

Player Empowerment

Brett Thompson
Region 2 Girls ODP Head Coach
US Youth Soccer National Staff Coach
CUSA Executive Director



Player Empowerment

- **What in the world is Player Empowerment?**
- **Why should I ask questions I am the Coach they should do as I say?**
- **When and how should we use Player Empowerment Ideas?**



Player Empowerment Group Activity

- How many teams in the NFL, NHL, NBA, and have nick names do NOT end in “S”
(Can you name them, bonus points)



Player Empowerment Group Activity

- **What Characteristics does an ideal player have**
- **Name some ways to train the psychological dimensions of players**
- **Why is it important for players to be able to think on their own**



Player Empowerment

- *Football for children is now a different game from earlier generations when the only adult involvement was your mum calling you to say your tea was ready*
- *Football is no longer a child's game, it is controlled by adults*
- ***Paul Cooper, "Give us our game back"***



What in the World is Player Empowerment?

- Empowerment is a consequence of a **STYLE** of management, and **NOT** an action. This means you cannot get empowerment by forcing it but only by creating the conditions for it to flourish



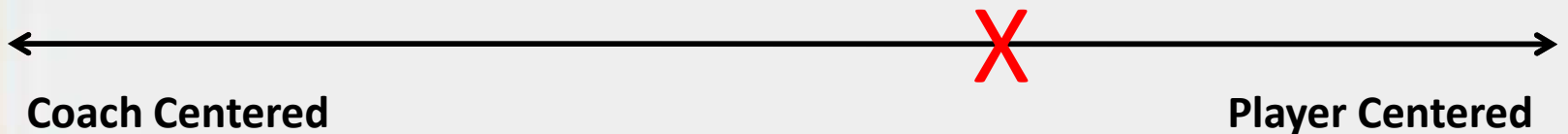
What in the World is Player Empowerment?

- Name some coaching icons and what made them famous
- How is Athlete centered coaching different from coach centered coaching?
- How does athlete centered coaching relate to motivation of players?
- Why is self motivation important for improving performance?



What in the World is Player Empowerment?

- Athlete empowerment promotes awareness, responsibility and self belief
- Coaching can be viewed along a continuum from extremely coach centered (Authoritative) to extremely athlete centered (More questioning)



*Draw a line like this for your self and place an **X** where you think you coach most of the time*



What in the World is Player Empowerment?

- Is a coach going to get the best out of their team if the coach has a script instructing them what to do in every aspect of the game?
 - *Yes if the team is made up of robots and who's only challenge is to learn a play book*



What in the World is Player Empowerment?

- When a coach tells players what to do all the time is this easier on the player?
 - *Yes because they feel comfortable in this environment and they are not accountable for their actions, as long as they have followed YOUR INSTRUCTIONS*



What in the World is Player Empowerment?

- Is a Player Empowerment approach going to be easier or harder on the coach?

– *HARDER but WHY?*

- *It is very time consuming*
- *It takes time for the athletes to become accustomed to being coached a different way, It is about allowing failure*



What in the World is Player Empowerment?

- What are the long term advantages?
 - *Athletes begin to make informed decisions*
 - *Athletes have more FUN!!*
 - *Increased self esteem*



Why should I ask questions I AM THE COACH?

- Society has changed
 - *Authoritarian dictatorships do not work (how many of you work in this environment)*
 - *People want input into the direction they are going even at the cost of failing*



Why should I ask questions I AM THE COACH?

- Society has changed
 - *Parents have changed in how they parent today*
 - *Teachers have changed in how they teach, it is interactive*



Why should I ask questions I AM THE COACH?

- Because players solve problems
 - *Coaches can make things work in training, this is a “Controlled Environment”*
 - *During games players must make decisions, coaches have little impact during the heat of the game*
 - *Problem solving occurs when you own the thought*



Why should I ask questions I AM THE COACH?

- Because players solve problems
 - *Players are smarter about the game today than before. WHY??*
 - *Some actually watch soccer on TV, where just 15 years ago there was little to watch*



When and how should we use Player Empowerment Ideas?

