



Coaching to Develop Philosophy (Coach Guide)

What is coaching to develop?

Coaching to develop is a method that Saline FC coaches will use to ensure that we:

- Recognize that winning is not the only measure of success as teams can lose but still have played well.
- Set a priority to develop a variety of individual technical skills by allowing players to experiment and try out new things without feeling like they have let the team down if they are unsuccessful.
- Recognize and award players for demonstrating good use of skills, being a good team player, and showing a willingness to practice and improve.

We are not saying that winning isn't important, but it is not the most valid indication of a player's accomplishments and a team's "success."

The following strategies can be used to keep the game score balanced or alternatively, if you feel you want your players to practice a particular skill in a real game situation you, as a coach, can do the following:

- Rotate players in different positions
- Limit the number of touches a player can take (e.g. two touches)
- Players can only shoot on goal outside of the penalty area
- Player may only pass/shoot with their non-dominant foot
- The keeper must roll the ball out and not punt
- Players have to make a set number of passes (3) before attempting to shoot at goal
- Players have to take someone on and then pass when s/he receives the ball
- The team must complete a specified number of passes before they are allowed to shoot on goal
- The player must execute a stated skill or turn before allowed to shoot on goal

This list is not exclusive. Please be cautious, however, when adopting strategies to keep the game score under control. For example, taking your best players out and leaving them standing on the side just means that player is missing out on time where he or she could be developing his or her skills. It would be more logical to simply place restrictions or add challenges to that individual player during the game.

Another word of caution – in a game, don't "overcoach" or "over direct" your players. They need to be given opportunities to make their own on-field decisions. Constant shouting to and at players just causes them to "tune you out." Relax. Have fun. Enjoy.