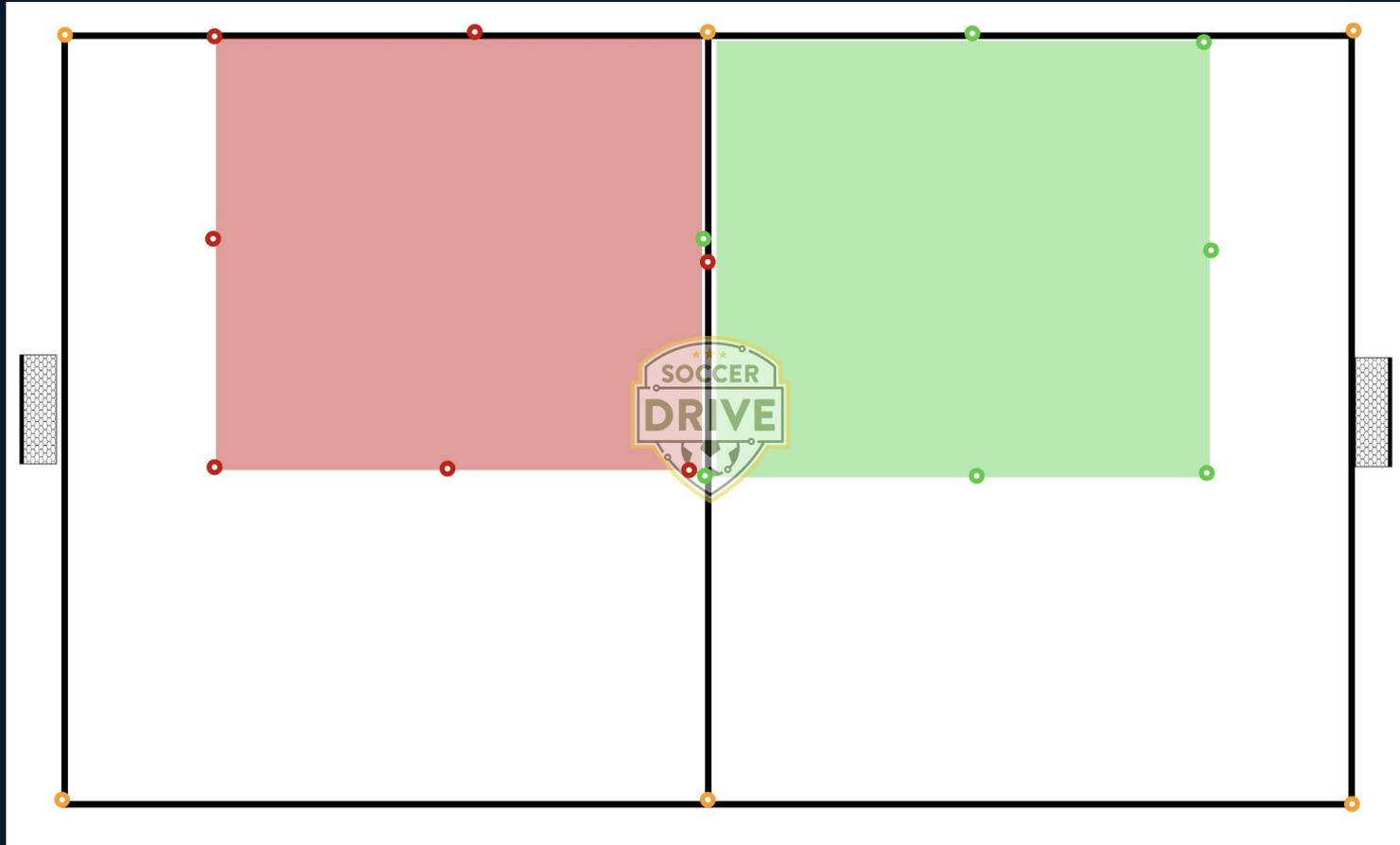
DEFINE GAME FIELD



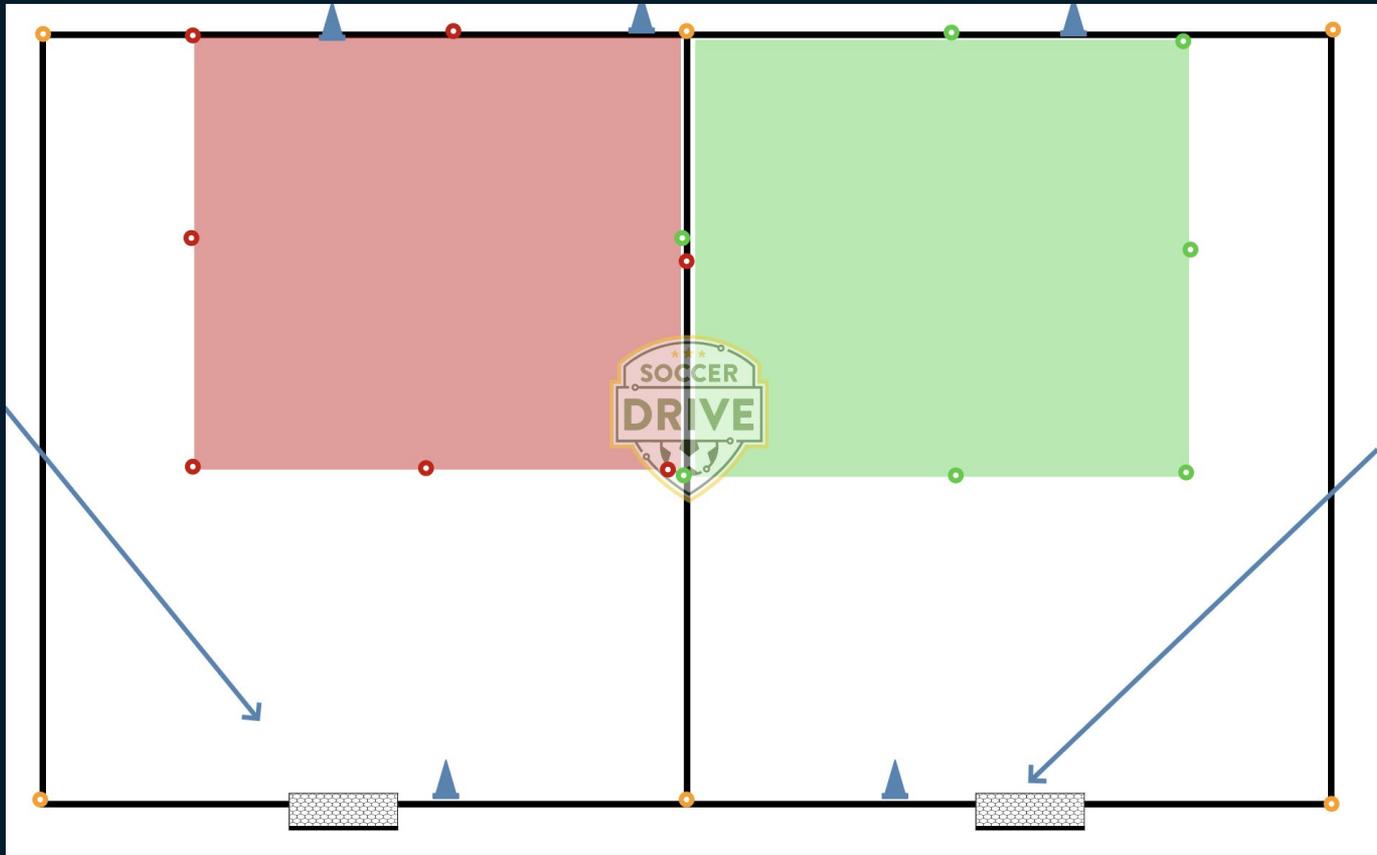
ADD TECHNICAL WARM UP



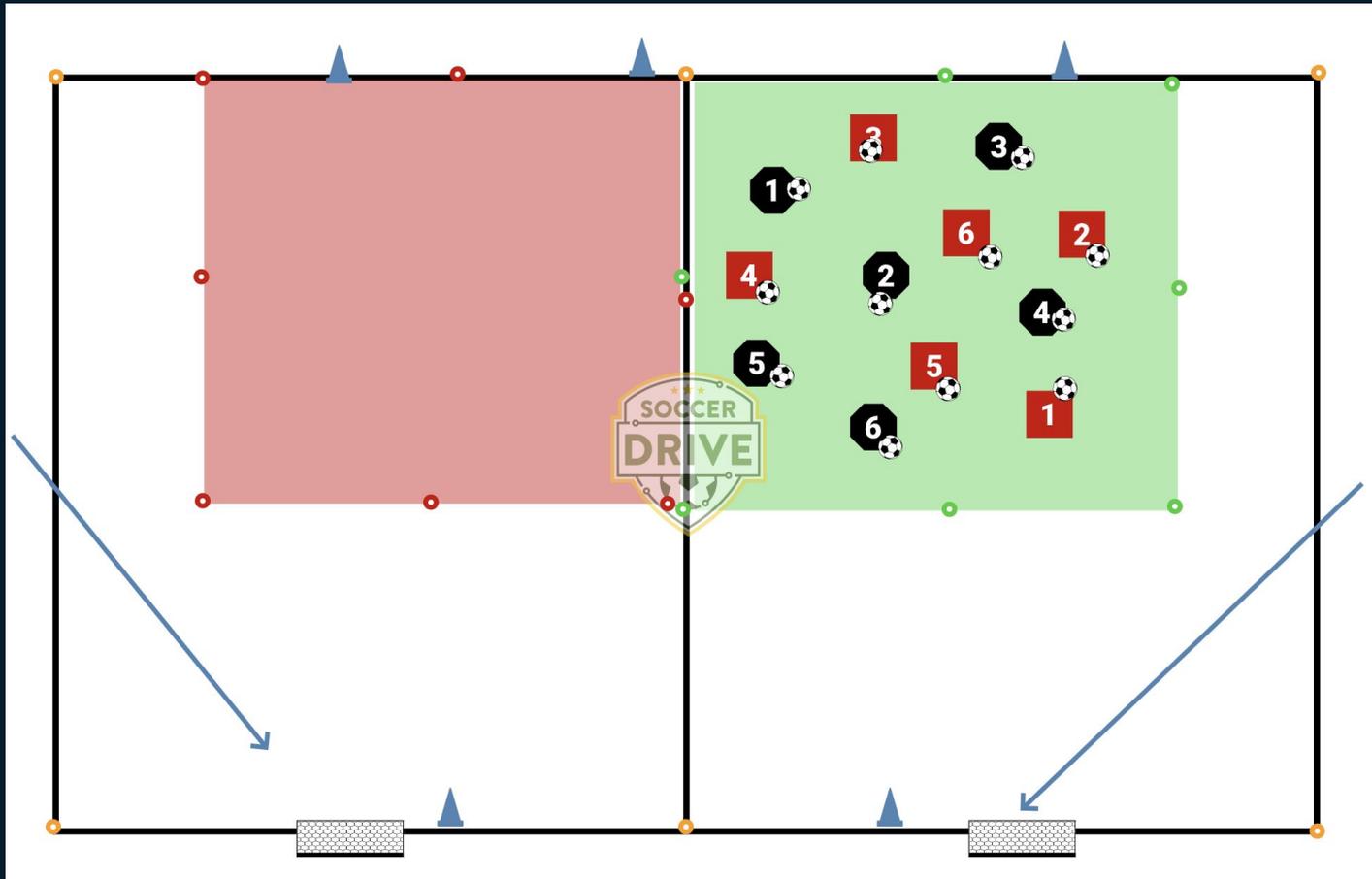
BUILD SECOND ACTIVITY OFF OF TECHNICAL WARM UP



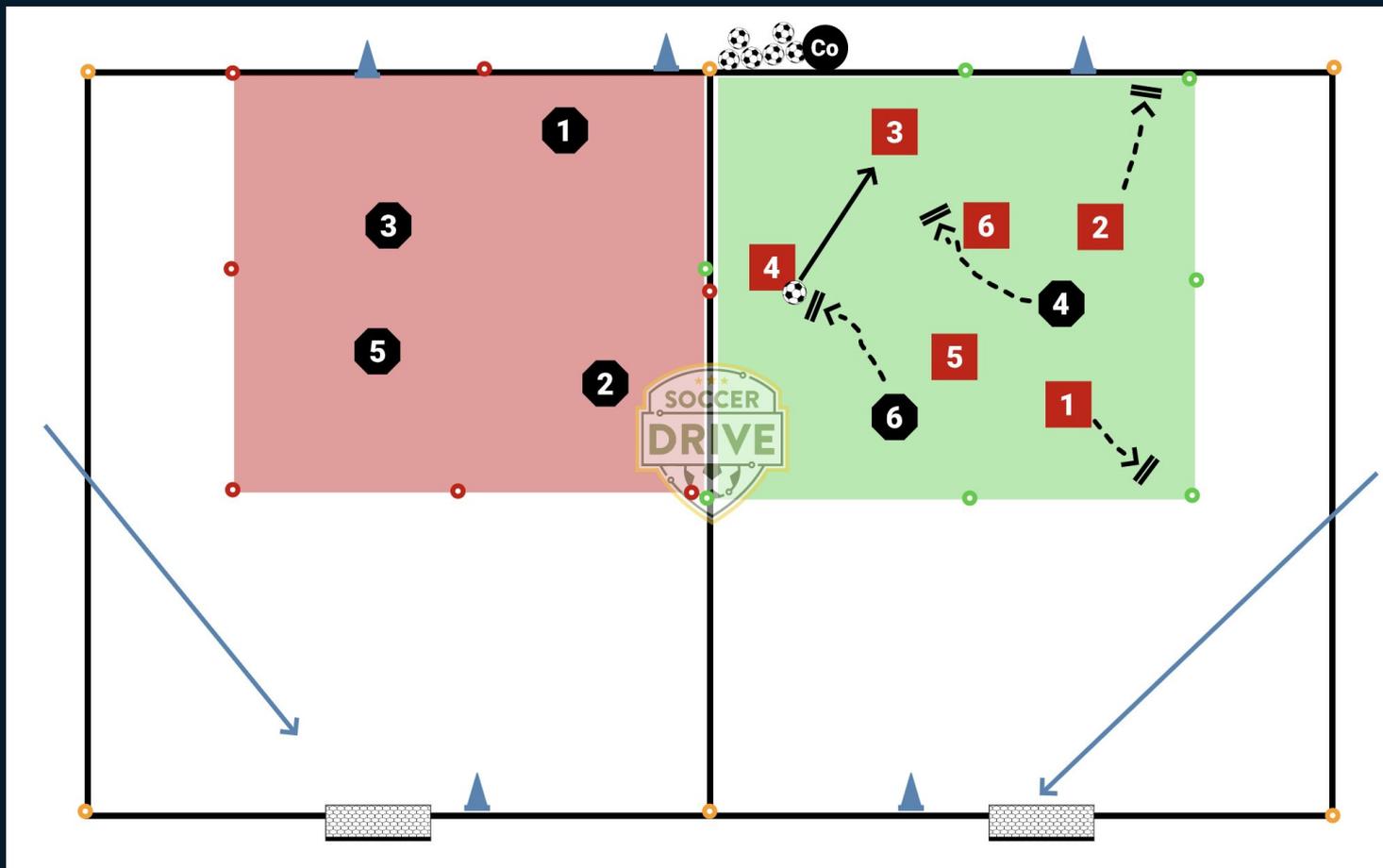
CREATE GAME-LIKE ACTIVITY



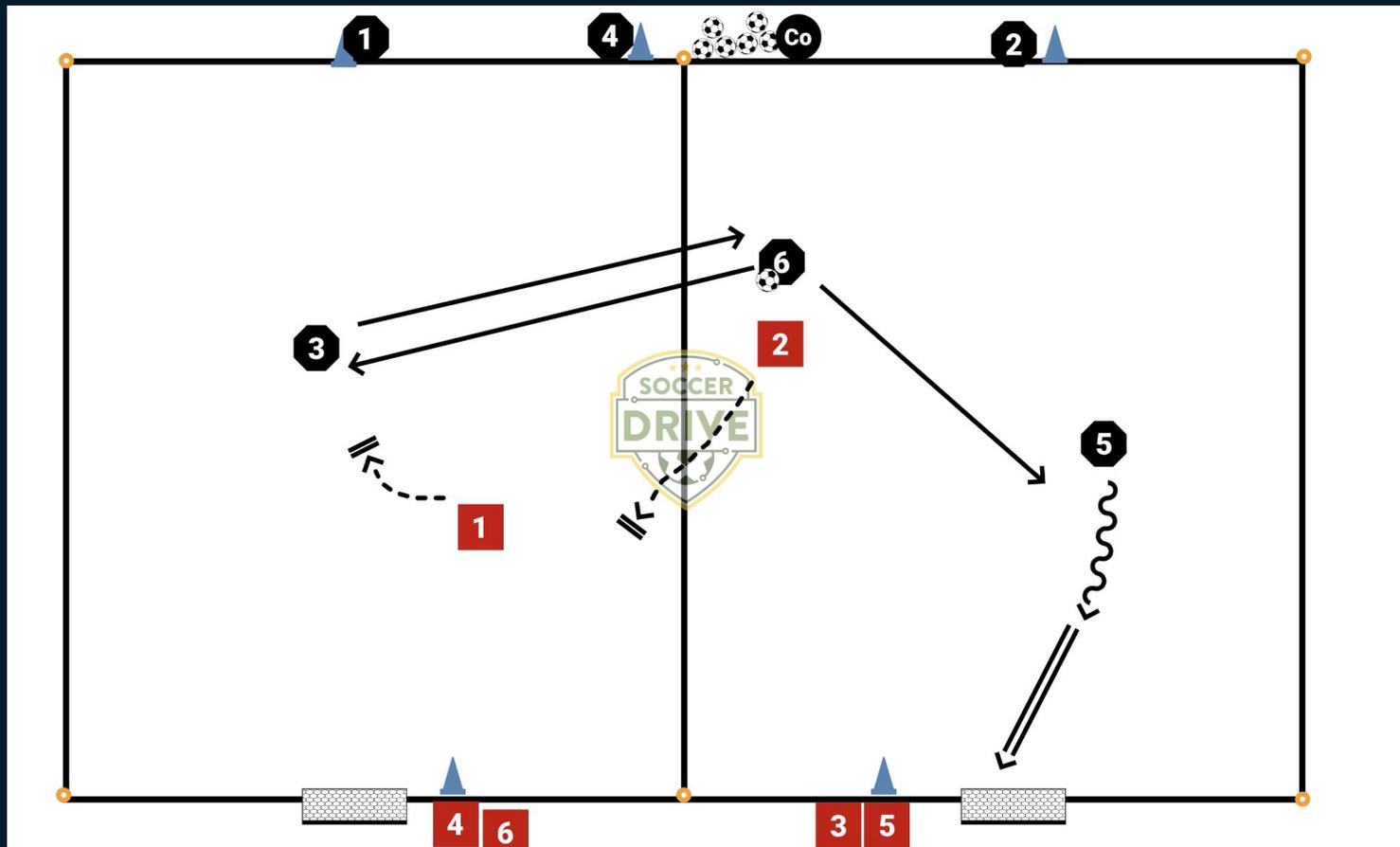
TECHNICAL WARM UP



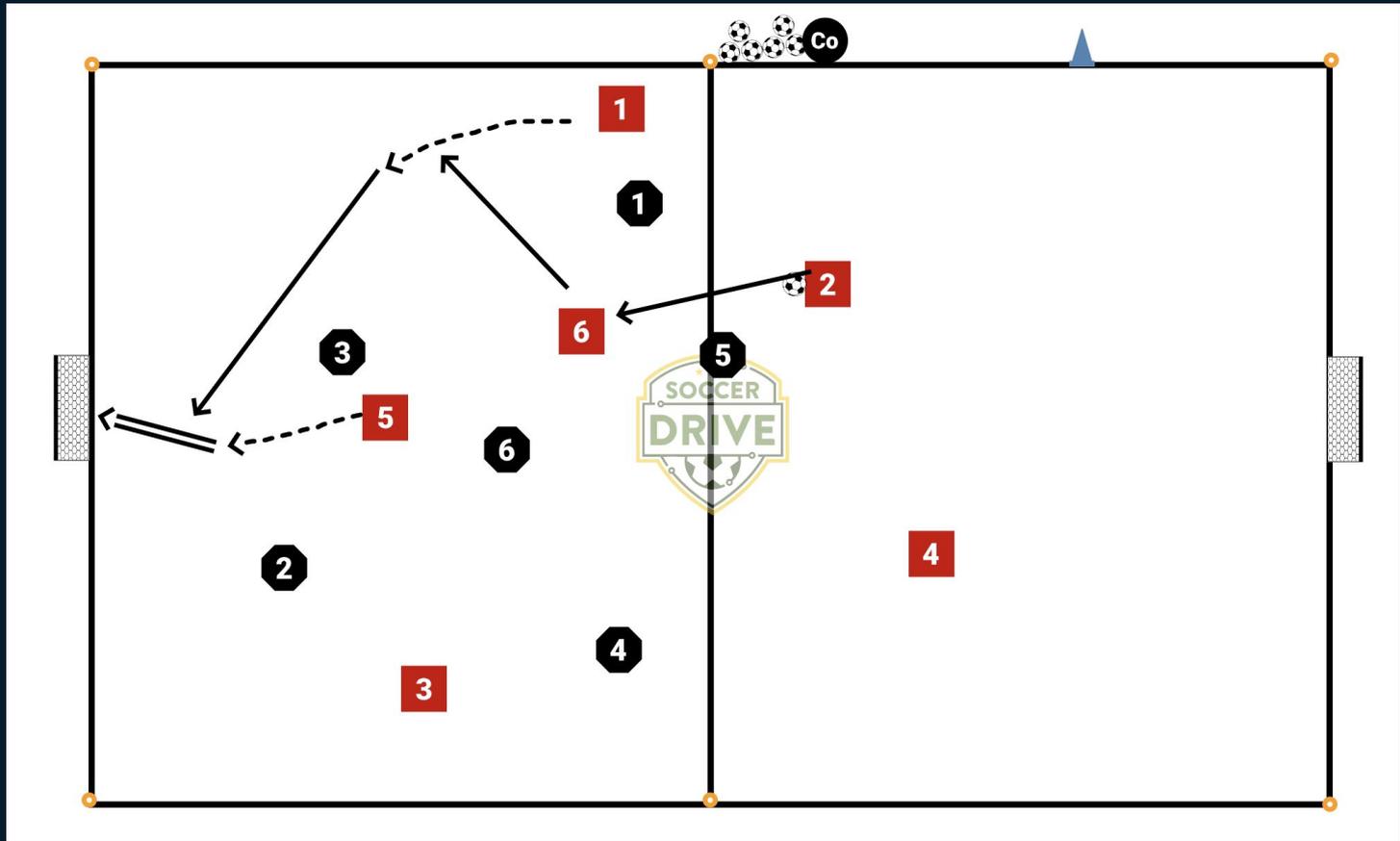