- Games
 - *Pre-game*
 - *During game*
 - *Half time*
 - *After the game*



When and how should we use Player Empowerment Ideas?

- Games

- *Pre-game*

- What are you doing in pre-game to help the players start thinking for themselves
 - Is the activity robotic with no thought process LINES, LAPS and LECTURES?
 - Are you creating a game like, decision making environment



When and how should we use Player Empowerment Ideas?

- Games

- *During the game*

- Are you telling players what to do (Nintendo soccer) or are you providing questions at the appropriate moment?
 - Is it better to bring a player over to talk to you or scream across the field in the heat of the game?



When and how should we use Player Empowerment Ideas?

- Games

- *Half time*

- Do you actively seek the players input?

- “What do you see”

- “Why is that is happening”

- “How can we change what is happening”

- “What were your other options”



When and how should we use Player Empowerment Ideas?

- Games

- *After the game*

- What if anything should you be asking?

- “Were we successful in doing the things we talked about at half time”

- And maybe that is all, send them home and see them at practice...



When and how should we use Player Empowerment Ideas?

In what situations do you feel you need to instruct in a game and why?

What does the term “Coachable moment” mean to you?



When and how should we use Player Empowerment Ideas?

- Training

- *Socratic teaching methods???*

- Named after the Classical Greek philosopher Socrates, is a form of philosophical inquiry in which the questioner explores the implications of others' positions, to stimulate rational thinking and illuminate ideas



When and how should we use Player Empowerment Ideas?

- Training

- *Socratic teaching methods?*

- Examples of this are:

- Johnny, when you had the ball where else could you have played it so we can maintain possession without pressure?
 - Sarah, How else can we get the ball to the front line without forcing into pressure over here



When and how should we use Player Empowerment Ideas?

- Training

- *Game management ideas*

- How will you play if you are a goal up or a goal down? How will your players react to this?
 - How will you will play a MAN up or a MAN down?
 - How do you handle TIES in training?



When and how should we use Player Empowerment Ideas?

- Training

- *Game management ideas*

- How will you play a man up and a goal down and vice versa.
 - Can you add time elements to this?
 - Do your activities make players **THINK** and solve problems or just run through plays



When and how should we use Player Empowerment Ideas?

- Training

- *Game management ideas*

- Do you give answers to your players when you create problems for them or in these situations or do you allow them to learn by failing
 - *You learn more by failing than if you only succeed all the time or are given the answers*



When and how should we use Player Empowerment Ideas?

- Player Development Binder

- *What is this?*

- *This binder includes many aspects for the player to record identified areas of development*

- *Player Goals Sheets*

- *Game Journals*

- *Skill development logs*

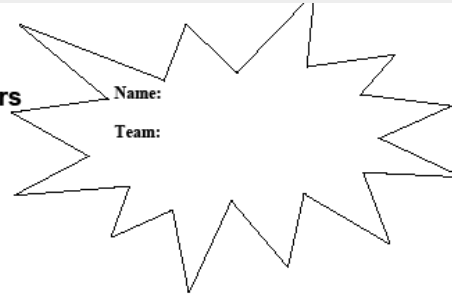


Short Term Goal

Under 9 and 10 Players

Name:

Team:



A goal is something you want to be able to do in the future that you cannot do right now. A short-term goal is something you want to be able to do soon. Write in the box something that you want to be able to do by the end of the fall season (11/04)

A large, empty rectangular box with a 3D effect, intended for a student to write their short-term goal.

It is important to have steps towards reaching your goals (these are things you can do to help yourself get to your goal).

Three rectangular boxes stacked on top of each other, decreasing in size from bottom to top, intended for a student to write steps towards reaching their goal.

Goals 04-05

Under 11 and 12 Players

**Short Term Goal
(by November 2004)**

Steps:

- 1.
- 2.
- 3.

**Mid Term Goal
(by May 2005)**

Steps:

- 1.
- 2.
- 3.

