



5 ELEMENTS OF A TRAINING ACTIVITY

ORGANIZATION

Plan session in advance or pull from your AYSO Coaching Manual. Be prepared (safety, time, space, numbers, equipment). Is the activity organized in the right way. Be clear in your explanation to players.

Training should be safe, educational and fun.

GAME-LIKE

Does activity resemble actual game, i.e., teams, directional, goals, rules, etc. No Lines, no laps, no lectures! Training connects to game situation.

Even non game-like activities can be “gamified” to make them challenging and fun, i.e., juggling competitions.

REPETITION & CHALLENGE

Are players getting enough repetitions? Are they challenged? Is it too difficult? Do you need to adjust? Start simple and progress (intensity and realism). Adjust activity to achieve the balance of reps vs. challenge.

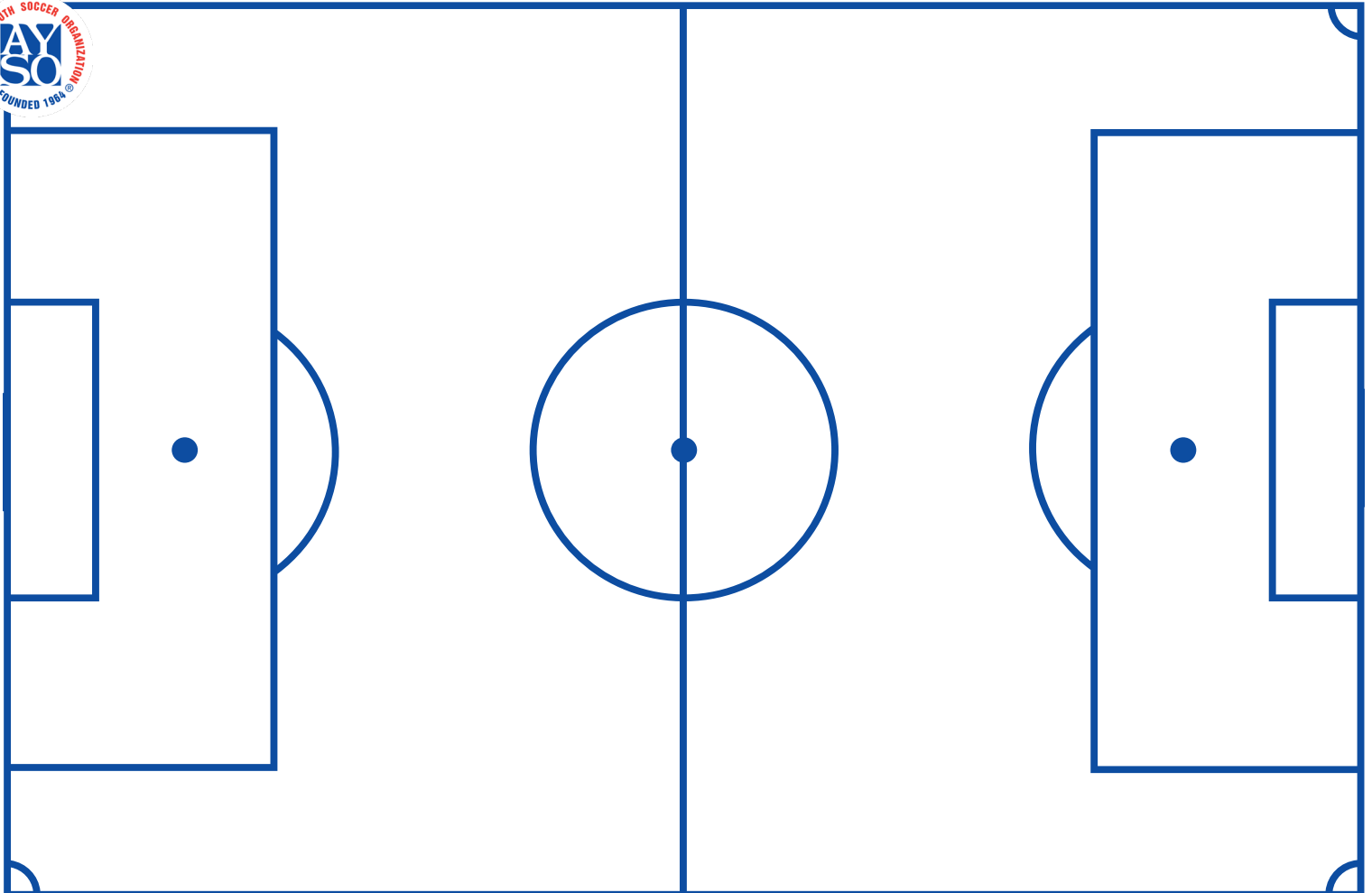
Players learn toward the edge of their comfort zones.

COACHING

Keep it positive and encouraging. Use key words, guided questions, and demonstration. Feedback interventions should be concise, accurate, bite-size. Use a combination of in-flow, natural stoppage, and forced stoppage opportunities to address the group and individual players.



Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



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