

## **MYSA THROW-INS: February 2010**

**Question:** What have been the most valuable experiences to develop your coaching abilities?

### **Jorge De Los Rios**

I believe to develop your ability to coach, strictly from a soccer perspective and not a psychological point of view. You **MUST** watch high level games so that you are able to learn how the game moves and flows at the highest levels. If your only experience is watching youth then you will be limited in understanding the expectations and demands you should be placing on your players for them to develop. Make sure you are teaching the game as it **SHOULD** be played and not with results as the goal.

### **Tyler Seidel**

Hands down, taking the coaching courses that are offered have made me a much better coach. At these courses they break the days into 2 parts: classroom and on-field, real- life experiences. This helps so much because playing, is much different than coaching. Being on the field, coaching players gives you a firsthand look at what you just talked about in the classroom session! Also, anything that I can do to gain knowledge of the game or how to teach/coach someone in a more efficient manner, is a part of my job as a coach. Always trying to learn.

### **Anonymous**

Attending the E certificate, D license, and National Y license training. Exposure to the current data and training methods, and to a number of very highly competent trainers and other candidates.

### **Julie Eibensteiner**

1. Learning from watching other coaches at all levels (from rec to professional) whenever I can. 2. USSF Coaching Courses - getting put in an environment that is out of my comfort zone and having the pressure to perform. 3. Experience on the field - coming up with great ideas and many times having them fail miserably, but learning from it, tweaking it to improve it and then finding success the next time around.

### **Peter Rivard**

Observing other coaches coach(good and bad), attending conventions and symposiums, coaching our best players and our not so good players, travelling to other countries to see how they coach, reading whatever I can get my hands on, and talking to coaches with other experiences.

### **Anonymous**

The most valuable experiences in developing my coaching ability is observing a variety of coaches. As a player and assistant coach, I am always watching what different coaches do in situations. After some of these interactions, I find myself making a mental reference to do something similar or a red flag going on in my head saying remember never to that.

### **Andy McCaslin**

I think surrounding myself with coaches that are better and more experienced has greatly helped. Being a tireless student of the game helps as well by watching high level games and stealing ideas from other coaches during their training sessions.

### **Chris C**

Other than being on the field and coaching, I'd say it comes from two areas: 1) watching and speaking with higher level coaches. Just this past October I spent time with three college coaches (both men's and women's), picking their brains on everything from fitness and tactics to 1v1 meetings with players who aren't doing well. Also, I don't think you need to meet with soccer coaches only. Coaching is leading people and so I don't limit myself to my chosen sport when looking for advice. 2) reading and experimenting. I have many books/journals on coaching, systems of play, fitness, sport psychology etc...I take bits and pieces from each and try them. If I like the results then I add it to my kit.

**Michael O'Reilly**

I was given some great advice when I first started coaching. One, find a good mentor and listen and learn as much as possible from him or her. Two, coach as many different types of teams as possible--girls, boys, older players, younger players, good players, new players. I feel these two aspects have been key to my development as a coach. It's given me someone to learn and get advice from and allowed me to broaden my experience as a coach, working with all different types of players.

**Jeff Lightfoot**

I have found that continuing my coaching education, most recently while completing the NSCAA Premier Diploma Course to be extremely valuable in developing and improving my coaching abilities. Coaching players at a variety of skill levels from developmental to highly competitive with both boys and girls has challenged me and aided me in my continued my growth as a coach.

**Jon Williams**

The most valuable experience comes in the day to day training sessions. Every training session presents different variables and obstacles and as a coach you have to adapt to the needs of each player as well as the team as a whole.