2 TEAM RONDO



3 v 2 W/ 2 GOALS



END GAME



Major Technical Themes and Coaching Points

1. **Dribbling** - laces, side of laces, inside and outside, close control,
2. **Basic turns and Skill moves** - cut with both feet, pullback, feint,
2. **First touch/ Receiving** - away from pressure, control in stride, keep possession
3. **Passing** - step through the pass, lock ankle, toes up, surface of contact, follow through
4. **Finishing** - power vs placement, step through the finish



Coaches' Guide to Reaching Goals On the Weekend

- Let the Game be the Teacher
- Provide Organization and structure to your team shape
- Allow players to have and make the decisions on the ball
 - Coaching Point vs. Decision Point
- Provide positive reinforcement for training session themes
 - Team
 - Individuals



Executing Weekend Games

1. Warm-up
 - a. Technical Activity from training
 - b. Plan a Goalkeeper Rotation - Goalkeeper Development****
2. Pregame talk
 - a. Reinforce major themes from practice
 - b. Provide encouragement of execution, not expectation
3. Halftime talk
 - a. Sandwich Method Analysis
 - b. Second half thematic priority
4. Postgame talk
 - a. SMA
 - b. Reinforce major themes from practice



Major Tactical Themes and Coaching Points For Weekend Games

1. **Defense** - compact shape, keep your position
2. **Attack** - make the field big, keep the ball
3. **Off the ball movement**
 - player in trouble = support
 - player in attack = get away, find space to receive and turn
4. **Playing out of the back** - GK as a field player, new goal kick rules



SYSTEMS OF PLAY



Modifying Games

When Fire vs Fire - what message does a 15-0 scoreline send to parents?



Modifying Games

1. Create Goals (restrictions) before players may shoot at goal
- ~~2. Swap Players Positions~~
3. Playing time for players who are in need of extra development
4. Have players swap teams