**Long Term Goal
(by August 2005)**

Steps:

- 1.
- 2.
- 3.



U13 Goals Sheet

NAME:

Think ahead two years – you are a freshman in high school and a U15 soccer player. Describe how you see yourself. Are you playing high school soccer – if so which team? Are you playing club soccer – if so which team? What is your best position? Describe how you play – what are your strengths, what type of player are you.

Short Term Goals

Write down your individual goal for this season in the 5 areas listed below.

1. Overall
2. Physical (fitness, strength, speed, power, quickness, agility)
3. Psychological (mental side of the game including leadership)
4. Technical (skills)
5. Tactical (decision making)

Mid Term Goals

Write down your goals you would like to accomplish by next June. This should include outcome goals such as I want to make the U14 Premier team or State ODP and performance goals such as I want to be able to regularly use a step over move to get out of trouble on the field. List 2-4 goals.



Journal for Under 9 Players

Date: _____

Opponent _____

What time did I go to bed last night: _____

What did I eat before today's game:

What was the best thing about today's game:

What did I do well today? What could I have done better?

Any questions or thoughts:



Journal for Under 10 and 11 Players

Date: _____ Opponent _____

What time did I go to bed last night: _____

Positions Played: _____

What did I eat before today's game?

What did the team do well today:

What did the team do that we need to work on?

Any questions or thoughts:



Journal at a Tournament

What are your individual goals or team goals for this tournament?

What did you learn about your team today? What are their strengths and weaknesses?

What did you learn about yourself this weekend?

Who was your toughest opponent and why?

What was your favorite part of the weekend and why?



CUSA

Player Name:

DAILY TRAINING LOG



Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aerobic Exercise (minutes)							
2 Skills Training (minutes)							
3 Flexibility Training (minutes)							
4 Nutrition (A-F)							
5 Time to Bed / Time Up							
6 Overall Volume of Stress (Low to High)							
7 Motivation, Passion, Fun (A-F)							
8 How Well Performed Today (A-F)							
9 Review Goal-Setting							
10 Treated teammates (A-F)							

PERSONAL NOTES



Skill Incentive Rules

Listed below are the rules and prizes for the CUSA Juggle/Skill Work program.

Juggles: You must complete all of the juggles in each level to receive your prizes.

You do not have to juggle the ball 200 times in a row; the ball can drop on the ground.
(must get 4 in a row)

You must have your Mom or Dad initial in the box that you did your juggles

Skills: You must complete all of the skills in each level to receive your prizes.

You must do 15 minutes at one time.

You must have your Mom or Dad initial in the box that you did your skills.

Juggles and Skills: You must complete both sides equally before you can move to the next level and before you can get your prizes for that level.

Prizes (must get in order):

Prize 1

Prize 2

Prize 3



CUSA PLAYER SELF ASSESSMENT

Player Name:

Team Name:

1. What are your short term (within the next 3 months) goals? List 2-3 goals.

Education – school goals

- 1.
- 2.
- 3.



CUSA PLAYER SELF ASSESSMENT

Player Name:

Team Name:

1. What are your short term (within the next 3 months) goals? List 2-3 goals.

Individual - soccer goals

- 1.
- 2.
- 3.



CUSA PLAYER SELF ASSESSMENT

On a scale from 1 – 10 where is your:

(1 = low / 10 = high)

a) Desire _____

b) Discipline _____

c) Enthusiasm _____

d) Confidence _____



Player Empowerment
Brett Thompson
bthompson@cusasoccer.org
www.cusasoccer.com

- **References:**

- *Athlete Centered coaching (New Zealand)*
- *Effective Coaching (New Zealand Rugby)*
- *Lynne Kidman's Book; Athlete Centered Coaching, developing inspired people*
- *Wayne Goldsmith; Sports Coaching Brain*
- *Empowerment Coaching; Carl Jones (Australian Rugby Union)*
- *Paul Cooper; Give us our game back*
- *Janelle Fritschie, John Mers; DOC's CUSA Soccer Centerville, Ohio*

